

Active Living



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

Mason County Senior Activities Center

February 2020



Inclement Weather

Did you know that when it snows the Senior Center follows the Shelton School district's weather policy. If you see or hear a message that the schools are delayed or closed we will do the same. If you are not sure if we are opening on a snowy day, do the following:

Turn on the **news** and look for school closures.

Go on-line to **www.ifiberonenewsradio.com**.

If possible we will post on **FaceBook**
@MasonCountySeniorActivitiesAssociation

We also issue **Robo-calls** when time permits to let you know what we are doing. The robo calls will give you our information. These calls are recorded and sent out when we are closed so please don't call the Senior Center back, we will not answer the phone.

We are committed to your safety. Remember, even if your neighborhood appears others may not be.

Upcoming Events!!!

Feb 6 Burke Museum

Feb 14 Friday Fun Night

Feb 19 Seattle Aquarium

Feb 28 Bingo Karaoke

Mar 6 Seattle Art Museum

Mar 22 Stunt Dog Experience

Mar 30 Pike Place Market

Center Holidays

2020

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

Find the three Leaves

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

Last month's winner: Daniel Ramey



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 |
| Kathleen Blanchette | Ella Kowalski |
| Phyllis Glisson | |

Center Hosts:

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

Gift Shop: Janice Rozzano & 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 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-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 | Carole Pelela | Kyle Dimisillo |
| Aloma Perez | Conner Harris | Maxine Neese |
| Arlyn Skarich | Cynthia Middleton | Monika Dod |
| Axel Van | Doug Kreklow | Pamela Johnson |
| Wormer | Gary Yuan | Rachel Sedlaek |
| Betty Thompson | Irene Moffatt | Reda Keller |
| Bev Pittman | Jan Kallinen | Ruth Coots |
| Bill Keller | Jane Donahue | Vivian Bentkowski |
| | Keith Jennings | Marilyn Olson |

Additional volunteers are always needed.

Call Michelle at 360-427-0858 to volunteer.

This institution is an equal opportunity provider and employer.

2020/2021 Membership Bonuses

Nifty Thrifty Discount

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

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 \$15 value) Non-transferable. Photo ID and 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, February 11th 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 2020 Board
President: Clay Long
Vice President: Gary Miner
Secretary: Terry Nelson
Treasurer: Marilyn Olson
Glenn Harper William Bezanson
Bill Young

MCSAA Member General Meeting Tuesday, February 18th at 10:45 am Dining Room

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

Receptionist Meeting

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

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
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 February 27th 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 February 20th 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-Thurston 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 appointment 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, therapeutic footwear for the diabetic community.

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

In case you missed our news,
Nifty Thrifty did it again!

Voted **BEST** Thrift Store in
Mason County

We were also voted best Antique
Store and 3rd in the Jewelry category.

Reda Keller was voted the Best
Volunteer and the Best Salesperson
in Mason County! Nifty Thrifty
is the major funding source of the
Senior Center. We have a lot to be
proud of when it comes to how we
do business. Michelle and her crew
work hard and it shows. Sales are
up, better than ever. Our community
recognized the efforts of the staff and
volunteers by voting for the store in
the Mason County Journal.

A Matter of Balance

Reservations Required -No Drop-ins.

This is an 8 week program for seniors who want to reduce the risk of falling by improving flexibility, balance and strength. The class will be held from 10am to noon every Wednesday. Starting in March the class will be on Thursdays. This 8 week course will repeat quarterly.

The sessions fill up quickly and are full right now. Call the Senior Center, 360-426-7374 if you want to be put on the waiting list.

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

AARP Tax Aide

**Wednesdays, February 5th thru
April 8th, 9:00am to 3:00pm**

Trained senior volunteers from AARP help seniors and adults of all ages with their taxes at no charge. Appointments are required. No drop-ins. Time slots are from 9:00am to 3:00pm and are scheduled for 45 minutes each. MCSAA membership is not required. Call the Senior Center at 360-426-7374 to make your reservation.

Weekend Senior Nutrition Program

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 see Patti or Debra for information and to order your meals.



It's never too late to make new friends or join a group like our Thursday Crafters, Tuesday Sewing Group, or our new Book Club. We have many groups doing many different activities. Don't stay home and wonder if you should be part of something at the center. Come in and see for yourself how much fun we're having!

New! Book Club!

"Award Winners & Other Great Books" book club

Every 4th Tuesday from 10-11:30am in the MCSAC dining room.

