

Active Living



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

Mason County Senior Activities Center

January 2022

Welcome to the New Year here at the Senior Center.

Familiar faces and new, we are so happy to see you!

In the last year we have seen a few changes:

- We re-opened partially in March and then fully in July.
- We started our own lunch program and the food is amazing!
- We gained a new Manager, Activities/Volunteer Coordinator, Bookkeeper, and Kitchen Manager in the span of a few months.
- We were informed by the Chamber of Commerce that we are nominees for Non-Profit of the Year.
- Nifty Thrifty won Best Thrift Store in the "Best Of Mason County" from the Shelton-Mason County Journal

This new year:

- We need a new Thursday bingo caller.
- We will start hosting a Parkinson's Support Group
- Tuesday afternoon movie at the Senior Center
- Painting with Michelle, This is a youtube guided class with Ella to help as needed. Start date to be determined. Watch the bulletin board for more information
- AARP Income Tax appointments can be scheduled starting mid-January
- Newest raffle quilt is in the receptionists office. Tickets are \$5 each. We will draw once we have sold 200 tickets. It's a beauty

As a reminder our organization is self-supporting. We are one of the few senior centers in Washington State that do not receive annual funding from local city, county or state governments. We are applying for grants from both public and private organizations to help cover the costs of our various programs as well as equipment repairs. Even if we receive grant money, we will still rely on the donations of time or money from members and individuals to help keep us going.

Will, our activities coordinator, has enclosed a survey in this issue. Please fill it out and return it to the Senior Center by the end of January. We also have a link so that it can be done online. The more information we have, the better we can serve our members.

Thank you for all you do for MCSAA.

Upcoming Events!!!

Jan. 4 Tuesday Movie
Jan. 11 Board Meeting
Jan. 12 Parkinson's Support Group
Jan. 17 Closed for MLK day
Jan. 18 General Membership Meeting
Jan. 20 SHIBA Medicare

Center Holiday Closures 2022

January 1	New Year's Day
January 17	MLK Day
February 21	Presidents Day
May 30	Memorial Day
June 20	Juneteenth
July 4	Independence Day
September 5	Labor Day
November 11	Veterans' Day
November 24-25	Thanksgiving
December 26	Christmas

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Mason County Senior Activities Association

Annual membership dues are \$40

Activities Center

"50 and Better Activities Center"

Address: 190 W. Sentry Dr., Shelton

Phone: (360) 426-7374

Email: info@mcsac.net **Web:** www.mcsac.net

FB: [https://www.facebook.com/](https://www.facebook.com/MasonCountySeniorActivitiesAssociation)

[MasonCountySeniorActivitiesAssociation](https://www.facebook.com/MasonCountySeniorActivitiesAssociation)

Staff:

Senior Center Manager: Penny Wilson

Activities & Volunteer Coordinator: Will Adams

Bookkeeper/Admin Assistant: Alex Banks

Kitchen Manager: Debra del Bosque

Kitchen Volunteers:

Judy Siegel Anita Pecoff

Denise Frantz Vivian Bentkowski

Receptionists:

Patt Matsen Denise Avery-Baeten

Ella Kowalski Wendy Price

Center Hosts:

Doris Fredin Shirley Schober

Gift Shop: Ella Kowalski

Sunshine: Open

Van Drivers: Clay Long, Glenn Harper

Newsletter and Layout: Penny Wilson

Editorial Committee:

Julie Whaley Gale Glenn

Avis Ross Patt Matsen

Steve Mutoli Gary Miner

Photography: Gale Glenn, Will Adams and Patti Vernie

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

Distribution: Nila LeGault, Reiko Mauer Steve Mutoli, and Doris Fredin

The Senior Center is always looking for volunteers.
If you are interested, please see Will

Mission Statement

Create and nurture opportunities for senior residents of rural Mason County to maintain optimal physical, emotional and spiritual health by helping them to maintain connections with necessary clinical, nutritional and social-emotional support services as well as to each other.

Nifty Thrifty Store

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(360) 427-0858

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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 2022/2023 membership card
before cashier starts ringing up your order.

Your plastic key card is not proof of
current membership. Contact the
Center if you need another
cardboard card.

Open Monday-Saturday 9:30-5:00

Donations Monday – Saturday 10-4:30

Your quality donations are needed!

