

Active Living



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

Mason County Senior Activities Center

April 2022

April News

Masks are no longer required but still encouraged at the Senior Center, but being fully vaccinated against Covid-19 is still required.

The Senior Center Walkers are starting their walking season which means the general members meeting is going back to 9:30 am for the duration of walking season.

The MCSAA has been nominated for Non-Profit of the Year by the Shelton-Mason County Chamber of Commerce. The awards ceremony will be held on the 29th of April. We want thank our former Executive Director Patti Vernie and the staff for their hard work and good luck at the awards ceremony!

We are adding a barber to our list of services that we offer. Her name is Tammy Mallery and she has 22 years' experience with both men's and women's hair cuts. We are currently scheduling appointments, two Wednesdays a month. The cost for this service will be \$13.

Friday Senior Movies at Shelton Cinemas will have a starting time of 1:30 pm as of April 1st. Doors open at 1:15 pm. Members only. No guests allowed.

We recently had a third catalytic converter stolen and, in the process the transmission line damaged. We are so grateful for the donations that poured in to help cover the cost of all the repairs.

Nifty Thrifty is our major funding source. The building is in need of some serious repairs in the near future. Keeping the building in good working order is our first priority. We also want to be able to remain open during repairs, as our budget couldn't handle a closure. With your help, Nifty Thrifty can continue to thrive. Therefore, we are asking for donations for our Nifty Thrifty Building Fund.

Upcoming Events!!!

- April 5 First Walk of the Season
- April 8 Friday Fun Night
- April 12 Board Meeting
- April 14 Olympia Farmer's Market
- April 19 General Meeting
- April 19 Casino Trip
- April 29 Seattle Aquarium

Center Holiday Closures 2022

January 1	New Year's Day
January 17	MLK Day
February 21	Presidents Day
May 30	Memorial Day
June 20	Juneteenth
July 4	Independence Day
September 5	Labor Day
November 11	Veterans' Day
November 24-25	Thanksgiving
December 26	Christmas

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

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

Staff:

Senior Center Manager: Penny Wilson

Activities & Volunteer Coordinator: Will Adams

Bookkeeper/Admin Assistant: Alex Banks

Kitchen Manager: Debra del Bosque

Kitchen Volunteers:

Judy Siegel Anita Pecoff

Denise Frantz Vivian Bentkowski

Receptionists:

Patt Matsen Denise Avery-Baeten

Ella Kowalski Wendy Price

Center Hosts:

Doris Fredin Shirley Schober

Gift Shop: Ella Kowalski

Sunshine: Open

Van Drivers: Clay Long, Glenn Harper,

Gary Miner, Irene Garavito, Bill Price

Newsletter and Layout: Penny Wilson

Editorial Committee:

Julie Whaley, Gale Glenn, Avis Ross,
Patt Matsen, Steve Mutoli, Gary Miner,
Dave Pierik, Linda Frizzell

Photography: Gale Glenn and Will Adams

Mailing Team: Gil Palmer, Al Lawrence,
Bill Bezanson

Distribution: Nila LeGault, Reiko Mauer
Steve Mutoli, Doris Fredin

The Senior Center is always looking for volunteers.
If you are interested, please see Will Adams, our
Volunteer Coordinator.

Greatest needs right now:

Volunteer Dishwashers, Receptionist, Hostess

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

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

MCSAA

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

Members: **Remember to show your
cardboard 2022/2023 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.**

Open Monday-Saturday 9:30-5:00

Donations Monday – Saturday 10-4:30

Your quality donations are needed!

Store Director: Michelle Marks

Assistant Manager: Melissa Elliot

Staff: Linda Trail, Cathy Jones and Moriah Ward

Dedicated Volunteers:

Aloma Perez

Axel Van Wormer

Betty Thompson

Carole Pelela

Cynthia Middleton

Doug Kreklow

Gary Yuan

Irene Moffatt

Jan Kallinen

Jane Donahue

Maxine Neese

Pamela Johnson

Rachel Sedlack

Reda Keller

Ruth Coots

Vivian Bentkowski

Marilyn Olson

Rich Sawyers

Cheral Cowsert

Paul Kemmerr

Wayne Souza

Denise Miner

Additional volunteers are always needed.

