

# Active Living



Monday thru Thursday 8 am to 4 pm, Friday 8 am to 3 pm

Mason County Senior Activities Center

April 2019

**Help us celebrate our 38th anniversary on April 16th here at the Senior Center.**

## Our History

**1976:** The Mason County Seniors Activities Association is formed.

The first home of MCSAA and its Center rented at the corner of 2nd and Cota Street.

**1981:** The MCSAA incorporates as a 501(c)(3) Organization.

**1985:** The Center moves to the old Shelton Armory on Franklin and rents this space. (The building is later rented to S.O.C.K. and now owned by the Mason County Transit Authority.)

**1986:** MCSAA and the Skookum Rotary begin the fund-raising campaign to buy the West Realty Building at Seventh and Franklin (the old Faith Lutheran Church) and convert it to a senior activity center.

**1987:** Fund-raising goals are met, the building at Seventh and Franklin is purchased, remodeled, and the new Mason County Senior Activities Center is opened that winter.

**1988:** Nifty Thrifty Store opens in Gateway Center.

**1988:** Fundraising begins again to expand the Senior Center and later the decision is made to build a larger facility.

**1991:** MCSAA purchases the closing Sears Store at 9th and Railroad instead of building.

**1992:** After remodeling, MCSAA opens its new Senior Activities Center.

**1996:** MCSAA pays off the mortgage on the Mason County Senior Activity Center.

**2013:** The Senior Center relocates to the larger Pavilion building at 190 W. Sentry Drive. The building at 826 W. Railroad Ave. then becomes the new larger home for the Nifty Thrifty Thrift Store.

**2018:** In April, we receive full property tax exemption. Newly created auxiliaries to the membership allows the Senior Center to move forward with more fundraisers. Other exciting changes are that we finished remodeling our restrooms to meet current ADA standards. We move office spaces, create doorways and open up more useful areas for our members to use for classes, eliminating underutilized spaces.

**2019:** We update our lights to LED fixtures and put in new water pressure tanks.

## Upcoming Events!!!

- Apr. 2 Senior Walkers season begins
- Apr. 5 Evolution Massage
- Apr. 6 Spring Bazaar
- Apr. 10 Porcello's Jewelers
- Apr. 10 Tacoma Art Museum
- Apr. 13 Spring Style Show
- Apr. 17 A Matter of Balance
- Apr. 17 Red Wind Casino
- Apr. 19 Evolution Massage
- Apr. 20 Westport Crab Festival
- Apr. 24 A Matter of Balance
- Apr. 25 Skagit Valley Tulip Festival
- Apr. 26 Bingo Karaoke
- May 10 Whitney Gardens & Rocky Brook Falls
- May 19 Viking Fest
- May 30 Northwest Trek

## Center Holidays

### 2019

January 1	New Year's Day
January 21	MLK Day
February 18	Presidents Day
May 27	Memorial Day
July 4	Independence Day
September 2	Labor Day
November 11	Veterans' Day
November 28-29	Thanksgiving
December 25-26	Christmas

## Find the three Roadrunners

We have three Roadrunners hidden throughout the newsletter. If you find all three, come in and show the receptionist that you have found them and enter for a drawing to win a coupon for a free movie or lunch.



## Mission Statement

To enhance the quality of life of senior adults in our community through recreation, information, education and nutritional services, including health and wellness programs.

# Mason County Senior Activities Association

Annual membership dues are \$30

## Activities Center

### "50 and Better Activities Center"

Address: 190 W. Sentry Dr., Shelton

Phone: (360) 426-7374

Email: [info@mcsac.net](mailto:info@mcsac.net) Web: [www.mcsac.net](http://www.mcsac.net)

FB: [https://www.facebook.com/](https://www.facebook.com/MasonCountySeniorActivitiesAssociation)

[MasonCountySeniorActivitiesAssociation](https://www.facebook.com/MasonCountySeniorActivitiesAssociation)

### Staff:

**Executive Director:** Patricia Vernie

**Event, Activities & Volunteer Coordinator:**

Val Wedman

**Bookkeeper/Data Coordinator:** Penny Wilson

**Volunteers:** Contact Receptionist to help.

### Receptionists:

Bob & Susi Edwards

Janna Yorke Janice Rozzano

MaryAnn Miljanovich

Patt Matsen Phyllis Glisson

### Center Hosts:

Doris Fredin Jill Neil

Irene Moffatt Harry Fournier

Shirley Varley

**Gift Shop:** Patti Kempton

**Sunshine:** Jill Neil

**Van Drivers:** Clay Long, Glenn Harper,  
Trent Palmer, Wayne Souza

**Newsletter:** Patricia Vernie and Richard Britz

### Editorial Committee:

Terry Nelson Julie Whaley

Gale Glenn Val Wedman

Avis Ross Richard Britz

**Layout:** Richard Britz

**Photographer:** Glenn Harper

**Mailing Team:** Ern Brown, Gil Palmer,

**Distribution Coordinator:** Nila LaGualt

*Slow down and follow the traffic arrows in our parking lot. The speed limit through Gillis and also in our lot is 10 mph. We have had too many close calls and don't want to see anyone get hurt.*

*The parking in back is for staff only. You may park briefly for loading. Unauthorized vehicles will be towed.*



## Inclement Weather

In case of inclement weather, the Center follows the Shelton School District's weather policy. Lunch is still served at 12 noon (11:30 on Fridays) as long as we open by 10:00 am. Please listen to our local radio station, KMAS 1030



## Nifty Thrifty Store

Your Hometown Thrift Store

Voted Mason County's Favorite Thrift Store

826 W. Railroad Ave., Shelton, WA 98584

(360) 427-0858

E-mail: [niftythrifty@hcc.net](mailto:niftythrifty@hcc.net) or

eBay ID: [niftythriftythriftstore1](https://www.ebay.com/str/niftythriftythriftstore1)

FB: <https://www.facebook.com/nifty.thrifty.shelton>

Open Monday-Friday 9:30-5:30, Saturday 10-5

### MCSAA

Members receive 20% off regular priced items in store \$5 or more, with some exceptions.

Members: **Remember to show your cardboard 2019/2020 membership card before cashier starts ringing up your order.**

**Your plastic key card is not proof of current membership. Contact the Center if you need another cardboard card.**

**Donations Monday – Saturday 10-4:30**

**Your quality donations are needed!**

**Call for Free Pickup: 360-427-0858**

**Store Manager:** Michelle Marks

**Staff:** Linda Trail, Richard Sawyers, Cathy Jones, and Krystal Perez

### Dedicated Volunteers:

Adelheid Krohne

Aloma Perez

Arlyn Skarich

Betty Thompson

Beverly Pittman

Bill Keller

Carole Pelela

Charal Cowsert

Doug Kreklow

Ed Seiner

Gary Yuan

Irene Moffatt

Jan Kallinen

Jane Donahue

Karyn Lidington

Keith Jennings

Maxine Neese

Reda Keller

Ruth Coots

Vivian Bentkowski

Axle Wormer

Marilyn Olson

Additional volunteers are always needed.

Call Michelle at 360-427-0858 to volunteer.

This institution is an equal opportunity provider and employer.

