

Active Living



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

Mason County Senior Activities Association

501(c)3 Non-profit

April 2023

Association News:

Senior Center Bazaar (Apr. 1st) and Nifty Thrifty annual Spring sale (Mar 31-Apr 1st) is right around the corner.

Senior Center News:

A Matter of Balance is starting again on April 3rd at 1pm-3pm. We still have openings so if you are interested please come in and sign up. It is limited to 12 people.

Nifty Thrifty News:

The big news this month is the fire that was started by an arsonist in the wee hours on March 1st. The arsonist had also started a fire at Safeway. While working on that fire, the firemen saw that we had a blaze too. Had they not been there, we would have lost the whole building. We were incredibly lucky. Without the income from Nifty Thrifty, we would struggle here at the center.

A fundraiser was started to cover the deductible, loss of income (business being closed during cleanup and possibly construction) and incidentals that may arise during construction. To those who generously donated *...Thank you so much! You are incredible supporters to our cause.*

If you can't donate monetarily, start spring cleaning. Nifty Thrifty needs donated goods.

Pavilion News:

When one wedding cancels another snags the date. We are starting to fill in summer dates and Christmas parties. This is great news for the Pavilion. The garden area will be beautiful this summer due to some wonderful volunteers and their winter gardening work.

Upcoming Events!!!

Apr. 1 Annual Spring Bazaar
 Apr. 4 Walker's Season Starts
 Apr. 6 Bowling Trip
 Apr. 11 Board Meeting
 Apr. 13 Birthday Party
 Apr. 14 Friday Fun Night
 Apr. 15 Westport Crab Festival
 Apr. 18 General Meeting
 Apr. 20 Olympia Farmers Market
 Apr. 22 Out to Lunch Brunch
 Apr. 25 Volunteer Ice Cream Social
 Apr. 28 Pikes Place Market Trip

Center Holiday Closures 2023

January 2	New Year's Day
January 16	MLK Day
February 20	President's Day
May 29	Memorial Day
June 19	Juneteenth
July 4	Independence Day
September 4	Labor Day
November 10	Veterans' Day
November 23-24	Thanksgiving
December 25	Christmas

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Mason County Senior Activities Association

Annual membership dues are \$50

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 Director: Penny Wilson

Activities Coordinator: Teresa Sanders

Bookkeeper/Volunteer Coordinator: Alex Banks

Kitchen Manager: Debra del Bosque

Kitchen Volunteers:

Judy Siegel Denise Murchison

Receptionists:

Denise Avery-Baeten Wendy Price

Carla Trantum Stacey Dickinson

Center Hosts:

Doris Fredin Shirley Schober

Gift Shop: Open

Sunshine: Open

Van Drivers: Glenn Harper, Bill Price, Gary Miner,

Mike Mosberger, Mat Taylor,

Ava Taylor, Wayne Souza

Newsletter and Layout: Penny Wilson

Editorial Committee:

Julie Whaley, Gale Glenn, Avis Ross,

Steve Mutoli, Gary Miner, Dave Pierik

Photography: Gale Glenn and staff

Mailing Team: Gil Palmer, Bill Bezanson,

Mike Mosberger, Dorothy Harper

Distribution: Reiko Mauer, Steve Mutoli,

Doris Fredin

The Senior Center is always looking for volunteers.

If you are interested, please see Alex Banks, our

Volunteer Coordinator.

Greatest needs right now:

Volunteer Dishwashers, Drivers, and Hostess

The MCSAA is a 501(c)3 Non-Profit

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.

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 2023/2024 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 Hours Vary

**Please call to see if we are accepting donations that
day. Each day varies. We fill up fast!**

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

Rachel Sedlaek

Reda Keller

Ruth Coots

Vivian Bentkowski

Marilyn Olson

Rich Sawyers

Cheral Cowsert

Wayne Souza

Denise Miner

Additional volunteers are always needed.

Call Michelle at 360-427-0858 to volunteer.

This institution is an equal opportunity employer.