Call Michelle at 360-427-0858 to volunteer.

This institution is an equal opportunity employer.

Mission Statement

Create and nurture opportunities for senior residents of rural Mason County to maintain optimal physical, emotional and spiritual health by helping them to maintain connections with necessary clinical, nutritional and social-emotional support services as well as to each other.

2022/2023 Membership Bonuses

Nifty Thrifty Discount

In store, receive 20% off regular priced items of \$5 or more with some exceptions. Your 2022/2023 membership paper card must be shown before the cashier starts to ring up your order.

Members receive a discount on Pavilion rentals. For more details please see a staff member or contact pavilion@mcsac.net.

Meetings

MCSAA Board Meeting

Tuesday, April 12th at 10:00 am

The MCSAA Board meets the second Tuesday of each month at 10:00 am. If a member desires to bring something before the board, they should make the request in writing and give the request directly to MCSAA Board President Gary Miner or Manager Penny Wilson, 24 hours in advance so the item can be added to the agenda. Please include your name, member number and phone number so the board can contact you if there are any questions. Meetings are open to the membership.

MCSAA 2022 Board

President Gary Miner
Vice President Bill Bezanson
Treasurer Marilyn Olson
Secretary Patti Vernie
Leona Osterman
Synnove Pettersen
Lori Shipman
Sam Selby

MCSAA General Membership Meeting Tuesday April 19th at 9:30 am Dining Room

The General Membership meeting for MCSAA is on the third Tuesday of each month at 9:30 am. All members in good standing (membership paid for 2022/23) are invited to the general meeting. As always it is incredibly important to attend. If items need to be voted on, this is when that happens.

Front Entrance Bulletin Board

Remember if you want something posted on our front entrance bulletin board, you **MUST** give it to the receptionist or Will.

Center and Nifty Thrifty Wish List

We would greatly appreciate donations of:

Senior Center needs:

Decaf Coffee
Napkins
Disposable Coffee Cups, paper preferred
6 inch paper plates

Nifty Thrifty needs:

Clear Packing Tape
1" Masking Tape
Large Padded Envelopes
Plastic Grocery Bags
Bubble Wrap
Coffee
Sugar and Creamer
Large Black Garbage Bags



Thank you very much for your donations!

MCSAA at Shelton Cinemas Members Only

Fridays, usually at 1:30 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 11:00 am on Friday at the reception desk and \$4.00 at the theater. Doors open at 1:15 pm. Please follow the rules of the cinemas.

Inclement Weather and Closures

In case of inclement weather, the Center follows the Shelton School District's weather policy. Please listen to our local radio station, KMAS 1030 AM and 103.3 FM or Seattle TV stations for details.

Beyond the local news, we use two other forms of communication to let members know if we will be closed. We send out a robo-call, using our regular telephone number and a robo-text using the number 1-855-376-6215.

Services for All Seniors at Mason County Senior Activities Association

Current MCSAA Membership is NOT required for the following Services.

Senior Center Cafe

Hearty and healthy lunch prepared by our kitchen staff and volunteers. Lunch is served Monday-Thursday at noon and Fridays at 11:30 am.

Suggested minimum donation of \$3 per meal. Meals are open to the public but rules of the building will be strictly enforced.

You are required to show your vaccination card if you are not a member of MCSAA

If you are a member of the MCSAA you are required to have your vaccination card on file.

Haircuts by Tammy Mallery

We are scheduling appointments for the 2nd and 4th Wednesday of the month. Cost is \$13. Please arrive with clean hair.

Parkinson's Support Group --

The 2nd Wednesday of every month the local Mason County Parkinson's support group will meet here at the Senior Center at 1 pm. Next meeting is April 13th.

Zumba Gold with Sarah Martin

Tuesday and Thursdays 5:30-6:30 pm. \$5 per class. Punch card option available.

Free Medical Supplies Lending Library

Borrow walkers, toilet seat boosters, wheel chairs, etc. from our lending library. Supplies fluctuate. Please call us at 360-426-7374.

Legal Aid Clinic

Contact Thurston County Legal Aid Clinic and get scheduled for a legal aid appointment. 360-705-8194 or 1-844-211-6916

Abundance Table — We are offering items, as available, on our abundance table near the dance floor. Some items may also be in the refrigerator in the back of the dining room. Reminder to take only two items please.

