

Active Living



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

Mason County Senior Activities Center

July 2020

Reopening Comes With New Challenges in Phase 3

Tip from the Board of Directors:

For our reopening to be successful, we need to implement some temporary changes. Until a vaccine is approved, this is our Normal. We must work together, Members and Staff, ensuring we all stay healthy. In order to move forward we will need your cooperation and assistance. Please read and understand the following Procedures, outlined by the State of Washington, Dept. of Health, which will be implemented by the Staff.

Thank You.

- Masks must be worn at all times. We wear them for everyone's safety. You can provide your own, or we have them for \$1.00. Gloves will be required during certain games.
- On entry to the building your temperature will be taken with a No-Touch thermometer.
- We love family and friends but through July, Members Only will be using the facilities to minimize risk. The number of members in the building will also be limited per Phase rules.
- You will be required to sign in at the kiosk. Hand sanitizer will be available for your use with a Q-tip to use the touch screen.
- Currently we do not know when Senior Services will be providing Congregate Meal Service. Until this resumes, it was decided by the Board, for us to temporarily follow suit. Food & drinks will not be served and outside food or drinks will not be allowed at this time. We are looking at other options during this phase and will advise you when able.
- Because we have a capacity limit in the building, we have had to adjust and modify the activity schedule a bit. We don't want to ask people to leave or turn people away when we reach capacity, so thank you for your patience & understanding. Capacity will change as time goes on.
- A major challenge will be cleaning. We ask that all of our classes and activities clean and sanitize their areas before they leave. This will involve wiping tables and chairs. All touch points will need to be wiped or sprayed down with sanitizer. We will provide it to you.
- Our reception office door will be closed. We will conduct business through the window only. Everyone's fear is another shutdown. We thank you for helping us avoid this.

Reopening Date is set for July 6, 2020
Please read our list of rules and our updated schedule on page 6 for more details.

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.



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:

Director: Nancy Dudacek Milliman

Event, Activities & Volunteer Coordinator:
Val Wedman

Bookkeeper & Data Coordinator:
Penny Wilson

Volunteers: Contact Receptionist to help.

Receptionists:

Bob & Susi Edwards	Patt Matsen
Kathleen Blanchette	Ella Kowalski
Phyllis Glisson	

Center Hosts:

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

Gift Shop: Ella Kowalski

Sunshine: Jill Neil

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

Newsletter and Layout: Penny Wilson and
Patti Vernie

Editorial Committee:

Terry Nelson	Julie Whaley
Gale Glenn	Val Wedman
Avis Ross	

Photographer: Glenn Harper

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-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

Director: Michelle Marks

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

Dedicated Volunteers:

Adelheid Krohne	Cynthia Middleton	Monika Dod
Aloma Perez	Doug Kreklow	Pamela Johnson
Arlyn Skarich	Gary Yuan	Rachel Sedlaek
Axel VanWormer	Irene Moffatt	Reda Keller
Betty Thompson	Jan Kallinen	Ruth Coots
Bev Pittman	Jane Donahue	Vivian Bentkowski
Carole Pelela	Keith Jennings	Marilyn Olson
Conner Harris	Kyle Dimisillo	
	Maxine Neese	

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.

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 Board Meeting

Tuesday, July 14th at 9:30 am

The MCSAA Board meets the second Tuesday of each month at 9:30 am. If a member desires to bring something before the board, he or she should make the request in writing and give the request directly to MCSAA Board President Clay Long or Director Nancy Dudacek Milliman, 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: Bill Bezanson

Secretary: Terry Nelson

Treasurer: Marilyn Olson

Bill Young, Patti Vernie

Wayne Souza

MCSAA Member General Meeting

Tuesday, July 21st 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.

Inclement Weather

In case of inclement weather, the Center follows the Shelton School District's weather policy. Lunch is still served at 11:45am (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.

Center Wish List

We would greatly appreciate donations of:

Regular and Decaf Coffee
Individually wrapped chocolates
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
Bubble Wrap

Packing Peanuts

Charity Sewing and Knitting

Group needs:

Cotton Batting (at least 45"x45")
100% Cotton Sewing Thread (any color)



Thank you very much for your donations!