Store Director: Michelle Marks

Assistant Manager: Melissa Elliot

Staff: Linda Trail, Cathy Jones and Moriah Ward

Dedicated Volunteers:

Aloma Perez

Axel Van Wormer

Betty Thompson

Carole Pelela

Cynthia Middleton

Doug Kreklow

Gary Yuan

Irene Moffatt

Jan Kallinen

Jane Donahue

Maxine Neese

Pamela Johnson

Rachel Sedlack

Reda Keller

Ruth Coots

Vivian Bentkowski

Marilyn Olson

Rich Sawyers

Cheral Cowsert

Paul Kemmerr

Wayne Souza

Additional volunteers are always needed.

Call Michelle at 360-427-0858 to volunteer.

This institution is an equal opportunity employer.

2022/2023 Membership Bonuses

Nifty Thrifty Discount

In store, receive 20% off regular priced items of \$5 or more with some exceptions. Your 2022/2023 membership paper card must be shown before the cashier starts to ring up your order.

Members receive a discount on Pavilion rentals. For more details please see a staff member or contact pavilion@mcsac.net.

Meetings

MCSAA Board Meeting

Tuesday, January 11th at 10:00 am

The MCSAA Board meets the second Tuesday of each month at 10:00 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 Manager Penny Wilson 24 hours in advance so the item can be added to the agenda. Please include your name, member number and phone number so the board can contact you if there are any questions. Meetings are open to the membership.

MCSAA 2022 Board

Bill Bezanson
Marilyn Olson
Gary Miner
Leona Osterman
Patti Vernie
Synnove Petterson
Lori Shipman

MCSAA General Membership Meeting
Tuesday January 18th at 10:00 am
Dining Room

Introduction of the New Board of Directors

The General Membership meeting for MCSAA is on the third Tuesday of each month at 10:00 am. All members in good standing (membership paid for 2022/23) are invited to the General Meeting. As always it is incredibly important to attend. If things need to be voted on, this is when that happens.

Bulletin Board

Please, if you want something posted on our bulletin board, you **MUST** give it to the receptionist or Will.

Center and Nifty Thrifty Wish List

We would greatly appreciate donations of:

Senior Center needs:

Decaf Coffee
Napkins
Disposable Coffee Cups

Community Cleanup Crew needs:

Trash grabbers

Nifty Thrifty needs:

Clear Packing Tape
1" Masking Tape
Large Padded Envelopes
Plastic Grocery Bags
Bubble Wrap
Coffee
Sugar and Creamer
Large Black Garbage Bags



Thank you very much for
your donations!



Our clean up crew (two not pictured) on Dec 8th. They cleaned from the post office to Nifty Thrifty. Next clean up day will be in March (weather permitting). Let the front office know if you are interested in helping.

Inclement Weather

In case of inclement weather, the Center follows the Shelton School District's weather policy. Please listen to our local radio station, KMAS 1030 AM & 103.3 FM or Seattle TV stations for details.

Services for All Seniors at Mason County Senior Activities Association

Current MCSAA Membership is NOT required for the following Services.

Senior Center Cafe

Hearty and healthy lunch prepared by our kitchen staff and volunteers. Lunch is served Monday-Thursday at noon and Fridays at 11:30 am.

Suggested minimum donation of \$3 per meal. Meals are open to the public but rules of the building will be strictly enforced.

You are required to show your vaccination card if you are not a member of MCSAA

If you are a member of the MCSAA you are required to have your vaccination card on file.

AARP Income Tax preparation -- We will begin scheduling appointments in mid-January. Appointments will be on Wednesday's starting in February.

NEW Parkinson's Support Group --

The 2nd Wednesday of every month the local Mason County Parkinson's support group will meet here at the Senior Center at 1 pm. First meeting is January 12th.

Zumba Gold with Sarah Martin

January special: Attend Tuesday and the following Thursday is free. Tuesday and Thursdays 5:30-6:30 pm. \$5 per class. Punch option available.

Free Medical Supplies Lending Library

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

Abundance Table — We are again offering items, as available, on our abundance table near the dance floor. Some items may also be in the refrigerator in the back of the dining room. Reminder to take only two items please.

