

Active Living



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

Mason County Senior Activities Center

December 2019



This coming December 17th general membership meeting is very important for you to attend. At this meeting we will vote for two new board members. We want and need your input on who should be elected. This meeting lasts approximately 1 hour and voting is only once a year. Please attend and help us help you.

The current nominees for the board are Bill Young, Wayne Souza, Marilyn Olsen and Anna Richerzhagen. Their information is on pages 5 & 6.

If you haven't been at a board meeting, they cover many business topics: how to spend our money, fundraising, and at times advising on personnel matters. Our board take these topics seriously and have done a great job. Board members also fill in where they can, when help is needed. With the boards leadership our business has progressed positively and so has our bottom line! .

We would like to thank our outgoing board members Bobbye Lewis Simons and Richard Barnes for their work and dedication to the Senior Center. For three years they've been helping behind the scenes, volunteering many hours and sharing their knowledge. Glenn Harper and Terry Nelson have one more year and Clay Long, Gary Miner and Bill Bezanson have two more years left of their terms. Remember to come and VOTE!!!

Special giveaway at this meeting only. We have a donated 32" flat screen TV by Barb Virden in very good condition. It needs a wall mount. We will be drawing for it at the December meeting. Attend for your chance to win this!!

Upcoming Events!!!

Dec 7 A Day at Alderbrook
Dec 17 Zoolights
Dec 24 Closing at 1:00 pm
Dec 25-26 Closed for Christmas
Dec 27 No Bingo Karaoke
Dec 31 Closing at 1:00 pm

Center Holidays

2019

December 25-26 Christmas

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

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 certificate for a free movie or lunch.



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: Patricia Vernie

Event, Activities & Volunteer Coordinator:
Val Wedman

Bookkeeper & Data Coordinator: Penny Wilson

Volunteers: Contact Receptionist to help.

Receptionists:

Bob & Susi Edwards	Patt Matsen
Janna Yorke	Janice Rozzano
MaryAnn Miljanovich	Ella Kowalski
Phyllis Glisson	

Center Hosts:

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

Gift Shop: Jill Neil

Sunshine: Jill Neil

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

Newsletter: Patricia Vernie, Penny Wilson
and Richard Britz

Editorial Committee:

Terry Nelson	Julie Whaley
Gale Glenn	Val Wedman
Avis Ross	Richard Britz

Layout: Richard Britz

Photographer: Glenn Harper

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

Distribution Coordinator: Nila LeGault

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>

MCSAA

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

Members: **Remember to show your
cardboard 2019/2020 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-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

Store Manager: Michelle Marks

Staff: Linda Trail, Richard Sawyers, Cathy Jones and
Krystal Perez

Dedicated Volunteers:

Adelheid Krohne	Gary Yuan	Axle Wormer
Aloma Perez	Irene Moffatt	Marilyn Olson
Arlyn Skarich	Jan Kallinen	
Betty Thompson	Jane Donahue	
Bill Keller	Keith Jennings	
Carole Pelela	Maxine Neese	
Charal Cowsert	Reda Keller	
Doug Kreklow	Ruth Coots	
	Vivian Bentkowski	

Additional volunteers are always needed.

Call Michelle at 360-427-0858 to volunteer.

This institution is an equal opportunity provider and employer.

2019/2020 Membership Bonuses

Nifty Thrifty Discount

In store, receive 20% off regular priced items of \$5 or more with some exceptions. Your 2019/2020 membership paper card must be shown before the cashier starts to ring up your order.

Free Bingo Karaoke Birthday Packet

Receive one free Bingo Karaoke packet at the door on your birthday month good for 8 regular Bingo games. (A \$10 value) Non-transferable. Photo ID and 2019/2020/2021 cardboard membership card required at check-in.

Inclement Weather

In case of inclement weather, the Center follows the Shelton School District's weather policy. Lunch is still served at 12 noon (11:30 on Fridays) as long as we open by 10:00 am. Please listen to our local radio station, KMAS 1030 AM & 103.3 FM or Seattle TV stations for details.

Meetings

MCSAA Board Meeting Tuesday, December 10th at 9:30 am Conference Room

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 Executive Director Patricia 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 2019 Board

President: Clay Long
Vice President: Gary Miner
Secretary: Terry Nelson
Treasurer: Bobbye Lewis Simons
Richard Barnes Glenn Harper
William Bezanson

MCSAA Member General Meeting Tuesday, December 17th 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 2019) are invited to the General Meeting. You will hear updates on Center, Nifty Thrifty and Pavilion activities. We encourage you to attend and vote for two new board members.

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.

Nifty Thrifty Certificate

Great news! Every member will receive a \$5 Gift Certificate to Nifty Thrifty when you sign up or renew your membership to the Senior Center. One certificate per member, per membership year.

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.

My Active Center is for you! Use your My Senior Center key tag to activate your account at <https://myseniorcenter.com> You can join groups and enroll in activities at the Center on line. When you enroll in an activity, it appears on your My Activities page.

