

Active Living



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

Mason County Senior Activities Center

August 2021

The **annual membership picnic** will be on Tuesday August 24 at noon. This event is for current members only. Alpine Way will be preparing and serving our lunch this year. Due to COVID precautions we request that you do not bring any outside food into the Senior Center. The Senior Center is providing dessert. Come have fun and reconnect with your friends.

The Senior Center is proud to announce that we will be a Cooling Center when the extreme heat returns. When the County Department of Emergency Management needs cooling centers, they will call us to determine our availability. If we are able to accommodate their request, we will send out a robo call to advise you of this. The only thing that would preclude us from being available would be a Pavilion rental (like a wedding). We intend to be available from 11am-7pm on those hot days and will offer free water to people who come for cooling. We need volunteers for this – at least 3 people would be ideal! To volunteer, please call 360-426-7374 and let one of the staff know you want to be put on this list. Thank you in advance!

The Holiday Bazaar is returning. It's Saturday November 6th from 10-3. If you are interested in a space or volunteering for the event, please see Patti.

Why Do I Need To Fill Out The Application Form?

This is a great question that we hear every day. There are a few reasons: Your emergency contact or doctor changing, permission to use photo/video/audio of you to promote the center, and a medical release.

We understand the frustration and appreciate everyone filling out the application form. Please remember to thank our receptionists when you renew. They work very hard behind the scenes.

Upcoming Events!!!

Aug 10 Board Meeting
 Aug 13 Friday Fun Night
 Aug 15 Morton Loggers Festival Trip
 Aug 17 General Membership Meeting
 Aug 24 Membership Picnic
 Sept 3 Washington State Fair Trip
 Sept 12 Wooden Boat Festival Trip

Center Holiday Closures 2021

January 1	New Year's Day
January 18	MLK Day
February 15	Presidents Day
May 31	Memorial Day
July 5	Independence Day
September 6	Labor Day
November 11	Veterans' Day
November 25-26	Thanksgiving
December 24	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:

Executive Director: Patti Vernie

Event, Activities & Volunteer Coordinator:
Val Wedman

Bookkeeper & Data Coordinator: Penny Wilson

Volunteers: Contact Receptionist to help.

Receptionists:

Patt Matsen	Phyllis Glisson
Kathy Abernathy-Robinson	
Ella Kowalski	Kathleen Blanchette
April Myer	Joseph Myer
Dennis Schosboek	Laurie Woolett

Center Hosts:

Doris Fredin	Joseph Myer
Ella Kowalski	April Myer
Jeanne Weston	Shirley Schober
Laurie Woolett	

Gift Shop: Jill Neil

Sunshine: Jill Neil

Van Drivers: Clay Long, Glenn Harper,
Wayne Souza, Joseph Myer

Newsletter and Layout: Val Wedman and
Penny Wilson

Editorial Committee:

Julie Whaley	Gale Glenn
Avis Ross	Terry Nelson
Patt Matsen	Steve Mutoli

Photography: Glenn Harper and Gale Glenn

Mailing Team: Gil Palmer, Al Lawrence, and
Bill Bezanson

Distribution: Nila LeGault, Reiko Mauer and
Steve Mutoli

2021/2022 Membership Bonuses

Nifty Thrifty Discount

In store, receive 20% off regular priced items of \$5 or more with some exceptions. Your 2021/2022 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.

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 2020/2021 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	Jan Kallinen	Wayne Souza
Axel VanWormer	Jane Donahue	Rich Sawyers
Betty Thompson	Maxine Neese	Cheral Cowser
Carole Pelela	Pamela Johnson	Paul Kemmer
Cynthia Middleton	Rachel Sedlaek	
Doug Kreklow	Reda Keller	
Gary Yuan	Ruth Coots	
Irene Moffatt	Vivian Bentkowski	
	Marilyn Olson	

Additional volunteers are always needed.

Call Michelle at 360-427-0858 to volunteer.

This institution is an equal opportunity employer.

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.

Meetings

MCSAA Board Meeting

Tuesday, August 10th 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 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 2021 Board

President: Clay Long

Vice President: Bill Bezanson

Secretary: Wayne Souza

Treasurer: Marilyn Olson

Gary Miner

Lori Shipman

Open Spot(s) Available

MCSAA Member General Meeting

Tuesday August 17th at 9:00 am

Dining Room

The General Membership meeting for MCSAA is on the third Tuesday of each month at 9:00 am. All members in good standing (membership paid for 2021/22) 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 with ongoing training and communication for our front office receptionists.

