

Active Living



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

Mason County Senior Activities Center

February 2021

Latest News From Your Senior Center

Blood Drive:

Our Senior Center hosted another blood drive with Bloodworks NW on Jan 12th and 13th. Sixty units of blood were collected - which translates into 180 local patients. Thank you Shelton for helping your neighbors! Bloodworks NW will host another blood drive in April. Look to their website: (bloodworksnw.org) to book your donation.

Toys For Tots:

The Senior Center was the storage and distribution center for the 2020 Toys for Tots with over 1700 sacks of toys given out. This made a happy Christmas for many and we were delighted to be part of it!

Nifty Thrifty:

- Nifty Thrifty continues to be our major funding source of income for the Senior Center. Stop in to see how well stocked they are and to thank the volunteers and staff for all that they do.
- Nifty Thrifty is currently selling tickets for 2 raffles.
Quilt Raffle - drawing on Feb 16th, 2021
Dollhouse Raffle - drawing when 500 tickets are sold

Saints Pantry:

We will be taking donations of nonperishable food items for Saints Pantry on Wednesdays from 9:00-11:00am. Drop off your items with Gale at the front door of the Pavilion. This will begin 02/03/2021.

Tax Aid:

We are staying in contact with AARP to find a solution within Covid19 restrictions for providing a safe environment for both tax-payers and AARP volunteers. Stay tuned for updates.

Fundraising:

We are grateful to have received donations from our members and community. Thank you Green Diamond for your \$5000.00 donation.

Regular Zoom classes:

Yoga, Tai Chi, Line Dancing and Chorus classes are offered weekly. Give them a try! If you are a current member and wish to attend, email Val for an invitation at activities@mcsac.net

For up-to-date information about the Senior Center, please check:

- <https://www.facebook.com/MasonCountySeniorActivitiesAssociation>
- www.mcsac.net



Donations:

- Send checks: 190 W Sentry Dr. Shelton, WA 98584
- GoFundMe: <https://charity.gofundme.com/o/en/campaign/support-mason-county-senior-activities-center-during-covid-19-closure>

Lastly, don't forget to renew your membership! It is an investment for our community. Current membership also gives you a daily discount at Nifty Thrifty, along with special discount days for members only. You can send in your membership fees with application and we will mail you the new cards. Please consider adding a donation to your \$40 annual fees.

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:

Interim Director: Val Wedman

Event, Activities & Volunteer Coordinator:

Val Wedman

Bookkeeper & Data Coordinator: Penny Wilson

Volunteers: Contact Receptionist to help.

Receptionists:

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

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

Newsletter and Layout: Patricia Vernie and
Penny Wilson

Editorial Committee:

Terry Nelson	Julie Whaley
Gale Glenn	Val Wedman
Avis Ross	

Photographer: Glenn Harper and Gale Glenn

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

Distribution: Nila LeGault, Reiko Mauer and
Steve Mutoli

Web-master: Dave Pierik

Nifty Thrifty Store

Your Hometown Thrift Store

Voted Mason County's Favorite Thrift Store

826 W. Railroad Ave., Shelton, WA 98584

(360) 427-0858

E-mail: niftythrifty@hcc.net or

eBay ID: [niftythriftythriftstore1](https://www.ebay.com/str/niftythriftythriftstore1)

FB: <https://www.facebook.com/nifty.thrifty.shelton>

MCSAA

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

Members: **Remember to show your
cardboard 2020/2021 membership card
before cashier starts ringing up your order.**
**Your plastic key card is not proof of
current membership. Contact the
Center if you need another
cardboard card.**

Open Monday-Saturday 9:30-5:00

Donations Monday – Saturday 10-4:30

Your quality donations are needed!

Call for Free Pickup: 360-427-0858

Store Director: Michelle Marks

Assistant Manager: Krystal Perez

Staff: Linda Trail, Cathy Jones and Moriah Ward

Dedicated Volunteers:

Adelheid Krohne	Gary Yuan	Ruth Coots
Aloma Perez	Irene Moffatt	Vivian Bentkowski
Arlyn Skarich	Jan Kallinen	Marilyn Olson
Axel Van Wormer	Jane Donahue	Jill Neil
Betty Thompson	Kyle Dimisillo	Wayne Souza
Carole Pelela	Maxine Neese	
Cynthia Middleton	Pamela Johnson	
Doug Kreklow	Rachel Sedlaek	
	Reda Keller	

Additional volunteers are always needed.

Call Michelle at 360-427-0858 to volunteer.

This institution is an equal opportunity provider and
employer.

