MASON COUNTY SENIOR ACTIVITIES ASSOCIATION

Active Living



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

Mason County Senior Activities Center

April 2021

We are happy to announce that we are open for a few activities on Monday, Wednesday and Friday – from 8:00 AM – noon.

- In order to remain open and consider opening further, we require volunteers. Contact Val to help.
- Masks must be worn at all times and you must check in at the kiosk. Current members only.
- On 03/08/2021, the CDC issued a statement regarding what is allowable for fully vaccinated people. Here is the sentence that pertains to MCSAC in particular: "Fully vaccinated people should continue to take precautions in public like wearing a well-fitted mask and physical distancing", (https://www.cdc.gov/coronavirus/2019-ncov/vaccines/fully-vaccinated-guidance.html)
 - Because of this, we will not be offering any games that bring our members into close contact.

 Congregant meals are on hold -- we're waiting to hear more from Senior Services for South Sound
- Available Center Activities:
 - o Tai Chi: M/W/F 8:30 9:30
 - o Line Dance: M/W/F 10:00 11:30
 - o Socializing: no food/drink provided. You may bring a drink with a lid, but please, no food to share
 - o Art Workshop: Wed 10:00 noon
 - o Sewing: Wed 9:30-11:45
 - o Crafters: Mon 9:30 noon
- **Zoom Activities:** Contact Val for the class invitation (activities@mcsac.net)
 - o Line Dance: we have a hybrid in-person/zoom class for those who want to dance from home.
 - o Yoga: Tuesday/Thursday 8:30-9:30
 - Tai Chi: Wednesday 8:30, Thursday 10:00

Tax-Aide:

- We will be the AARP Drop-Off Site for tax services. This means that you will drop off your paperwork with the AARP preparer and then come back to pick it up an hour later. You will not wait in the building.
- Tuesdays and Thursdays 10:00 4:00, starting April 13th
- Call 360-358-2746 to book appointment

COVID-19 Vaccines:

- The Senior Center has been working with Mason Health to stage COVID-19 vaccination clinics.
- Important Note: We will always strive to accommodate any COVID vaccine clinic that becomes available to us. This means that we may be inconvenienced and/or closed in order to provide this public service. Thank you in advance for your patience in this matter.

Bloodworks NW

• Bloodworks NW will be having blood drives here at the Center on April 20, 21, 27 and 28th. You can sign up to donate at https://schedule.bloodworksnw.org/DonorPortal/Default.aspx

Nifty Thrifty:

• Nifty Thrifty is looking for at least 2 volunteer cashiers. Experience is desired but they will train. We also have a new hire at Nifty. Her name is Melissa.

General Membership Meeting – Tuesday, April 20, 2021 at 10:45

- We want to hold nominations for new board members -- please consider becoming a board member!
- Must have 20 members attending to conduct any business
- Zoom will be available for you to attend remotely. Contact Val for the invitation (activities@mcsac.net)

Senior Walkers:

• Dust off your hiking boots and get ready to begin our 2021 season on April 6th. Details inside.

Mason County Senior Activities Association

Annual membership dues are \$40

Activities Center "50 and Better Activities Center"

Address: 190 W. Sentry Dr., Shelton **Phone:** (360) 426-7374

Email: info@mcsac.net Web: www.mcsac.net

FB: https://www.facebook.com/

MasonCountySeniorActivitiesAssociation

Staff:

Interim Director: Val Wedman

Event, Activities & Volunteer Coordinator:

Val Wedman

Bookkeeper & Data Coordinator: Penny Wilson

Volunteers: Contact Receptionist to help.

Receptionists:

Patt Matsen Kathy Abernathy-Robinson

Ella Kowalski Kathleen Blanchette

Phyllis Glisson Janna Yorke

Center Hosts:

Doris Fredin
Irene Moffatt
Ella Kowalski
Jill Neil
Bill Bezanson
Linda Bostwick

Gift Shop: Jill Neil Sunshine: Jill Neil

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

Newsletter and Layout: Patricia Vernie and

Penny Wilson

Editorial Committee:

Julie Whaley Gale Glenn
Val Wedman Avis Ross
Photographer: Glenn Harper and Gale Glenn
Mailing Team: Gil Palmer, Al Lawrence,
Bill Bezanson & Ann Olli