**Nifty Thrifty is the major funding source of the MCSAA**

## Nifty Thrifty Certificate

Great news! Each current paid member will receive a \$5 Gift Certificate to Nifty Thrifty. If you've already renewed your membership, just stop by the front desk for your certificate. If you're planning on renewing, you'll receive your certificate at renewal time. One certificate per member, per year.

## Meetings

MCSAA Board Meeting  
Tuesday, April 9 at 9:30 am  
Conference Room

The MCSAA Board meets the second Tuesday of each month at 9:30 am. If a member desires to bring something before the board, he or she should make the request in writing and give the request directly to MCSAA Board President Clay Long or Executive Director Patricia Vernie, 24 hours in advance so the member can be added to the agenda. Please include your name, member number and phone number so Clay can contact you if there are any questions.

### MCSAA 2019 Board

President: Clay Long  
Vice President: Gary Miner  
Secretary: Terry Nelson  
Treasurer: Bobbye Lewis Simons  
Richard Barnes Glenn Harper  
William Bezanson

**MCSAA Member General Meeting**  
**Tuesday, April 16, at 10:45 am**  
**Dining Room**

The General Membership meeting for MCSAA is on the third Tuesday of each month at 10:45 am. All members in good standing (membership paid for 2019) are invited to the General Meeting. You will hear updates on Center, Nifty Thrifty and Pavilion activities, and Center renovation updates. We encourage you to attend and learn more about how we operate.

### Receptionist Meeting

We will have a receptionist meeting the last Wednesday of the month at 1:00 pm in the conference room. This is a monthly meeting for our up front receptionists with ongoing training and communication.

### 2019 Membership Bonuses

#### Nifty Thrifty Discount

In store, receive 20% off regular priced items of \$5 or more with some exceptions. Your 2019 membership paper card must be shown before the cashier starts to ring up your order.

#### Free Bingo Karaoke Birthday Packet

Receive one free Bingo Karaoke packet at the door on your birthday month good for 8 regular Bingo games. (A \$10 value) Non-transferable. Photo ID and 2019 cardboard membership card required at check-in.

## Renewal Time

It is that time of year to pay your dues for the majority of our members, visit our receptionist to renew.

If you are not getting your newsletter by regular mail, it may be because the computerized system that creates mailing labels is triggered by paid members only. Want it by email and you don't see it in your in-box? Look for something from Director@MCSAC.net or check your junk mail. Problems with receiving your newsletter? Let the receptionist know.

**By the way, if you pay for your membership today,  
it's due again in 1 year from the date you renew.**

## Center Wish List

We would greatly appreciate donations of:

- .. Regular Coffee
- .. Decaf Coffee
- .. Paper Napkins
- .. Small Paper Plates
- .. 12 Oz. Paper Coffee cups
- Tea bags

### Nifty Thrifty needs:

- .. Clear Packing Tape
- .. 1" Masking Tape
- .. Large Padded Envelopes
- Bubble Wrap

**Thank you very much for your donations!**



**New to Medicare Free Presentation**  
**April 25, 11 am-11:45 am.**

### Conference Room

SHIBA provides a free overview of Medicare. Statewide Health Insurance Benefits Advisors (SHIBA) is a free unbiased and confidential service provided through the Office of the Insurance Commissioner. Please sign-up in advance. Call SHIBA at 1-800-562-6900 or 360-586-6181 ext.134 for an appointment.

### Free Individual Medicare Consultations

April 25 at 12:00 pm. To 3:00 pm

### Conference Room

SHIBA provides individual consultations by advance reservation. Call SHIBA at 360-586-6181 ext.134.

## Commodity Supplemental Food Program

There is a sign up for the Commodity Supplemental Food Program – CSFP. This is a program for seniors over the age of sixty who meet federally regulated income guidelines. CSFP participants receive a 40-pound box of food once per month. For questions, or to get your application call **Debra in the kitchen** for pick up information. 360-426-3697.





Senior Services for South Sound &  
Meals on Wheels  
Congregate (group) meals are available at the  
**Senior Services for South Sound**

**At the Pavilion**

190 W Sentry Drive, Shelton, WA 98584  
(360) 426-3697

Monday - Thursday @ 12 noon  
Friday @ 11:30 am

**Home Delivered Meals**

Services are available which provide nutritious meals  
to older and disabled adults who are homebound and meet  
assessment criteria.

Senior Services for South Sound Olympia  
Food Service Manager-Debra del Bosque  
Food Service Asst. Manager-Justin Mitchell  
*Serving Mason County Residents*  
(360) 586-6181 Ext 124

[www.SouthSoundSeniors.org](http://www.SouthSoundSeniors.org)

**Drivers Wanted**

Meals on Wheels is seeking  
compassionate volunteers with  
the desire to serve others in need  
and donate a few hours every  
two weeks as meal delivery drivers. Must have

- \* Valid Washington Drivers License,
- \* Auto insurance
- \* Background check.

Mileage reimbursement is available.



**Memory Cafe**

**4th Thursdays, 2:30 to 4:30 pm, Sisters Restaurant**

You are welcome to join us for lively conversation,  
refreshments and music at Memory Cafe. All with  
dementia or Alzheimer's and their loved ones are  
welcome to attend and connect with peers in a relaxed,  
unstructured environment. No RSVP necessary.

**STARS Adult Day Program**

**Mon. & Wed, 9:00 am to 2:00 pm. Faith Lutheran  
Church, 1212 Connections St., Shelton.**

STARS Adult Day Program offers respite to  
caregivers while ensuring their loved one is in a safe,  
fun and nurturing community.

**Benefits of Attending Stars**

- \* Opportunities to Socialize with peers
- \* Expanded support network
- \* Increases self-esteem-- combats apathy
- \* Increases cognitive stimulation
- \* Enhanced life experience through humor,  
Reminiscing, and creative expression
- \* Caregiver respite
- \* Nutritious snacks and lunch provided
- \* Possible delay or prevention of placement in a long  
term care facility

For more information about any of these programs,  
please contact Paul Taylor, STARS Director, at 360-  
407-3967, ext. 107.

**Services for All Seniors at MCSAC**

*Current MCSAA Membership is NOT required for the following Services.*

**Senior Nutrition Lunches**  
**Monday through Thursday, 12 Noon**  
**Friday, 11:30**

The nutritious full course meals are prepared by Senior  
Services for South Sound's Senior Nutrition Program  
in partnership with the Lewis-Mason-Thurston Area  
Agency on Aging. Although not required, suggested  
donation is \$3 for seniors 60 years and older based on  
your ability to pay. Those under 60 are required to pay  
\$7.55.

**Eye Glass Adjustments and Cleaning** — Every  
second Wednesday, 11:00 am to 12:00 Noon. Free  
service provided by Walmart Vision Center.

**Foot care** — with Michelle Gamber - (by  
appointment only) 1st & 3rd Wed., 2nd & 4th Tue., &  
4th Thurs & Fri. From 8 am to 3 pm, Cost: \$19.

**Blood pressure check** — 10:30 to 11:00 am.  
Provided free by Shelton Health and Rehabilitation  
on the second & fourth Thursdays.