Center Holiday Closures

2021

January 1	New Year's Day
January 18	MLK Day
February 15	Presidents Day
May 31	Memorial Day
July 2	Independence Day
September 6	Labor Day
November 11	Veterans' Day
November 25-26	Thanksgiving
December 24	Christmas

Mission Statement

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

Meetings

MCSAA Virtual Board Meeting

Tuesday, February 9th at 9:30 am

The MCSAA Board meets the second Tuesday of each month at 9:30 am. If a member desires to bring something before the board, he or she should make the request in writing and give the request directly to MCSAA Board President Terry Nelson or Interim Director Val Wedman 24 hours in advance so the member can be added to the agenda. Please include your name, member number and phone number so Terry can contact you if there are any questions. To attend the virtual meeting, email Val (director@mcsac.net) for the link.

The new officers for 2021 are listed below. A special thanks to Clay Long for his dedicated years of service as President of the Board. Clay will continue to serve as a board member.

Patti Vernie has retired for the second time! Patti will be serving as a board member until elections. Thank you Patti for your many valuable years of service both at the Center and at Nifty Thrifty.

Val Wedman has agreed to be the Interim Director for the MCSAA. Patti Vernie will assist in Val's training. Thank you Val for stepping up and taking on this responsibility.

MCSAA 2021 Board

President: Terry Nelson
Vice President: Bill Bezanson
Secretary: Wayne Souza
Treasurer: Marilyn Olson
Gale Glenn, Patti Vernie and Clay Long

Center Wish List

We would greatly appreciate donations of:

Nifty Thrifty needs:

Clear Packing Tape
1" Masking Tape
Large Padded Envelopes
Plastic Grocery Bags
Bubble Wrap
Packing Peanuts



Thank you very much for your donations!



It is with deep sorrow that we inform you of the recent passing of Michelle Gamber. She provided foot care for our members and for the public. We will miss her greatly.



The Mason County Senior Activities Association is a privately funded 501(c)(3) nonprofit organization. This means that we do not receive government funding to keep our doors open and our programs running. While this gives us some freedom, it also presents limits. Because of the loss of income due to closures, we are increasing our fundraising efforts.

Just one way we are sprucing up the center during this time. Terry is painting the bathrooms.





Senior Services for South Sound &
Meals on Wheels
Congregate (group) meals are currently not available
here at the Pavilion.

Home Delivered Meals

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

Senior Services for South Sound Olympia

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

www.SouthSoundSeniors.org

Drivers Wanted

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

* Valid Washington Drivers

License,

* Auto insurance

* Background check.

Mileage reimbursement is
available.



Services for All Seniors at Mason County Senior Activities Center

*Current MCSAC Membership is NOT required for
the following Services.*

Free Medical Supplies Lending Library —

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

Commodity Supplemental Food Program

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

New Dollhouse raffle at Nifty Thrifty



**Chairs are all set up, safely
spaced and ready for blood
donations**



Raffle Quilt. Get your tickets at Nifty Thrifty!



MASON COUNTY SENIOR ACTIVITIES ASSOCIATION



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



2021/2022 Membership Application and Agreement

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

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

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

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

Please, PRINT all information CLEARLY

FIRST NAME: _____ MIDDLE _____

LAST NAME _____ NICKNAME _____

DATE OF BIRTH: ____/____/____ ☐ Male ☐ Female PHONE: _____._____._____

CELL _____ - _____ - _____ EMAIL ADDRESS _____@_____

MAILING ADDRESS: _____, _____, _____, zip _____

Check One: I prefer to receive my monthly Active Living newsletter by Regular US Mail ☐

Please save the cost of US Mail and email my Active Living newsletter ☐

I want to save MCSAA Postage, I'll see Active Living on their web site ☐

In Case of Emergency (Please fill this optional information out. Our members who have needed us to call for help have been thankful that they did)

Name: _____ Relationship _____

Phone #: _____ Cell _____

Physician _____ Phone #: _____

Ethnicity * Circle One **Caucasian** **African American/Black** **Hispanic/Latino** **Asian**
 Middle Eastern **Pacific Islander** **Native American/Alaskan** **Other**

*All Information is kept confidential but is useful for reporting anonymous statistics for Grant applications and other funding. Your cooperation is most appreciated.

Hold Harmless Agreement: I freely and knowingly assume the risks inherent in my participation in all activities, including all classes, travel and volunteer duties. I do hereby agree to indemnify, release, and hold Mason County Senior Activities Association, a WA non-profit corporation, doing business as Mason County Senior Activities Center & Nifty Thrifty, it's employees, volunteers, officers, board members and other persons or organizations harmless from and against any and all liability for any injury, loss of property, damages, or death, which may be suffered by me, or my Guests, arising out of, or in any way connected with volunteering or participating in any activities at the Center, Center sponsored activities at other locations, or while traveling with the Center, in the Center's bus or under it's auspices. Specifically, I understand that Mason County Senior Activities Association provides no medical insurance, and that I am responsible for the cost of treatment for any injury to me or my Guests.