Distribution: Nila LeGault, Reiko Mauer and

Steve Mutoli **Web-master:** Dave Pierik

Center Holiday Closures

2021

January 1 New Year's Day January 18 MLK Day February 15 Presidents Day Memorial Day May 31 July 2 Independence Day September 6 Labor Day November 11 Veterans' Day November 25-26 Thanksgiving December 24 Christmas

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 or eBay ID: niftythriftythriftstore1

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



Open Monday-Saturday 9:30-5:00
Donations Monday – Saturday 10-4:30
<u>Your quality donations are needed!</u>
Call for Free Pickup: 360-427-0858

Store Director: Michelle Marks

Staff: Melissa Elliot, Linda Trail, Cathy Jones and

Moriah Ward

Dedicated Volunteers:

Adelheid Krohne Gary Yuan Irene Moffatt Aloma Perez Jan Kallinen Arlyn Skarich Jane Donahue Axel VanWormer Kyle Dimisillo Betty Thompson Maxine Neese Carole Pelela Pamela Johnson Cynthia Middleton Rachel Sedlaek Doug Kreklow Reda Keller

Ruth Coots Vivian Bentkowski Marilyn Olson Jill Neil Wayne Souza Rich Sawyers

Additional volunteers are always needed. Call Michelle at 360-427-0858 to volunteer.

This institution is an equal opportunity provider and employer.

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.

Meetings

MCSAA Virtual Board Meeting

Tuesday, April 13th at 9:30 am

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 Interim Director Val Wedman 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. To attend the virtual meeting, email Val (director@mcsac.net) for the link.

MCSAA 2021 Board

President: Clay Long
Vice President: Bill Bezanson
Secretary: Wayne Souza
Treasurer: Marilyn Olson
Patti Vernie

Open Spots Available

Board Member Needed

MCSAA is in need of a board member. Have you always wanted to see how you could help? This is one way. Help create a legacy that will continue on for years to come. We need you! If you are interested, give us your contact information and we will have Clay, our Board President contact you.

In honor of MCSAA's 40th birthday, Nifty Thrifty is having a 40% off sale for current members only on April 23rd!

Be sure to renew your membership to take advantage of these savings. Don't forget to show the cashier your current membership card before they ring you up!

Center Wish List

We would greatly appreciate donations of:

Nifty Thrifty needs:

Clear Packing Tape
1" Masking Tape
Large Padded Envelopes
Plastic Grocery Bags
Bubble Wrap
Packing Peanuts



Thank you very much for your donations!

Here is a web address to our Amazon wish list for your convenience:

Please note that it is case sensitive.

https://a.co/86hGxTi

For up-to-date information about the Senior Center, please check:

https://www.facebook.com/Mason CountySeniorActivitiesAssociation



www.mcsac.net

Donations:

- Send checks: 190 W Sentry Dr. Shelton, WA 98584
- GoFundMe: https://charity.gofundme.com/o/en/campaign/support-mason-county-senior-activities-center-during-covid-19-closure

Senior Walkers Are At It Again

Brush off the winter and welcome the spring with hikes for the next 6 months!

- April 6th Meet and Greet at the Center and then off to the Huff and Puff, dogs ok
- April 13th Lake Isabella State Park dogs ok, Discover pass required
- April 20th Capital Lake, dogs ok
- April 27th Theler Nature Preserve, NO dogs allowed



Senior Services for South Sound &
Meals on Wheels
Congregate (group) meals are currently not available
here at the Pavilion at this time.

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

Serving Mason County Residents (360) 586-6181 Ext 124

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.



New to Medicare

Free Zoom Presentations. Join us for a free, unbiased webinar all about Medicare!

Choose one of these available appointment times: Wed., Apr. 7 | Mon., April 12 | Thurs., Apr. 15 (These webinars run from 10 am to 12 pm)

Tues., Apr. 20 from 1 pm to 3 pm

Thurs., Apr. 22 from 3:30 pm to 5 pm

To re-register to reserve your Zoom webinar spot: ThurstonMasonShiba.Volunteers@southsoundseniors.org

Once we receive your email, we will send you the link to the webinar with more details.

We cover:

- Medicare A, B, C and D
- Help you understand your Medicare benefits and options
- How to avoid becoming a victim of Medicare fraud

Statewide Health Insurance Benefits Advisors (SHIBA) offers free unbiased and confidential service provided through the Office of The Insurance Commissioner. SHIBA provides a free overview of Medicare. For more information, Call SHIBA at 360-586-6181 ext.134.