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

Trips

Trips are on a temporary hiatus until it is deemed safe. I know that this is disappointing. It is for us too! Val has some ideas of some fun and exciting things to do and see in the future. We just have to wait and see what she comes up with.

Masks

The gift shop has paper masks (\$1) and washable masks (\$5) available for sale. Supplies are limited.



Volunteer Appreciation

You are a crucial part of what makes the Senior Center and Nifty Thrifty a wonderful place! We want to celebrate all our volunteers who give so generously of their time.

Service Restart Dates to be Determined



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

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. Masks Required.

Foot care — with Michelle Gamber - (Call 360-689-5114 to make an appointment) 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 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.

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**.

News from Nifty Thrifty

First, we'd like to thank everyone for the outpouring of support these last few months. The new rules have been challenging for all of us and we appreciate each one of you for going along with us in this.

The donations have been amazing and here is where we need to apologize. When we were considering how and when we were going to open for donations we didn't expect the overwhelming generosity we would receive. Our backroom could not keep up and filled so fast we had to stop taking donations earlier than posted until we could get through them. We still are filling up every day and we still want your donations. The easiest way for us to accept them would be if you could call us in the morning to see if we are accepting donations for that day. Thank you so much for your patience in all of this and we apologize again for any inconvenience this may have caused.

Be sure to check out our calendar for our daily specials and remember current members get 20% off. Please show your MCSAA membership card to the cashier before you start your transaction.

Nifty Thrifty (360) 427-0858



Do you have any memories of the mosaic at Nifty Thrifty you'd like to share? We would like to hear them.

Phase 3 reopening guidelines can be found at <https://www.governor.wa.gov/issues/issues/covid-19-resources/covid-19-reopening-guidance-businesses-and-workers>

Nancy's Corner of the World



"Kindness is the language which the deaf can hear and the blind can see." – Mark Twain

I like to start my thoughts, before I put them down on paper, with a quote. Mark Twain has always been one of my favorites. Now you know a little bit about me.

What does "well-being", mean to you? These days we are more aware than ever that emotional fulfillment is essential to a good life, as is physical and social contact. That is where the Mason County Senior Activities Association comes in.

As we move into our "Safe Start Phase 3", we hope you will appreciate and understand what keeping you and us safe, means to your fellow members and the hard working staff here at the Senior Center. We would love to rock & roll, but a waltz seems more appropriate for this month.

My career has been spent in the Tourism Hospitality Industry. Marketing programs around the world, primarily for the Senior market. As a tour guide I learned the challenges of keeping travelers safe and secure, while providing them the best memories possible to last a lifetime. These turbulent times feel all too familiar in many ways, so as we navigate through our Covid Phases together here are my thoughts:

- Take some deep breaths
- Find a reason to smile behind the mask
- Practice patience
- Care for one another
- Hug your pets or yourself
- Appreciate fresh air and nature

I have watched the past month, the dedicated, hardworking staff and volunteers at Nifty Thrifty and the Pavilion, and the incredible work they all have done. I am proud to be able to serve your needs as members, and theirs as staff. Everyone seems to go above and beyond great customer service, and it shows.

I look forward to welcoming you back at our slow, but safe waltz.

Nancy

Please keep in mind that our regularly scheduled activities will resume once the Senior Center reopens fully and we are legally allowed to. Until then, we will be following this modified schedule. Masks required.

MONDAY

8:30-9:30 Tai Chi (ballroom)
 8:30-9:30 Cribbage (gloves)
 10:00-12:00 Line Dance
 10:00-12:00 Mexican Train (gloves)
 12:30-4:00 Pinochle (gloves)
 12:30-3:30 Art Workshop

TUESDAY

8:30-9:30 Cribbage (gloves)
 9:30-12:30 Machine Knitting
 10:00-done Senior Walkers
 12:00-3:00 Bridge (gloves)
 12:00-1:00 Tai Chi (ballroom)
 1:00-4:00 Charity Sewing
 1:00-4:00 Afternoon Socializing

WEDNESDAY

8:30-9:30 Tai Chi (ballroom)
 8:30-9:30 Cribbage (gloves)
 10:00-12:00 Mexican Train (gloves)
 10:00-12:00 Line Dance
 12:30-4:00 Pinochle (gloves)
 1:00-4:00 Hand & Foot (gloves)

