

Active Living



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

Mason County Senior Activities Center

August 2022

August Will Be A Busy Month!

I know that the first thing our members and the public want to know is our current vaccination policy. Due to some unforeseen state laws and our bylaws, we were unable to hold the ballot vote. For the vote to be legal, the member must be present at the meeting and be handed a ballot for the vote on the issue at that meeting. There is more information on page 5.

We will be holding our next Members Meeting on August 16 in our **garden** to allow all current members, both vaccinated and unvaccinated a chance to vote in person.

The Annual Members Picnic will be held August 9th at noon. This is a members only event. No guests please.

Following the picnic, Fun Times Five, Will's band will be playing from 1 pm to 3 pm unless we need an encore. We encourage you to stay and dance or just listen.

Speaking of Will, he has resigned from the Senior Center and we wish him well. He is a member and will still be coming around from time to time for Debra's good cooking.

Nifty Thrifty is busier than ever, which is great but also hard as they need volunteers. Do you have an hour a week to put clothes on racks or put things on the shelf? If so, please go and speak with Michelle or Melissa.

Upcoming Events!!!

- Aug. 2 BJ's Bingo Trip
- Aug. 6 Line dancers at Shelton Farmers Market
- Aug. 9 Board Meeting
- Aug. 9 Members Only Picnic
- Aug. 16 General Members Meeting in the GARDEN
- Aug. 25 U of W Arboretum Trip

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 Coordinator: Open

Bookkeeper/Volunteer Coordinator: Alex Banks

Kitchen Manager: Debra del Bosque

Kitchen Volunteers:

Judy Siegel Denise Murchison

Receptionists:

Patt Matsen Denise Avery-Baeten
Wendy Price

Center Hosts:

Doris Fredin Shirley Schober

Gift Shop: Open

Sunshine: Open

Van Drivers: Clay Long, Glenn Harper, Bill Price

Gary Miner, Irene Garavito,

Mike Mosberger

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 staff

Mailing Team: Gil Palmer, Bill Bezanson,

Mike Mosberger, Dorothy Calleja

Distribution: Nila LeGault, 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, Receptionist, Hostess

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 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.

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.

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 \$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

We are scheduling appointments for the 2nd and 4th Wednesday of the month. Walk-ins welcome. 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. The next meeting is Aug. 10

Zumba Gold with Sarah Martin

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

Financial Fitness with Darrell McVea

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

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., Aug. 18 from 11 am to 12:15 pm

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

"Welcome to Medicare"

Wed., Aug. 3 from 10 am to noon

Tues., Aug. 16 from 1 pm to 3 pm

Thurs., Aug. 18 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.

We have applications for farmers markets vouchers. Please see the receptionist for the form.

Meetings

MCSAA Board Meeting

Tuesday, Aug 9th 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 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 Lori Shipman
Leona Osterman
Synnove Pettersen
Patti Vernie
Sam Selby

MCSAA General Membership Meeting

Tuesday Aug 16th at 9:15 am
in the Garden.

This will be an outdoor meeting to
allow all members to attend

Vaccination Vote

The General Membership meeting for MCSAA is on the third Tuesday of each month at 9:15 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 receptionist or Penny.

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

Folger's 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 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 robocall from the center or text from 1-855-376-6215.

To: Members of the Mason County Senior Activities Association

From: Gary Miner, President, Board of Directors, Mason County Senior Activities Association

This letter is an explanation and an apology for all the mix-ups dealing with the determination of the status of the current vaccination policy

At the general members meeting held on May 17, 2022, there was a vote to determine whether the Association would or would not continue the current vaccination requirement to enter the Senior Center during normal business hours. There was a complaint lodged, that since this election wasn't announced before the meeting, there were not enough people present to represent their views on this subject.

I had heard this view in our Board Meeting, so I agreed to have another vote on the subject. After the meeting, I looked at our by-laws and there was no specific language prohibiting having a mail-in ballot. I took the concern about having as many members vote as possible and determined that we would mail out ballots that would be very difficult to copy or duplicate and asked for all the members to vote on the subject.