Furthermore, I acknowledge that I am being strongly advised to consult a licensed physician prior to my participation in the activities that I have chosen, to determine their suitability and safety given my current medical condition. In addition, I acknowledge that MSCAA is not responsible for reminding me of activities that I have signed up for.

Photos/Video/Audio Release: I am aware that the Center activities are occasionally photographed by Center representatives the media and others, and that still photos, and/or audio and video recordings may be made to help promote the Center's non-profit mission, and fundraising efforts. I hereby give my permission for me to be photographed and recorded while participating in Mason County Senior Activities Association activities.

Thank you for joining... Your membership dues help provide services and programs to the Mason County Community. We are completely self funded by Nifty Thrifty, Pavilion Rentals, Members, Donors & Sponsors.

Signature _____ DATE: ____/____/ 20____

Last Name, First

Member #

New Member

Renewal

Key Tag X

☐

SCHEDULED

☐

WSP Check Completed

MCSAA 190 West Sentry Drive, Shelton WA 98584 Phone 360-426-7374 Fax 360-426-1955 www.mcsac.net

Volunteers are the Heart and Soul of our Center.

If you would like to volunteer your talents to our organization, please check those areas where you would like to help below.

Volunteer Questionnaire

Activities of interest or Skills you Possess— Please check all that apply & fill in any blanks that apply.

- | | |
|---|---|
| <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 _____

COMPUTER SERVICE @ YOUR DOOR

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360-898-3800

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

Probates-Wills-Powers of Attorneys-
Deeds-Foreclosures

Julie Cook
Attorney at Law

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

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The Wagners



Karen L Schade
Financial Advisor

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Shelton, WA 98584
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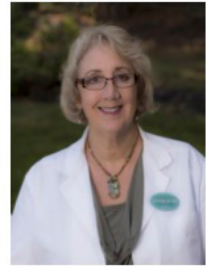
Edward Jones
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Shelton, WA 98584
427-3187

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Leonab@Miracle-earnw.com

- Free Hearing Screenings
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- Federal claims accepted
- Open Monday through Friday



Leona has been helping Mason County hear better since 1998.
Call for an appointment today

FOREST FUNERAL HOME



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313 W Railroad Ave
Shelton, WA
Located next to Treasures Thrift Store

(360) 427-8044



LORRAINE'S MUSIC STUDIO

Please call to schedule your free
one-hour lesson:

(360) 481-8360

825 W Franklin St Shelton, WA 98584
Across the street from Evergreen Elementary

WWW.LORRAINEMUSSON.COM

Sojourners Welcome!

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

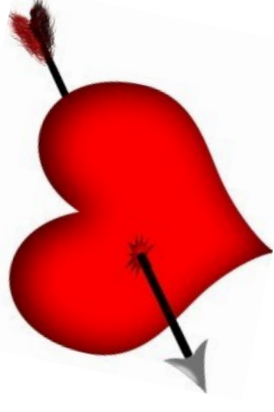


At **Union City Lodge #27 F.&A.M.**
Across from Lucky Dog Casino
Questions: 360-280-9925
unioncity27@gmail.com



*We want to thank all of our
Corporate Sponsors for all
they have done for us. We
really appreciate it!!!*

Nifty Thrifty February 2021



Sun	Mon	Tue	Wed	Thu	Fri	Sat
Sales Color Orange	1 Orange Tags 50% off	2 Senior and Military 25% off	3 Jewelry 25% off	4 Plastic ware 25% off	5 Coats 25% off	6 Clothing 50% off
7 Closed	8 MCSAA 33% off	9 Seniors & Military Receive 15% Off	10 Electronics 25% off	11 Kitchen items 25% off	12 Knickknacks 25% off	13 Jewelry 25% off
14 Closed	15 Jewelry 25% off	16 Seniors & Military Receive 15% Off	17 Books 60% off	18 Orange Tags 75% off	19 Plastic ware 25% off	20 Books 60% off
21 Closed	22 Furniture 25% off	23 Seniors & Military Receive 15% Off	24 Orange Tags 90% off	25 Kids Toys 50% off	26 White tags 25% off	27 White Tags 25% off
28 Closed	Show your support Shop local	Save small business	Thanks for all your support	We will get through this together	LOVE IS IN THE AIR	Recycle!!! Reuse !!! Repurpose!
Enjoy your family and be safe	Call for donation times and days Call us at 360-427-0858	Make new friends, volunteer!	We are always looking for jewelry.		Nifty Thrifty is the major fund- ing source for the MCSAA	Hours M-Sat 9:30-5pm

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.