<https://myactivecenter.com>

Center Wish List

We would greatly appreciate donations of:

Regular and Decaf Coffee
Coffee Mate
Plastic Spoons & Forks
Napkins
Small Paper Plates
12 Oz. Paper Coffee cups-no lids
Large Oval Paper Plates
Nifty Thrifty needs:
Clear Packing Tape
1" Masking Tape
Large Padded Envelopes
Plastic Grocery Bags



Thank you very much for your donations!

New to Medicare Free Presentation December 12th, 11 am-11:45 am. Conference Room

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. Free individual Medicare consultations are also available by advance reservation on December 12th from 12:00 to 3:00pm. Call SHIBA at 1-800-562-6900 or 360-586-6181 ext.134 for an appointment.

Located in our Conference Room

SHIBA provides individual consultations by advance reservation. 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 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 **Debra in the kitchen** for pick up information.360-426-3697.



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
Food Service Manager-Debra del Bosque
Food Service Asst. Manager-Justin Mitchell
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.

Senior Nutrition Lunches

Monday -Thursday, 11:45 am & Friday, 11:30 am

The nutritious full course meals are prepared by
Senior Services for South Sound's Senior Nutrition
Program in partnership with the Lewis-Mason-Thur-
ston 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 \$7.50.

Foot care — with Michelle Gamber - (by appoint-
ment only) 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 milk, 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, thera-
peutic footwear for the diabetic community.

Walmart Vision Center -Second Wednesday at lunch-
time. Eyeglass cleaning and adjustment.

Blood pressure check — 10:30-11:00 am. Provided
free by Providence Homecare & Hospice on the first &
third Thursday, located by our dining room.

**Canadates for the MCSAA board.
You will vote for two new board
members at the meeting on
December 17th.**



Wayne Souza

Wayne Souza is a retired builder. He resides in Shelton, Washington with his wife Janett and their Wheaton terrier Rosie.

When he isn't line dancing at the activity center you may find him driving the seniors on a day trip or having lunch. He is a long time member of the Masonic Lodge and works on the family beach on Hood Canal planting oysters or digging clams.

Being self-employed for forty years and working with various non-profit organizations gives Wayne a heads up on what it means to work within a budget. After all, volunteering all pays the same.

You can find him at cruzin@hcc.net

Thank you for your consideration

Wayne Souza



Bill Young

November 6, 2019

At lunch one day I mentioned my run for the board. Someone asked, "Why?" It was a fair question, and, of course, there is no short answer. Call it a call to duty, a way to contribute, boredom, a chance to help shape policy, or even some esoteric need on my part. Who knows?

I was a bureaucrat for the State of Washington for over 30 years. I live with my whippet, Wesley, and cook for myself. I have few skills in managing anything, but I'm a slow learner. And I make no promises about anything either.

I cut cake (often incorrectly) for Val when she asks, sing in the Senior choir, do Tai Chi, tell horrid jokes, and deliver meals on wheels. Whether any of this qualifies me for a position on the board is questionable, but that and a commitment to do the best I know how to do is all I have.

Vote early and often.

Bill Young

**Canadates for the MCSAA board.
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December 17th.**



Marilyn Olson

I enjoy being at the senior center and helping where I can. I volunteer at Nifty Thrifty and here at the center during special events. I just completed training for working with hospice care. I know the importance of the role that MCSAA serves in the community and to each of it's members. My background in business management and volunteerism makes me well suited for a position on the board. I care about people and would love the opportunity to help "behind the sceenes" here at the center.



Anna Richerzhagen

Hi, My name is Anna Richerzhagen, and I am 52. I have lived in Shelton since 2001. I love living here! I enjoy spending time with friends, reading, knitting, and playing with my dog Mia.

I have been volunteering at the Senior Center for several years and have since become a member. Many of you know me from Bingo Karaoke. I am the lady sitting in front checking people in.

I would be very honored to serve on the board.

Activities Open to the Public

Friday Fun Night

Friday December 13th from 6-9 pm at the Pavilion. Dance or listen to music provided by our own DJ Glenn (requests happily taken!) Socialize, eat, drink and be merry! Word is out that Friday Fun Night is the place to be. Limited bar and food available. 21+

Donations are greatly appreciated.

Spirited Art

Friday December 13th from 5-8pm. Enjoy the fun of creating a piece of art while sipping a glass of wine and snacking on some cheese, fruit and crackers. What a great way to start off the weekend!

May have additional charge for supplies.

Call ahead for amount.

\$15.00 members and \$20.00 nonmembers.

Square Dancing

Friday December 20th from 7-9pm

\$5.00 per person and open to the public.

Dust off those dancing shoes and join The Salty Sashayers for an evening of fun.

Not for beginners.

Learn to Square Dance

Monday's 4:30-6:30pm for this 10 week course. Cost is \$7. The next course starts on January 6th.

Bingo Karaoke

No Bingo Karaoke due to the Christmas Holiday
See you in January for our Sports Themed Party!