Immediately after mailing all these newsletters with the enclosed ballot, it was brought to my attention that a State of Washington law concerning Non-Profit organizations specifically states — “unless specifically approved in the by-laws, voting by ballot is prohibited.”

So, this vote by ballot is not allowed under Washington State law.

I apologize for all the effort and expectations that went for naught.

I am asking for your forgiveness for my mistake.

More importantly, I am asking that ALL MEMBERS WHO HAVE AN INTEREST IN RETAINING OR REMOVING THE EXISTING VACCINATION POLICY, PLEASE COME TO THE GENERAL MEMBERS MEETING: AUGUST 16, 2022 AT 9:15 AM. THIS MEETING WILL BE HELD IN THE GARDEN TO ALLOW ALL CURRENT VACCINATED AND UNVACCINATED MEMBERS ATTENDANCE.

There will be a vote to address the status of this policy, and if the policy is removed, the vote will also determine that we will be following guidelines that are set by the CDC, the State of Washington, and the Mason County Health Department that require mandatory actions.

Again, please forgive my mistake of not looking at all the regulations before sending out the ballots.

Respectfully:

Gary Miner, President, Board of Directors, Mason County Senior Activities Association

July Birthday Celebrants



Members, please 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 August 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.

August has 57 member birthdays. Come help

Senior Walkers August Schedule

We meet at 9:50am and leave promptly at **10 am**. Walks are always on Tuesdays. *Please see bulletin board for complete details.*

\$1 suggested Donation

- **Aug 2: Darlin Creek reserve**, dogs ok,
- **Aug 9, Goldsborough Creek**, dogs ok, Annual Senior Center Picnic after
- **Aug 16, Lake Sylvia State Park**, dogs ok, bring a sack lunch, Discover Pass
- **Aug 23, Seattle Trip**, no dogs, Lunch out, bring money for ferry, parking etc. We will leave promptly at **9:15 am** to catch the ferry
- **Aug 30, Fudge Point State Park**, dogs ok, bring a sack lunch

Friday Fun Night

Friday Aug 12th 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!

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

Mark you calendars for the second Friday of every month.

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

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

Donations are greatly appreciated.

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



The Walkers at Woodward Bay



We Are Hiring

ACTIVITIES COORDINATOR for the Mason County Senior Activities Center.

Do you like planning parties, trips, classes and decorating? Meeting new people and helping others? If so, this might be the perfect job for you.

We are a fast-paced place but not a residential facility.

If interested, please check out our website at <https://www.mcsac.net/employment.html> for the job description.

Please no calls. Send resume to manager@mcsac.net or 190 W Sentry Dr., Shelton WA 98584

Thank You Volunteers

Neither the Senior Center nor Nifty Thrifty could function without the generous donations of time we receive every day from so many people in our community. We are very blessed to have such a great support system and thank all the people who have stepped up to help.

SENIOR DRIVERS ED?????

Why would I want to take drivers ed? The simple answer is that you may be able to get a discount on your car insurance for the next two years.

Gerald Apple, A former SHS teacher, from WTSEA (Washington Traffic Safety Education Association) will be here on September 12 to teach the class.

Cost of the class is \$20 and will include lunch. Class starts at 9:30 am and runs until 4 pm

This class is open to the public. Vaccinations are required at the time of this printing.

Intro To Hand Stitchery

Instructor Ava Taylor has lived all over the world and learned different techniques for all forms of stitchery.

In this class you will learn how to translate basic hand sewing skills into embroidery, needlepoint, cross stitch, and other forms of hand work.

Class will be held in the sewing room on Aug. 11th at 10 am



Classes and Activities for Current Members

All classes subject to change. Please confirm with the receptionists

CLASSES FOR MEMBERS

CLASS NAME	DAY	TIME	COST
Guided Sewing Circle, 1st Thursday of the month; Open Sew, the rest of the month 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	9:00AM-12PM	\$1 donation
EZ Crafters The crafters work on a variety of projects, many of which end up for sale in our annual bazaar. 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	12:30PM-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.	Paused until Sept.	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-1:25PM	\$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

We are so fortunate to have such a great group of volunteers who teach and lead all of our activities. Without them, we would not be the center we are. THANK YOU VOLUNTEERS!!!