**Area Agency on Aging** — 3rd Wed., 11:30 to 12  
noon, Laura & Todd will be available to answer  
questions and provide assistance.

**Free Medical Supplies Lending Library** —  
Borrow walkers, toilet seat boosters, wheel chairs,  
etc., from our lending library. Limited supplies  
fluctuate. Please see the receptionist.

**Abundance Table** — We continue to offer milk, bread  
and other items, as available, on our table near the  
dance floor.

**Priority Footwear**- The 4th Monday of every month.  
Provides easy access to comfortable, custom fit,  
therapeutic footwear for the diabetic community.

**Massage**- with Mysty Knight every other Friday by  
appointment only. Lic MA#60388705.

## Happy Birthday!

### Happy Birthday to All!

Did you know that we have 98 members who are having birthdays in the month of April? Wow, who could have imagined that! As of January we stopped listing all of our monthly birthday folks by name to ensure we're doing our part to help everyone maintain their privacy and protect their identity. It was always fun to note who was having a birthday or maybe even better for you to have someone wish you Happy Birthday. The world we live in today is different and a little treacherous so we have to adapt to it to make sure we keep each other safe.



As always for those of our members who are having birthdays this month, we wish you the very best birthday and would love to see at our regular birthday celebration on the 2nd Friday of the month. Sue Puls provides a beautifully decorated cake to enjoy. You are entitled to a free lunch. Please bring your current membership card and photo ID. Lunch will be regular price for all others.



Some of our April birthday partiers.  
Happy Birthday !



### Carole Pelela

Carole Pelela started with us in 2013 and has not left so she really must like us!!! She is a major asset to our store and works in white tag clothing. She does all of the specialty clothing pricing and is always coming up with new displays for us to use. She is also a great cook and brings wonderful dishes to our potlucks. She out does herself every time, lucky us! We always look forward to Tuesdays when she brings in her homemade goodies as a treat to our volunteers. When she is not busy taking care of her area in the store, she is always willing to lend a hand in the sorting room, taking donations or sorting items. Her husband Paul is always willing to help us out whenever we have a plumbing issue or any questions. Without them we could not function as well as we do. Carole is from the Greys Harbor area and has lived in Shelton for quite some time. She has a heart of gold and would do anything to help anyone out. Many times she has gone above and beyond to help out our customers. After meeting her, they leave with a smile on their faces and feeling much better about themselves. We just hope she knows how much of an impact she has had on our lives at Nifty! When you see Carole, make sure to say thanks!

### Lost & Found

All lost and found items are to be taken to the receptionists office where they will be date stamped. After thirty days they will be sent to Nifty Thrifty and sold.

## Activities Open to the Public

### Friday Fun Night

Friday April 12 from 6-9 pm at the Pavilion. Join us for line dancing or just dancing with our very own DJ, Glenn. Food, wine and beer for purchase. Bring your friends and come ready to have fun. 21+ **Donations are greatly appreciated.**

### Spirited Art

Friday April 12 from 5-8 pm. Enjoy the fun of creating a piece of art while sipping a glass of wine and snacking on some cheese, fruit and crackers. What a great way to start off the weekend!

\$15.00 members, \$20.00 non-members Must be 21+

### Bingo Karaoke

**Theme: Rock N'Roll Sock Hop**

Friday April 26. Come ready to have fun!

Doors open at 6pm with food and drink available for purchase and bingo begins at 7.

\$10 and no one under 21 admitted.

### Paper Crafting 101

Thursday April 11 and 25 from 1:30 to 3:30.

Learn more about paper than you thought was possible!

### Nutrition Class Mondays in April

Heart Disease, Obesity, Cancer, Diabetes, Alzheimer's, Autoimmune Disease

Are you facing any of these?

We will offer informational videos and discussions. Our goal is to help you make informed decisions about lifestyle choices.

Classes will be from 10:00am to 11:30am.

### AARP Tax Service

9:45-3:00 - Make an appointment with the receptionist. Appointments will be available on Wednesday through April 10. Limited spaces available.



MCSAC is hosting this class

**Every Tuesday & Wednesday  
from 5:30-6:30 pm**

**New Class - Seated Zumba Gold  
Wednesday 4:15 - 5:05 pm**

Designed for the lowest impact and seated.

Chair options OK in these classes

Drop in rate is \$5.

**Only Wednesday classes** qualify for SilverSneakers and Silver&Fit benefits. If you qualify for these benefits you only have to pay the reduced \$1 class fee.

Open to the public

## For Your Musical Enjoyment



John Schwennesen

April 12 - 11-12:30



Richard Shatto

April 5 & 19 - 11-12:30

Sarah Huey

Friday April 26 - 11-12:30



### Porcello's Jewelers

Purchasing gold and silver.

April 10th -10am to 4:00pm

Do you need some extra money?

### Bulletin Board

Please, if you want something posted on our bulletin board you **NEED** to give it to Val, our Activities Coordinator.

### Volunteers Wanted

Do you have some time to invest in MCSAA?

As you know, volunteers are what makes our world go round here at the Senior Center. And we have some gaps that we're asking you to fill.

**Table Decorations.** We need someone to take over making and storing table decorations. We have no room here to store these items.

**Gardeners.** Our garden is starting to look a bit shaggy and needs some TLC. Do you have the time and inclination to help with that?

Volunteering is the best way to meet new friends and help the Senior Center at the same time. We would love to have you join our friendly group. Hours are from as little as 1 hour per week to 20+. You let us know what your availability is. Stop by the reception

### A Matter of Balance

Beginning April 17, an 8 week program for seniors who want to reduce the risk of falling by improving flexibility, balance and strength. The class will be held in the Meeting Room from 10am to noon every Wednesday for 8 weeks and will repeat quarterly.



## Center Van Trips

**POLICY:** Non-Members may go on most Center Van Trips provided they travel with a friend or family relation who is a current MCSAC member and pay the non-member price. Up to 2 guests per member.

Advance payment is required to reserve your place. Costs are per person and include round trip van transportation, admissions, or ticket unless otherwise noted. Most require a minimum of 8 people. (Meals are not included unless listed.) Please note: Within two weeks of travel, there is a minimum \$5 fee for canceling or changing van trip dates. Within 3 business days, costs for van or casino trips are non-refundable and non-transferable. Exceptions may be possible due to illness. All trips are scent free for consideration of participant allergies. A few small purchases held on your lap are allowed on trip. Contact Patti Vernie with questions or consideration due to illness. **Make your reservations early as all trips have minimum participant numbers to operate and are subject to cancellation if minimums aren't met.**



### **Wed. April 10 Tacoma Art Museum**

Leaves MCSAC at 10:15am

Costs \$30 for members \$35 for non-members

Lunch on your own at Indochine Asian Dining prior to the museum.

### **Sat, April 20 Westport Crab Festival**

Leaves MCSAC at 9:00am

Costs \$22 member. \$27 non-member

Lunch on your own

### **Thurs. April 25**

#### **Skagit Valley Tulip Festival, Mt. Vernon**

Leaves MCSAC 8:15am

Costs for transportation \$37 mem. \$42 non-mem.

Costs for admission \$7

Lunch and dinner on your own. All day trip.