THURSDAY

8:30-11:00 Morning Socializing
 8:30-9:30 Cribbage (gloves)
 9:00-11:00 EZ Crafters (sewing room)
 9:00-11:00 Joker's Rule (gloves)
 9:00-11:00 Woodcarvers
 9:00-11:00 Knit & Chat
 12:00-3:00 Bridge (gloves)
 12:30-2:30 Bingo (paper cards)
 1:00-3:30 Mahjong (gloves)
 1:00-4:00 Quilt Class

FRIDAY

8:30-9:30 Tai Chi (ballroom)
 8:30-9:30 Cribbage (gloves)
 10:00-12:00 Mexican Train (gloves)
 10:00-11:30 Line Dance
 12:00-3:00 Pinochle (gloves)

This schedule is temporary and takes into account the social distancing rules that we are required to follow.



Special Events on Temporary Hold

Friday Fun Night

Friday TBA 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

TBA 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.

Sunday Bingo

& Spaghetti Feed

TBA. Doors open at 11:00

Spaghetti Feed beginning at 11:30

Bingo played from 1:00 till 3:00ish

\$10 for 10 plays of shape bingo and three 50/50 games at \$5 per game.

Proceeds benefit the Greenhouse Fund and Mortgage Reduction Fund and Beyond

For Your Musical Enjoyment



John Schwennesen



Richard Shatto & Dennis Schosboek



Dan Washburn
Fills in where he can



Sarah Huey

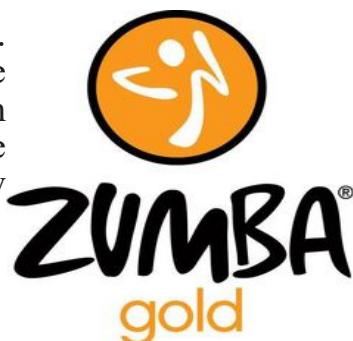
New to Medicare Free Presentation In Person Meetings are on Hold. Please call for a virtual appointment.

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. Call SHIBA at 1-800-562-6900 or 360-586-6181 ext.134 for an appointment.

SHIBA provides individual consultations by advance reservation. Call SHIBA at 360-586-6181 ext.134.

Coming Soon. Start dates to be announced

\$5 per class required. Punch card available from the teacher Sarah Martin. Open to the public once we know the start dates.



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

Please adhere to the new temporary schedule on page 6. We can not accommodate any activities not already on our schedule at this time.

Thank You

It is so hard to put into words the gratitude we feel during this turbulent time. These members and non-members have generously donated to us during this struggle. Because of these wonderful people we have weathered this season in much better shape than we were anticipating. List is alphabetical by first name. If we missed anyone we sincerely apologize.

Alice W., Allan H., Al L., Anita M., Ann D.,
Avis R., Barbara D., Barbara G.,
Bernice L., Bill B., Bill W., Billie and Clay L.,
Carolina H., Charlotte B., Claire V.,
Connie R., David S. Debra M.,
Dee and Richard S. Doris F., Dorothy H.,
Dorothy V., Dudley P, Estate of Nancy H.,
Estehr N, Eva H., Fran, Frank S., Gail S.,
Gale G., George and Paula B. of 5XL,
Hardware Distillery, Ina H., James B.,
James G., James V., Janeen M., Janna Y.,
Jerold D., Joyce E., Judith P., Karen B.,
Karin L., Kate M., Lois O., Lori S., Lucy F.,
Margaret L., Margaret W., Marilyn C.,
Marilyn O., Marlys S., Mary V.,
Michele and Bob K., Mikel Ann F.,
Norma K., Norton W., Pam C., Pat S.,
Patricia L., Peggy F., Peggy S.,
Priscilla Club of Cloquallum,
Raymond P., Reiko M., Ruth B., Sally J.,
Sandi B., Sandra B., Sara W., Sheryal B.,
Sheila S., Shirley S., Steven S., Susan C.,
Susan M B., Synnove P., Virginia B., Wyatt C.

We want to thank *Patti Vernie* for her many years of service. First, as manager of Nifty Thrifty, then last 3 years here as the Executive Director and now as our newest board member. Patti, your mom, Helen May would be proud. Enjoy your retirement, you deserve it!

Shelton Senior Center Walkers

"It's the friends we meet along the way that help us appreciate the journey."