MCSAC is hosting this class
Every Tuesday, Wednesday & Thursday
From 5:30-6:30 pm

Seated Zumba Gold
Wednesdays at 4:15 - 5:05 pm

Seated Zumba is designed for the lowest impact
Chair options OK in all of these classes.
\$5 per class required. Punch card available
from teacher. Open to the public.

For Your Musical Enjoyment



John Schwennessen
December 6 & 20
Lunchtime Music



Richard Shatto &
Dennis Schosboek
December 13
Lunchtime Music



Dan Washburn
Fills in where he can



Sarah Huey
Friday December 27
Lunchtime Music

Volunteers Wanted

Do you have some time to invest in MCSAA?

As you know, volunteers are what makes our world go round here at the Senior Center. And we have some gaps that we're asking you to fill. Volunteering is the best way to meet new friends and help the Senior Center at the same time. We would love to have you join our friendly group. Stop by the reception office and fill out a volunteer form today!

See Val or Patti for more information.

Volunteer Appreciation Party

You are what makes the Senior Center a wonderful place! We want to celebrate our volunteers who give so tirelessly. We have live music and will be serving ice cream to go with the Christmas desserts. Wednesday December 18th in the MCSAC dining room.
12:30-1:00 Please attend!



Center Van Trips

Advance purchase is required to reserve your spot. Costs are per person and include round trip van transportation, admissions and/or ticket to the venue as advertised. Most require a minimum of 8 people. (Meals are not included unless listed.)

Cancellations occurring prior to 2 weeks of travel will be refunded. After that, there will be a \$5 cancellation fee. However, if venue tickets have already been purchased by MCSAA, we will be unable to refund that cost. You may find another to take your place. Exceptions may be possible due to illness. Please contact Val directly for these circumstances. **No refunds will be issued if cancellation occurs within 3 business days of the trip.**

We keep our trip prices very low. **Trips cannot operate if there are last minute cancellations or changes.**

Casino shuttle trips are open to the public, advertised as being 21+ and the casino expects you to have ID with you

All trips are also available to nonmembers, provided they accompany a paying, current MCSAA member. There is generally an additional charge to nonmembers. Please be aware that there is a 2-guest maximum for each MCSAA member.

Future Trips

January 3

Seattle Art Museum

Leaving MCSAC at 8:30 am

Cost: \$20 members

\$25 nonmembers

Bring money for:

Lunch at SAM

& Return ferry fare

December Center Van Trips

December 7 Lady Alderbrook

Cocoa Cruise. Have lunch at the Alderbrook clubhouse on your own and then cruise on the Lady Alderbrook. Leave MCSAC at 11:30. Cost \$35 members, \$40 nonmembers.

December 17 Zoolights at Point Defiance Zoo. Leaving MCSAC at 3:15. Cost \$32 member and \$37 nonmember. Cost includes transportation and admission. Grab a bite at the Plaza Cafe in the zoo on your own.

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

Senior Walkers

The season is over but email galeglenn@msn.com to get on the email list for off season hikes.

Kindness

We would like to remind everyone that this is a senior center, a place where our members should be able to socialize and feel safe. Rudeness, mean gossiping and bullying have no place here. Remember what your mother said,

"If you can't say anything nice, don't say anything at all".



Casino Shuttle Trip

For adults 21 years and older. MCSAA Membership is not required. Sign up and pay at the reception desk to get on the shuttle list.

Cost: \$5 per person-needs 10 passengers

Red Wind Casino Shuttle Trip
Every other month on the 3rd Wednesday,

Next shuttle Dec. 18.

9:00 am to 4:00 pm

Classes and Activities for Members

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.



Joy of Painting Landscape Class

3rd Wed. of the month, 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.

Monday Art Workshop

Mondays, 1:00 to 3:00 pm, Dining Room.

Need a place to paint? This workshop offers you a great spot to paint with friends and coffee...and it's only \$2.00 every Monday afternoon 1:00-3:00 in the MCSAC dining room. Bring your own supplies and work on your project.

Fitness Classes

\$1 donation per class is requested except where listed

Tai Chi: M, W, F; 8:00 to 8:45 am & 8:45 to 9:15 am, T & Th. 12:45 pm

Gentle Yoga: T and Th. 8:00 to 8:50 am

Line Dance: Beginners: M & W, 9:00 – 10:00 am; Int./Adv.: M & W 10:00 – 11:00 am; Int./Adv., T & Th 9:00 – 10:30 am; all skills Fri. 9:00 – 11:00 am.

Zumba: Tue, Wed & Thu. 5:30pm to 6:30 pm
\$5 required per class, punch cards available from instructor for savings.

Seated Zumba: Wed 4:30 to 5:15 pm \$5 required

Weight Watchers: Tue. 11:45, on-line membership or weekly fee applies.

Friendly Reminder

Friday movies are
for members only.
No exceptions.