## Kindness

We would like to remind everyone that this is a senior center, a place where our members should be able to socialize and feel safe. Rudeness and bullying have no place here. Remember what your mother said, "If you can't say anything nice, don't say anything at all".

## Center Van Trips

Sign up at least 14 days in advance and payment is due at the time of sign up. These trips need a minimum of eight attendees to keep trip from being canceled.

## Future Center Van Trips

### **May 10 Whitney Gardens & Rocky Brook Falls**

Leaves MCSAC @ 12:00

Costs-members \$15 non-members \$20

### **May 19 Viking Fest**

Leaves MCSAC @ 8:30

Costs-members \$18 non-members \$23

### **May 30 Northwest Trek**

Leaves MCSAC @ 9:30

Costs-members \$37 non-members \$42

### **June 5 Wed. Night Car Cruise-in**

### **June 10 Rainer's game**

### **June 19-21 Hell's Canyon Dinner Cruise**

**\$379.00 Member, \$399.00 Non-Member**

### **July 3rd Mariners vs St. Louis Cardinals**



## Casino Shuttle Trip

For adults 21 years and older.

MCSAA Membership is not required.

Cost: \$5 per person-needs 15 passengers

Red Wind Casino Shuttle Trip

Every other month on the 3rd Wednesday,

Next shuttle April 17

9:00 am to 4:00 pm

## Classes and Activities for Members

Payments for all classes are to MCSAA and go through the Center reception desk.

### Joy of Painting Landscape Class

3rd Wed. of the month  
9:00 am to 3:30 pm.  
Join Certified Instructor  
Tony Lirette for his  
Joy of Painting class  
where you complete a  
beautiful 16"x 20" oil  
painting each class  
using the Bob Ross  
method.

**Cost:** \$52. (\$7 to  
register; \$45 before  
the first day of class.)  
All materials are  
provided. **Minimum**

class size of 4 people, so please register early or class  
could be canceled.



### Monday Art Workshop

**Mondays, 1:00 to 3:00 pm, Dining Room.**

Bring your own supplies. A short art lesson begins  
at 1:00 pm, so be here early to get set up. Then you  
have a chance to work on a project. Skill level is  
beginner to advanced. \$2 donation.

### Paper Crafting 101

Paper Crafting classes is a great way to get creative!  
Join Dorothy Skans on the 2nd and 4th Thursdays  
from 1:30 to 3:30 for this exciting class. There is no  
charge for this class and supplies are provided by our  
teacher.

### Friday Chorus

Want to learn how to sing with a chorus? Now's your  
chance, come in on Friday at 1:30 p.m. and join in on  
the fun. John Schwennessen is your teacher.

### Fitness Classes

**\$1 donation per class is requested except where  
noted.**

**Open Dance with Al, Don & Doris** Tues 1:30pm

**Tai Chi:** M, W, F; 8:00 to 8:45 am & 8:45 to 9:15 am,  
T & Th. 12:45 pm,

**Gentle Yoga:** T and Th. 8:00 to 8:50 am.

**Line Dance:** Beginners: M & W, 9:00 – 10:00 am;  
Int./Adv.: M & W 10:00 – 11:00 am; Int./Adv., T & Th  
9:00 – 10:30 am; all skills Fri. 9:00 – 11:00 am.

**Zumba:** Tue & W. 5:30pm to 6:30 pm \$5

**Seated Zumba:** Wed. 4:15 to 5:05pm \$5

**Weight Watchers:** Tue. 11:45, on-line membership or  
weekly fee applies.

Friendly Reminder  
Friday movies are for members only.  
No exceptions.

### MCSAA at Shelton Cinemas

#### *Members Only*

**Fridays, usually at 1:00 pm, but times may vary.  
Call the Center.**

Enjoy an afternoon of fun seeing first run movies.  
Current MCSAA membership is required. Prices:  
\$3.50 per person with advance payment before 11:45  
am at the reception desk and \$4.00 after noon at the  
theater.

**Bingo** Thurs. 1-3 pm. \$1.00 for three cards  
**Bingo with Shelton Health & Rehab** 4th Tuesday  
at 1-3 pm

**Bridge** Tuesdays and Thursdays 12:00 pm  
**Chorus** Friday 1:30

**Cribbage** Monday-Friday, 10:00 am

**EZ Crafters** Thursday, 9:00 am to noon

**Hand & Foot** Wed., 1:00 pm. Fun card game

**Jokers Rule!** Thursday, 9:00 am to noon. Learn this  
fun, free game with cards & marbles.

**Knitting & Crochet Circle (Chix with Stix)** Every  
Tuesday 1:00 pm

**Mahjong** Thursday, 1:00 pm Come learn.

**Mexican Train Dominoes** M,W,F 9:00 am

**Pinochle** Mon. & Wed. (Int., Adv) 12:30pm;  
Fri (beginners/all) 12:30 pm. Please arrive  
early to get a seat. \$2

**Puzzles** Mon. through Fri. during Center hours on  
the white table in the dining room.

**Sewing Circle** Tue. & Fri., 9:00 am to 4:00 pm

### Senior Walkers Tuesday at 10:00

**April 2** Huff and Puff

**April 9** Capital Lake

**April 16** Theler Wetland

**April 23** Lake Isabella State Park

**April 30** Nisqually National Wildlife Refuge

Details of the walks are posted on the bulletin board!



# SPRING BAZAAR

at the Shelton Pavilion

April 6, 2019

10 am to 3 pm

Unique Gifts and Homemade Goodies

Homemade Baked Goods from the Senior Center Members

## Large Variety of Vendors:

- \* Home and Garden Decorations
- \* Handmade Quilts and Knitting
- \* Baskets and Jewelry
- \* Hand Tooled Leather Items
- \* Wooden Decor and Toys
- \* Stained Glass
- \* Native American Beadwork
- \* Silver & Turquoise Jewelry
- \* Pottery & so much more!



- \* Lunch available for purchase from 11am-2pm
- \* Coffee and other beverages available all day

Mason County Senior Activities Center, 190 Sentry Drive, Shelton 360-426-7374

# Spring Style Show

Saturday, April 13, 2019



A unique style show with fashions from

**Nifty Thrifty Store**

Enjoy a light lunch, dessert, coffee, tea, wine,

Champagne, mimosas, and games!

**11:00 AM \$15.00 per person, must be age 21+ to attend**

Many unique thrift shop items for sale.

Tickets available at Nifty Thrifty and

Mason County Senior Activities Association

At The Pavilion

190 W Sentry Drive (behind Gillis Auto)

360-426-7374

Extra fun and creativity:

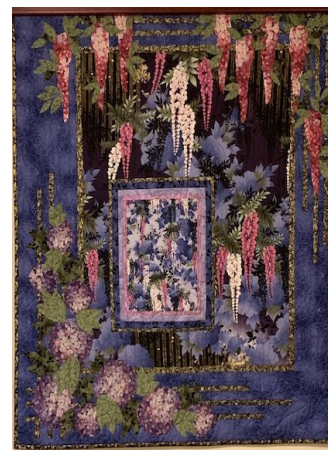
There will be a prize for  
the best designed

Easter  
Bonnet!



