

Mason County Senior Activities Center

September 2015 Activities *Monday thru Thursday 8 am to 4 pm; Friday 8 am to 3 pm*

Every Monday	Every Tuesday	Every Wednesday	Every Thursday	Every Friday	Every Saturday/Sunday	
8-8:45; 8:45-9:15 Gentle Tai Chi 8:30-9:30 Hula Hooping 9-10:30 Beginning Line Dance 9:00 Mexican Train Dominos 12:30 Pinochle- Arrive early	8:05 Gentle Restorative Yoga 9-10:30 Line Dance - Int./Adv. 9-4:00 Sewing Circle 10:45 Zumba w/Heather!! (except 3rd Tuesday) 12:30 Bridge—sign up day before 12:45 Gentle Tai Chi 1:30 Wii Virtual Bowling	8-8:45; 8:45-9:15 Gentle Tai Chi 9-10 Beginning Line Dance 9:00 Mexican Train Dominos 10-11 Int./Adv. Line Dance 11-noon Can Can Group 12:30 Pinochle- Arrive early	8:05 Gentle Restorative Yoga 9:00 Meditation Class 9-10:30 Line Dance - Int./Adv. 9-12 Jokers Rule! 9-12 EZ Crafters 10:45 Zumba w/Heather!! 12:30 Bridge—sign up day before 12:45 Gentle Tai Chi 1:00 Bingo; Mahjong	8-8:45; 8:45-9:15 Gentle Tai Chi 8:30-9:30 Hula Hoop 9:00 Mexican Train Dominos 9-11 Open Line Dance 10:00 Cribbage 1:00 MCSAA Goes to the Movies — Time may vary.	Call to Verify Friday Movies	
Monday	Tuesday	Wednesday	Thursday	Friday		Saturday/Sunday
	9:00 Northwest Trek 1 10:00 Senior Walkers: Olympia Watershed Park 12 Lunch: Kitchen Choice 1:00 Board Meeting	Foot care by appointment 2 10:00 Card Making Class 12 Lunch: Turkey/Ham 1:00 Santa Fe/Albuquerque Trip Pre Trip Get Together	9:00 Muckleshoot Casino 3 10:30 Blood Pressure Check 12 Lunch: Homemade Meatloaf 2:00 Treats from Fir Lane	11:00 NO Music w/Town & Country Gentlemen 4 12 Lunch Sponsored by MCSAA: Ann & Carlos Craff cook	5/6	
Closed for Labor Day 7	Foot care by appointment 8 10:00 Senior Walkers: Oakland Bay 1:00 Knit/Crochet Circle NEW 12 Lunch: Aztec Pie Casserole	9:15 Chittenden Locks & Red Mill Burgers 9 11:00 Eye Glasses Adjustment 11:00 Piano Favorites with Evelyn 12 Lunch: Pulled Pork Sandwich	10:30 Blood Pressure Check 10 12 Lunch: Asian Chicken Salad 1:00 You Can Draw! 1/4 2:00 Treats from Maple Glen	8:30 Puyallup Fair Van Trip 11 11:00 Music w/Town & Country Gentlemen Special Date 12 Lunch Sponsored by MCSAA: Jane Strangeland cooks 1:00 Oil Painting w/Paul 1/8	12/13	
11:00 <i>A Century of Songs</i> 14 w/Randall Beauchamp 12 Lunch: Macaroni & Cheese w/Ham 1:00 Watercolor Class w/Bob 1/8	10:00 Senior Walkers: NO Walk 15 10:45 General Meeting 11:30 MT 101 12 Lunch: Kitchen Choice 12:20 MTA How to Read a Bus Schedule & More No Zumba Third Tuesday	Foot care by appointment 16 9:00 Lucky Eagle Casino Trip 9:00 Joy of Painting Landscape 11:30 Info & Assistance— Nikki Lundberg LMT AAA 12 Lunch: Spaghetti & Meatballs 12 AARP Driver Safety Course (1/2 day sessions)	10:30 Blood Pressure Check 17 11:15 Get Acquainted w/STARS 12 Lunch: Turkey Club Wrap 12 AARP Driver Safety Course (1/2 day sessions) 1:00 You Can Draw! 2/4 2:00 Treats from Capital Place	12 Lunch by Alpine Way Retirement Apartments: 18 12 MCSAA Celebrates September Birthdays 1:00 Oil Painting w/Paul 2/8	Please help us plan Friday lunches by calling the Center before 10 am if you plan to join us.	
10:00 Brain Fitness Class 1/4 21 11:00 <i>A Century of Songs</i> w/ Randal Beauchamp 12 Lunch: Salisbury Steak 1:00 Watercolor Class w/Bob 2/8	Foot care by appointment 22 10:00 Senior Walkers: Nisqually National Wildlife Refuge 12 Lunch: Vegetarian Frittata 1:00 Bingo with Shelton Health & Rehab	9:00 Northwest Trek 23 10:00 Beading Basics w/Madeline 11:00 Piano Favorites with Evelyn 12 Lunch: Locally Grown Food	Foot care by appointment 24 10:30 Federal Agency Assistance Outreach 10:30 Blood Pressure Check 11:00 New to Medicare & Medicare Updates Talk 12 Lunch: Hawaiian Braised Pork 1:00 You Can Draw! 3/4 2:00 Treats from KWA	Foot care by appointment 25 9:00 Beading Buddies 12 Lunch Sponsored by MCSAA: Lorraine Hauenstein cooks 1:00 Oil Painting w/Paul 3/8 7:00 Bingo Karaoke, "Western Theme" (Doors open at 6 pm)		26/27
10:00 Brain Fitness Class 2/4 28 11:00 <i>A Century of Songs</i> w/ Randal Beauchamp 12 Lunch: Chicken Ratatouille 1:00 Watercolor Class w/Bob 3/8	10:00 Senior Walkers: Hoodport Trail 29 12 Lunch: Tuna Fish Cakes 12:30 Lattin's Country Cider Mill	12 Lunch: Pork Cutlet 30	Doris Fredin receives a delicious meal from Robin Craver, Community Relations Director, and Renny Raber, Cook from Alpine Way. Thank you to Alpine Way for serving lunch on the third Friday of the month at 12 Noon each month to help make our monthly birthday celebrations special.			