2023 Membership Bonuses

Nifty Thrifty Discount

In store, receive 20% off regular priced items of \$5 or more with some exceptions. Your 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 11th 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, they should make the request in writing and give the request directly to MCSAA Board President Gary Miner or Senior Center Director 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 2023 Board

Gary Miner, President
Bill Bezanson, Vice President
Synnove Pettersen, Treasurer
Lori Shipman, Secretary
Leona Osterman
Marilyn Olson
Patti Vernie
Irene Garavito

MCSAA General Membership Meeting

Tuesday April 18th at 9:30 am

The General Membership meeting for MCSAA is on the third Tuesday of each month at **9:30 am**. All members in good standing and current paid membership 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 Teresa or Penny.

Center and Nifty Thrifty Wish List

We would greatly appreciate donations of:

Senior Center needs:

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



Nifty Thrifty needs:

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

Above is the QR code for our Amazon wish list. If you don't know how to use a QR code., the staff at the center can help.

Thank you very much for your donations!

MCSAA at Shelton Cinemas Members Only

Fridays, usually start 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 cinema. Doors open at 1:15 pm. Please follow the rules of the cinemas.

Tuesday Movie at the Senior Center

The Senior Center presents a film nearly every Tuesday afternoon, at **1pm**. Please see the bulletin board for the flyer.

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 you may also receive a robo-call from the center or text from 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 lunches are prepared by our kitchen staff and volunteers. Lunch is served Monday-Thursday at noon and Fridays at 11:30 am.

Suggested minimum donation is \$4 per meal for seniors 50 and older.

Lunches are \$8 per meal for persons under 50.

Meals are open to the public but rules of the building will be strictly enforced.

Lunch Tickets

Did you know that the front office has lunch donation tickets? Our tickets are business card sized and are convenient for those who don't like to carry cash around with them. The tickets are \$4 each. They also make good gifts.

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. The next meeting is April 12th.

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., Apr. 20 from 11 am to 12:15 pm

Free Zoom Presentations. Choose *one* of these available appointment times:
"Welcome to Medicare"

Wed., Apr. 5 from 10 am to noon

Tues., Apr. 18 from 1 pm to 3 pm

Thurs., Apr. 20 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.

Financial Fitness with Darrell McVea

Financial educator from Peninsula Credit Union. 1st and 3rd Monday of the month after lunch in the dining room.

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

Haircuts by Tammy

We are scheduling appointments for the 2nd and 4th Wednesday of the month. Walk-ins welcome but if there are no appointments scheduled after noon Tammy leaves. Cost is \$13. Please arrive with clean hair.

Services for All Seniors Continued

Massage by Jessica Sullivan

Appointments can be made with her at 813-956-4138. Her rate is \$1 per minute with a 30 minute minimum. Jessica is board certified in Therapeutic Massage and Body work. Please see the bulletin board for more information.

Loud Crowd

The LOUD Crowd provides accountability and education through group sessions where SPEAK OUT! exercises are performed. Participants practice speaking with intent. As an added bonus, this maintenance program promotes camaraderie and provides support and encouragement. This group meets the 1st and 3rd Tuesday of the month in the meeting room.

Notary Service -- NEW

One of our sponsors Crown Sign and Seal will be here once a month to notarize. Cost will be \$10 per signature. They will be here on the 2nd Wednesday of the month from 9 am to noon. You must bring current valid ID. There is no time like the present to get your paperwork in order. Next date is April 12th

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.

Zumba Gold with Sarah Martin

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

March Birthday Celebrants



Members, please come celebrate your birthday at the Senior Center on **THURSDAY April 13th at 12:30PM**

At noon before the party, current members with a birthday during the month of March are welcome to a complementary lunch. Bring your current membership card and photo ID. (\$4 suggested donation for everyone else.)

After lunch we celebrate you. Enjoy a delicious birthday cake and ice cream very generously donated by Walmart.

April has 54 member birthdays.



Birthday Celebration on the 2nd Thursday of the month at 12:30 after lunch.

Mason County Senior Activities Association “FUN”draisers Open to the public 21+

Friday Fun Night

Friday Apr. 14th from 6-9 pm at the Pavilion. Dance or listen to music provided by our own team (requests happily taken!) Socialize, eat, drink and be merry! Don't want to dance? Come play cards! We even have a Dungeons and Dragons group that meets here.