## Moonlit Garden Quilt Raffle

Donated to MCSAC by  
Betty Thompson  
Shades of lavender and  
mauve with blue and  
pink flowers. The quilt  
was machine pieced and  
hand appliquéd by  
Hazel Marcus. She also  
did the long arm quilting  
and finishing. The quilt  
is 50 in. X 52 in. and  
would be beautiful on  
your wall!



Tickets are \$1.00 and will be on sale from  
Jan. 16 until July 16.  
Good luck!

## Coming soon....

We're excited to announce that we will be having Square Dancing once a month on a Friday evening. We are working on the time and which Friday. We are also considering Square Dancing lessons earlier in the day but still need to set the time. There will be a small cover charge for the dance and the lessons. As soon as we have all the details, we will let you know.

## Guests

There have been questions about how many times a guest may attend activities at the center. The answer is two. The third time they come in, they need to become a paid member. Please don't harass guests if you think they have visited too often. Let one of the staff know and we will address it with them.



## Your Attention Please

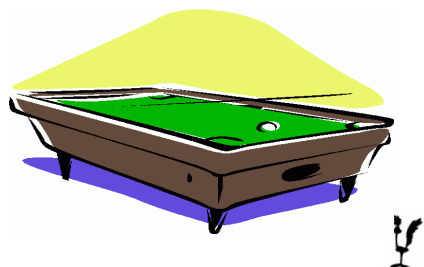
We are looking for Shelton and Washington memorabilia. Do you have anything that you would like to donate to the Senior Center for a display we are planing. We know that many of you have interesting histories in the area and we believe that a display would be a great way to share with other members. Did you used to bowl at Timber Bowl and have anything from there, how about old logging or fishing activities from the past? Any of these would be interesting for us to share. Give Patti a call if you are interested in donating something.

## We need your help!

We are going to keep the pool table! But we are going to be moving it to a corner in our carpeted room. There is plenty of space for it in this new location. We believe that more people will see it and want to play. It will be available for use during non-meeting times.

Now we need donations to make the move. The cost for moving it is \$275.00 and if we replace the felt(recommended), it will be an additional \$175.00. This means we need \$450.00. If we raise more than this, we will use the extra to replace the cues and any other pool accessories that we can afford.

There will be a new donation box in the front entrance hall just waiting for your generosity!



### New class yet to be scheduled.

**Betty Thompson** is willing to teach a beginners' sewing class once a month. The class will teach the basics of a simple nine patch quilt. If you've always wanted to learn to quilt, don't miss this opportunity. Betty is our resident expert and you couldn't be in better hands. Class information, along with cost and supply list to follow. Please contact Patti Vernie in the director's office to get your name on the class list.

**Needed:** A few good men and women who can use a wheelbarrow and a shovel. Here is the scoop...landscaping project is waiting for some volunteer garden enthusiasts. The irrigation system – lawn sprinklers – need repair. We have the repair person but we need some lawn dug up to make way for the shallow pipes. Once the ground thaws we will be ready to go to work. If you want to join the work party, give me a call. Carol Ann Acocks, 360-426-5820, team co-leader with Clay Long.

### Please remember MCSAA when making donations.

To make your tax deductible donation to help support MCSAA, call or come into the Senior Center. If you choose to name us in your will or other estate plan, we should be named as:

Mason County Senior Activities Association.

We will furnish our tax identification number as requested. Any communication about your planned donation is strictly confidential and without obligation. For more information please call 360-426-7374 or email [Director@mcsac.net](mailto:Director@mcsac.net)





Our walkers on an unofficial first walk of the season around Capitol Lake in Olympia!



The Joy of Painting class turned out some great paintings.



Having fun at Seattle's Garden Show.



Glenn and Jan dancing at Friday Fun Night.



Winner! Winner! Winner!  
Bingo Karaoke fun.



And the Oscar goes to....  
Hollywood dress up night at Bingo Karaoke.



# Aetna® Medicare plans are now available in your area

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72.12.732.1 (9/18)-3673



## Code of Conduct Reminder!

*The purpose of the Code of Conduct is to promote an atmosphere of harmony & understanding at the Mason County Senior Activities Center, assuring participants and staff alike, that the behavior of all in attendance will be guided by a common set of rules for the mutual benefit of all.*

MCSAA supports the Activities Center and its Events by selling donated items through Nifty Thrifty & the Center's Gift Shop. **Everything** that is donated to MCSAA at either the Railroad Ave. location or the Sentry Dr. location should be sent either to Nifty Thrifty for pricing and sale or approved through the Staff to be utilized for the Association. Items that are donated to MCSAA should not be taken home by anyone unless they have been purchased through Nifty Thrifty or the Center's Gift Shop.

Please remember: Once an item is brought to MCSAA with the intention of donating it to MCSAA, it becomes the property of the Mason County Senior Activities Association. That item's sale should go either towards the Center's events or the functioning of the Association. We provide free services such as the Abundance Table as well as the Medical Lending Library. Items that are not on the Abundance Table or part of the Medical Library should **NOT** be considered "FREE".

## Become a Corporate Sponsor

Sponsorship is a great way for businesses throughout the community to support the Mason County Senior Activities Association and thus our Senior Center, Nifty Thrifty & Pavilion. Our Sponsors mean so very much to our Senior Center! Businesses can sponsor the many special events that are to benefit the Center's Members throughout the year. We have raffles that businesses can donate gift certificates, merchandise, or services to during our Bingo Karaoke Party on the last Friday of the month.

Sponsors donate in many special ways including:

- Providing activities for our Members (Like Bingo, Potlucks, Music)
- Bringing in meals and treats for our Seniors
- Buying ad space in our monthly newsletter and more!
- Each month the Center mails over 800 newsletters to its members and distributes another 400+ in the community. Advertising space is available to purchase in our newsletter which also gives businesses the unique opportunity to give an informational presentation to our members during the year and to display business cards and/or brochures on our Sponsor Table.
- The balance of funds for ads that are canceled before the agreed upon time frame by sponsors will be considered a donation to the Senior Center.

If you are interested in becoming one of our valued Sponsors, please contact our Association Director at [info@mcsac.net](mailto:info@mcsac.net) or 360-426-7374 for more information about the benefits of becoming one of our Corporate Sponsors.

**Please support our Corporate Sponsors who support us.**



**360-426-2600**

**[www.AlpineWayLiving.com](http://www.AlpineWayLiving.com)**

900 W. Alpine Way | Shelton, WA 98584

Retirement Living • Assisted Living • Memory Care



Please support our **Corporate Sponsors** who support us.

**COMPUTER SERVICE @ YOUR DOOR**  
DAVE'S COMPUTER SERVICE  
**360-898-3800**

## FOREST FUNERAL HOME



Kathleen Blanchette

313 W Railroad Ave  
Shelton, WA  
Located next to Treasures Thrift Store

**(360) 427-8044**

**HOMEMEAT SERVICE**  
est. 1960  
**360-426-1643**  
341 SE Taylor Rd. Shelton, WA  
homemeatservice@gmail.com



**Karen L Schade**  
Financial Advisor

1051 SE State Route 3 Suite E  
Shelton, WA 98584  
360-426-4590

**Edward Jones**  
MAKING SENSE OF INVESTING

Have Medicare questions?  
I have answers.