Please consider joining the Shelton Senior Center Walkers group to enjoy nature, build strength, meet new friends and get more involved in life and our beautiful Northwest.

We walk/hike April through most of October. See the bulletin board at the Senior Center for walk details as walks do change weekly. Happy trails to you.

Want to go on an outing? We have some tickets!

The **Skyview Observatory** is on the 73rd floor of the Columbia Center in downtown Seattle.

The entire floor comprises the indoor observatory, offering a 360° panorama of Seattle – including Mt. Rainier and Mt. Baker!

We have 11 tickets...you can get all of them for your family and friends or just 1...or anything in between! These are open ended tickets that do not expire!

Ticket cost is \$20/each and are 'anytime' tickets – which means you do not need to schedule your trip with them.

Check website for timeframes and restrictions. Masks are required for entry into Columbia Center.

Spoiler Alert...the women's bathroom has great windows too and the men are always trying to sneak in!

.....
Exit Puzzle Escape Room gives you sleuthing opportunities!

This 70 minute experience in Olympia allows you to be immersed in mysteries and puzzles as you solve the questions in the thematically decorated rooms.

We have 8 tickets with no expiration date – which coincides with the number in the pre-scheduled groups!

For \$30/person, you will be given a confirmation code that can be used to redeem your time, which you will schedule with them.

This is a fun activity where you can prove you're as smart as you've always claimed!



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 the same packaged meal that Senior Services for South Sound prepares 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 Nancy or Val for information

Remittance Envelopes

Usually once a quarter in our newsletter mailing we include our Remittance Envelope for your convenience. We have included them in the last 3 newsletters asking for much needed support. While we were closed, Nifty Thrifty was also closed. 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. We will be including the envelopes in our mailings on a quarterly basis after we are open 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.

We Did It!

The MCSAC emergency food distribution has been a pretty successful program!

There are many ways to measure success...

If you measure it by how tired you were at the end of the day, it scores high. We have gained a whole new perspective and admiration for the hard work that our food banks do.

If you measure it by number of individuals involved, it scores high again. We had very faithful contributors who gave both groceries and money. We were then able to take that money and round out our supplies – we even were able to give out toilet paper each week!

If you measure success by the number of people we helped, we are ecstatic with those results! This program ran for 10 weeks and averaged 35-40 households each week, with approximately 60 people being fed each week!

If you measure success by the response, it was a heartwarming experience. We got messages from people who were crying because they got some canned fruit and had been craving it for ages. One woman told us that she only had \$8 for groceries and thought they wouldn't be able to eat that week. We also gave out bread and goodies from Safeway, and one young man got a cake that said 'Happy Birthday' - and it was his birthday that day!

Thank you to everyone who helped with this. We especially want to thank Dave Brown for coming every Thursday and working so hard – no matter what we asked him to do...and it's hard working in a mask!

Thanks again – you have all made a huge difference and are the reason MCSAC is such a great place!

Room Swap

During this downtime a lot has been happening behind the scenes. One of which is the Director's office and Senior Services offices swapped places. So if you need to see Senior Services, they are in the old Director's office and when you want to drop in and meet our new Director, Nancy, she is in the back office near the copiers.

Every Monday	Every Tuesday	Every Wednesday
8:30 Gentle Tai Chi 8:30 Cribbage 10-12 Beginning Line Dance 10-12 Mexican Train Dominoes 12:30 Pinochle (Int, Adv) 12:30 Art Workshop	8:30 Cribbage 9:30 Machine Knitting 10:00 Senior Center Walkers 12:00 Bridge 12:00 Gentle Tai Chi 1:00 Charity Sewing 1:00 Afternoon Socializing	8:30 Gentle Tai Chi 8:30 Cribbage 10-12 Beginning Line Dance 10-12 Mexican Train Dominoes 12:30 Pinochle (Int, Adv) 1:00 Beading Social 1:00 Hand & Foot Card Game
Monday	Tuesday	Wednesday
<p>The lunch menu for July is not ready at time of printing. We will have copies available once we reopen and also post it on our website.</p>		1
6	7 10:00 Walkers 1:00 Charity Sewing	8 Foot Care by Michelle 1:00 Beading Social
13	14 Foot Care by Michelle 9:30 Board Meeting 10:00 Walkers 1:00 Charity Sewing	15 12:00-1:00 Area Agency on Aging 1:00 Beading Social
20	21 10:00 Walkers 10:45 Member meeting 1:00 Charity Sewing	22 Foot Care by Michelle 12:30 Volunteer Appreciation 1:00 Beading Social
27 Priority Footwear	28 Foot Care by Michelle 10:00 Walkers 1:00 Charity Sewing	29 1:00 Reception Meeting

This schedule reflects our new temporary schedule. Not all activities will be the same or be held immediately. Please note time differences.