Services for All Seniors at Mason County Senior Activities Center

Current MCSAC Membership is NOT required for the following Services.

Foot-Care-- is currently not available but we hope to offer this service soon. Look for coming announcements.

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 **Todd at**Thurston County Food Bank for information 360-352-8597 x206.

Abundance Table — is currently not available but we hope to offer this service soon. Look for coming announcements.

Priority Footwear- The 4th Monday of every month. Provides easy access to comfortable, custom fit, therapeutic footwear for the Diabetic community. Call Patty Popowich CFTS (360-593-1985) for an appointment)

Free Medical Supplies Lending Library — Borrow walkers, toilet seat boosters, wheel chairs, etc., from our lending library. Supplies fluctuate. Please call 360-426-7374

So happy to be open and active again!



Shirley leading our Wednesday Tai Chi group

Our incredible line up of Line Dancers. Whether live or on Zoom they keep dancing!



Thank you members and especially all the volunteer teachers, leaders, receptionists and door hosts!



The Shelton-Mason County Journal has provided newspapers for every one of the Center's COVID Vaccine Clinics. We thank them for their generous donation and all the hard work they do in our community.

Mason Health has administered 11,742 COVID-19 doses to date.

We want to thank all the vaccinators (most of which are volunteers), MGH volunteers and volunteers from the Senior Center who have helped at our events and all the other events in our county. This has been a huge undertaking and you are the unsung heroes!

April 2021 A

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Every Tuesday	Every Wednesday
8:30am Zoom Yoga 10am Senior Walkers (meet at the center parking lot 9:50am) info on pg. 3. Center Closed for Activities	8am Socializing 8:30am Gentle Tai Chi 8:30am Zoom Gentle Tai Chi 9:30am Sewing Group (starts the 21st) 10am Line Dance 10am Zoom Line Dance 10am Artists Workshop
Tuesday	Wednesday
6 10 Senior Walkers: Huff and Puff	7 10-12 Artists Workshop 10-12 SHIBA Zoom Appt.
9:30 Board Meeting 10 Senior Walkers: Lake Isabella State Park	14 10-12 Artists Workshop
20 10 Senior Walkers: Capital Lake 10:45 General Membership Meeting 1-3 SHIBA Zoom Appt.	21 9:30 Sewing Group 10-12 Artists Workshop BloodworksNW
27 10 Senior Walkers: Theler Nature Preserve	28 9:30 Sewing Group 10-12 Artists Workshop BloodworksNW
There are 38 members with April birthdays	No meals will be served at this time.
	8:30am Zoom Yoga 10am Senior Walkers (meet at the center parking lot 9:50am) info on pg. 3. Center Closed for Activities Tuesday 13 9:30 Board Meeting 10 Senior Walkers: Lake Isabella State Park 20 10 Senior Walkers: Capital Lake 10:45 General Membership Meeting 1-3 SHIBA Zoom Appt. 27 10 Senior Walkers: Theler Nature Preserve There are 38 members with

Activities

Every Thursday	Every Friday	Every Weekend
8:30am Zoom Yoga 10am Zoom Gentle Tai Chi	8am Socializing 8:30am Gentle Tai Chi 10am Line Dance 10am Zoom Line Dance	,
Center closed for activities		
Thursday	Friday	Saturday/Sunday
1	2	3/4
8	9	10/11
15 10-12 SHIBA Zoom Appt.	16	17/18
22 BloodworksNW 3:30-5 SHIBA Zoom Appt.	Happy 40th Birthday MCSAA!	24/25
29 BloodworksNW	30	
Don't forget to check Nifty Thrifty's sales calendar. Members get extra special discount days!		