New to Medicare

In person at the Senior Center in Shelton

Thurs., Jan. 20 from 11 am to 12:30 pm

Free Zoom Presentations. Choose *one* of these available appointment times:

"Welcome to Medicare"

Wed., Jan. 5 from 10 am to noon

Tues., Jan. 18 from 1 pm to 3 pm

Thurs., Jan 20 from 10 am to Noon

"Preventing Medicare Fraud and Abuse Zoom Events"

Thurs., Jan. 6 from 1:00 pm to 2:00 pm

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

We cover:

- Medicare A, B, C and D
 - Help you understand your Medicare benefits and options
 - How to avoid becoming a victim of Medicare fraud
- Statewide Health Insurance Benefits Advisors (SHIBA) offers free unbiased and confidential service provided through the Office of The Insurance Commissioner. SHIBA provides a free overview of Medicare. For more information, Call SHIBA at 360-586-6181 ext.134.

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.**

Foot-Care by Pam Lindgren. Cost for foot care is \$35. To make an appointment call Pam directly at 360-286-8403.

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

December Birthday Celebrants



Members, come celebrate your birthday at the Senior Center On the second Friday of your birth month.

At 11:30 am, for members-only with a birthday during January, you are welcome to a free lunch. Bring your current membership card and photo ID. (Regular price for everyone else.)

At noon we celebrate you. Enjoy a beautifully decorated birthday cake by Sue Puls and ice cream.

January has 61 member birthdays. Come help us celebrate them.



A big thank you to all the people who help with our birthday celebrations. Whether it be baking the cakes, serving or donating the plates and napkins. We thank you. It makes our birthday celebrations that much better!

Activities survey. Please return to this page to the Receptionist or you can take the survey online at this web address:
<https://www.surveymonkey.com/r/MJQV89W>

- 1) What trips or outside activities did you enjoy most over the past few years?
- 2) Would you be willing to participate in trips or activities that would require \$50 or more?
- 3) What type of music would you like to hear during regular activities in the dining area?
- 4) Do you feel comfortable at this time going to big cities like Seattle for trips?
- 5) Is our center a place where you feel safe and welcome? If not, how can we improve on that?
- 6) Would you recommend the center to your friends or family? If not, why not?
- 7) Do you feel comfortable visiting places where Covid-19 protocols are less stringent than ours?
- 8) How often do you visit the center and how long do you normally stay?

Classes and Activities for Current Members

All classes subject to change. Please confirm with the receptionists

CLASSES FOR MEMBERS

CLASS NAME	DAY	TIME	COST
Sewing Circle/Open Sew There are also other small projects to be made for sale at the boutique, bazaars or Nifty. You can also bring in projects that you might need help with, for example binding tips and tricks or general sewing projects. If you need very specific help please don't hesitate to call and ask. We have very talented members.	Thursday	9:30AM-12PM	\$1 donation
EZ Crafters The crafters work on a variety of projects, many of which end up for sale in our annual bazaar. The crafter also do all of our table decorations. The laughter from their room can be infectious.	Thursday	9AM-12PM	\$1 donation
Art Workshop Need a place to paint? This workshop offers you a great spot to paint with friends In the MCSAC dining room. Bring your own supplies and work on your project. The artists are a wealth of knowledge in technique and skill from beginner to advanced.	Monday	12:30-3:30PM	\$1 donation
Knit and Chat Come sit around the table; knit, chat and share all the projects we are currently working on and UFOs (unfinished objects) we all hide in the closet.	Thursday	10AM-12PM	\$1 donation
Machine Knitting Class Have you ever done machine knitting? Or wanted to try? In the MCSAC Sewing Room. Machines will be available for use during the class. Space is very limited, if you are new please let us know by the Wednesday before so we have enough machines.	Thursday	12PM-4PM	\$1 donation
MCSAC Chorus Come join our Chorus. Led by John Schwennesen, you will learn a variety of songs, old and new, in our relaxed setting.	On hiatus		
Painting with Michelle , a youtube instructor Learn to paint new techniques while watching instruction on youtube. Class will be held in the sewing room. Once we have a starting date, a supply list will be available.	Starting soon		\$1 donation

Mask Policy

Out of respect for your current and future friends, please wear your mask properly (over your nose) when you are not actively eating or drinking. Together we can make this a safe place to be with our friends.