MCSAA at Shelton Cinemas *Members Only*

**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.

Beading Social Wednesdays 1:00-3:00

Bingo Thurs. 1-3 pm. \$1.00 for three cards

Bingo with Shelton Health & Rehab 4th Tuesday
at 1-3 pm, **canceled until Nov 26.**

Bridge Tuesdays and Thursdays 12:00 pm

Chorus Friday 1:00

Cribbage Monday-Friday, 8:00 am

EZ Crafters Thursday 9:00 am to noon

Hand & Foot Wed. 1:00 pm. Fun card game

Jokers Rule! Thursday 9:00 am to noon. Learn this
fun, free game with cards & marbles.

Machine Knitting 1st and 3rd Tuesdays 9-noon

Mahjong Thursday, 1:00 pm Come learn.

Mexican Train Dominoes M, W, F 9:00 am

Open Sew Tue. 4:30-6:30 pm, bring your current
projects or learn something new from
others.

Pinochle Mon. & Wed. (Int., Adv) 12:30pm;
Fri (beginners/all) 12:00 pm. Please arrive
early to get a seat. \$1

Puzzles Mon. through Fri. during Center hours on
the white table in the dining room.

Quilt Class Thursday 4:30-6:30pm Come learn
quilting techniques and fun projects. See
page 10 for current offerings.

Woodcarvers Thursdays 9-11am



Happy Birthday to All!

Did you know that we have 83 members who are having birthdays in the month of December? Wow, who could have imagined that!

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 celebration on the 2nd Friday of the month. Sue Puls provides a beautifully decorated cake to enjoy. You are entitled to a free lunch. Please bring your current membership card and photo ID. Lunch will be regular price for all others.

Happy Birthday!



Cornucopia cake donated by Sue Puls
and
Some of our November birthday partiers.
Happy Birthday !



Billie Long

Billie is one of those faces you see at our Senior Center almost every day. She is always ready to lend a helping hand and does so without complaint. She greets people with a smile and directs them where they need to go.

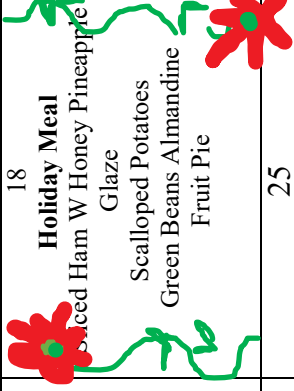
She is one of our line dance leaders and keeps the music going for the group. She is very creative and has designed many of the dancer's shirts. Most recently she was responsible for attaching the new design on all of the shirts. But not all is work, for she loves to dance. And you can see her performing with the line dancers at nursing homes, Christmas bazaars and Senior Center parties.

For the last two years Billie organized the spring Nifty Thrifty Fashion show and luncheon. The table favors she designed were a huge hit with the crowd. The event sold out and we raised money while having fun.

She and her husband Clay are the bartenders for Bingo Karaoke and Friday Fun Night. She also helps out occasionally in the kitchen. If you want to find her to say thanks for all she does, you can easily find her on Fridays in Seahawks colors.

Senior Nutrition Program December 2019



Monday	Tuesday	Wednesday	Thursday	Friday
2 Eggplant Parmesan with Pasta noodles Italian blend vegetables Fruit	3 Shepherd's Pie Steamed Carrots Fruit	4 Homemade Meatloaf & Mashed Potatoes w/ Gravy Veggies Fresh Fruit Dinner Roll	5 Baked Fish Rice Pilaf Green Salad Spiced Applesauce	6 Farmers Breakfast Side Salad Spiced Apples
9 Pork Chop Patty Mashed Potatoes with Gravy Mixed Vegetables Fruit	10 Chicken Broccoli Casserole Steamed Vegetables Dinner Roll Peaches	11 Salmon W/ Dill Sauce Roasted Potatoes Coleslaw Fruit	12 Hearty Beef Stew Dinner Roll Fruit Crisp Green Salad	13 Citrus Tarragon Chicken Couscous Green Beans
16 Spaghetti and Meatballs Mixed Vegetable Garlic Bread Fruit =	17 Country Fried Steak Mashed Potato's W/ Gravy Steamed Veggies Peaches	18  Holiday Meal Sliced Ham W Honey Pineapple Glaze Scalloped Potatoes Green Beans Almandine Fruit Pie	19 Taco Salad Tortilla Chips Salsa Fruit	20 Hearty Ham and Navy Bean Soup Side salad Cornbread
23 Salisbury Steak Mashed Potatoes w/Gravy Mixed Vegetables Pears	24 Beef Stroganoff Rotini Pasta Mixed Fruit	25 Closed in observance of Christmas	26 Closed in observance of Christmas	27 Cheese Burger Lettuce & Tomato Roasted Red Potato's Fresh Fruit
30 Chicken Yakisoba Steamed Cabbage and Carrots Fruit	31 Homemade Meatloaf & Mashed Potatoes w/ Gravy Veggies Fresh Fruit Dinner Roll			