Center and Nifty Thrifty Wish List

We would greatly appreciate donations of:

Senior Center needs:

Decaf Coffee

Napkins

Nifty Thrifty needs:

Clear Packing Tape

1" Masking Tape

Large Padded Envelopes

Plastic Grocery Bags

Bubble Wrap

Coffee

Sugar

Large Black Garbage Bags



Sewing Circle needs:

Rotary Cutter blades 45mm

Sewing Machine Needles 90/14 or 80/12

100% Cotton sewing thread 50 weight

Thank you very much for your donations!

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

Please note that it is case sensitive.

<https://a.co/86hGxTi>



Bulletin Board

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

We are happy to be planning trips again! As usual, we are always on the lookout for more drivers.

As a trip driver:

- **Your admission and transportation expenses will be covered.**

- **Any food you consume will be on your own.**

Let us know if you're interested in helping out!

The Friday Movie at the Shelton Cinemas will be restarting this fall. We will let you know when we know more.

Friday Fun Night

Open to the public

Friday, August 13th at the Pavilion.

6-9 pm, Pizza by the slice, wine and beer for purchase. Bring your friends and come ready to have fun. 21+

Line Dancing or just dancing with our very own DJ, Glenn in the Ballroom.

6-9 pm, Dungeons and Dragons in the Sewing Room

Donations are greatly appreciated

Bingo Karaoke Meeting

We will have a meeting on Wednesday August 4 at 1 pm in the sewing room to discuss Bingo Karaoke and when we can get it started again. We are also looking for more volunteers to help with a variety of tasks. Bingo Karaoke is a team effort. Please come to the meeting if you are interested in volunteering. This is a huge fundraiser for the us and we need your help!

MCSAC is hosting this class

**Every Monday &
Thursday
From 5:30-6:30 pm**



Chair options OK in all of these classes.
\$5 per class required. Multiple session punch cards available from teacher. Open to the public, Senior Center membership is not required

Services for All Seniors at Mason County Senior Activities Center

Current MCSAC Membership is NOT required for the following Services.

Senior Nutrition Lunches

Monday and Wednesday, 12pm

Friday, 11:30am

The nutritious full course meals are prepared by Senior Services for South Sound's Senior Nutrition Program in partnership with the L-M-T Area Agency on Aging. Although not required, suggested donation is \$3 for seniors 60 years and older based on your ability to pay. Those under 60 are required to pay \$7.62.

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

Abundance Table — We are again 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.

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.**

Free Medical Supplies Lending Library —

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

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

☐

PAID

☐

INFO ENTERED

☐

Member Card_

☐

FOB

INIT

MASON COUNTY SENIOR ACTIVITIES ASSOCIATION



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



2021/2022 Membership Application and Agreement

Welcome! We hope you enjoy making new friends and participating in our many activities, classes, trips and volunteer opportunities. MCSAA Members enjoy great benefits including:

- Our excellent Active Living Newsletter every month
- Free birthday Lunch on the third Friday in the month of your Birthday
- Discounted Pricing on most trips and classes
- Exclusive access to some Center Classes, Trips & Functions
- Discount at our Nifty Thrifty Thrift Store
- Your emergency information on file in case it is needed

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

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

Please, PRINT all information CLEARLY

FIRST NAME: _____ MIDDLE _____

LAST 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/prepare 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 _____

Center Van Trips



August 15, 2021 Morton Loggers Jubilee- the Largest Logging Show in the PNW

Leaving MCSAC at 9 am

\$25 members, \$30 non-members

Additional \$5 for Seniors, \$8 for Adults needed for admission to the Jubilee Logging Show (begins at 12 pm). Bring lunch or money for concessions.

Flea Market Shopping as well!



September 3, 2021 Washington State Fair

Leaving MCSAC at 9:00am

\$21 members \$26 non-members

Free admission with non perishable food item. Lunch on your own.

Center Van Trips to Come

Sept 12, 2021 Wooden Boat Festival --Port Townsend

Leaving MCSAC at 9:00am

\$38 members*

\$43 non-member*

*Price includes transportation and admission. Lunch on your own



Oct 30, 2021 Hunter Farms Pumpkin Patch

Leaving MCSAC at 10 am

\$13 members, \$18 non-members*

*Price includes transportation and admission. Bring money for lunch at the Alderbrook Clubhouse.

Come enjoy the season along with the catapult contest.

Senior Center Trip Policy:

Masks are required for all un-vaccinated travelers. Certain destinations may require masks for all, so be sure to bring a mask just in case.

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 8 people. (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 Patti Vernie 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.**



Dancing, socializing and dinner with friends are just a few of the perks of Friday Fun Night.