Classes and Activities for Current Members

FITNESS FOR MEMBERS			
DESCRIPTION	DAY	TIME	COST
Tai Chi: At the Center	Monday Tuesday Wednesday Friday Friday	8:15-9:00 AM 11:00-11:45 AM 8:15-9:00 AM 8:15 -9:00 AM 10:45-11:30 AM	\$1 donation
Tai Chi: Zoom	Wednesday Thursday	W 8:15-9:00 AM TH 10-10:45 AM	\$1 donation
Line Dance: At the Center	Monday Wednesday Friday	9-11:00 AM	\$1 donation
Line Dance: Advanced at the Center	Tuesday Thursday	10 -11:30 AM	\$1 donation
Yoga: Zoom	Tuesday Thursday	8:30-9:15 AM	\$1 donation
Yoga: At the Center	Tuesday Thursday	8:30-9:15AM	\$1 donation
Senior Walkers (April-October)	Tuesday	Hiatus until spring	\$1 donation

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

2022 A		
Every Monday	Every Tuesday	Every Wednesday
8:15 Cribbage 8:15 Gentle Tai Chi 9:00 Line Dance 10:00 Mexican Train 12:00 Lunch 12:30 Pinochle 12:30 Artists Workshop	8:15 Cribbage 8:30 Zoom Yoga 8:30 Yoga 10:00 Line Dance 11:00 Tai Chi 12:00 Bridge 12:00 Lunch 1:00 Movie at the Senior Center 5:30 Zumba with Sarah	8:15 Cribbage 8:15 Gentle Tai Chi 8:15 Zoom Tai Chi 9:00 Line Dance 10:00 Mexican Train 12:00 Lunch 12:30 Pinochle
Monday	Tuesday	Wednesday
3 Tuna Casserole	4 1:00 Movie at the Senior Center Burgers	5 Baked Chicken
10 Tuna Cake	11 Foot-care 10:00 Board Meeting 1:00 Movie at the Senior Center Chicken and Broccoli Casserole	12 Chili
17 Closed Martin Luther King Day	18 10:00 General Meeting 1:00 Movie at the Senior Center Meatloaf	19 Turkey Dinner
24 Tamale Pie	25 1:00 Movie at the Senior Center Biscuits and Gravy	26 Soup
31 Salisbury Steak		

Activities

Every Thursday	Every Friday	Every Weekend
8:15 Cribbage 8:30 Zoom Yoga 8:30 Yoga 9:00 E-Z Crafters 9:00 Joker's Rule 9:30 Quilting 10:00 Line Dance 10:00 Zoom Tai Chi 10:00 Knit and Chat 10:00 Mahjong 12:00 Bridge 12:00 Machine Knitting 12:00 Lunch 1:00 Thursday Bingo 5:30 Zumba with Sarah	8:15 Cribbage 8:15 Gentle Tai Chi 9:00 Line Dance 10:00 Mexican Train 10:45 Tai Chi 11:30 Lunch 12:00 Pinochle 12:00 Hand & Foot	1/2
Thursday	Friday	Saturday/Sunday
6 Soup	7 Chicken Pot Pie	8/9
13 Foot-care BBQ Pork Sandwich	14 10:30 Newsletter Editing Spaghetti	15/16
20 11:00 SHIBA Medicare information Pot Pie	21 Ham and Beans	22/23
27 Pork Roast	28 Ham	29/30

Movies at the Senior Center

As most know the local cinema is short staffed and isn't able to host the Senior Friday movie currently. Will Adams contacted his old boss, Tom Mullen, of the Shelton-Mason County Journal to see if he would sponsor us for 2022 to have a movie license (so we can play DVDs, stream from the internet etc). Tom agreed, so the Tuesday 1 o'clock movie is starting in January.

We have a big screen and a great sound system. Let's put them to use! As part of our license agreement, we can not print what movies we are going to play and can not charge admission. We will have concessions for a minimal charge. If you want to know what movie will be playing, please check the bulletin board or call for details.

Let's welcome our new Board Members:

Gary Miner
Leona Osterman
Patti Vernie
Synnove Petterson
Lori Shipman

Thank you for your service.

At the January board meeting, the board will decide what positions each will fill for the coming year.