Friday Fun Night is definitely the place to be for couples dancing, line dancing and an all around good time. Bring your friends, members or not!

Limited bar (wine, beer and soda) and food (pizza) available. 21+

Donations at the door are greatly appreciated. All proceeds benefit the Senior Center. We can't wait to see you at our next Friday Fun Night.

We'd love to see more volunteers, especially in the kitchen. Please leave your name with the receptionist if you are interested.



Dancing and socializing at the March Friday Fun Night

Kitchen Policy

When the kitchen is preparing meals we need to make sure that our staff and volunteers can get lunch prepared in a timely manner. We love that people want to see what is happening behind the scenes but the kitchen is now off limits to members not volunteering for the kitchen during meal prep, cooking times and clean up.

We are asking that you stay in the doorway if you need to speak to our cook and volunteers. We have to be mindful of the food safety involved and well as the safety of our staff and volunteers

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 MCSAA 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 Director 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.** We do accept credit cards at trip sign up. You will be temperature checked before we leave the center.

April Trips

Apr. 6 Bowling Trip

Leave MCSAC @ 11:30 am

Members \$20/Non-members \$25

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

Apr. 15 Westport Crab Festival

Leave MCSAC @ 9:00 am

Members \$25/Non-members \$30

Includes transportation and admission.
Lunch on your own

Apr. 20 Olympia Farmers Market

Leave MCSAC @ am

Members \$/Non-members \$

Includes transportation. Bring money for shopping and lunch on your own

Apr. 22 Out To Lunch Bunch Trip

Leaves MCSAC at 11:00am

Location to be determined

Once a month, on the third Saturday, we will be going to lunch in Olympia area. Cost to reserve your seat in the van is \$7. Lunch on your own. Limited 9 people due to reservations.

Apr. 28 Pikes Place Market

Leaves MCSAC @ 9:00am

Members \$20/Non-members \$25

Bring money for return ferry ticket, shopping and lunch.

May Trips

May 19 Northwest Trek

Leave MCSAC at 9am

Members \$40/Non-members \$45

Lunch on your own.

May 4 Bowling Trip

Leave MCSAC @ 11:30 am

Members \$20/Non-members \$25

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

May 13 Out To Lunch Bunch Trip

Leaves MCSAC at 11:00am

Location to be determined

Once a month, on the third Saturday, we will be going to lunch in Olympia area. Cost to reserve your seat in the van is \$7. Lunch on your own. Limited 9 people due to reservations.

May 26 Whitney Garden and Nursery

Leave MCSAC at 9am

Members \$20/Non-members \$25

Lunch on your own.

Upcoming Trips:

June 13 Tacoma Rainiers

June 23 Pioneer Farm Museum

July 6 Ballard Locks and Nordic History Museum

July 21 Lavender Festival in Sequim

The Fire At Nifty Thrifty



St. Patrick's Day Party At the Center



Sea of Green

St. Patrick's day was celebrated in style. A search for the leprechaun's gold. Trivia games and treats. Lunch was Corned Beef and Cabbage with Irish Soda Bread. What a fun day we had!

Senior Center Updates and Reminders

Beginning 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 Thursday afternoons starting in May at 1:30pm. There will be a maximum of 6 students per class as you will be learning a new sequence of exercises. Sign up sheets will be available now. To sign up there is a \$5 registration fee. We are asking for a \$2 donation for this class as it will include instruction and homework.

A Matter of Balance Classes

A Matter of Balance Classes will start on Apr. 3rd. Classes will be held on Mondays at 1 to 3 pm for an 8 week session. We have a 12 participant maximum. Registration cost is \$10.

In this class you will learn techniques to help you avoid falling, what to do if you do fall, nutrition and exercises. There is some homework. This class is beneficial to all seniors.

Did Someone Say Easter Egg Hunt!

Teresa has planned our Easter Party to include an adult Easter Egg Hunt in the garden (weather permitting), prizes, treats, and games. The event is planned for Friday April 7th at 10 am. Grabbers will be available if needed or bring one your own.

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 4th** Meet and Greet at the Center and then off to the Huff and Puff, dogs ok
- **April 11th** Lake Isabella State Park, more than 4 miles of easy trails, dogs ok, Discover pass required
- **April 18th** Capital Lake, dogs ok, easy 1.5 mile loop
- **April 25th** Theler Nature Preserve, NO dogs allowed, 3.5 miles of easy flat trails in Belfair. If time allows, Salmon Center visit.