New to Medicare

In person at the Senior Center in Shelton

Thurs., April. 21 from 11 am to 12:15 pm

Free Zoom Presentations. Choose **one** of these available appointment times:

"Welcome to Medicare"

Wed., April.. 6 from 10 am to noon

Tues., April. 19 from 1 pm to 3 pm

Thurs., April. 21 from 10 am to Noon

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

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.

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 60 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 **Berenice (Bea) at Thurston County Food Bank** for information: **360-352-8597 x212.**

Foot-Care by Pam Lindgren. Cost for foot care is \$35. To make an appointment call Pam directly at 360-286-8403.

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.

March Birthday Celebrant



Members, come celebrate your birthday at the Senior Center on the second Friday of your birth month.

At 11:30 am, for members-only with a birthday during April, you are welcome to a free lunch. Bring your current membership card and photo ID. (Regular price for everyone else.)

At noon we celebrate you. Enjoy a beautifully decorated birthday cake or cupcakes and ice cream.

April has 48 member birthdays. Come help us celebrate them.

We want to thank Sue Puls for all the wonderful cakes she has donated all these years.



Huge thank you to Maple Glen for bringing ice cream to Thursday Bingo. and Bridge. We really appreciate the treats!



A huge thank you to the fire department and truck 58. What we learned during our Parkinson's Support Group meeting in March was incredibly helpful.



Coming Soon

Tai Chi Slow Set

Tai Chi Slow Set is a more traditional form than the Gentle Tai Chi that we lead. Reiko will be leading this class on Friday afternoons starting in May. There will be a maximum of 7 students per class as you will be learning a new sequence of exercises. Sign up sheets will be available in mid-April. We are asking for a \$2 donation for this class as it will include instruction and homework.

Friday Fun Night

Friday April 8th from 6-9 pm at the Pavilion. Dance or listen to music provided by our own DJ Glenn (requests happily taken!) Socialize, eat, drink and be merry! Word is out that Friday Fun Night is the place to be. Limited bar and food available. 21+

Donations are greatly appreciated.



Senior Walkers Are At It Again

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

Meet in the Senior Center to carpool. We leave promptly at 10:00 am. Please arrive at least 10 minutes early to sign in and get directions.

Please attend the first meeting of the season to learn about our group!

- **April 5th** Meet and Greet at the Center and then off to the Huff and Puff, dogs ok
- **April 12th** Lake Isabella State Park, more than 4 miles of easy trails, dogs ok, Discover pass required
- **April 19th** Capital Lake, dogs ok, easy 1.5 mile loop
- **April 26th** Theler Nature Preserve, NO dogs allowed, 3.5 miles of easy flat trails in Belfair

Our walking group is a great way to see new places, to meet new people, and to walk with others. Give it a try!

Quilt Raffle



Just another Wednesday for Pinochle.

We still have tickets for the beautiful rose quilt. All the proceeds of the quilt raffle will go to buy needed kitchen equipment. Tickets are \$5 each and we will draw once we sell 200 tickets.

When we started our kitchen program we had pots and some pans but that was about it. We have had to start from the ground up with commercial grade tools (knives, heat resistant spatulas, food storage). Having the right tools will make the meal preparation easier on our Kitchen Manager Debra and her volunteers.

January Activities Survey Results

We had 26 responses to our survey.

1) What trips or outside activities did you enjoy most over the past few years?

Westport, Pike Place Market, Tacoma Art Museum, Lavender Festival, Mt St. Helen's, Leavenworth Christmas Tree Lighting, gardens, NW Trek, Zoo, Aquarium, Tulip Festival, Wild Felid, Sequim Animal Farm, Poulsbo, Governors Mansion, First Salmon Ceremony

2) Would you be willing to participate in trips or activities that would require \$50 or more?

Yes: 22

No: 4

3) What type of music would you like to hear during regular activities in the dining area?

Jazz, Standards, John's piano playing, oldies from the 40's and 50's, easy listening, soft rock, country or classical, (anything except polka, oldies, country, big band)

4) Do you feel comfortable at this time going to big cities like Seattle for trips?

Yes: 17

No: 8

Unanswered:1

5) Is our center a place where you feel safe and welcome? If not, how can we improve on that?