July Birthday Celebration



Members, celebrate your birthday at the Senior Center at noon on the second Friday of your birth month. Enjoy a beautifully decorated birthday cake by Sue Puls.

Free lunch before our celebration at 11:30 am for members-only with birthdays during the month. Just bring your current membership card and photo ID. (Regular price for everyone else.)

August has 58 member birthdays. Come help us celebrate them.

Membership Picnic

On Tuesday August 24th at noon, we will be having our annual membership picnic.

Line dancers will start at 11:30 am.

This event is for current members only.

Due to current restrictions we are asking that no food is brought in.

We will be having a wonderful lunch provided by Alpine Way.

We can't wait to see all our friends.

What's Coming Up This Fall?

- MCSAA Chorus: John Schwennesen will resume the Friday Chorus, so start warming up!
- High Tea and Painting: a cultural experience while learning a new skill. This will be a quarterly event.
- Poker Afternoon: play low stakes Texas Hold 'Em -- Leave your six shooters at home please!
- Volunteer Opportunity: trash pick-up in Mason county. See Val for details. Next meeting is August 18th at 10:30 am. Come and join us!
- Pinochle Tournament coming this September. More details to come.



Holiday Bazaar

Our annual Holiday Bazaar is Saturday November 6th from 10-3.

If you love to cook we need items for the bake sale. Bring in your favorite cookies, breads or whatever else you love to bake. We need to have all items the day before the sale. Let Patti know what you will be bringing.

We need volunteers to help with our bake sale, and someone to sell soda and coffee. The kitchen also needs 4 people for food preparation and cleanup afterward. If you can help, please see Patti.

For vendor information please email Patti at director@mcsac.net

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 12:30 Artists Workshop 5:30 Zumba	8:15 Cribbage 8:30 Zoom Yoga 8:30 Yoga 9:30 Sewing/Knitting Circle 10:00 Line Dance 10:00 Senior Walkers 12:00 Bridge 12:00 Lunch	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 1:00 Hand & Foot
Monday	Tuesday	Wednesday
We love our volunteers!		Don't forget to check Nifty Thrifty's sales calendar. Members get extra special discount days
2 Honey Lime Chicken	3 10 Senior Walkers: Lake Sylvia State Park No Lunch	4 10-11:30 SHIBA Zoom Appt 1 Bingo Karaoke Meeting Herbed Chicken
9 3:30-5:30 SHIBA Zoom Appt Tilapia with Orange and Herb Sauce	10 9:30 No Sewing/Knitting Circle 9:30 Board Meeting 10 Senior Walkers: Tumwater Historical Park to Brewery Park at Tumwater Falls No Lunch	11 Egg & Cheese Breakfast Bake
16 Site Choice	17 8:30 No Yoga 9:00 General Membership Meeting 9:30 No Sewing/Knitting Circle 10 Senior Walkers: Seattle Trip No Lunch 1-2:30 SHIBA Zoom Appt	18 10:30 Trash pick-up volunteer meeting Pizza
23 Salisbury Steak	24 10 Senior Walkers: No walk this week 11:30 Line Dance performance 12 Members Annual Picnic--no guests	25 Chicken Caesar
30 Chicken Breast and Swiss burger	31 10 Senior Walkers: Friends Landing--Lake Quigg No Lunch	

1 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 10:00 Zoom Tai Chi 10:00 Mahjong 12:00 Bridge 12:00 Lunch 1:00 Thursday Bingo 5:30 Zumba	8:15 Cribbage 8:15 Gentle Tai Chi 9:00 Line Dance 10:00 Mexican Train 11:30 Lunch 12:00 Pinochle	
Thursday	Friday	Saturday/Sunday
	There are 58 members with August birthdays	1
5 No Lunch	6 Site Choice	7/8
12 No Lunch	13 10:30 Editorial Committee Meeting 12:00 August Birthday Cake 6-9pm Friday Fun Night Sloppy Joes	14/15 9 Van Trip: Morton Loggers Jubilee
19 10-12:00 SHIBA Zoom Appt No Lunch	20 Asian Chicken Salad	21/22
26 No Lunch	27 Chicken Tamale	28/29

Classes and Activities for Current Members

FITNESS FOR MEMBERS			
DESCRIPTION	DAY	TIME	COST
Tai Chi: At the Center	Monday Wednesday Friday	8:15-9:00 AM	\$1 donation
Tai Chi: Zoom	Wednesday Thursday	W 8:15-9:00 AM TH 10-10:45 AM	\$1 donation
Line Dance: At the Center	Monday Wednesday Friday	9-11:00 AM	\$1 donation
Line Dance: Advanced at the Center	Tuesday Thursday	10 -11:00 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	10AM	\$1 donation
Zumba (Open to the public)	Monday Thursday	5:30-6:30 pm	\$5 to instructor