We'll start with Agatha Christie (the best selling novelist of all time) and the title "And Then There Were None"-also titled "Ten Little Indians".

This is Christie's best selling novel.

\$1.00 donation requested.

Make sure you've read the book in advance.

Have some extra time?

The Senior Center needs Volunteers for various jobs around the center.

Contact Val 360-426-7374

Nifty Thrifty Needs volunteers.

Contact Michelle 360-427-0858

Kitten Rescue needs volunteers.

Please contact Debbie 206-769-5035

Below Left: Gary Miner in his custom made Seahawks jacket and Tie. Now that's a true fan.

Below Middle: Our wonderful Chorus performing for us.

Below Right: Is that Elvis!! No thats Robert Clyde with Irene Stadel at our Christmas party! They know how to have fun.



Activities Open to the Public

Friday Fun Night

Friday February 14th from 6-9 pm at the Pavilion. Dance or listen to music provided by our own DJ Glenn (requests happily taken!) 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.

Square Dancing

Friday February 21st from 7-9pm
\$7.00 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 6:00-8:30pm for this 10 week course. Cost is \$5. The current course started on January 6th and runs through March 9th.

Bingo Karaoke

February 28th, Hollywood Dress-up theme.

Doors open at 6pm, cost \$15. Must be 21 or over. This is the best Bingo Karaoke Party EVER!!!.

New Sunday Bingo & Spaghetti Feed

Second Sunday of the month,
February 9th. Doors open at 11:00
Purchase food beginning at 11:30
Bingo played from 1:00 till 3:00
\$10 for 10 plays of bingo and three 50/50 games at \$5 per game. Proceeds go to the Greenhouse Fund and Mortgage

**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
February 6 & 20
Lunchtime Music



Richard Shatto &
Dennis Schosboek
February 14th
Lunchtime Music



Dan Washburn
Fills in where he can



Sarah Huey
Friday February 28
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 sundaes Wednesday February 19th in the MCSAC dining room. From 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

March 6 Seattle Art Museum

Cost:
\$20 (member)
\$25 (non-member)
Leave MCSAC at 8:30am
Bring money for lunch at SAM
and return ferry fare.

March 22, Sunday

Chris Perondi's Stunt Dog Experience
Leaves MCSAC at 12:45pm

Cost:
\$43 (member)
\$48(non-member)
Dinner at Izzy's afterward
(on your own)



March 30 Pikes Place Market

Cost:
\$19 (member)
\$24 (nonmember)
Leaves MCSAC at 8:30am

February Center Van Trips

February 6 Burke Museum.

This is a new kind of museum, a whole new way to experience our world. Located in Seattle.

\$28 members, \$33 nonmembers
Bring money for lunch. Leaving MCSAC at 8:30am.

February 19 Seattle Aquarium

\$20 members, \$25 nonmembers
Walk on the ferry, need \$4.50 (for return ferry trip) plus lunch money. Leave MCSAC at 9:30am.

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 Feb 19th. 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

Book Club 4th Tuesday in the dining room

Bridge Tuesdays and Thursdays 12:00 pm

Chorus Friday 12:30

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 Tuesdays 10:00-1:00

Mahjong Thursday, 1:00 pm Come learn.

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

Open Sew/Charity Sewing Tue. 1:30-6:15 pm, bring your current projects, learn something new from others, or work on projects for the center to sell or give.

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 4:00-6:15 pm Come learn quilting techniques and fun projects. See page 15 for current offerings.

Woodcarvers Thursdays 9-11am



Happy Birthday to All!

Did you know that we have 68 members who are having birthdays in the month of February? 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!



Our monthly birthday cakes are made and donated to us by Sue Puls

A few of our January birthday partiers.
Happy Birthday !



Dann Gagnon

Retired but not tired. This perfectly describes Dann. After retiring from teaching school he knew he needed to do something to keep busy. He got the idea of Bingo Karaoke one night after seeing a story on the Seattle Greenwood Senior Center's Bingo Karaoke program. He thought it'd be a great way for us at the Senior Center to make money, and the rest is history! Dann with help from Oz Johnston and many other volunteers run the monthly fund-raiser. We've come to love the event and look forward to each one. This is definitely a "Drop the Mic" program. When you see Dann, make sure to tell him thank you!