** Friday meals in Lacey are not federally funded and require payment to attend** (Menu Subject to change)

Every Monday	Every Tuesday	Every Wednesday
8 & 8:45 Gentle Tai Chi 8:00 Cribbage 9-10 Begin Line Dance 9:00 Mexican Train Dominoes 10:00 Beading Class 10-11 Int./Adv. Line Dance 12:30 Pinochle (Int, Adv) 1:00 Art Workshop	8:00 Gentle Yoga 8:00 Cribbage 9:00 Line Dance-Int./Adv. 9:00 Machine Knitting 12:00 Bridge 12:45 Gentle Tai Chi 4:30 Open Sewing 5:30pm Zumba Gold	8 & 8:45 Gentle Tai Chi 8:00 Cribbage 9-10 Beginning Line Dance 9:00 Mexican Train Dominoes 10:00 Int./Adv. Line Dance 12:30 Pinochle (Int, Adv) 1:00 Beading Social 1:00 Hand & Foot Cards 4:15-5:05pm Seated Zumba 5:30pm Zumba Gold
Monday	Tuesday	Wednesday
2 10:00 Beading Class 11:45 Eggplant Parmesean	3 9:00 Machine Knitting 11:45 Shepherd's Pie	4 11:45 Meatloaf
9 10:00 Beading Class 11:45 Pork Chop Patty	10 9:00 Machine Knitting 9:30 Board Meeting 11:45 Chicken Broccoli Casserole	11 Foot Care by Michelle 11:00 Free Eye Glass Adjustment and Cleaning 12:00-1:00 Area Agency on Aging 1:00 Beading Social 11:45 Salmon
16 10:00 Beading Class 1-2:30 Christmas Afternoon 11:45 Spaghetti and Meatballs	17 Foot Care by Michelle 10:45 Member meeting 3:15 Zoolights 11:45 Country Fried Steak	18 9:00 Joy of painting 9:00 Red Wind Casino 12:30 Volunteer Appreciation 1:00 Beading Social 11:45 Holiday Meal - Sliced Ham and Fixin's bring a potluck dessert (optional)
23 10:00 Beading Class 11:45 Salisbury Steak	24 11:45 Beef Stroganoff 1:00 Closing early	25 <p style="text-align: center;">Closed Merry Christmas</p>
30 Priority Footwear 10:00 Beading Class 11:45 Chicken Yakisoba	31 Foot Care by Michelle 11:45 Meatloaf 1:00 Closing early	<p style="text-align: center;">January 1, 2020 Happy new Year!</p>

9 Activities

Every Thursday	Every Friday	Every Weekend
8:00 Gentle Yoga 8:00 Cribbage 9:00 Line Dance - Int./Adv. 9:00 EZ Crafters 9:00 Jokers Rule! 9:00 Woodcarvers 9:30 Knit & Chat 12:00 Bridge 12:45 Gentle Tai Chi 1:00 Bingo 1:00 Mahjong 4:00 Beginning Quilting Classes 5:30 Zumba Gold	8 & 8:45 Gentle Tai Chi 8:00 Cribbage 9:00 Mexican Train Dominoes 9:00 Open Line Dance 12:00 Pinochle (begin/all) 1:00 MCSAA Goes to the Movies 12:30 Chorus	
Thursday	Friday	Saturday/Sunday
5 11:45 Baked fish	6 9:30 Junk Journaling Lunchtime Music: John Schwennesen 11:30 Farmers Breakfast	7/8 Alderbrook Cocoa Cruise Lv 11:30
12 10:30 Blood Pressure Check 11:00 SHIBA 1:30 Papercrafting 101 11:45 Beef Stew	13 10:00 Newsletter 1st Edit Lunchtime Music: Richard Shatto & Dennis Schosboek 12:00 December Birthday Party 5:00 Spirited Art 6:00 Friday Fun Night 11:30 Citrus Tarragon Chicken	14/15
19 9:30 Knit & Chat 11:45 Taco Salad	20 9:30 Junk Journaling Lunchtime Music: John Schwennesen 7:00 pm Square Dancing 11:30 Ham and Navy Bean Soup	21/22
26 <div style="text-align: center;"> Closed Merry Christmas </div>	27 9:30 Artist Trading Cards Lunchtime Music: Sarah Huey 11:30 Cheese Burger No Bingo Karaoke	28/29
2	3	4/5



December 2019

Nifty Thrifty



Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 Sales Color Green	2 Green Tags 50% off	3 Seniors & Military Receive 25% Off	4 Knickknacks 25% off	5 Furniture 25% off	6 Orange Tags 50% off	7 White Tags 25% off
8 Closed	9 MCSAA Members Receive 33% Off	10 Seniors & Military Receive 15% Off	11 Jewelry 25% off	12 Coats 25% off	13 Coats 25% off	14 Christmas Items 25% off
15 Closed	16 Books 50% off	17 Seniors & Military Receive 15% Off	18 Kitchen items 25% off	19 Green Tags 75% off	20 White Tags 25% off	21 Christmas Items 50% off
22 Closed	23 Drinking Glasses 50% off	24 Closed	25 Closed	26 Dish sets 25% off	27 Linens 25% off	28 Green Tags 90% off
29 Closed	30 Clothing 50% off	31 Seniors & Military Receive 15% Off	Nifty Thrifty is the major funding source for the MCSAA	Thank you for supporting the MCSAA	Come check out our x-mas decor	Happy Holidays
Closed	We pick up donations Call us at 360-427-0858	Make new friends, volunteer!	We are always looking for jewelry.	Recycle!!! Reuse !!! Repurpose!!	Lots of books? Consider donating them to Nifty Thrifty.	Store Hours M-F 9:30-5:30 Sat 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.