Activities		
Every Thursday	Every Friday	Every Weekend
8:30 Morning Socializing 8:30 Cribbage 9:00 EZ Crafters 9:00 Jokers Rule 9:00 Woodcarvers 9:00 Knit & Chat 12:00 Bridge 12:30-2:30 Bingo 1:00 Mahjong 1:00 Quilt Block of the Week Class	8:30 Gentle Tai Chi 8:30 Cribbage 10-12 Mexican Train Dominoes 10-11:30 Line Dance 12:00 Pinochle (begin/all) 1:00 MCSAA Goes to the Movies	
Thursday	Friday	Saturday/Sunday
2	3 Closed for Holiday	4/5
9 1:00 Beginning Quilting	10 Lunchtime Music: Richard Shatto & Dennis Schosboek 12:00 July Birthday	11/12
16 1:00 Beginning Quilting	17 Lunchtime Music: John Schwennesen	18/19
23 1:00 Beginning Quilting	24 Foot Care by Michelle Lunchtime Music: Sarah Huey	25/26
30 Foot Care by Michelle 1:00 Beginning Quilting	31	



Nifty Thrifty

July 2020



Sun	Mon	Tue	Wed	Thu	Fri	Sat
Sales color Yellow	Donations times and days vary please call for info	Yellow Tags 50% off	1 Regular priced Clothing 50% off	2 Shoes 50% off	3 Purses 25% off	4 Closed
5 Closed	6 MCSAA Members Receive 33% Off	7 Seniors & Military Receive 15% Off	8 Jewelry 25% off	9 Electronics 25% off	10 Plastic dishes 50% off	11 Kitchen Items 25% off
12 Closed	13 Books 50% off	14 Seniors & Military Receive 15% Off	15 Kitchen items 25% off	16 Knick Knacks 25 % off	17 White Tags 25% off	18 Regular Tag Clothing 50% off
19 Closed	20 Yellow Tags 75% off	21 Seniors & Military Receives 15% off	22 Kid clothes 25% off	23 Green tags 90% off	24 Linens 25% off	25 Linens 25% off
26 Closed	27 Yellow Tags 90% off	28 Seniors & Military Receive 15% Off	29 Knick Knack 25% off	30 Furniture 25% off	31 Furniture 25% off	We deliver furniture for a small fee
Closed	We pick up donations Call us at 360-427-0858	Make new friends, volunteer!	Nifty Thrifty is the major fund- ing source for the MCSAA	Recycle!!! Reuse !!! Repurpose!	Lots of books? Consider donating them to Nifty Thrifty.	Store Hours M-F 9:30-5:00 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.



Happy Birthday to All!

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 celebrations once they resume.

In July there are 85 member birthdays!



Since we couldn't have ***Danny Vernon's Illusion of Elvis*** perform this year we have rescheduled him to come and perform on Apr. 10, 2021. It also coincides with our 40th birthday. Tickets will be available with the receptionist.



This is Pam, she is one of our volunteer cashiers at Nifty Thrifty. She has gone above and beyond (especially lately) being here for us to cover the extra hours where we have been lacking volunteers. She has been amazing throughout this adventure and is extremely helpful and will do anything we ask of her. When I spoke with other volunteers about Pam, they said she is very pleasant to be around and she always has a smile on her face even under her mask. When Pam is not at Nifty she is an amazing gardener, who, when she has an abundance of flowers, brings them to Nifty for us to sell. Nifty Thrifty has been incredibly busy this last month and without volunteers like Pam we wouldn't be able to get half of what we do done. So when you see any of our volunteers, please say thanks.