Senior Nutrition Program February 2020

| Monday | Tuesday | Wednesday | Thursday | Friday |
|---|---|---|---|--|
| 3 SITE CHOICE Tomato Basil Soup Grilled Cheese Peaches & Cottage Cheese | 4 Baked Chicken Herbed Roasted Potatoes Capri Veggies Pears | 5 Meatloaf Mashed Potatoes w/Gravy Peas & Carrots Fruit Cocktail | 6 Vegetarian Chili Mexicali Corn Bread Crisp Green Salad Peaches | 7 Chicken & Spinach Enchilada Casserole Refried Beans Coleslaw Fresh Orange |
| 10 Salisbury Steak Mashed Potatoes Mixed Vegetables Peaches | 11 German Cabbage Roll Casserole Marinated Cucumbers Pineapple Chunks | 12 Hearty Beef Stew Crisp Green Salad Orange slices Whole Wheat Roll | 13 Sausage & Penne Pasta Green Salad Apple Sauce | 14 SITE CHOICE Spaghetti & Meatballs Green Beans Fresh Fruit Garlic Bread |
| 17 Closed in Observance of President's Day | 18 Country Fried Steak Mashed Potato's & Gravy Mixed Veggies Apples Slices | 19 Pork Pot Roast w/ Red Potatoes & Veggies Brussels Sprouts Spiced Pears | 20 SITE CHOICE Chicken Pot Pie Green Salad Peaches | 21 Mediterranean Baked Fish & Rice Shopska Salad Whole Wheat Roll |
| 24 Swiss Steak Mashed Potatoes w/Gravy Mixed Vegetable Fruit Cocktail | 25 Chicken Broccoli Alfredo on Noodles Crisp Green Salad Peaches | 26 Beef & Vegetable Stir Fry Steamed Brown Rice Mandarin Oranges | 27 Roasted Turkey Mashed Potatoes w/Gravy Green Bean Casserole Whole Cranberry Sauce | 28 Tuna Cakes with tartar sauce Scalloped Potatoes Steamed Peas Apple Slices |

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

February 202

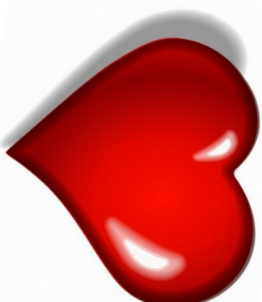
| Every Monday | Every Tuesday | Every Wednesday |
|---|--|---|
| 8 & 8:45 Gentle Tai Chi 8:00 Cribbage 9–10 Begin Line Dance 9:00 Mexican Train Dominoes 10–11 Int./Adv. Line Dance 12:30 Pinochle (Int, Adv) 1:00 Art Workshop | 8:00 Gentle Yoga 8:00 Cribbage 9:00 Line Dance-Int./Adv. 10:00 Machine Knitting 12:00 Bridge 12:45 Gentle Tai Chi 1:30 Charity 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 Card Game 4:15-5:05pm Seated Zumba 5:30pm Zumba Gold |
| Monday | Tuesday | Wednesday |
| | | |
| 3 6:00 Square Dance Lessons 11:45 Tomato Soup/Grilled Cheese V | 4 2:00 Grief Support Group 1:30 Charity Sewing 11:45 Baked Chicken | 5 Foot Care by Michelle 9:00 AARP Tax Aide 10:00 Matter of Balance 12:00-1:00 Area Agency on Aging 1:00 Beading Social 11:45 Meatloaf |
| 10 6:00 Square Dance Lessons 11:45 Salisbury Steak | 11 Foot Care by Michelle 9:30 Board Meeting 1:30 Charity Sewing 11:45 Cabbage Roll | 12 9:00 AARP Tax Aide 10:00 Matter of Balance 11:00 Free Eye Glass Adjustment and Cleaning 1:00 Beading Social 11:45 Beef Stew |
| 17 <div>Closed Presidents Day</div> | 18 10:45 Member meeting 1:30 Charity Sewing 2:00 Grief Support Group 11:45 Country Fried Steak | 19 Foot Care by Michelle 9:00 AARP Tax Aide 9:00 Joy of painting 9:30 Seattle Aquarium 10:00 Matter of Balance 12:30 Volunteer Appreciation 1:00 Beading Social 11:45 Pork Pot Roast |
| 24 Priority Footwear 6:00 Square Dance Lessons 11:45 Swiss Steak | 25 10:00 Book Club Foot Care by Michelle 1:30 Charity Sewing 11:45 Chicken Broccoli | 26 9:00 AARP Tax Aide 10:00 Matter of Balance 1:00 Beading Social 11:45 Beef Stir Fry |