Yes: 24

No: 1

Unsure: 1

Felt safer when a person was at the door checking kiosk check-ins

6) Would you recommend the center to your friends or family? If not, why not?

Yes: 23

No: 2

Unsure: 1

Mask policy for the last year was the big problem

7) Do you feel comfortable visiting places where Covid-19 protocols are less stringent than ours?

Yes: 17

No: 9

8) How often do you visit the center and how long do you normally stay?

Multiple times a week: 15

Once a month: 6

Varies:4

Never: 1

Amount of time people stay was .5 hours to 4 hours most days with 1 day a week being all day.

Classes and Activities for Current Members

All classes subject to change. Please confirm with the receptionists

CLASSES FOR MEMBERS

CLASS NAME	DAY	TIME	COST
Sewing Circle/Open Sew There are also other small projects to be made for sale at the boutique, bazaars or Nifty. You can also bring in projects that you might need help with, for example binding tips and tricks or general sewing projects. If you need very specific help please don't hesitate to call and ask. We have very talented members.	Thursday	9:30AM-12PM	\$1 donation
EZ Crafters The crafters work on a variety of projects, many of which end up for sale in our annual bazaar. The crafters also do all of our table decorations. The laughter from their room can be infectious.	Thursday	9AM-12PM	\$1 donation
Art Workshop Need a place to paint? This workshop offers you a great spot to paint with friends In the MCSAC dining room. Bring your own supplies and work on your project. The artists are a wealth of knowledge in technique and skill from beginner to advanced.	Monday	12:30-3:30PM	\$1 donation
Knit and Chat Come sit around the table; knit, chat and share all the projects we are currently working on and UFOs (unfinished objects) we all hide in the closet.	Thursday	10AM-12PM	\$1 donation
Machine Knitting Class Have you ever done machine knitting? Or wanted to try? In the MCSAC Sewing Room. Machines will be available for use during the class. Space is very limited, if you are new please let us know by the Wednesday before so we have enough machines.	Thursday	12PM-3PM	\$1 donation
MCSAC Chorus Come join our Chorus. Led by John Schwennesen, you will learn a variety of songs, old and new, in our relaxed setting.	Friday	12:30PM-2PM	\$1 donation
Nifty Thrifty Book Club Bring a book you finished and let's discuss it. Haven't read anything lately? Still come and get recommendations. Our vision for this club is more about the enjoyment of reading, not required reading. We will meet in the carpeted room at the Senior Center.	Last Thursday of the month	1PM-3PM	\$1 donation

Croquet?

We are pondering starting Croquet in June for the summer season. Please let Will, the activities coordinator, or reception know if you are interested.

Classes and Activities for Current Members

FITNESS FOR MEMBERS			
DESCRIPTION	DAY	TIME	COST
Tai Chi: At the Center	Monday Tuesday Wednesday Friday Friday	8:15-9:00 AM 11:00-11:45 AM 8:15-9:00 AM 8:15 -9:00 AM 10:45-11:30 AM	\$1 donation
Tai Chi: Zoom	Wednesday Thursday	W 8:15-9:00 AM TH 10-10:45 AM	\$1 donation
Tai Chi Short Set: At the Center	Friday	Starts in May	\$2 donation
Line Dance: At the Center	Monday Wednesday Friday	9-11:00 AM	\$1 donation
Line Dance: Advanced at the Center	Tuesday Thursday	10 -11:30 AM	\$1 donation
Yoga: Zoom	Tuesday Thursday	8:30-9:15 AM	\$1 donation
Yoga: At the Center	Tuesday Thursday	8:30-9:15AM	\$1 donation
Senior Walkers (April-October)	Tuesday	10:00 AM	\$1 donation

GAMES FOR MEMBERS			
DESCRIPTION	DAY	TIME	COST
Bingo	Thursday	1:00 PM	\$1 for 3 cards
Bridge	Tuesday Thursday	12PM	\$1 donation
Cribbage	Daily	8:15AM	\$1 donation
Hand & Foot Fun card game with roots in Canasta	Friday	12PM	\$1 donation
Jokers Rule! Learn this fun game with cards and marbles	Thursday	9AM	\$1 donation
Mahjong Come learn American League rules	Thursday	10AM	\$1 donation
Mexican Train Dominoes	Monday Wednesday Friday	10AM	\$1 donation
Pinochle (Beginning)	Friday	12PM	\$3 donation
Pinochle (Intermediate/Advanced)	Monday Wednesday	12:30PM	\$3 donation