Jeff Boothe 360-490-5771

Licensed Sales Representative **UnitedHealthcare**  
Medicare Solutions

Medicare Supplement Plans  
UHCMedicareSolutions.com

We offer large size ad spaces with reasonable payment plan options. Call 360-426-7374 and ask for Penny for more information.

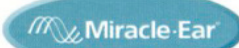
This newsletter reaches more than 1,500 seniors throughout Mason County.

## STEPHS ESPRESSO

2230 Olympic Hwy. N Shelton WA

**360-427-1290**

Buy 12 drinks get the 13th drink free. excludes energy drinks

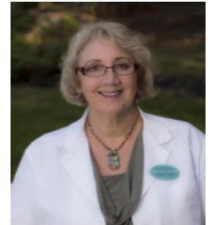


### Miracle Ear

116 West Railroad Ave. Suite 106  
Shelton, WA 98584  
427-3187

**Leona Byrd, BC-HIS**  
Leonab@Miracle-earnw.com

- Free Hearing Screenings
- L and I claims accepted
- Federal claims accepted
- Open Monday through Friday



Leona has been helping Mason County hear better since 1998.  
Call for an appointment today

**Shelton**  
**LAND and HOMES**  
SHELTON LAND & HOMES LLC

**FREE**

Property Valuations

Coffee, Maps, Info

**John Borgert**  
Designated Broker  
jborgert@att.net  
360-490-6654

31 Mill Creek Rd SE  
Shelton, WA 98584  
SellingShelton.com

## Sojourners Welcome!

Stated Communication 2nd Thursday  
of each Month (In June, 3rd Thursday)  
Dinner 6:30 (Public Welcome!)  
Lodge 7:30 pm (Masons Only)

**B**  
**Ask 1**



At **Union City Lodge #27** F.&A.M.

Across from Lucky Dog Casino

Questions: 360-280-9925

unioncity27@gmail.com



Please support our **Corporate Sponsors** who support us.

## The Pavilion

Shelton's historic Venue for your events.  
Specializing in weddings, reunions, meetings,  
business conferences, and parties.

**Event Coordinator:** Val Wedman  
360-426-7374 ~ pavilion@mcsac.net  
190 W. Sentry Drive  
Shelton, WA 98548

Probates-Wills-Powers of Attorneys-  
Deeds-Foreclosures

**Julie Cook**  
Attorney at Law

P.O. Box 821 / 613 West Pine St Phone: 360-427-5616  
Shelton, WA 98584 JULIEKAYCOOK@Yahoo.com

## In Fine Time Sewing Machine Repair

Vintage Specialty

kixfixing@gmail.com

360.490.8825



The Below ad is not associated with the Mason  
County Senior Center

**MasonCountySeniors.com**

Using the internet to connect seniors to  
services, information and each other.

Cut your cable bill

Buy and sell

Connect with friends and family

Connect with area senior services providers

**SIMPLE ★ ECONOMICAL ★ RESPECTFUL**

mccombwagner.com

**CELEBRATE 120 YEARS ANNIVERSARY**

**McCOMB & WAGNER**  
FAMILY FUNERAL HOME AND CREMATORY

**360-426-4803**

**THE WAGNERS**



**Sales – Service – Installations**

Wood, Gas, & Pellet Stoves, Fireplaces & Inserts  
Spas, Chemicals, Accessories, Replacement Covers

**24202 N US Highway 101 Hoodspport, WA**  
**olympicstoveandspa.com 360-427-3780**

## Assistance Dog Laws



**Assistance Dogs in Public and in the community. Know the Law.**

- As a business owner, employee, or other member of the community,
- there are some important things you should be aware of regarding
- Assistance Dogs who have public access rights, as well as your rights
- as a business.
- Assistance dogs include Guide Dogs who are trained to help people
- who are visually impaired, Hearing Dogs who alert people who are
- deaf or hard of hearing, and Service Dogs who are trained to help
- people with mobility and other physical disabilities. Service Dogs
- include Seizure Dogs and Autism Assistance Dogs.
- Therapy Dogs” and “Emotional Support Dogs” are NOT Assistance
- Dogs. They do not perform a physical skill.
- Along with public access rights, the person and his/her dog have the
- following responsibilities:
- \* The dog must be well groomed, well behaved, under control, and
- trained for their task.
- \* The dog must be on a leash.
- \* The dog must be able to lie quietly beside the handler without
- blocking aisles or doorways
- \* The dog may NOT ride in a shopping cart or sit in a person's lap
- while at a restaurant.
- State House Bill 2822 passed and changed many RCW's regarding
- service animals and Washington state will be imposing \$500 fines for
- misrepresentation of a service dog starting January 1, 2019.

## Guests

There have been questions about how many times a guest may attend activities at the center. The answer is 2. The 3rd time they come in, they need to become a paid member. Please don't harass guests if you think they have visited too often. Let one of the staff know and we will address it with them.

## Are You Cleaning and De-cluttering

Think of donating to Nifty Thrifty. We need your donations. The store accepts household items, jewelry, clothing, collectibles, furniture, books, crafts and fabric just to name a few items. Nifty Thrifty is the major funding source of the Senior Center and your donations of gently used and new items are tax deductible. Please contact Michelle Marks at (360) 427-0858 for more information.