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

Every Monday	Every Tuesday	Every Wednesday
8:15 Cribbage 8:15 Gentle Tai Chi 9:00 Line Dance 10:00 Mexican Train 10:30 Rock Steady Boxing 10:30 Line Dance 101 Beginners 12:00 Lunch 12:30 Pinochle--Intermediate 12:30 Artists Workshop	8:15 Cribbage 8:30 Zoom Yoga 8:30 Yoga* *8:15 3rd Tuesday Yoga 10:00 Line Dance--Advanced 11:00 Tai Chi 12:00 Lunch 12:30 Bridge 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 Crafting with Teresa (1st Wednesday of the month) 10:00 Mexican Train 12:00 Lunch 12:30 Pinochle--Intermediate 1:00 Hand & Foot
Monday	Tuesday	Wednesday
3 1:00 Matter of Balance Soup and Salad	4 10:00 Walkers: Huff and Puff 12:30 Loud Crowd Pork Roast	5 10:00 Crafting with Teresa -- Macramé Plant Hanger 1:00 Pastels with Annie week 1 Swedish Meatballs
10 1:00 Matter of Balance Tamale Pie	11 9:30 Board Meeting 10:00 Walkers: Lake Isabella Tuna Casserole	12 9:00 Notary Service 1:00 Parkinson's Support Group 1:00 Pastels with Annie week 2 Haircuts Shepherd's Pie
17 1:00 Matter of Balance Salisbury Steak	18 9:30 General Meeting 10:00 Walkers: Capital Lake 12:30 Loud Crowd 1:00 Movie BBQ Chicken Sandwich	19 Haircuts Baked Fish
24 1:00 Matter of Balance Baked Chicken	25 8:00 Newsletter Folding 10:00 Walkers: Theler Preserve 12:30 Volunteer Ice Cream Social 1:00 Movie Pork Stew	26 Spaghetti and Meatballs

il Activities

Every Thursday	Every Friday	Every Weekend
8:15 Cribbage 8:30 Yoga and Zoom Yoga 9:00 E-Z Crafters 9:00 Quilting/Sewing 10:00 Line Dance--Advanced 10:00 Zoom Tai Chi 10:00 Knit and Chat 12:00 Lunch 12:30 Bridge 1:00 Machine Knitting 1:00 Mahjong 1:00 Thursday Bingo 5:30 Zumba with Sarah	8:15 Cribbage 8:15 Gentle Tai Chi 9:00 Line Dance 10:00 Mexican Train 10:00 Scrabble 10:45 Tai Chi 11:30 Lunch 12:00 Pinochle--Beginning 12:30 Chorus 1:30 Tai Chi Slow Set 1:30 Friday Senior Movie	<i>Any major changes to our schedule will be posted on our Facebook page.</i>
Thursday	Friday	Saturday/Sunday
		1/2
6 11:30 Bowling Trip 12:30 Birthday Party 1:00 Family Story Writing Pot Pie	7 10:00 Members Only Easter Egg Hunt Matzo Ball Soup and Salad	8/9
13 12:30 Birthday Party Chili and Cornbread	14 10:30 Newsletter Editing 6:00 Friday Fun Night Biscuits and Gravy	15/16 9:00 Westport Trip
20 Farmer's Market Trip Meatloaf Sandwich	21 Sausage and Pasta	22/23 11:00 Out to Lunch Trip to
27 Teriyaki Chicken	28 Pike's Place Market Trip Sloppy Joe's	29/30