Every Monday	Every Tuesday	Every Wednesday
8:15 Cribbage 8:15 Gentle Tai Chi 9:00 Line Dance 10:00 Mexican Train 12:00 Lunch 12:30 Pinochle—Intermediate 12:30 Artists Workshop	8:15 Cribbage 8:30 Zoom Yoga 8:30 Yoga 10:00 Line Dance—Advanced 10:00 Senior Walkers 11:00 Tai Chi 12:00 Bridge 12:00 Lunch 1:00 Movie at the Senior Center 5:30 Zumba with Sarah	8:15 Cribbage 8:15 Gentle Tai Chi 8:15 Zoom Tai Chi 9:00 Line Dance 10:00 Mexican Train 12:00 Lunch 12:30 Pinochle—Intermediate
Monday	Tuesday	Wednesday
Looking for a gift that won't break the bank....come check out our gift shop.		We still have tickets left for our quilt raffle. See the receptionist to buy a ticket or two
4 BBQ Pork Sandwich	5 10:00 Walkers: Huff and Puff Chili and Cornbread	6 Tamale Pie
11 Turkey Soup	12 10:00 Board Meeting 10:00 Walkers: Lake Isabella State Park Biscuits and Gravy	13 1:00 Parkinson's Support Group Hair Cuts Meatloaf
18 Baked Chicken	19 9:30 General Meeting 10:00 Walkers: Capital Lake 11:00 Little Creek Casino Trip Swedish Meatballs and Egg Noodles	20 Spaghetti with Meat Sauce
25 Creamy Tuna Casserole	26 10:00 Walkers: Theler Nature Preserve Beef Stew	27 Hair Cuts BBQ Chicken

Activities

Every Thursday	Every Friday	Every Weekend
8:15 Cribbage 8:30 Zoom Yoga 8:30 Yoga 9:00 E-Z Crafters 9:00 Joker's Rule 9:30 Quilting 10:00 Line Dance--Advanced 10:00 Zoom Tai Chi 10:00 Knit and Chat 10:00 Mahjong 12:00 Bridge 12:00 Machine Knitting 12:00 Lunch 1:00 Thursday Bingo 1:00 Senior Portraits 5:30 Zumba with Sarah	8:15 Cribbage 8:15 Gentle Tai Chi 9:00 Line Dance 10:00 Mexican Train 10:45 Tai Chi 11:30 Lunch 12:00 Pinochle--Beginning 12:00 Hand & Foot 1:00 Senior Portraits 1:00 Chorus 3:00 Friday Senior Movie	1/2
Thursday	Friday	Saturday/Sunday
	1 Baked Fish	2/3
7 Stroganoff	8 12:00 April Birthday Celebration Veggie Soup and Tuna Salad	9/10
14 10:30 Farmers Market Trip Teriyaki Chicken	15 10:30 Newsletter Editing Sausage and Pasta	16/17
21 Salisbury Steak	22 Pork Roast	23/24
28 1:00 Nifty Thrifty Book Club Kitchen Choice	29 9:30 Aquarium Trip Turkey Dinner	30



Thank you MCSAC Clean Up Crew!

Our streets and walkways look great because of you!

Our Clean Up Crew gets together quarterly and cleans a different section of Shelton every time. In March they cleaned Front and First Streets from Builders First Source to Goldsborough Creek.

If you want to help at the next session please let Gale Glenn or Will Adams know.

Proud Sponsor of our 2022 Tuesday In-House Movie

Shelton-Mason County Journal

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ON SALE IN RECEPTIONIST OFFICE

Senior Portraits

We are now setting appointments for individual Senior Portraits. Portraits are taken on Thursdays and Fridays after lunch only. A digital copy will be emailed for you to print and share with your family and friends. Just another benefit of membership.

Great for holiday cards and all occasions.

