

Active Living



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

Mason County Senior Activities Center

August/September 2020

Uncertain times means learning flexibility.

What we are learning now is that we will be open when we can and we will close when we have to.

When we reopened in July, we were asked why we did not open sooner. The honest answer is that we need to be sure that we could open in the safest way possible with the least amount of changes. We also had to be able to have the right cleaning and sanitizing products. Securing those proved to be problematic.

We opened with some great success. Masks, temperature checks, using the kiosk to check in, wearing gloves when needed and sanitizing after activities were just a few of the conditions we needed to follow so that everyone would be safe. Members were very flexible and there were very few complaints.

With the rapidly rising amount of cases of Covid-19 in Mason County as well as with the new government mandate of no more than 10 people at a gathering, it sort of threw a wrench into our reopening. We want to be open but we want everyone, staff and members alike, to stay healthy and safe. The board is closely monitoring the news and when we get the say so we will reopen again, possibly with another new schedule but with that, time will tell.

With this closure, we will only publish the newsletter every other month. This issue is for August-September. Hopefully, we will be up and running by the end of summer and the newsletter will return to a monthly publication.

A new way for us to communicate is the use of Zoom Meetings. This program uses the internet or a smartphone. We will set up online meetings with the various groups as a way for you to visit and keep up with what's new. Think of it as a chat room, you get to see your friends and talk, but from the safety of your home. Even though we call this a meeting, we will not be doing anything "official" just touching base with those of you that want to participate. All you need is a computer and a little bit of knowledge. It's free to our members and if you are interested in participating in a Zoom meeting please email Patti at director@mcsac.net and she will contact you with meeting times and login information.

Right now, we are lucky because Nifty Thrifty can still operate and provide the funds needed to keep the Center doors open. We are self-supporting and do not take any government funding.

How you can help: Shop at Nifty Thrifty, make a tax-deductible donation to MCSAA, or renew your dues early (they will expire one year from your expiration date). These are all things that will help us keep going in this uncertain time and to help us create a cushion for the foreseeable future.

We want to thank all of our members and volunteers for their patience this year. You are appreciated!

For the most up to date information please go to our website, www.mcsac.net or follow us on Facebook.

Center Holidays

2020

| | |
|----------------|------------------|
| January 1 | New Year's Day |
| January 20 | MLK Day |
| February 17 | Presidents Day |
| May 25 | Memorial Day |
| July 3 | Independence Day |
| September 7 | Labor Day |
| November 11 | Veterans' Day |
| November 26-27 | Thanksgiving |
| December 25 | Christmas |

Find the three Leaves

We have three leaves hidden throughout the newsletter. If you find all three, come in and show the receptionist that you have found them and enter for a drawing to win a gift certificate for Nifty Thrifty.

Last month's winner: Elaine D.



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:

Director: Patricia Vernie

Event, Activities & Volunteer Coordinator:
Val Wedman

Bookkeeper & Data Coordinator:
Penny Wilson

Volunteers: Contact Receptionist to help.

Receptionists:

Bob & Susi Edwards Patt Matsen
Kathleen Blanchette Ella Kowalski
Kathy Abernathy Robinson
Wyatt Cates

Center Hosts:

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

Gift Shop: Ella Kowalski

Sunshine: Jill Neil

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

Newsletter and Layout: Penny Wilson and
Patti Vernie

Editorial Committee:

Terry Nelson Julie Whaley
Gale Glenn Val Wedman
Avis Ross Patt Matsen

Photographer: Glenn Harper

Mailing Team: Gil Palmer, Al Lawrence,
Bill Bezanson & Ann Olli

Distribution: Nila LeGault, Reiko Mauer and
Steve Mutoli

Web-master: Dave Pierik

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>



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

Donations Monday – Saturday 10-4:30

Your quality donations are needed!

Call for Free Pickup: 360-427-0858

Director: Michelle Marks

Staff: Linda Trail, Cathy Jones and Krystal Perez,
Mariah Ward

Dedicated Volunteers:

| | | |
|-----------------|-------------------|-------------------|
| Adelheid Krohne | Cynthia Middleton | Monika Dod |
| Aloma Perez | Doug Kreklow | Pamela Johnson |
| Arlyn Skarich | Gary Yuan | Rachel Sedlaek |
| Axel VanWormer | Irene Moffatt | Reda Keller |
| Betty Thompson | Jan Kallinen | Ruth Coots |
| Bev Pittman | Jane Donahue | Vivian Bentkowski |
| Carole Pelela | Keith Jennings | Marilyn Olson |
| Conner Harris | Kyle Dimisillo | |
| | Maxine Neese | |

Additional volunteers are always needed.