Classes and Activities for Current Members

All classes subject to change. Please confirm with the receptionists

CLASSES FOR MEMBERS

CLASS NAME	DAY	TIME	COST
Quilting/Sewing Class There small projects to be made for sale in our gift shop and bazaars as well as general quilting.	Thursday	9:00AM-12PM	\$1 donation
EZ Crafters The crafters work on a variety of projects, many of which end up for sale in our annual bazaar or table decorations.	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.	Monday	12:30PM-3:30PM	\$1 donation
Crafting with Teresa Every month Teresa will have a craft for you to create something great. All supplies will be provided.	1st Wed. of the month	10AM-12:00 PM	\$5 donation
Knit and Chat Come sit around the table; knit, chat and share all the projects.	Thursday	10AM-12PM	\$1 donation
Machine Knitting Class Have you ever done machine knitting? Or wanted to try? In the MCSAC Sewing Room.	Thursday	12PM-3PM	\$1 donation
MCSAC Chorus Come join our Chorus. Led by John Schwennesen,	Friday	12:30PM-1:25PM	\$1 donation
Family Story Writing Has your family been bugging you for stories. Start putting them down on paper. Starting January 12th	2nd Thursday of the month	1PM-3PM	\$1 donation
Intermediate Pastels With Annie Learn pastels with our very own Annie Jones. This class will go beyond what was learned in beginning Pastels. This class is for 2 weeks and include all supplies.	Wednesday Apr 5th and 12th	1:30PM-3PM	\$45 for 2 session class
Community Clean Up Crew Our crew meets quarterly to pick up trash in Shelton. These volunteers do a great job for our community. March 8 and June 14, September 13, December 13	Wednesday June 14	1PM	
Machine Embroidery We were luckily donated an embroidery machine. To use our machine you will need training. Please make an appointment with Penny to learn how to use our machine. Fees will go into a maintenance fund to have our machines professionally serviced regularly	Monday or Friday by appt. only for training		\$20 for 1 on 1 training; then \$2.00 per hour for use.

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 Slow Set: Intermediate	Friday	1:30 PM - 2:30 PM	\$2 donation
Tai Chi Slow Set: Beginners (\$5 sign up fee). Limited to 6 students	Thurs	Starting May 4th	\$2 donation
Line Dance: 101 Beginning Learn the basic steps that are used in our dances.	Monday	10:30-11:15 AM	\$1 donation
Line Dance:	Monday Wednesday Friday	9-10:30 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
Rock Steady Boxing with JR	Monday	10:30AM -12PM	\$1 donation
Advanced Rock Steady Boxing with JR	Starting	June 5th	\$1 donation

GAMES FOR MEMBERS

DESCRIPTION	DAY	TIME	COST
Bingo	Thursday	1:00 PM	\$1 for 3 cards
Bridge	Tuesday Thursday	12:30 PM	\$1 donation
Cribbage	Daily	8:15AM	\$1 donation
Hand & Foot	Wednesday	1 PM	\$1 donation
Mahjong	Thursday	1 PM	\$1 donation
Mexican Train Dominoes	Monday Wednesday Friday	10AM	\$1 donation
Pinochle (Beginning)	Friday	12 PM	\$3 donation
Pinochle (Intermediate/Advanced)	Monday Wednesday	12:30PM	\$3 donation
Scrabble	Friday	10 AM	\$1 donation



Assisted Living
Home Care
Adult Day Health
Memory Care
Respite Care
Travel to Medical Appointments
Overnight Care
Ambulation Assistance
Mobility Assistance
Domestic Chores
Dementia Care
And More

Contact Information
Phone: 360-277-0636
Email: Support@haveninallyn.com
Address:
180 E Wheelwright St
Allyn, WA 98584
Open 7 days a week,
please call for appointment.

We are vastly different from other places due to our qualified team of RN's, LPNs, and caregivers. They are available 24 hours a day, 7 days a week, allowing the Haven the ability to meet the needs of our clients and their families.



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.

aetna Medicare Solutions

Humana
MEDICARE SUPPLEMENT

UnitedHealthcare
Medicare Solutions

Edward Jones

Schedule your retirement review today.



Stefanie M Dantinne, AAMS®
Financial Advisor
821 W Railroad Avenue Suite A
P.O. Box 1908
Shelton, WA 98584-5021
360-426-0982

> edwardjones.com

MKT-5894M-A

Guest Reminder

Guests must register on the kiosk as a new user so we know who is in the building. You may be a guest twice before you are required to join to participate in activities.

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 Director at director@mcsac.net or 360-426-7374 for more information about the benefits of becoming one of our corporate sponsors.