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 Slow Set: At the Center	Friday	1:30 PM - 2:30 PM	\$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	12:30 PM	\$1 donation
Cribbage	Daily	8:15AM	\$1 donation
Hand & Foot Fun card game with roots in Canasta	Wednesday	1 PM	\$1 donation
Jokers Rule! Learn this fun game with cards and marbles	Thursday	9 AM	\$1 donation
Mahjong Come learn American League rules	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

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 12:30 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 1:00 Hand & Foot
Monday	Tuesday	Wednesday
1 12:30 Financial Fitness Tuna Salad	2 9:00 BJ's Bingo Trip 10:00 Senior Walkers: Darlin Creek Reserve Taco Casserole	3 Lunch music by John Schwennesen Chicken Broccoli Alfredo
8 <i>NO LINE DANCING TODAY</i> Tuna Casserole	9 9:15 Board Meeting 10:00 Senior Walkers: Goldsborough Creek 12:00 <u>Members Only</u> Annual Picnic	10 <i>NO LINE DANCING TODAY</i> Haircuts Lunch music by John Schwennesen 1:00 Parkinson's Support Group Salad Bar
15 12:30 Financial Fitness Turkey Pot Pie	16 9:15 General Members Meeting in the GARDEN 10:00 Senior Walkers: Lake Sylvia State Park Salisbury Steak	17 Lunch music by John Schwennesen Tamale Pie
22 BBQ Chicken	23 9:15 Senior Walkers: Seattle Trip Swedish Meatballs	24 Haircuts Lunch music by John Schwennesen Polish Sausage on a bun
29 Soup and Salad	30 10:00 Senior Walkers: Fudge Point State Park Baked Chicken	31 Lunch music by John Schwennesen Pork Roast

st 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 12:30 Bridge 12:00 Lunch 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	1
Thursday	Friday	Saturday/Sunday
4 Lemon Pepper Fish	5 Lunch music by John Schwennesen Meatloaf	6/7 10:30 Saturday at the Farmers Market in Downtown Shelton our talented line dancers will be performing
11 Shepherd's Pie	12 <i>NO LINE DANCING TODAY</i> 10:30 Newsletter Editing 12:00 Aug Birthday Party 6:00 Friday Fun Night Lunch music by John Schwennesen Spaghetti with Meat Sauce	13/14
18 11:00 SHIBA Teriyaki Chicken	19 Lunch music by John Schwennesen 10:00 Newsletter 2nd Edit Sloppy Joes	20/21
25 U of W Arboretum Trip 1:00 Nifty Thrifty Book Club Newsletter Folding Pot Roast Dinner	26 Lunch music by John Schwennesen Biscuits and Gravy	27/28

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.*** We do accept credit cards at trip sign up.

August Trips



Aug 2nd Bingo at BJ's Bingo and Gaming

Leave MCSAC@ 9 am

Members \$20/Non-members \$25

Includes Transportation ONLY



Aug 25th Walking Tour of the U of W Arboretum.

This is a 90 minute ***guided*** walking tour of the Arboretum. Your guide will be there talk about the arboretum and answer questions, Be prepared to walk a fair distance. This trip is limited to 10 people.

Leave MCSAC @ 8:30 am

Members \$45/Non-members \$50

In the past August tends to be our month of canceled trips, therefore we only scheduled two this month.

We are always looking for good trip ideas. If you have one, let Penny or one of the receptionists know.

September Trips



Sept 2 Washington State Fair, Puyallup

Leaves MCSAC at 9:00am

Cost members \$21 non-members \$26

Free admission with non perishable food item

Lunch on your own at the fair.