Code of Conduct Reminder

The purpose of the Code of Conduct is to promote an atmosphere of harmony and 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 and the Center's Gift Shop. **Everything** that is donated to MCSAA at either the Railroad Avenue location or the Sentry Drive location should be sent either to Nifty Thrifty for pricing and sale or approved through the Center 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."

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 eight people or it may be canceled. (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 our manager Penny 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. Masks and/or proof of vaccination may be required at some locations.**

April Van Trips



April 14th The Olympia Farmers Market -- Senior Day

Leaves MCSAC at 10:30 am

Costs \$8 member. \$13 non-member

Lunch on your own at one of the various food stands and shopping. If there is enough interest we will do this trip at least once a month through September.



April 29th Seattle Aquarium

\$20 members, \$25 nonmembers

Leaves MCSAC at 9:30 am

We will walk on the ferry and then walk 3/4 mile to the aquarium. You will need return ferry ticket (\$4.60 seniors 65 and up, \$9.25 under 65) and lunch on your own.

Casino Trip

April 19th, \$5 per person

Little Creek Casino

Leaving at 11 am and returning at 2 pm

We are starting with local casinos first. Once we can get large enough groups, we can get shuttles to other casinos. Lunch on your own.

Upcoming May Trips

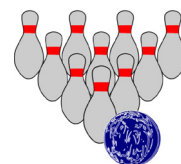


May 4th Whitney Gardens

Leaves MCSAC @ 9:30 am

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

Lunch at Geoduck Family Restaurant on your own.

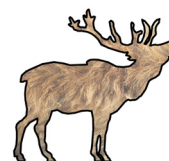


May 11th Bowling at Westside Lanes

Leave MCSAC @ 11:30 am

Costs members \$20 non-members \$25

Includes transportation, shoe rental and two games. Lunch on your own.



May 25th Northwest Trek in Eatonville

Leaves MCSAC @ 9:30 am


Costs-members \$45 non-members \$50

Cost includes transportation and admission. Lunch on your own.

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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 monthly member meetings and at special events.

If you are interested in becoming one of our valued sponsors, please contact our Manager at Manager@mcsac.net or 360-426-7374 for more information about the benefits of becoming one of our corporate sponsors.

WHEN IT COMES TO MEDICARE YOU HAVE CHOICES

Let me help you find the right plan to fit your needs

Jeff Boothe
 360-490-5771
jboothe511@yahoo.com
 Independent Medicare Insurance Agent

Are you or a loved one enrolling in Medicare this year? Are you thinking about retiring? No matter your situation, I can answer your Medicare questions.

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WARRANTY FOREVER!

Our corporate sponsors are also featured on the Corporate Sponsor page on our website. <https://www.mcsac.net/corporate-sponsors.html>

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Julie Cook
Attorney at Law

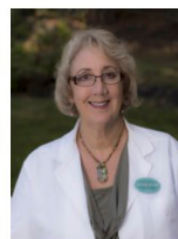
P.O. Box 821 / 613 West Pine St
Phone: 360-427-5616
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JULIEKAYCOOK@Yahoo.com



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Karen Schade
Financial Advisor
1051 SE State Route 3
Suite E
Shelton, WA 98584
Bus. 360-426-4590 • Fax 855-231-4317
karen.schade@edwardjones.com
California Insurance License OC24309

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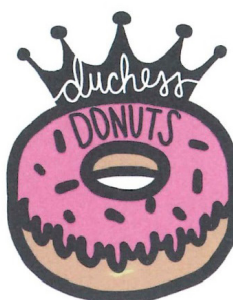
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Cost \$13

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unioncity27@gmail.com



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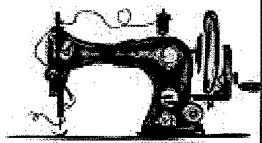
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MKT-5894M-A

Guest Reminder

Guests must be accompanied by a member, show their vaccination card and register on the kiosk as a new user. You may be a guest twice before you are required to join to participate in activities.