The Spring Bazaar may have been cancelled but the vendors who signed up for it were given the chance to have their vendor fee applied to the Fall Holiday Bazaar. Most accepted this option and the Fall Bazaar looks like it will be a huge success. Fall Bazaar applications are available by emailing Director@mcsac.net and requesting the information.

Classes and Activities for Members

All classes subject to change. Please confirm with the receptionists

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 "Fisherman's Paradise"

Restart Date Aug.
tentatively, 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.



Friendly Reminder
Friday movies are
for *current* members only.

MCSAA at Shelton Cinemas *Members Only*
**Movies will begin again once the theater gives us
an opening date.**

**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.

Monday Art Workshop

Mondays, 12:30 to 3:30 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 12:30-3:30 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; 8:30 am T 12:00 pm

Line Dance: Beginners: M & W, 10:00 am – 12:00
pm; all skills Fri. 10:00 – 11:30 am.

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

**Weight Watchers: No scheduled meetings at
the time of this printing, on-line membership or
weekly fee applies.**

Please adhere to the new temporary
schedule on page 6. We can not
accommodate any activities not al-
ready on our schedule at this time.

Beading Social Wednesdays 1:00-3:00pm

Bingo Thurs. 12:30-3:30 pm. \$1.00 for three
cards. Game starts at 1:00 pm.

Bridge Tuesdays and Thursdays 12:00 pm

Chorus Taking a brief hiatus

Cribbage Monday-Friday, 8:30 am

EZ Crafters Thursday 9:00 am to 11 am

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 9:30-12:30pm

Mahjong Thursday, 1:00 pm Come learn.

Mexican Train Dominoes M, W, F 10:00 am

Open Sew/Charity Sewing Tue. 1:00-4:00 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

Quilt Class Thursday 1:00- 4:00 pm Come learn
quilting as you go techniques.
Class fee \$5 per week.

Woodcarvers Thursdays 9-11am

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 on the bulletin board in the sewing room. You can pay for your class ahead of time with the receptionist or during class.

Upcoming blocks/classes:

Texas Flower

How to Put "Quilt as You Go Blocks" Together

Mosaic #20

Crosses and Losses

Beading Social - Members Only

Wednesdays from 1-3pm in the Sewing Room we are having a beading social for members only. Bring your own project and supplies. Share your beading knowledge and design ideas with others. There is no charge for this class.

Kathy M. and her baby quilt made during one of our Tuesday sewing days. Look for it and others soon in the gift shop.



It's never too late to make new friends or join a group like our Thursday Crafters, Tuesday Sewing Group, or our new Woodcarving 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!

Woodcarving

The Shelton chapter of the Capital Woodcarvers Club is meeting at the Senior 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 so excited 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.

Charity Sewing and Knitting

Tuesdays from 1:00pm to 4:00 pm. We meet in the sewing room and work on sewn/knitted projects to sell in our Boutique, Bazaars or give to those in need (we have some ideas about the projects to give away.) 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.

Mask Making

Want to make a mask but don't know where to start? Penny has 3 different patterns for masks you can make. Patterns and help will be available during our charity sewing group on Tuesdays from 1:00 to 4:00 pm. Please email Penny for a supply list. bookkeeper@mcsac.net

Machine Knitting Class

Have you ever done machine knitting? Or wanted to try? MCSAC has machine knitting classes on Tuesdays from 9:30am-12:30pm in the MCSAC Sewing Room. Machines will be available for use during the class. Space is very limited, please sign up with reception.



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 and emails over 800 newsletters to its members and distributes another 500+ in the community. Advertising space is available to purchase in our newsletter, which also gives businesses the unique opportunity to give an informational presentation to our members during the year and to display business cards and/or brochures on our Sponsor Table.
- The balance of funds for ads that are canceled before the agreed upon time frame by sponsors will be considered a donation to the Senior Center.

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

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



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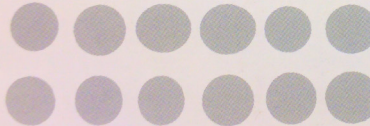
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Lodge 7:30 pm (Masons Only)

Ask 1



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unioncity27@gmail.com



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MASON COUNTY SENIOR ACTIVITIES ASSOCIATION



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



2020/2021 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
- Birthday listing in the Newsletter and recognition on the Birthday Board 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, its 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 its 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 | Your Ideas: _____ |
| <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) | |

**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 _____