Sept 15th Bowling at Westside Lanes

Leave MCSAC @ 11:30 am

Members \$20/Non-members \$25

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



Sept. 28th Lattins Country Cider Mill

Leave MCSAC @ 10:00 am

Members \$15/Non-members \$20

Bakery, animals and shopping

**Proud Sponsor of our 2022
Tuesday In-House Movie**

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

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."

Annie's QUILT SHOPPE
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 Janice Easton
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 WARRANTY FOREVER!

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.

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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Attorney at Law

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Phone: 360-427-5616
Shelton, WA 98584
JULIEKAYCOOK@Yahoo.com

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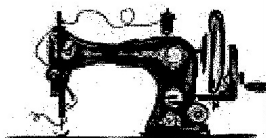
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MKT-5894M-A

Guest Reminder

Guests must 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

☐

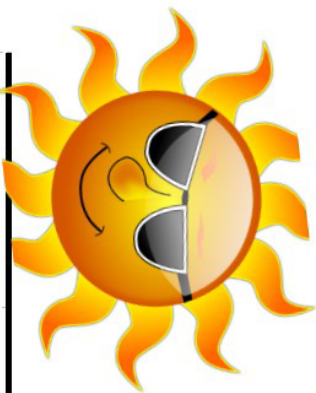
Renewal

☐

Key Tag X

August 2022
Mason County Senior Activities Center Lunch Menu
 \$3 minimum suggested donation for seniors 50+

1 Tuna Salad Veggie Soup Fruit	2 Taco Casserole Salad Fruit	3 Chicken Broccoli Alfredo Salad Fruit	4 Lemon Pepper Fish Scalloped Potatoes Mixed Vegetables Fruit	5 Meatloaf Mashed Potatoes and Gravy Green Beans Fruit
8 Tuna Casserole Mixed Vegetables Fruit	9 Mason County Senior Activities Association MEMBERS ONLY PICNIC	10 Salad Bar Fruit	11 Shepherd's Pie Salad Fruit	12 Spaghetti with Meat Sauce Salad Fruit
15 Turkey Pot Pie Salad Fruit	16 Salisbury Steak Mashed Potatoes and Gravy Green Beans Fruit	17 Tamale Pie Green Salad Fruit	18 Teriyaki Chicken Steamed Rice Mixed Vegetables Fruit	19 Sloppy Joes Salad Fruit
22 BBQ Chicken Scalloped Potatoes Mixed Vegetables Fruit	23 Swedish Meatballs Egg Noodles Mixed Vegetables Fruit	24 Polish Sausage on a Bun Salad Fruit	25 Pot Roast Dinner	26 Biscuits and Gravy Salad Fruit
29 Soup and Salad Fruit	30 Baked Chicken Scalloped Potatoes Mixed Vegetables Fruit	31 Pork Roast Mashed Potatoes and Gravy Salad Fruit	Menu is subject to change	



August 2022



Sun	Mon	Tue	Wed	Thu	Fri	Sat
Sales Color Orange	1 Orange tags 25% off	2 Senior & Military receive 15% off	3 Knick Knacks 25% off	4 Jewelry 25% off	5 Shoes 50% off	6 Picture Frames 50% off
7 Closed	8 Lamps 25 % off	9 Seniors & Military Receive 15% Off	10 Artwork 25% off	11 Purses 25% off	12 Furniture 25% off	13 Regular Clothing 25 % off
14 Closed	15 DVD /VHS 50% off	16 Seniors & Military Receive 15% Off	17 Kitchen items 25% off	18 Electronics 25% off	19 MCSSA Members receive 33% off	20 White Tag 25% off
21 Closed	22 Orange Tags 75% off	23 Senior & Military receive 15% off	24 Books 50% off	25 Regular Clothing 25% off	26 Kitchen 50% off	27 Crafts 50% off
28 Closed	29 Orange Tags 90% off	30 Senior & Military receive 15% off	31 White tags 25% off	Nifty Thrifty is the major funding source for the MCSAA!	Enjoy the nice summer days!	Nifty Thrifty 360-427-0858
Closed	Thank you for all the support	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.