MASON COUNTY SENIOR ACTIVITIES ASSOCIATION



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



2022/2023 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 and non-refundable. 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: ____/____/20__

☐

SCHEDULED

☐

WSP Check Completed

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.***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
- ☐ Newsletter Publication
- ☐ Newsletter & Flyer distribution
- ☐ Newsletter folding, sealing & mailing
- ☐ 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, computer use)
- ☐ Host (Make Coffee/tea/ maintain treats & utensils)
- ☐ Volunteer to help with Special events
- ☐ Cook/clean/prep for Special Events
- ☐ Decorate/Set up for Special Events
- ☐ Provide entertainment
- ☒ Bingo Caller/set-up/take down/Karaoke Host
- ☐ Potluck Help
- ☐ Decorate the Center for seasonal cheer
- ☐ Make Crafts to sell or decorate for our fundraisers
- ☐ Photography (take pictures at events and of Members)
- ☐ Trip Driver (must have clean driving record)

Facility Management

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

Clerical/Secretarial

- ☐ a. Data Entry
- ☐ Are you computer literate? Y N
- ☐ b. General office help, filing shredding

Miscellaneous

- ☐ a. Grant Writing
- ☐ b. Fundraising

Your Ideas: _____

**I hereby authorize a background check to be done by the
W.S.P. Watch for the purpose of working with vulnerable adults and
our insurance. This is required for any and all positions.**

Signature _____ DATE: ____ / ____ / 20 ____

PHONE # _____

Print Name: _____ DOB: ____ / ____ / ____

Any other names used? _____

Additional information we might find useful? _____

Last Name, First

Member #

New Member

☐

Renewal

☐

Key Tag X

Snack Menu: Fall Menu April 2022

Monday	Tuesday	Wednesday	Thursday	Friday
				1 Baked Fish Scalloped Potatoes Green Salad Fruit
4 BBQ Pork Sandwich Green Salad Fruit	3 Egg and Corned Beef Green Salad Fruit	6 Turkey Pie Green Salad Fruit	7 Kung Pao Chicken Green Beans Fruit	8 Veggie Soup Turkey Salad Fruit
11 Turkey Soup Green Salad Fruit	10 Ham and Gavy Mixed Vegetables Fruit	13 Meatloaf Mashed Potatoes and Gavy Mixed Vegetables Fruit	14 Thai Chili Chicken Rice Stir Fry Vegetables Fruit	15 Sausage and Pasta Green Salad Fruit
18 Baked Chicken Mashed Potatoes with Gavy Mixed Vegetables Fruit	19 Swedish Meatballs with Eggs Noodles Green Beans Fruit	20 Spaghetti with Meat Sauce Green Salad Fruit	21 Salisbury Steak Mashed Potatoes with Gavy Mixed Vegetables Fruit	22 Beef Meat Mashed Potatoes with Gavy Beans and Carrots Fruit
23 Country Thyme Casserole Green Salad Fruit	24 Beef Stew Green Salad Fruit	27 BBQ Chicken Scalloped Potatoes Mixed Vegetables Fruit	28 Chicken Chiles	29 Turkey Dinner

Menu is subject to change



April 2022



Sun	Mon	Tue	Wed	Thu	Fri	Sat
Sales Color Yellow	Spring is here ! Come see what we have in the store!	Happy Easter !	Nifty Thrifty is the major funding source for the MCSAA	Thank you for supporting the MCSAA	1 Yellow Tags 50% off	2 Regular Clothing 25% off
3 Closed	4 MCSAA Members Receive 33% Off	5 Seniors & Military Receive 15% Off	6 Jewelry 25% off	7 Knickknacks 25% off	8 Lamps 25% off	9 Crafts 25% off
10 Closed	11 Books 50% off	12 Seniors & Military Receive 15% Off	13 Kitchen Items 25% off	14 Furniture 25% off	15 White Tags 25% off	16 Artwork 25% off
17 Closed	18 75 % off Yellow tags	19 Seniors & Military Receive 15% Off	20 Shoes 25% off	21 Dish sets 25% off	22 Linens 25% off	23 Regular Clothing 25% off
24 Closed	25 90 % off Yellow tags	26 Seniors & Military Receive 15% Off	27 Purses 25% off	28 Knickknacks 25% off	29 Coats 25% off	30 Electronics 25% off
Closed	Please call 360-427-0858 and ask about donations	Make new friends, volunteer!	We are always looking for jewelry.	Recycle!!! Reuse !!! Repurpose!	Lots of books? Consider donating them to Nifty Thrifty.	Store Hours M-Sat 9:30-5:00 Closed Sunday