Beading Class

Weekly Class Mondays from 10-noon in the MCSAC back of the dining Room with Grace Wegener. Weekly you will learn the basics of jewelry making. Differences in beads and tools that you will need will be explained if you want to do this on your own. Everyone should walk out with a completed bracelet. You are encouraged to bring some favorite beads or a necklace to take apart to use for your bracelet. Cost is \$15 members/\$20 nonmembers per class Limited Space. Sign up with reception.

Beading Social - Members Only

Starting Wednesday October 2nd from 1-3 in the Craft Room we are having a beading social for members only. In this class you will bring your own project and supplies. Share your beading knowledge and design ideas with others. There is no charge for this class.

Paper Crafting 101

Paper Crafting classes are a great way to get creative! Join Dorothy Skans on Friday December 13th from 1:30 to 3:30 for this exciting class. Supplies are provided by our teacher.

\$1 donation requested.

Junk Journaling

Junk Journaling is a new class of hand making a book comprised of recycled items. It's like a diary, but with more graphics, memorabilia and keepsake items. The 3 month session has 6 classes in which you will build this 190 page work of art. It will take place the 1st and 3rd Fridays in December from 9:30-11:30am. Cost is \$40 for materials. Sign up is required. Class began October 4th.

Artist Trading Cards (ATC)

ATCs are 2.5 X 3.5" collectible pieces of art that are created and exchanged in different crafts community. The goal is to make 1 for yourself and enough for the rest of the group. All materials are provided. This class will be the 4th Friday of the month in December and December from 9:30 to 11:30am. Ideal class size is 9. Sign up is required. \$1 donation requested.

Coming Soon!

Starting in January we will have a charity sewing day. On Tuesdays from 1:30pm to 6:15pm. We will meet in the sewing room and work on sewn projects to sell in our Boutique or give to those in need. We aim to produce quilts and other hand sewn items for fundraising and to give away. DO you knit or crochet? You're welcome to join the group and make items to give away also. We are always looking for donations of fabric. Call the Senior Center and ask for Penny for more information.

Upcoming Quilting Classes

December 5th, 4:00-6:15 pm. Beginning Quilting Machine Applique

This will be a 3 session class.

Members \$15/ nonmembers \$20.

We will be making a Dresden Plate table topper.

Materials list available from the receptionist.

January 2nd, 4:00-6:15 pm Magic

Pillowcase Member \$5/ Nonmember \$10 Learn to make a pillowcase with French Seams. We have a limited amount of machines available for use. Sign up early to reserve one if not bringing your own. Materials list available from the receptionist.

January 9 and 16th 4:00-6:15 pm Intro to Free Motion Quilting

Members \$10/nonmembers \$15. This is a 2 session class. Learn the basics of free motion quilting with your home machine. In week 2 we will make potholders from some of your quilting.

Exciting new Block of the Week Quilt as you Go class series starting on January 25th

Woodcarving

The Shelton chapter of the Capital Woodcarvers Club is changing the meeting location to the Mason County Senior Activities Center every Thursday (except holidays and Center closure days) from 9AM to 11AM. 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 grateful to the MCSAC for this opportunity to share our time and expertise demonstrating hand knife and gouge woodcarving techniques for anyone interested in learning this hobby.

\$1 donation requested. Located in the back of the dining room.

Remittance Envelopes

In last months newsletter mailing we included our new Remittance Envelope for your convenience. Our hope is to receive enough donations to pay off our mortgage. 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. At this point the envelopes have paid for themselves and they continue to come in. We will include the envelopes in our mailings on a quarterly basis and are grateful for the donations we've already received. Any size donation counts and they are truly appreciated. We are looking at donations as one gift at a time; they all count no matter the size. If you can afford to give to the Senior Center, please do.

Weekend Senior Nutrition Program

New at MCSAC, the Weekend Senior Nutrition Program was created because many seniors don't have access to hot nutritional meals on weekends. This program will provide one nutritionally sound meal for each weekend day. Meals will be a packaged meal that Senior Services for South Sound uses for the Meals on Wheels program. Meals are frozen, packaged in a microwavable container and from available and prepared stock.

To order a weekend meal, call the Senior Center by Thursday noon for the following week's pick up. Provided meals must be picked up Friday by 2:00pm. No special orders accepted.

This meal program is available to current members of the Mason County Senior Activities Association. The cost is a suggested donation of \$3.00 per meal. We have scholarships available for those unable to pay and will be grateful for any donations to further this program.

Please call Patti at 360-426-7374 for information and to order your meals.