0 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 |
| | | 1/2 |
| 6 8:30 Burke Museum 11:45 Chili w/Corn Bread V | 7 Lunchtime Music: John Schwennesen & Dennis Schosboek 11:30 Chicken Enchilada Casserole | 8/9 11:00-3:00 Sunday Spaghetti Feed and Bingo |
| 13 1:30 Papercrafting 11:45 Sausage & Pasta | 14 Happy Valentines Day Lunchtime Music: Richard Shatto & Dennis Schosboek 12:00 February Birthday Party 6:00 Friday Fun Night 11:30 Spaghetti & Meatballs | 15/16 |
| 20 11:00 SHIBA 11:45 Chicken Pot Pie | 21 9:30 Junk Journaling Lunchtime Music: John Schwennesen 7:00 pm Square Dancing 11:30 Baked Fish | 22/23 |
| 27 Foot Care by Michelle 11:45 Roasted Turkey & Mashed Potatoes | 28 Foot Care by Michelle 9:30 Artist Trading Cards Lunchtime Music: Sarah Huey Bingo Karaoke-Hollywood Dress-Up 11:30 Tuna Cakes | 29 Leap Day! |



February 2020



| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
|---------------------------|---|---|--|---|--|---|
| Sales Color Orange | Nifty Thrifty is the major funding source for the MCSAA | Thank you for supporting the MCSAA | Lots of books? Consider donating them to | Support your community! Shop local | Happy Valentines day | ¹ Orange Tags 50% off |
| ² Closed | ³ MCSAA Members Receive 33% Off | ⁴ Seniors & Military Receive 25% Off | ⁵ Artwork 25% off | ⁶ Artwork 25% off | ⁷ Furniture 25% off | ⁸ Clothing 50% off |
| ⁹ Closed | ¹⁰ Books 50% off | ¹¹ Seniors & Military Receive 15% Off | ¹² Kitchen items 25% off | ¹³ Electronics 25% off | ¹⁴ Shoes 50% off | ¹⁵ White Tag 25% off |
| ¹⁶ Closed | ¹⁷ Orange Tags 75% off | ¹⁸ Dish sets 25% off | ¹⁹ Books 50% off | ²⁰ Books 50% off | ²¹ Books 50% off | ²² Books 50% off |
| ²³ Closed | ²⁴ Orange tags 90% off | ²⁵ Seniors & Military Receive 15% Off | ²⁶ Purses 25% off | ²⁷ Drinking glasses 50% off | ²⁸ Vintage linens 25% off | ²⁹ Vintage linens 25% off |
| Closed | We pick up donations Call us at 360-427-0858 | Make new friends, volunteer! | We are always looking for jewelry. | Recycle!!! Reuse !!! Repurpose! | Donation hours M-F 9:30-4:30 Sat 9:30-4:00 | 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.

Charity Sewing Day

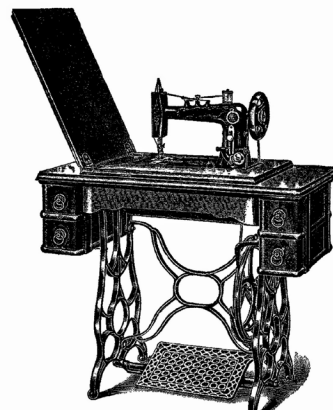
Tuesdays from 1:30pm to 6:15pm. We will meet in the sewing room and work on sewn projects to sell in our Boutique, Bazaars or give to those in need (we have some ideas about the projects to give away.) Don't know how to sew, we can teach you. Do you knit or crochet? You're welcome to join the group and make items for the boutique or to give away also. We are always looking for donations of yarn, fabric, sewing supplies and batting. Call the Senior Center and ask for Penny for more information.



Charity Sewing on Tuesdays

Above: Pam and Linda

Below: Mary and Bella



Upcoming Quilting Classes

Block of the Week Quilt as You Go

Members \$5 per week/non-members \$10 per week. 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. Blocks will get progressively more difficult as the year progresses. Baby Quilt uses between 9-16 blocks and King size needs 72 blocks. Materials list available from the receptionist. You can pay for your class ahead of time with the receptionist or during class.

February 6: To Use Up The Pieces Block

February 13: Hourglass Block

February 20: Mosaic No. 3

February 27: New Album

March 5: Art Square

March 12: Road to Oklahoma

March 19: Double X #1

March 26: Big Dipper

Woodcarving

The Shelton chapter of the Capital Woodcarvers Club is meeting at Mason County Senior Activities Center every Thursday 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.