Call Michelle at 360-427-0858 to volunteer.

This institution is an equal opportunity provider and employer.

2020/2021 Membership Bonuses

Nifty Thrifty Discount

In store, receive 20% off regular priced items of \$5 or more with some exceptions. Your 2020/2021 membership paper card must be shown before the cashier starts to ring up your order.

Mission Statement

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

Meetings

MCSAA Board Meeting

Tuesday, Aug 11th and Sept 8th at 9:30 am

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

MCSAA 2020 Board

President: Clay Long
Vice President: Bill Bezanson
Secretary: Terry Nelson
Treasurer: Marilyn Olson
Bill Young, Wayne Souza

MCSAA Member General Meeting

Tuesday, Aug 18th and Sept 15 at 10:45 am
Dining Room

The General Membership meeting for MCSAA is on the third Tuesday of each month at 10:45 am. All members in good standing (membership paid for 2020) are invited to the General Meeting. You will hear updates on Center, Nifty Thrifty and Pavilion activities. We encourage you to attend, it's your business!

Receptionist Meeting

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

Inclement Weather

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 & 103.3 FM or Seattle TV stations for details.

Center Wish List

We would greatly appreciate donations of:

Regular and Decaf Coffee
Individually wrapped chocolates
Plastic Spoons & Forks
Napkins
Small Paper Plates
12 Oz. Paper Coffee cups-no lids

Nifty Thrifty needs:

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

Packing Peanuts

Charity Sewing and Knitting

Group needs:

Cotton Batting (at least 45"x45")
100% Cotton Sewing Thread (any color)



Thank you very much for your donations!

Bulletin Board - Please, if you want something posted on our bulletin board, you *MUST* give it to Val, our Activities Coordinator.

Trips

Trips are on a temporary hiatus until it is deemed safe. I know that this is disappointing. It is for us too! Val has some ideas of some fun and exciting things to do and see in the future. We just have to wait and see what she comes up with.

Masks

The gift shop has paper masks (\$1) and washable masks (\$5) available for sale. Supplies are limited.

Have some extra time?

The Senior Center needs volunteers for various jobs around the center.
Contact Val, 360-426-7374

Nifty Thrifty needs volunteers.
Contact Michelle 360-427-0858

Service Restart Dates to be Determined



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

190 W Sentry Drive, Shelton, WA 98584
(360) 426-3697
Monday - Thursday @ 12 noon
Friday @ 11:30 am

Home Delivered Meals

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

Senior Services for South Sound Olympia

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

www.SouthSoundSeniors.org

Drivers Wanted

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

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

Mileage reimbursement is available.



Memory Cafe

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

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

Brighter Days Adult Day Program

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

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

Benefits of Attending Brighter Days

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

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

Services for All Seniors at Mason County Senior Activities Center

Current MCSAC Membership is NOT required for the following Services. Masks Required.

Foot care — with Michelle Gamber - (Call 360-689-5114 to make an appointment) 1st & 3rd Wed., 2nd & 4th Tue., & 4th Thurs & Fri. From 8 am to 3 pm, Cost: \$19. Foot care room is located by the front restrooms.

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

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

Area Agency on Aging — 2nd Wed., 12 noon to 1:00 pm, Brandon will be available to answer questions and provide assistance in the dining room.

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

Commodity Supplemental Food Program

There is a sign up for the Commodity Supplemental Food Program – CSFP. This is a program for seniors over the age of sixty who meet federally regulated income guidelines. CSFP participants receive a 40-pound box of food once per month. For questions, or to get your application call **Todd at Thurston County Food Bank** for information **360-352-8597 x206**.