Christmas Afternoon December 16th 1-2:30pm

Come celebrate Christmas with your friends at the Senior Center. Bring your favorite holiday cookies to share (optional) and be ready to enjoy a wonderful afternoon with friends and music. Listen to other's tell of fond memories from Christmas' past.



At the Senior Center we're thankful for you! For all the friends and memories over the past year. Thank you all for being part of the center's family.



National Days in December

Dec 2: National Mutt Day

Dec 5: International Ninja Day

Dec 12: National Ding-A-Ling Day

Dec 13: U.S. National Guard Birthday

Dec 15: National Cat Herders Day

Dec 21: National Crossword Puzzle Day

Dec 28: National Call a Friend Day

Dec 30: National Bacon Day

Which one are you going to Celebrate?

Vendors that donated for our raffle at the Bazaar
Because of their generosity we raised an additional \$147.

Basket #1

Annie Havens - Jam, various flavors
Karen Middleton - Wall sign/organizer
Janelle Black Owl - Handwoven cedar basket necklace
Betty Thompson-Wall hanging

Basket #2

Maribella Knull - Pinata
Linda Baurboulls - Gell Candle

Basket #3

Bob Coates - Vintage Chick Brooch
Linda Trail - Kitchen Towel and place mats

Basket #4

Shirley Landis - hand dyed scarf
Karadee jewelry - Handmade bracelet/earring set
Judy Slining - Gift bag of body care
Karissa Dunham - Color Street Polish Strips

Basket #5

Rosemary Bottai - Handmade jewelry, silver colored feather beads on black cord
Heather Schutt - Cocoa Exchange
Judy Slining - Gift bag of body care
Hillary Juneau - Paparazzi Jewelry

Item #6

Penny Wilson - Seahawks Table Topper

Our volunteer selling tickets was Dave Pierik



Thank you Dave!



Hallelujah Fudge

Volunteers helping with the bazaar

Kitchen staff:

Anita Pecoff
Reiko Mauer
Shirley Schober
Wayne Souza
Mat Taylor

Bake Sale:

Marilyn Olsen
Gale Glenn

Drinks:

Doris Fredin

Sewing:

Ava Taylor

Crafters:

Judy Nickerson
Sue Saathoff
Shirley Schober
Ella Kowalski
Sharon Hall

Signs:

Linda Trail

Van driver:

Clay Long

Santa:

Allan Lawrence

Make sure to thank these hard workers! Without them we couldn't have had the successful bazaar that we had. We brought in \$1632.45 plus the space rental!



Our Holiday Bazaar was very successful due to our vendors, volunteers and the extra help we received behind the scenes from staff. We advertised in the Mason County Journal, The Shopper, Craigslist, we were on the reader boards at both ends of town, we had signs around town and around the county and Gil Palmer called the local early morning radio and announced us there. Shoppers were many, both parking lots were full. The feedback we've received from both vendors and customers is that they'll return for the Spring Bazaar. Thank you everyone.



December Beginning Quilting Class

Beginning Machine Applique.

Dresden Plate Table Topper. See page 15 for details

Guests

There have been questions about how many times a guest may attend activities at the center. The answer is two. The 3rd time they come in, they need to become a paid member. Please don't harass guests if you think they have visited too often. Let one of the staff know and we will address it with them.

New Grief Support Group

Starting in January The Providence Sound Grief Support Group will be meeting at the Senior Center. They are currently meeting at the Shelton Fire House on Franklin. This group will meet the 1st and 3rd Tuesdays each month from 2:00 to 3:30 in our carpeted room.

Grief groups provide a safe place to share your loss and journey through your grief with the understanding support of other bereaved persons. They provide acceptance of your own unique journey, and how your loss is affecting you. You may find that what you are feeling is a normal grief response. You are not required to talk if you don't want to. Groups are open and participation numbers vary; give yourself two or three sessions to decide if it is right for you. No registration necessary, walk-in welcome. Open for community. Free to attend.



We are looking for volunteers to distribute our newsletter. Nila LaGault is the only distributor right now and she can't be everywhere. If you know of a business that would display our newsletters, see Patti or Penny and they will give you some to deliver there. Thank you!

New! Spaghetti Feed and Bingo Party

This exciting new fundraiser will start on January 12, 2020. We will now have bingo on the second Sunday of the month. Doors open at 11:00 am and bingo will be from 2-4 pm. 50% of the proceeds go to a Greenhouse project and the other 50% will go to special projects for the Senior Center.

We need volunteers for the new Sunday Bingo game. Questions should be directed to Glenn Harper or Sue Bird. Watch for posters and updated information.

KIOSK

Please remember to check in at the kiosk on your way in. Even if there is a line.

It helps us to know who is here volunteering, visiting and eating lunch.

It helps you to know what is going on at the center with information and reminders.

In the event of an emergency we need to know how many people are possibly at the center.

We want to thank you all for checking in!



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72.12.732.1 (9/18/2018)



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 over 800 newsletters to its members and distributes another 400+ 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 Executive Director at info@mcsac.net or 360-426-7374 for more information about the benefits of becoming one of our Corporate Sponsors.

Please support our Corporate Sponsors who support us.