Beading Social - Members Only

Wednesdays 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.

Grief Support Group

The Providence Sound Grief Support Group meets at the Senior Center. 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 to the community. Free to attend.

Paper Crafting 101

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

\$1 donation requested.

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, January 24th from 9:30 to 11:30am. Ideal class size is 9. Sign up is required. \$1 donation requested.

New! Spaghetti Feed and Bingo Party

This is an exciting new fundraiser We now have bingo on the second Sunday of the month. Doors open at 11:00 am with Spaghetti (\$6) Served at 11:30 and bingo from 1-3 pm..50% of the proceeds go to our Greenhouse project and the other 50% will go to paying down the mortgage 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.



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!

The Spring Bazaar is getting near.

It will be held on April 4th from 10-3 here at the Senior Center. If you are a crafter or no someone that is and would want to participate have them contact Patti.

OPPORTUNITIES FOR YOU

As we kick off another year, it's a good time to reflect and appreciate what a great resource our Senior Center for you and to the rest of our community. Whether you partake in the activities offered or just enjoy stopping in to enjoy a cup of coffee and conversation, we are lucky that we have a safe place members can come to. As with any organization that offers so much, there is always much to be done so that these activities can be available and at a low cost.

The MCSAA has many opportunities for all of us to volunteer of our time and talent. Do you have a skill and would like to teach a class, or perhaps you are interested in driving to help Meals on Wheels? Often being just another set of hands to assist during an event here can be invaluable.

Volunteering is not just manual labor or a full-time commitment. We can find ways to fit your schedule and your skills around our needs. Just remember, any help given is help appreciated.

You may not be aware of it but if you want to help out in the kitchen or tending the bar, MCSAA will help you take the easy, quick, on-line classes and even pay the fees needed to get your food handlers card or bar-tending certification. Once you have those, you can play a critical role as a volunteer for events such as Bingo Karaoke, Fun Night, our semi-annual bazaars and other events throughout the year.

Resolve to make 2020 the year that you get more involved in making our Senior Center the best in the Northwest and a great resource for our seniors and our whole community? Volunteers are what make it all possible; sign up to be one today!

Remittance Envelopes

Once a quarter in our newsletter mailing we including 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.

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.

National Days in February

Feb 1: National Eat Ice Cream for Breakfast

Feb 7: National Send a Card to a Friend Day

Feb 11: National Make a Friend Day

Feb 16 National Almond Day

Feb 20: National Muffin Day

Feb 23: National Dog Biscuit Day

Feb 25: National Clam Chowder Day

Feb 27: National Chili Day

Which one are you going to Celebrate?

Submitted by Gil Palmer
Author unanimous

My Forgetter

It's January second in a year brand new.
Hope it's not what to come in 2002.

My forgetter's getting better
But my rememberer is broke
To you that may seem funny but,
to me that is no joke.

For when I'm here I'm wondering if I really should be "there" and when I try to think it through I haven't got a prayer.

Oft times I walk into a room say "what am I here for?" I wrack my brain, but all in vain, a zero is my score.

At times I put something away where it is safe, but gee! The person it is safest from is generally, me!

When shopping I may see someone, say "hi" and have a chat The when that person walks away I ask myself "who the heck was that?"

Yes my forgetter's getting better While my rememberer is broke and it's driving me plum crazy and that isn't any joke.

CAN YOU RELATE???

P.S. I don't remember who all I sent this to.....

Sunday Bingo and Spaghetti Feed



Winners, winners, winners!!! A lot of lucky bingo players. Just think, you could be in this picture next month!

Our volunteers made this a huge success. Pictured from left to right: Gale Glenn, Marilyn Olson, Bill Young, Trent Palmer, Carol Ann Acocks, Sue Bird, Jackie Likes, Janna Yorke, Anna Richerzhagen and Diane Hartley. Thank you for the great day!





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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Financial Advisor

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360-426-4590

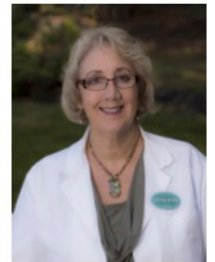
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We offer small to large size ad spaces with reasonable payment plan options. Call 360-426-7374 and ask for Penny or email her at bookkeeper@mcsac.net for more information or for our rate card. This newsletter reaches more than 1,500 seniors throughout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

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 _____