The Sewing group completed the raffle quilt for this year. Words can not express how pretty it is. Roses and leafy greens. Tickets are \$5 each. We are only selling 200 pickets. Proceeds will go to our lunch program.



Above: Our entrance decorated for the holiday party

Below: Our line dancers annual Christmas routines. Thank you ladies, it was wonderful!



A genuine thanks goes out to Pam and Daniel for sprucing up the front of the building. It truly felt like Christmas here at the Center. So what are the plans for next year?



Debra and her crew of volunteers went above and beyond this year. Everything was cooked to perfection.

Without all the help she received, we never would have been able to host this amazing meal.

Thank you board members and staff for serving this incredible meal.


A special thanks goes out to Jean-Pierre, Kerri and staff of Jean-Pierre's 316 of Tumwater for providing the yams.



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Become a Corporate Sponsor

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

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

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

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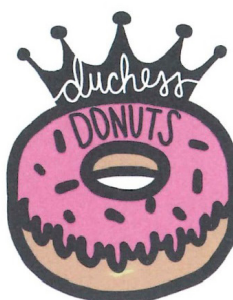
Fish Fry
Fri. Jan. 21st 4-7 pm
Cost \$13

Fish & Fries, Coleslaw & Drink

*public
Welcome*



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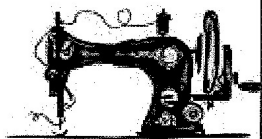
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Guest Reminder

Guests must be accompanied by a member, show their vaccination card and register on the kiosk as a new user. You may be a guest twice before you are required to join to participate in activities.

Shelton-Mason County Journal

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MKT-5894M-A

Code of Conduct Reminder

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

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

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

Senior Center Café Menu January 2022

Monday	Tuesday	Wednesday	Thursday	Friday
3 Tuna Casserole Mixed Vegetables Fruit	4 Burgers Fries Fruit	5 Baked Chicken Scalloped Potatoes Mixed Vegetables Fruit	6 Soup Salad Fruit	7 Chicken Pot Pie Broccoli Fruit
10 Tuna Cake Scalloped Potatoes Mixed Vegetables Fruit	11 Chicken and Broccoli Casserole Salad Fruit	12 Chili Cornbread Salad Fruit	13 BBQ Pork Sandwich Cole Slaw Fruit	14 Spaghetti Green Salad Fruit
17 Closed	18 Meatloaf Mashed Potatoes Mixed Vegetables Fruit	19 Turkey Dinner Stuffing Green Beans	20 Pot Pie Green Salad Fruit	21 Ham and Beans Cornbread Mixed Vegetables Fruit
24 Tamale Pie Green Salad Fruit	25 Biscuits and Gravy Mixed Vegetables Fruit	26 Soup Salad Fruit	27 Pork Roast Mashed Potatoes Mixed Vegetables Fruit	28 Ham Yams Mixed Vegetables Fruit
31 Salisbury Steak Mashed Potatoes Fruit				

Menu is subject to change



January 2022



Sun	Mon	Tue	Wed	Thu	Fri	Sat
Sales Color Yellow	Happy New Year!	Call about donations	Nifty Thrifty is the major funding source for the MCSAA	Nifty Thrifty 360-427-0858	Ring in the New Year with some new items	1 Closed
2 Closed	3 90 % off Christmas	4 Seniors & Military Receive 15% Off	5 Knick knacks 50% off	6 Books 50% off	7 Kitchen Items 25% off	8 White Tags 25% off
9 Closed	10 Shoes 50% off	11 Seniors & Military Receive 15% Off	12 Electronics 25% off	13 Jewelry 25% off	14 Dvd and VHS 50% off	15 Managers Choice
16 Closed	17 Yellow Tags 75% off	18 Seniors & Military Receive 15% Off	19 Kids Clothing 50% off	20 Shoes 50% off	21 White tags 25% off	22 Electronics 25 % off
23 Closed	24 Yellow tags 90% off	25 Seniors & Military Receive 15% Off	26 Furniture 25% off	27 Kitchen 25% off	28 Regular Clothing 50% off	29 Crafts 25% off
30 Closed	31 Linens 25% off	Make new friends, volunteer!	Thank You for all of your support	We Have a varied donation schedule please Call first.	Nifty Thrifty is the major funding source for the MCSAA	Hours Mon -Sat 9:30-5:00