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

Classes and Activities for Current Members

All classes subject to change. Please confirm with the receptionists

CLASSES FOR MEMBERS

CLASS NAME	DAY	TIME	COST
Sewing Circle: Current project is the next raffle quilt. There are also other small projects to be made for sale at the boutique, bazaars or Nifty.	1st and the 4th Tuesday	9:30AM-12PM	\$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. Additional fees may apply for supplies.	Thursday	9:30AM-12PM	\$1 donation
EZ Crafters The crafters work on a variety of projects, many of which end up for sale in our annual bazaar.	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	12:30-3:30PM	\$1 donation
Woodcarving The Shelton chapter of the Capital Woodcarvers Club. The woodcarvers can provide assistance, training and access to tools and wood supplies. Located in the back of the dining room.	<i>Coming</i>	<i>Soon</i>	<i>\$1 donation</i>
Knitting Circle Work on projects to be sold at different fundraising events MCSAA hosts. Some supplies are available for projects. Meet in conjunction with the Sewing Circle	1st and the 4th Tuesday	9:30AM-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, please sign up with reception.	<i>Coming</i>	<i>this fall</i>	<i>\$1 donation</i>
MCSAC Chorus	<i>Coming</i>	<i>early fall</i>	<i>\$1 donation</i>

Golf Anyone?

We're getting a group together to play regularly at Lake Limerick on Mondays at 1 pm. Cost will be \$16 for 9 holes and \$10.85 for a cart. \$1 Senior Center donation can be given at play. Contact Val to get on the list.

Celebrating 40 Years And Going Strong!



Reda the receptionist at the old building



Members picnic



Christmas party 2003



Flag ceremony 1993 at the old building



Deep sea fishing trip 1993



Line dancers

Have You Seen The Black Floral Paintings By The Bar?

They were painted by our receptionist and High Tea and Painting instructor Ella. They are also for sale. If you are interested in purchasing one or all of these paintings, please talk to Val.



Friday Choir dress rehearsal 2019



New Years 2019



Pinochle in the new building 2013

Senior Walkers August Schedule

We meet at 9:50 am and leave promptly at **10 am**. Walks are always on Tuesdays.
\$1 suggested Donation

- **Aug. 3rd--Lake Sylvia State Park**, Discover Pass required potluck lunch and dogs ok
- **Aug 10th--NEW Location Tumwater Historical Park to Brewery Park at Tumwater Falls**, sack lunch and dogs OK,
- **Aug 17th--Seattle Trip**, No Dogs, lunch out if you choose, extra charges.
- **Aug 24th--No walk this week**. Come and enjoy the annual membersip picnic.
- **Aug 31--Friends Landing--Lake Quigg**, Dogs OK, and sack lunch

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 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."

Please support our **Corporate Sponsors** who support us.



Continuing Care Community

The Difference Between Living and Living Well

360-426-2600

www.AlpineWayLiving.com

900 W. Alpine Way | Shelton, WA 98584

Retirement Living • Assisted Living • Memory Care



WHEN IT COMES TO MEDICARE YOU HAVE CHOICES

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

Jeff Boothe

360-490-5771

jboothe511@yahoo.com

Independent Medicare Insurance Agent

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

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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 special events. 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 at director@mcsac.net or 360-426-7374 for more information about the benefits of becoming one of our Corporate Sponsors.

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Please support our **Corporate Sponsors** who support us.

Probates-Wills-Powers of Attorneys-
Deeds-Foreclosures

Julie Cook
Attorney at Law

P.O. Box 821 / 613 West Pine St
Phone: 360-427-5616
Shelton, WA 98584
JULIEKAYCOOK@Yahoo.com



Karen L Schade
Financial Advisor

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

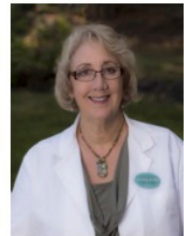
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Leona has been helping Mason County hear better since 1998.
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FOREST FUNERAL HOME



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Located next to Treasures Thrift Store

(360) 427-8044

Sojourners Welcome!