MASON COUNTY SENIOR ACTIVITIES ASSOCIATION



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



2020/2021 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
- Birthday listing in the Newsletter and recognition on the Birthday Board the month of your Birthday
- Discounted Pricing on most trips and classes
- Exclusive access to some Center Classes, Trips & Functions
- Discount at our Nifty Thrifty Thrift Store
- Your emergency information on file in case it is needed

Annual Dues are \$40 per person. Membership is for those 50 or better, however, spouses of a 50+ member, that are not yet 50, may join as an Associate (non voting) member.

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

Please, PRINT all information CLEARLY

FIRST NAME: _____ MIDDLE _____

LAST 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

Miscellaneous

- ☐ b. Grant Writing
- ☐ c. 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 _____

Donation Envelopes

Usually once a quarter in our newsletter mailing we include our Remittance Envelope for your convenience. We have included them in the last 4 newsletters asking for much needed support. While we were closed in the spring, our major funding source, Nifty Thrifty was also closed.

As a nonprofit we rely on others' generosity and do not receive government subsidies. We are self supporting and our largest source of income comes from Nifty Thrifty. We will be including the envelopes in our mailings on a quarterly basis after we are open and are grateful for the donations we've already received. Any size donation counts and they are truly appreciated.

We can not predict the future and your donations will help to ensure that the Senior Center will be here for generations to come. We look at all donations as one gift at a time; every donation counts no matter the size. If you can afford to give to the Senior Center, please do.

THANK YOU! THANK YOU!

We just want to give a special shout out to all the volunteers who have stepped up to help with the new COVID-19 protocols at the front door on days we were open. As some of you have now experienced, everyone entering the Center is temperature checked, given a Q-tip for the touch screen and then sprayed with hand sanitizer. These two positions are essential for our opening plan and will be maintained for some time. Thank you for your cooperation and willingness to help. If you have any time to give for this once we reopen, please call Val or email her at activities@mcsac.net



Volunteer Appreciation Party

We will be moving our party to a quarterly activity and hope to reinstate it this fall. Watch for details.

Until then thank you, our volunteers, for everything you do here at the Center and at Nifty Thrifty. We literally could not do it without you!

Want to go on an outing? We have some tickets!

The Skyview Observatory is on the 73rd floor of the Columbia Center in downtown Seattle.

The entire floor comprises the indoor observatory, offering a 360° panorama of Seattle – including Mt. Rainier and Mt. Baker!

We have 11 tickets...you can get all of them for your family and friends or just 1...or anything in between! These are open ended tickets that do not expire!

Ticket cost is \$20/each and are 'anytime' tickets – which means you do not need to schedule your trip with them.

Check website for time frames and restrictions. Masks are required for entry into Columbia Center.

Spoiler Alert...the women's bathroom has great windows too and the men are always trying to sneak in!

.....
Exit Puzzle Escape Room gives you sleuthing opportunities!

This 70 minute experience in Olympia allows you to be immersed in mysteries and puzzles as you solve the questions in the thematically decorated rooms.

We have 8 tickets with no expiration date – which coincides with the number in the pre-scheduled groups!

For \$30/person, you will be given a confirmation code that can be used to redeem your time, which you will schedule with them.

This is a fun activity where you can prove you're as smart as you've always claimed!

.....
Seattle Aquarium and Woodland Park Zoo

We have tickets to the aquarium and the zoo. But because we are not currently scheduling any trips, we will give you these tickets so you can take yourselves there! There is no charge for the zoo or aquarium tickets.

The aquarium tickets expire 11/22/2020 and the zoo tickets expire 01/31/2021.

Talk to Val if you're interested...limit is 4/person.