**Annie's
QUILT SHOPPE**
Fabrics & Quilting Notions

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Janice Easton
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2505 Olympic Hwy N.
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Shelton, WA 98584
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Our corporate sponsors are also featured on the Corporate Sponsor page on our website. <https://www.mcsac.net/corporate-sponsors.html>

Our newsletter is distributed monthly in the mail, by email, around Shelton and various locations in the county.

We publish once a month.

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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



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Notary Public

email: CrownSignandSeal@gmail.com

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of each Month (In June, 3rd Thursday)

Dinner 6:30 (Public Welcome!)

Lodge 7:30 pm (Masons Only)

2 B >
Ask 1



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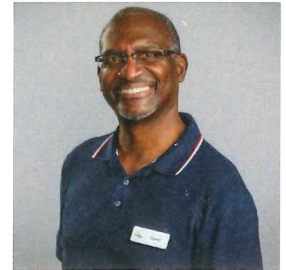


Darrell McVea

Community Financial Educator

360.426.1601 x3184

dmcvea@pcfcu.org



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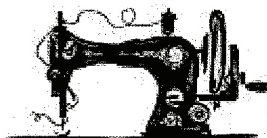
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MASON COUNTY SENIOR ACTIVITIES ASSOCIATION



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



2023/2024 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 \$50 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__

Last Name, First

Member #

New Member

☐

Renewal

☐

Key Tag X

☐

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 _____

April 2023

3 Soup and Salad Fruit	4 Pork Roast Mashed Potatoes and Gravy Mixed Vegetables Fruit	5 Swedish Meatballs Mashed Potatoes and Gravy Mixed Vegetables Fruit	6 Pot Pie Green Salad Fruit	7 Matzo Ball Soup Salad Fruit
10 Tamale Pie Green Salad Fruit	11 Tuna Casserole Mixed Vegetables Fruit	12 Shepherd's Pie Mixed Vegetables Fruit	13 Chili and Cornbread Green Salad Fruit	14 Biscuits and Gravy Mixed Vegetables Fruit
17 Salisbury Steak Mashed Potatoes and Gravy Mixed Vegetables Fruit	18 BBQ Chicken Sandwich Green Salad Fruit	19 Baked Fish Scalloped Potatoes Green Salad Fruit	20 Meatloaf Sandwich Green Salad Fruit	21 Sausage and Pasta Green Beans Fruit
24 Baked Chicken Mashed Potatoes and Gravy Mixed Vegetables Fruit	25 Pork Stew Green Salad Fruit	26 Spaghetti with Meatballs Green Salad Fruit	27 Teriyaki Chicken Steamed Rice Mixed Vegetables Fruit	28 Sloppy Joe's Green Salad Fruit

\$4 suggested donation for seniors 50+, \$8 for guests under 50

Mon-Thurs Noon-12:30 and Fri 11:30-noon



April 2023



Sun	Mon	Tue	Wed	Thu	Fri	Sat
Sales Color Yellow	Nifty Thrifty is the major funding source for the MCSAA!	Thank you for all the support	Shop to Support the Senior Center!	Happy Easter	Spring is nature's way of saying "Let's Party!"	50% off Everything in store
2 Closed	3 Lamps 25 % off	4 Seniors & Military Receive 15% Off	5 Artwork 25% off	6 Purses 25% off	7 Furniture 25% off	8 Kitchen items 25% off
9 Closed	10 DVD /VHS 50% off	11 Seniors & Military Receive 15% Off	12 Shoes 25% off	13 Electronics 25% off	14 MCSSA members receive 33% off	15 White Tag 25% off
16 Closed	17 Yellow Tags 75% off	18 Senior & Military Receive 15% off	19 Electronics 25% off	20 Regular Clothing 50 % off	21 Knick Knacks 25% off	22 Crafts 25% off
23 Closed	24 Yellow Tags 90% off	25 Senior & Military Receive 15% off	26 Linens 25% off	27 Books 25% off	28 Kids Clothing 25% off	29 Jewelry 25% off
30 Closed	Spring is here!	Make new friends, volunteer!	We are always looking for jewelry.	Recycle!!! Reuse !!! Repurpose!	Donation hours vary from day to day please call !	Store Hours M-S 9:30-5:00 Closed Sunday

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.