Nifty Thrifty April 2021



Sun	Mon	Tue	Wed	Thu	Fri	Sat
Sales Color Yellow	New stuff everyday	Hoppy spring!!	Please Call about donation times	1 50% off yellow tags	2 Furniture 25% off	3 Furniture 25% off
Closed	5 MCSAA 33% off	6 Seniors & Military Receive 25% Off	7 Books 50% off	8 Artwork 25% off	9 White Tags 25% off	10 Books 50% off
11 Closed	Paperback books 4 for \$ 1.00	Seniors & Military Receive 15% Off	Kitchen Items 25% off	Kitchen Items 25% off	16 Vhs Tapes 5 for .25Cents	17 Managers Choice
Closed	Yellow Tags 75% off	20 Seniors & Military Receive 15% Off	Clothing 50% off	Jewelry 25% off	23 MCSAA 40% Off	Clothing 50% off
25 Closed	Yellow tags 90% off	Seniors & Military Receive 15% Off	28 Linens 25% off	Shoes 50% off	30 Crafts 25% off	Crafts 25% off
30 Closed	Please wear your mask	Make new friends, volunteer!	Thank You for all of your support	We Have a varied donation schedule	Nifty Thrifty is the major fund- ing source for the MCSAA	Hours M-F 9:30-5:00 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.

COMPUTER SERVICE @ YOUR I 360-898-3800

Please support our Corporate Sponsors who support us.

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





Karen L Schade

Financial Advisor

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

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- Open Monday through Friday



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(360) 481-8360

825 W Franklin St Shelton WA 98584 Across the street from Evergreen Elementary

WWW.LORRAINEMUSSON.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)



At Union City Lodge #27 F.&A.M. Across from Lucky Dog Casino Questions: 360-280-9925 unioncity27@gmail.com

We want to thank all of our Corporate Sponsors for all they have done for us. We really appreciate it!!!

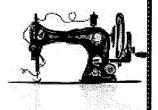
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The Pavilion

\$ **S** 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 https://www.facebook.com/PavilionSentryPark/

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MASON COUNTY SENIOR ACTIVITIES ASSOCIATION



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



INIT

2021/2022 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 third 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 \$40 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 NAMENICKNAME	L	
DATE OF BIRTH:/	HONE:	
CELL EMAIL ADDRESS		@
MAILING ADDRESS:	sletter beb site nembers who #: spanic/Latino merican/Alaska	have needed us to Asian an Other
Hold Harmless Agreement: I freely and knowingly assume the risks inherent in cluding all classes, travel and volunteer duties. I do hereby agree to indemnify, Activities Association, a WA non-profit corporation, doing business as Mason C Thrifty, it's employees, volunteers, officers, board members and other persons of against any and all liability for any injury, loss of property, damages, or death, Guests, arising out of, or in any way connected with volunteering or participatitier sponsored activities at other locations, or while traveling with the Center, in Specifically, I understand that Mason County Senior Activities Association provam 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 lice tion in the activities that I have chosen, to determine their suitability and safety. In addition, I acknowledge that MSCAA is not responsible for reminding me of a Photos/Video/Audio Release: I am aware that the Center activities are occasi sentatives the media and others, and that still photos, and/or audio and video remote the Center's non-profit mission, and fundraising efforts. I hereby give my and recorded while participating in Mason County Senior Activities Association	release, and hole county Senior Activity Senior Activity of the Center's business no medical ensed physician y given my curructivities that I honally photograficordings may bermission for networks.	Id Mason County Senior ctivities Center & Nifty harmless from and suffered by me, or my ties at the Center, Censor under it's auspices insurance, and that I prior to my participatent medical condition have signed up for uphed by Center represented in the pro-
Thank you for joining Your membership dues help provide services a Community. We are completely self funded by Nifty Thrifty, Pavilion Ren	and programs t itals, Members	to the Mason County , Donors & Sponsors.
Signature	DATE:	// 20

New Member

Renewal

SCHEDULED		WSP Check Completed
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MCSAA 190 West Sentry Drive, Shelton WA 98584 Phone 360-426-7374 Fax 360-426-1955 www.mcsac.net

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.

all that apply & fill in any blanks that apply. □ Facility Management □ a. Electrical □ b. Plumbing □ c. Carpentry □ d. Handyman/Repairs □ e. Painting □ f. Janitorial □ g. Garden/Grounds
 □ a. Electrical □ b. Plumbing □ c. Carpentry □ d. Handyman/Repairs □ e. Painting □ f. Janitorial
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☐ e. Painting ☐ f. Janitorial
☐ f. Janitorial
☐ g. Garden/Grounds
_
☐ Clerical/Secretarial
a. Data Entry
☐ Are you computer literate? Y N
Miscellaneous
b. Grant Writing
☐ c. Fundraising
Your Ideas:
check to be done by the g with vulnerable adults and any and all positions.
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New Member