To order tickets please call (360) 426-7374 or email Val at activities@mcsac.net

Aug 2020 Activities once we have REOPENED

| Every Monday | Every Tuesday | Every Wednesday | Every Thursday | Every Friday | Every Weekend |
|---|--|---|--|--|------------------------|
| 8:30 Gentle Tai Chi 8:30 Cribbage 10-12 Beginning Line Dance 10-12 Mexican Train Dominoes 12:30 Pinochle (Int, Adv) 12:30 Art Workshop | 8:30 Cribbage 9-10:30 Adv. Line Dance 9:30 Machine Knitting 10:00 Senior Center Walkers 12:00 Bridge 12:00 Gentle Tai Chi 1:00 Charity Sewing | 8:30 Gentle Tai Chi 8:30 Cribbage 10-12 Beginning Line Dance 10-12 Mexican Train Dominoes 12:30 Pinochle (Int, Adv) 1:00 Hand & Foot Card Game | 8:30 Cribbage 9-10:30 Adv Line Dance 9:00 EZ Crafters 9:00 Jokers Rule 9:00 Woodcarvers 9:00 Knit & Chat 12:00 Bridge 12:30-3 Bingo 1:00 Mahjong 1:00 Quilt Block of the Week Class | 8:30 Gentle Tai Chi 8:30 Cribbage 10-12 Mexican Train Dominoes 10-11:30 Line Dance 12:00 Pinochle (begin/all) 1:00 MCSAA Goes to the Movies | |
| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday/Sunday |
| | | | | | 1/2 |
| 3 | 4 | 5 Foot Care by Michelle | 6 | 7 | 8/9 |
| 10 | 11 9:30 Board Meeting Foot Care by Michelle | 12 | 13 | 14 | 15/16 |
| 17 | 18 10:45 Member meeting | 19 Foot Care by Michelle 9:00 Joy of Painting | 20 | 21 | 22/23 |
| 24 Priority Footwear | 25 Foot Care by Michelle | 26 1:00 Reception Meeting | 27 Foot Care by Michelle SHIBA via Zoom | 28 Foot Care by Michelle | 29/30 |
| 31 | | | | | |

Sept. 2020 Activities once we have REOPENED

| Every Monday | Every Tuesday | Every Wednesday | Every Thursday | Every Friday | Every Weekend |
|---|--|---|--|--|-----------------|
| 8:30 Gentle Tai Chi 8:30 Cribbage 10-12 Beginning Line Dance 10-12 Mexican Train Dominoes 12:30 Pinochle (Int, Adv) 12:30 Art Workshop | 8:30 Cribbage 9-10:30 Adv. Line Dance 9:30 Machine Knitting 10:00 Senior Center Walkers 12:00 Bridge 12:00 Gentle Tai Chi 1:00 Charity Sewing | 8:30 Gentle Tai Chi 8:30 Cribbage 10-12 Beginning Line Dance 10-12 Mexican Train Dominoes 12:30 Pinochle (Int, Adv) 1:00 Hand & Foot Card Game | 8:30 Cribbage 9-10:30 Adv Line Dance 9:00 EZ Crafters 9:00 Jokers Rule 9:00 Woodcarvers 9:00 Knit & Chat 12:00 Bridge 12:30-3 Bingo 1:00 Mahjong 1:00 Quilt Block of the Week Class | 8:30 Gentle Tai Chi 8:30 Cribbage 10-12 Mexican Train Dominoes 10-11:30 Line Dance 12:00 Pinochle (begin/all) 1:00 MCSAA Goes to the Movies | |
| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday/Sunday |
| | 1 | 2 Foot Care by Michelle | 3 | 4 | 5/6 |
| 7 | 8 9:30 Board Meeting Foot Care by Michelle | 9 | 10 | 11 | 12/13 |
| 14 | 15 10:45 Member meeting | 16 Foot Care by Michelle 9:00 Joy of Painting | 17 | 18 | 19/20 |
| 21 | 22 Foot Care by Michelle | 23 1:00 Reception Meeting | 24 Foot Care by Michelle SHIBA via Zoom | 25 Foot Care by Michelle | 26/27 |
| 28 Priority Footwear | 29 | 30 | | | |

Classes and Activities for Members once we REOPEN

All classes subject to change. Please confirm with the receptionists

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

Due to the cost of business, donations for activities are suggested and are greatly appreciated.