Stated Communication 2nd Thursday
of each Month (In June, 3rd Thursday)
Lodge 7:30 pm (Masons Only)
www.freemason-wa.org

2 B >
Ask 1



At **Union City Lodge #27 F.&A.M.**
Across from Lucky Dog Casino
Questions: 360-490-4695
unioncity27@gmail.com



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Shelton WA 98584
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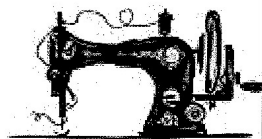
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Senior Services for South Sound &
Meals on Wheels
Congregate (group) meals are available at the
Senior Services for South Sound
At the Pavilion

190 W Sentry Drive, Shelton, WA 98584
(360) 426-3697

Monday and Wednesday @ 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

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.



The Pavilion

Shelton's historic venue for your events.
Specializing in weddings, reunions,
meetings, business conferences,
celebrations of life and more.

Event Coordinator: Val Wedman
360-426-7374 ~ pavilion@mcsac.net
190 W. Sentry Drive, Shelton, WA 98548
<https://www.facebook.com/PavilionSentryPark/>

It is so nice seeing all those tables full of people here for lunch!

New to Medicare

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

Choose **one** of these available appointment times:

"Welcome to Medicare"

Wed, Aug 4 from 10 am to 11:30 am

Mon., Aug 9 from 3:30 pm to 5 pm

Tues., Aug 17 from 1 pm to 2:30 pm

Thurs., Aug 19 from 10 am to noon

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

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

We cover:

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

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

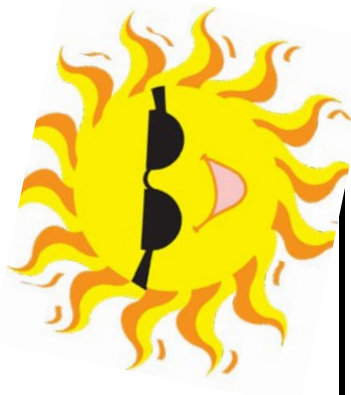
Senior Nutrition Program August 2021

Monday	Tuesday	Wednesday	Thursday	Friday
2 Honey Lime Chicken Garlicky Rice Marinated Black Bean, Corn, & Veg Salad Cantaloupe	3	4 Herbed Chicken Yellow rice Shopska Salad Tropical fruit salad	5	6 SITE CHOICE
9 Tilapia with Orange & Herb Sauce Wild Rice Blend Carrot Raisin Salad Fresh Fruit Dinner Roll	10	11 Egg & Cheese Breakfast Bake Roasted Potatoes Roasted Brussels Sprouts Apple Slices	12	13 Sloppy Joes Potato salad Fresh fruit Mixed green salad
16 SITE CHOICE	17	18 Client Favorites Pizza Side Salad Fresh Fruit	19	20 Asian Chicken Salad on a Bed of Romaine Cantaloupe Whole Wheat Roll
23 Salisbury Steak Mashed Potatoes & Gravy Green Beans Peaches	24	25 Chicken Caesar Dinner Roll Pears	26	27 Chicken Tamale Spanish Rice Refried beans
30 Chicken Breast & Swiss Burger Summer Slaw Homemade Oven Fries Fresh Fruit	31			

Menu Subject to change. Our meals are low sodium and prepared with diabetic diets in mind.



August 2021 Nifty Thrifty



Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 Sales Color Orange	2 Orange Tags 50% Off	3 Senior & Military Receive 15% Off	4 Please Call About Donation Times	5 Regular Priced Children's Clothing .25 ¢ each	6 Regular Priced Clothing 50%	7 Regular Priced Clothing 50% off
8 Closed	9 MCSAC Members 33% off	10 Seniors & Military Receive 15% Off	11 Books 50% Off	12 Books 50% Off	13 Kitchen Items 25% Off	14 White Tags 25% Off
15 Closed	16 Shoes 50% Off	17 Seniors & Military Receive 15% Off	18 Belts, Hats, & Ties 50% Off	19 Jewelry 25% Off	20 Baskets 50% Off	21 Managers Choice
22 Closed	23 Orange Tags 75% Off	24 Seniors & Military Receive 15% Off	25 All Toys 50% Off	26 Hawaiian Shirts & Bathing Suits 50% Off	27 Orange Tags 90% Off	28 Regular priced Clothing 50% Off
29 Closed	30 Electronics 25% Off	31 Seniors & Military Receive 15% Off	Please do not leave your pets in the car	We have air conditioning	We require masks while in the store for the protection of others.	Be Kind
Closed	Mask Required	Make new friends, volunteer!	Thank You for all of your support	We Have a varied donation schedule. Please call for more information	Nifty Thrifty is the major funding source for the MCSAA	Hours Mon-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.