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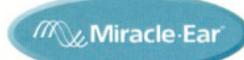
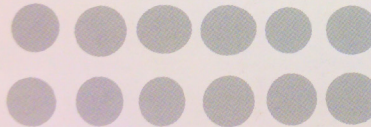
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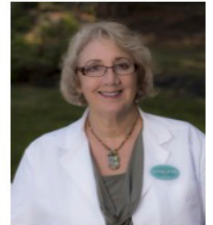


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Sojourners Welcome!

Stated Communication 2nd Thursday
of each Month (In June, 3rd Thursday)
Dinner 6:30 (Public Welcome!)
Lodge 7:30 pm (Masons Only)



At **Union City Lodge #27 F.&A.M.**
Across from Lucky Dog Casino
Questions: 360-280-9925
unioncity27@gmail.com

We offer small to large size ad spaces with reasonable payment plan options. Call 360-426-7374 and ask for Penny or email her at bookkeeper@mcsac.net for more information. This newsletter reaches more than 1,500 seniors throughout Mason County.

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



The Pavilion

Shelton's historic Venue for your events.
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Event Coordinator: Val Wedman
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**The ad below is not affiliated with or
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Assistance Dog Laws

**Assistance Dogs in Public and in
the community. Know the Law.**



As a business owner, employee, or other member of the community,
there are some important things you should be aware of regarding
Assistance Dogs who have public access rights, as well as your
rights as a business.

Assistance dogs include Guide Dogs who are trained to help people
who are visually impaired, Hearing Dogs who alert people who are
deaf or hard of hearing, and Service Dogs who are trained to help
people with mobility and other physical disabilities. Service Dogs
include Seizure Dogs and Autism Assistance Dogs.

"Therapy Dogs" and "Emotional Support Dogs" are NOT Assistance
Dogs. They do not perform a physical skill.

Along with public access rights, the person and his/her dog have the
following responsibilities:

- * The dog must be well groomed, well behaved, under control, and
trained for their task.
- * The dog must be on a leash.
- * The dog must be able to lie quietly beside the handler without
blocking aisles or doorways
- * The dog may NOT ride in a shopping cart or sit in a person's lap
while at a restaurant.

State House Bill 2822 passed and changed many RCW's regarding
service animals and Washington state will be imposing \$500 fines for
misrepresentation of a service dog starting January 1, 2019.

Need to Dial-A-Ride?

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6:00 AM - 8:00 PM
Reservation Hours
Monday-Saturday
8:00 AM to 5:00 PM

MASON COUNTY SENIOR ACTIVITIES ASSOCIATION



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



2019/2020 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 second 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.

- | | |
|---|---|
| <input type="checkbox"/> Serve on the MCSAA Board | <input type="checkbox"/> Facility Management |
| <input type="checkbox"/> Newsletter Publication | <input type="checkbox"/> a. Electrical |
| <input type="checkbox"/> Newsletter & Flyer distribution | <input type="checkbox"/> b. Plumbing |
| <input type="checkbox"/> Newsletter folding, sealing & mailing | <input type="checkbox"/> c. Carpentry |
| <input type="checkbox"/> Teaching Computer Classes: Beg/Inter or Adv | <input type="checkbox"/> d. Handyman/Repairs |
| <input type="checkbox"/> Teach _____ Class (fill in your skill) | <input type="checkbox"/> e. Painting |
| <input type="checkbox"/> Teach Genealogy Class | <input type="checkbox"/> f. Janitorial |
| <input type="checkbox"/> Teach a Health/Diet/Nutrition Related Class | <input type="checkbox"/> g. Garden/Grounds |
| <input type="checkbox"/> Teach a writing class | <input type="checkbox"/> Clerical/Secretarial |
| <input type="checkbox"/> Teach a _____ exercise class | <input type="checkbox"/> a. Data Entry |
| <input type="checkbox"/> Reception Desk (answering phones, taking money, | <input type="checkbox"/> Are you computer literate? Y N |
| <input type="checkbox"/> trips, registering new members) | Miscellaneous |
| <input type="checkbox"/> Host (Make Coffee/tea/ maintain treats & utensils) | <input type="checkbox"/> b. Grant Writing |
| <input type="checkbox"/> Cook/clean/prep for Friday Lunches | <input type="checkbox"/> c. Fundraising |
| <input type="checkbox"/> Volunteer to help with Special events | |
| <input type="checkbox"/> Cook/clean/prep for Special Events | |
| <input type="checkbox"/> Decorate/Set up for Special Events | |
| <input checked="" type="checkbox"/> Provide entertainment | |
| <input type="checkbox"/> Bingo Caller/set-up/take down/Karaoke Host | |
| <input type="checkbox"/> Potluck Help | |
| <input type="checkbox"/> Decorate the Center for seasonal cheer | |
| <input type="checkbox"/> Make Crafts to sell or decorate to our fundraisers | |
| <input type="checkbox"/> Photography (take pictures at events and of Members) | |
| <input type="checkbox"/> Trip Driver (must have clean driving record) | |

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 _____