GAMES AND FITNESS FOR MEMBERS

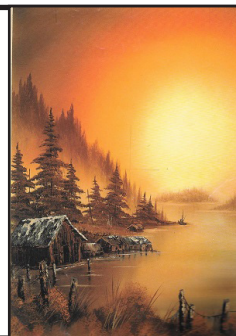
| GAME/DESCRIPTION | DAY | TIME | COST |
|--|-------------------------------|-----------------|----------------------------------|
| Bingo | Thursday | 12:30-3 PM | \$1 for 3 cards |
| Bridge | Tuesday Thursday | 12 PM | \$1 donation |
| Cribbage | Monday thru Friday | 8:30 AM | \$1 donation |
| Hand & Foot Fun card game with roots in Canasta | Wednesday | 1 PM | \$1 donation |
| Jokers Rule! Learn this fun, free game with cards & marbles. | Thursday | 9AM TO NOON | \$1 donation |
| Mahjong Come learn American League rules | Thursday | 1 PM | \$1 donation |
| Mexican Train Dominoes | Monday Wednesday Friday | 10 AM -12 PM | \$1 donation |
| Pinochle (Beginning) | Friday | 12-3 PM | \$1 donation |
| Pinochle (Intermediate/Advanved) | Monday Wednesday | 12-3 PM | \$1 donation |
| Tai Chi: Morning | Monday Wednesday Friday | 8:30-9:15 AM | \$1 donation |
| Tai Chi: Afternoon | Tuesday | 12-12:45 PM | \$1 donation |
| Line Dance: Beginners | Monday Wednesday | 10 AM-12 PM | \$1 donation |
| Line Dance: All skill levels | Friday | 10 -11:30 AM | \$1 donation |
| Line Dance Advanced | Tuesday Thursday | 9-10:30 AM | \$1 donation |
| Zumba with Sarah Martin Open to the public | Tuesday Thursday | 5:30-6:30 PM | \$5 class fee paid to teacher |
| Weight Watchers: No scheduled meetings at the time of this printing, on-line membership or weekly fee applies. Open to the public | Tuesdays | On Hiatus | membership fee applies |
| Yoga | Tuesday Thursday | On Hiatus | \$1 donation |

Joy of Painting Landscape Class "Fisherman's Paradise"

Restart Date Aug 19, 9:00 am to 3:30 pm. Join Certified Instructor Tony Lirette for his Joy of Painting class where you complete a beautiful 16"x 20" oil painting each class using the Bob Ross method.

Cost: \$52. (\$7 to register; \$45 before the first day of class.)

All materials are provided. **Minimum** class size of 4 people, so please register early or class could be canceled.



We want to extend a big Thank you to Chuck and Jan of Hardware Distillery for their generous donation of 5 gallons of hand sanitizer. We are so thankful for their help and generosity.

CLASSES FOR MEMBERS

| CLASS NAME | DAY | TIME | COST |
|---|-----------|---------------|--|
| Beading Social - Members Only In the Sewing Room we are having a beading social for members only. Bring your own project and supplies. Share your beading knowledge and design ideas with others. | Wednesday | 1-3 PM | \$1 donation |
| Charity Sewing and Knitting We meet in the sewing room and work on sewn/knitted projects to sell in our Gift Shop, Bazaars or give to those in need (we have some ideas about the projects to give away.) You're welcome to join the group and make items for the boutique or to give away also. We are always looking for donations of yarn, fabric, sewing supplies and batting. Call the Senior Center and ask for Penny for more information. | Tuesday | 1-4 PM | \$1 donation |
| Woodcarving The Shelton chapter of the Capital Woodcarvers Club. The woodcarvers also meet in Olympia and Elma on other weekdays and can provide assistance, training and access to tools and wood supplies. We are so excited for this opportunity to share our time and expertise demonstrating hand knife and gouge woodcarving techniques for anyone interested in learning this hobby. Located in the back of the dining room. | Thursday | 9-11 AM | \$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, please sign up with reception. | Tuesday | 9:30-12:30 PM | \$1 donation |
| Block of the Week Quilt as You Go Each week we will learn a new block and ideas on how to quilt it. Finished project size is up to you. This class will continue throughout the year. Classes will be drop in style so you do not have to attend or sign up for all of them. Materials list available on the bulletin board in the sewing room. You can pay for your class ahead of time with the receptionist or during class. | Thursday | 1-4 PM | \$5 Members per class/ \$10 non-members per class |
| Knit and Chat | Thursday | 9-11 AM | \$1 donation |
| EZ Crafters The crafters work on a variety of projects, many of which end up for sale in our annual bazaar | Thursday | 9-11 AM | \$1 donation |
| Monday 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 | 12:30-3:30 PM | \$1 donation |
| Chorus | Friday | On Hiatus | \$1 donation |

MCSAA at Shelton Cinemas

Movies will begin again once the theater gives us an opening date.

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

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

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





Happy Birthday to All!

As always, for those of our members who are having birthdays this month, we wish you the very best birthday and would love to see you at our regular birthday celebrations once they resume.