# April 2019 Activities

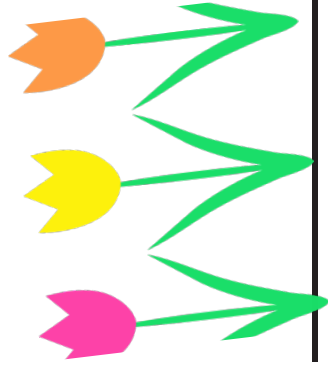
Every Monday	Every Tuesday	Every Wednesday	Every Thursday	Every Friday	Every Weekend
8 & 8:45 Gentle Tai Chi 9-10 Begin Line Dance 9:00 Mexican Train Dominoes 10:00 Cribbage 10-11 Int./Adv. Line Dance 12:30 Pinochle (Int,Adv) 1:00 Art Workshop	8:00 Gentle Yoga 9:00 Line Dance-Int./Adv. 9-4 Sewing Circle 10:00 Walkers 10:00 Cribbage 12:00 Bridge 12:45 Gentle Tai Chi 1:00 Chix with Stix 1:30 Open Dance 5:30-6:30 PM Zumba Gold	8 & 8:45 Gentle Tai Chi 9-10 Beginning Line Dance 9:00 Mexican Train Dominoes 10:00 Cribbage 10:00 Int./Adv. Line Dance 12:30 Pinochle (Int, Adv) 1:00 Hand & Foot Cards 4:15-5:05pm Seated Zumba 5:30-6:30am Zumba Gold	8:00 Gentle Yoga 9:00 Line Dance - Int./Adv. 9:00 EZ Crafters 9:00 Jokers Rule! 10:00 Cribbage 12:00 Bridge 12:45 Gentle Tai Chi 1:00 Bingo 1:00 Mahjong	8 & 8:45 Gentle Tai Chi 9:00 Mexican Train Dominoes 9:00 Open Line Dance 9-4 Sewing Circle 10:00 Cribbage 12:00 Pinochle (begin./all) 1:00 MCSAA Goes to the Movies 1:30 Chorus	Saturday/Sunday
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday/Sunday
1  12:00 Cream of Broccoli soup V	2  12:00 Turkey or Veggie wrap & Tomato soup V	3  AARP Tax Service Foot care by Appt 12:00 Meatloaf	4  12:00 Taco Casserole	5  10-2:30 Evolution Massage 11:30 Music by John Schwenesen 1:30 MCSAC Chorus  11:30 Swiss Burger	6/7  Spring Bazaar 10am-3 pm
8  12:00 Tortellini w/wo meat sauce V	9  Foot care by Appt 9:30 Board Meeting  12:00 Salmon	10  AARP Tax Service 10:00 Porcello's 11:00 Free eye glass adjust  12:00 Country Fried Steak	11  10:00 Paper Crafting 101 10:30 Blood Pressure Check  12:00 Garden Burger V	12  10:30 Newsletter meeting 11:30 Music by Richard Shatto 12:00 March Birthday Cake 1:30 MCSAC Chorus 5:00 Spirited Art 6:00 Friday Fun Night 11:30 Tamale Pie	13/14  Spring Style Show 11am
15  12:00 Herbed Chicken	16  Anniversary Lunch  10:45 Member meeting 11:30 Line Dancers Perform 12:00 Live Music  12:00 Country Fried Steak	17  Lucky Eagle Casino 9:00 Joy of Painting 10:00 A Matter of Balance 10:30 Newsletter Proofing Foot Care by Appt 11:30 AAA Q&A 1:00 Alcohol Ink Class 12:00 Lemon Pepper Fish	18  Foot care by Appt  12:00 Veggie Lasagna V	19  10-2:30 Evolution Massage 11:30 Music by John Schwenesen 12:00 Early Stage Memory Loss 1:30 MCSAC Chorus  11:30 Ham Dinner	20/21  20/21
22  12:00 Beef Marsala	23  Foot care by Appt  12:00 Chicken Cesar Salad	24  9:00 Joy of Painting 10:00 A Matter of Balance 12:00 Tuna Salad	25  Foot care by Appt 8:15 Skagit Tulip Trip 10:00 Paper Crafting 101 10:30 Blood Pressure Check 11:00 Medicare Class 12:00 Farmers Breakfast with sausage	26  Foot care by Appt 11:30 Music by Sarah Huey 1:30 MCSAC Chorus BK - Hippiie Night  11:30 BBQ Chicken	27/28  27/28
29  12:00 Beef Enchilada	30  1:00 Bingo - Shelton Health & Rehab 12:00 Beef Stir Fry		<b>V = Vegetarian</b>	<b>Menu is subject to change.</b>	

# Senior Nutrition Program April 2019

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
1 Cream of Broccoli Soup Grilled Cheddar Cheese Sandwich Fresh Fruit *Vegetarian option*	2 Turkey, Veggie & Cream Cheese Wrap Tomato Bisque Soup Tropical Fruit Salad *Vegetarian option*	3 Meatloaf Mashed Potatoes W/ Gravy Mixed Veggies Peaches	4 Taco Casserole Green Salad Fresh Fruit	5 Swiss Burger Summer Slaw Oven Fries Fresh Fruit
8 Cheese Tortellini with Meat Sauce Green Beans Fresh Fruit Garlic Bread *Vegetarian option*	9 Wild Salmon with Pesto Cream Sauce Grilled Veggies Tropical Fruit Salad Dinner Roll	10 SITE CHOICE Country Fried Steak Mashed Potatoes W/ Gravy Peas & Carrots Fresh Fruit	11 Garden Burger w/Cheese, Sautéed Onions & Mushrooms Sweet Potato Fries Fresh Apples Slices *Vegetarian option*	12 Beef Tamale Pie Refried Beans w/Fresh Cilantro Spiced Peaches
15 Herbed Chicken Rice Pilaf Peas & Carrots Fresh Oranges Dinner Roll	16 Country Fried Steak Home Made Mashed Potatoes & gravy Mixed Vegetables Fresh Fruit Dinner Roll	17 Lemon Pepper Fish Wild Rice Blend Carrot Raisin Salad Fresh Fruit Dinner Roll	18 Veggie Lasagna Fresh Spinach Salad Spiced Pears Garlic Bread *Vegetarian option*	19 Ham Dinner Mashed Red Potatoes W/ Gravy Green Beans Fresh Fruit
22 Beef & Mushroom Marsala over Linguini Green Beans Baked Spiced Pears Dinner Roll	23 SITE CHOICE Chicken Caesar Salad w/ Tomato Wedges Seasoned Croutons Watermelon	24 Tuna Salad on Fresh Spinach Spiced Peaches Dinner Roll	25 Farmers Breakfast W/ Sausage Broccoli Mandarin Oranges	26 BBQ Chicken Potato Salad Mixed Green Salad Apple Crisp
29 Beef Enchilada Casserole Seasoned Black Beans Green Salad Fresh Fruit	30 Stir Fry Beef & Broccoli Brown Rice Asian Vegetables Pineapple			

(Menu Subject to change)





# April 2019



Sun	Mon	Tue	Wed	Thu	Fri	Sat
<b>Sales Color Yellow</b>	1 50% off Yellow tags	2 25% off Furniture	3 25% off Furniture	4 Electronics 25% off	5 MCSAA 33%	6 Bi-annual sale 50% everything
7 <b>Closed</b>	8 Kitchen Items 25% off	9 Seniors & Military Receive 15% Off	10 Purses 25% off	11 White Tags 25% off	12 White tags 25% off	13 Clothing 50% off
14 <b>Closed</b>	15 Jewelry 25% off	16 Seniors & Military Receive 15% Off	17 Books 50% off	18 Books 50% off	19 Fabric and crafts 25% off	20 Shoes 50% off
21 <b>Happy Easter Closed</b>	22 Yellow Tags 75% Off	23 Seniors & Military Receive 15% Off	24 Linens 25% off	25 Kitchen Items 25% off	26 Knickknacks 25% off	27 White Tags 25% off
28 <b>Closed</b>	29 Yellow Tags 90% off	30 Seniors & Military Receive 15% Off	31 Furniture 25% off	Throw kindness around like Confetti!	Did You know? We deliver	Recycle!!! Reuse !!! Repurpose!
<b>Closed</b>	We pick up donations Call us at 360-427-0858	Make new friends, volunteer!	We are always looking for jewelry.	We will pick up your leftover garage sale items	Nifty Thrifty is the major fund- ing source for the MCSAA	Hours M-F 9:30-5:30 Sat 9:30-5:00

Our goal is to provide quality merchandise at fair prices. Nifty Thrifty Store is the major funding source of the Mason County Senior Activities Association. Please call 360-427-0858 and ask about donation pick up services.