In August there are 72 member birthdays and in September there are 62 member birthdays!!



Since we couldn't have ***Danny Vernon's Illusion of Elvis*** perform this year we have rescheduled him to come and perform on Apr. 10, 2021. It also coincides with our 40th birthday. Tickets will be available with the receptionist.



We know that we have spotlighted ***Dave Brown*** already this past year, but to us, he has been a super volunteer. When we started our temporary food box program, Dave got word and showed up to help on Thursdays he sorted, packed and loaded food. No one needed to ask, he was just there. Dave is one of those guys you see everywhere, willing to lend a hand. He retired after 21 years in the Navy. He also spent 21 years working for Sears as an Appliance Technician. He's lived in Shelton since January 2004. He worked for Habitat for Humanity and helped build at least 15 houses and install freshwater plumbing in all of them. Dave grew up in Olympia graduating in 1958. He enjoys the Senior Center as a social gathering place. He helps here at the Center whenever asked, whether it be setting up tables, cutting cake or manning the door. We appreciate him greatly. When you see Dave, tell him THANKS!

The Spring Bazaar may have been cancelled but the vendors who signed up for it were given the chance to have their vendor fee applied to the Fall Holiday Bazaar. Most accepted this option and the Fall Bazaar looks like it will be a huge success. Fall Bazaar applications are available by emailing Director@mcsac.net and requesting the information.



Code of Conduct Reminder

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

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

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

Become a Corporate Sponsor

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

Sponsors donate in many special ways including:

- Providing activities for our Members (Like Bingo, Potlucks, Music)
- Bringing in meals and treats for our Seniors
- Buying ad space in our monthly newsletter and more!
- Each month the Center mails and emails over 800 newsletters to its members and distributes another 500+ in the community. Advertising space is available to purchase in our newsletter, which also gives businesses the unique opportunity to give an informational presentation to our members during the year and to display business cards and/or brochures on our Sponsor Table.
- The balance of funds for ads that are canceled before the agreed upon time frame by sponsors will be considered a donation to the Senior Center.



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

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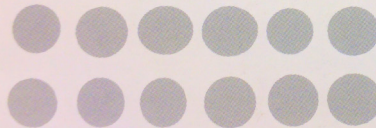
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Lodge 7:30 pm (Masons Only)

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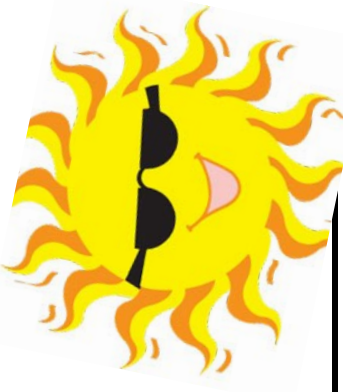
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Nifty Thrifty

August 2020



| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
|--------------------------|---|--|--|---|--|--|
| Sales Color Green | We love your pets but please leave them home. | We have air conditioning | Please Call about donation times 360-427-0858 | Mask Required | New store hours | 1 Green Tags 50% off |
| 2 Closed | 3 MCSAA 33% off | 4 Seniors & Military Receive 15% Off | 5 Books 50% off | 6 Artwork 25% off | 7 White Tags 25% off | 8 Books 50% off |
| 9 Closed | 10 Coffee cups 4 for \$1.00 | 11 Seniors & Military Receive 15% Off | 12 Kitchen Items 25% off | 13 Kitchen Items 25% off | 14 Hawaiian Shirts 50% off | 15 Managers Choice |
| 16 Closed | 17 Books 50% off | 18 Seniors & Military Receive 15% Off | 19 Green Tags 75% off | 20 Jewelry 25% off | 21 Bathing suits 50% off | 22 Clothing 50% off |
| 23 Closed | 24 Managers choice | 25 Seniors & Military Receive 15% Off | 26 Green Tags 90% off | 27 Everything outside 25% off | 28 Fabric and crafts 25% off | 29 Fabric and crafts 25% off |
| 30 Closed | 31 White Tags 25% off | Make new friends, volunteer! | Thank You for all of your support | We Have a varied donation schedule | Nifty Thrifty is the major funding source for the MCSAA | Hours M-F 9:30-5:00 Sat 9:30-5:00 |

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