## MASON COUNTY SENIOR ACTIVITIES ASSOCIATION



190 W. Sentry Drive  
 Shelton, Washington 98584  
 Phone: 360-426-7374 Fax: 360-426-1955  
 www.mcsac.net



### 2019 Membership Application and Agreement

**Welcome!** We hope you enjoy making new friends and participating in our many activities, classes, trips and volunteer opportunities. MCSAA Members enjoy great benefits including:

- Our excellent Active Living Newsletter every month
- Free birthday Lunch on the second Friday in the month of your Birthday
- Discounted Pricing on most trips and classes
- Exclusive access to some Center Classes, Trips & Functions
- Discount at our Nifty Thrifty Thrift Store
- Your emergency information on file in case it is needed

Annual Dues are \$30 per person. Membership is for those 50 or better, however, spouses of a 50+ member, that are not yet 50, may join as an Associate (non voting) member.

Make checks payable to M.C.S.A.A. (Mason County Senior Activities Association)

**Please, PRINT all information CLEARLY**

FIRST NAME: \_\_\_\_\_ MIDDLE \_\_\_\_\_

LAST NAME \_\_\_\_\_ NICKNAME \_\_\_\_\_

DATE OF BIRTH: \_\_\_\_/\_\_\_\_/\_\_\_\_ ☐ Male ☐ Female PHONE: \_\_\_\_\_.\_\_\_\_\_.\_\_\_\_\_

CELL \_\_\_\_\_ - \_\_\_\_\_ - \_\_\_\_\_ EMAIL ADDRESS \_\_\_\_\_@\_\_\_\_\_

MAILING ADDRESS: \_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_, zip \_\_\_\_\_

Check One: I prefer to receive my monthly Active Living newsletter by Regular US Mail ☐

Please save the cost of US Mail and email my Active Living newsletter ☐

I want to save MCSAA Postage, I'll see Active Living on their web site ☐

**In Case of Emergency** ( Please fill this optional information out. Our members who have needed us to call for help have been thankful that they did)

Name: \_\_\_\_\_ Relationship \_\_\_\_\_

Phone #: \_\_\_\_\_ Cell \_\_\_\_\_

Physician \_\_\_\_\_ Phone #: \_\_\_\_\_

Ethnicity Circle One **Caucasian** **African American/Black** **Hispanic/Latino** **Asian**  
**Middle Eastern** **Pacific Islander** **Native American/Alaskan** **Other**

\*All Information is kept confidential but is useful for reporting anonymous statistics for Grant applications and other funding. Your cooperation is most appreciated.

*Hold Harmless Agreement: I freely and knowingly assume the risks inherent in my participation in all activities, including all classes, travel and volunteer duties. I do hereby agree to indemnify, release, and hold Mason County Senior Activities Association, a WA non-profit corporation, doing business as Mason County Senior Activities Center & Nifty Thrifty, it's employees, volunteers, officers, board members and other persons or organizations harmless from and against any and all liability for any injury, loss of property, damages, or death, which may be suffered by me, or my Guests, arising out of, or in any way connected with volunteering or participating in any activities at the Center, Center sponsored activities at other locations, or while traveling with the Center, in the Center's bus or under it's auspices. Specifically, I understand that Mason County Senior Activities Association provides no medical insurance, and that I am responsible for the cost of treatment for any injury to me or my Guests.*

*Furthermore, I acknowledge that I am being strongly advised to consult a licensed physician prior to my participation in the activities that I have chosen, to determine their suitability and safety given my current medical condition. In addition, I acknowledge that MSCAA is not responsible for reminding me of activities that I have signed up for.*

*Photos/Video/Audio Release: I am aware that the Center activities are occasionally photographed by Center representatives the media and others, and that still photos, and/or audio and video recordings may be made to help promote the Center's non-profit mission, and fundraising efforts. I hereby give my permission for me to be photographed and recorded while participating in Mason County Senior Activities Association activities.*

**Thank you for joining...** Your membership dues help provide services and programs to the Mason County Community. We are completely self funded by Nifty Thrifty, Pavilion Rentals, Members, Donors & Sponsors.

Signature \_\_\_\_\_ DATE: \_\_\_\_/\_\_\_\_/201\_\_\_\_

Last Name, First

Member #

New Member

☐

Renewal

☐

Key Tag

X

☐

SCHEDULED

☐

WSP Check Completed

**Volunteers are the Heart and Soul****of our Center.**

*If you would like to volunteer your talents to our organization, please check those areas where you would like to help below.*

**Volunteer Questionnaire**

Activities of interest or Skills you Possess— Please check all that apply & fill in any blanks that apply

- ☐ Serve on the MCSAA Board
- ☐ Membership (or other) Committee
- ☐ Newsletter Publication
- ☐ Web Page updates
- ☐ Social Media Sites/Updates
- ☐ Teaching Computer Classes: Beg/Inter or Adv
- ☐ Teach \_\_\_\_\_ Class (fill in your skill)
- ☐ Teach Genealogy Class
- ☐ Teach a Health/Diet/Nutrition Related Class
- ☐ Teach a writing class
- ☐ Teach a \_\_\_\_\_ exercise class
- ☐ Reception Desk (answering phones, taking money, trips, registering new members)
- ☐ Host (Make Coffee/tea/ maintain treats & utensils)
- ☐ Pavilion Event Chaperone
- ☐ Volunteer to help with Special events
- ☐ Cook/clean/prep for Special Events
- ☐ Decorate/Set up for Special Events
- ☐ Book/Provide entertainment
- ☐ Newsletter & Flyer distribution
- ☐ Newsletter folding, sealing & mailing
- ☐ Bingo Caller/set-up/take down/Karaoke Host
- ☐ Potluck Help
- ☐ Decorate the Center for seasonal cheer
- ☐ Make Crafts to sell or decorate
- ☐ Photography (take pictures at events and of Members)
- ☐ Trip Driver (must have clean driving record)
- ☐ Volunteer to help with Special events
- ☐ Community Ambassadors
- I ☐ hereby authorize a background check to be done, required for all volunteers before starting any position.

Signature \_\_\_\_\_

DATE: \_\_\_\_ / \_\_\_\_ / 201\_\_ PHONE # \_\_\_\_\_

Print Name: \_\_\_\_\_ DOB: \_\_\_\_ / \_\_\_\_ / \_\_\_\_

Any other names used? \_\_\_\_\_

Volunteer to help with Special events

Facility Management

- ☐ a. Electrical
- ☐ b. Plumbing
- ☐ c. Carpentry
- ☐ d. Handyman/Repairs
- ☐ e. Painting
- ☐ f. Janitorial
- ☐ g. Garden/Grounds

Clerical/Secretarial

- ☐ a. Data Entry
- ☐ b. Letter Writing
- ☐ c. Posters & Forms
- ☐ d. Emails
- ☐ f. Excel/Word/Publisher
- ☐ g. Transcribe Minutes/ Take Dictation

Miscellaneous

- ☐ a. Legal
- ☐ b. Grant Writing
- ☐ c. Fundraising
- ☐ d. Budgets/Bookkeeping
- ☐ e. Event Planning & Organization
- ☐ f. Finance & Accounting

Your Ideas: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Last Name, First \_\_\_\_\_

Member # \_\_\_\_\_

New Member ☐

☐

Renewal ☐

☐

Key Tag X \_\_\_\_\_