

# Active Living



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

Mason County Senior Activities Center

June 2022

## Who Else Is Tired Of Rain?

Everyone hates a broken record, but just a reminder...If you feel sick please stay home. The Covid virus is very real and can happen to anyone. If we ask you to wear a mask, please wear it properly.

Our Internet and phones have now been updated. So when you come to the center, you will need to re-sign into our wifi connection.

We put additional sides on the carport so that there are no windows. Soon our vans should be back where they belong.

We planted blueberry bushes near the bus shelter. Hopefully in next few years we will have a bounty.

Every Saturday in June, the center has been rented. We are thrilled, as this is a huge fundraiser for us.

Nifty Thrifty will have its HVAC overhaul the week of June 6th. Please be patient when you shop that week. This is a much needed upgrade, and who doesn't want to be cool this summer when they shop?

Nifty Thrifty's box truck was repaired. To begin with it needed a new rear brake system and also a few minor repairs. Next it will need new tires, so donations are always appreciated.

One upcoming cosmetic update coming soon to our building in mid-June (on the back wall in the dining room) is new paint.

We did not win Non-Profit of the Year from the Chamber of Commerce; however we have a lot to be proud of. We will keep growing and doing more for the seniors of Mason County for years to come.

## Upcoming Events!!!

June 7 Bingo Trip to Muckleshoot  
 June 10 Friday Fun Night June  
 June 14 Board Meeting  
 June 15 Museum of Flight  
 June 20 Closed  
 June 21 General Meeting  
 June 29 Van Gogh Experience

## 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](mailto:info@mcsac.net) Web: [www.mcsac.net](http://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 Denise Frantz

### Receptionists:

Patt Matsen Denise Avery-Baeten  
Wendy Price

### Center Hosts:

Doris Fredin Shirley Schober

**Gift Shop:** Open

**Sunshine:** Open

**Van Drivers:** Clay Long, Glenn Harper, Bill Price

Gary Miner, Irene Garavito,

Mike Mosberger

**Newsletter and Layout:** Penny Wilson

### Editorial Committee:

Julie Whaley, Gale Glenn, Avis Ross,  
Patt Matsen, Steve Mutoli, Gary Miner,  
Dave Pierik, Linda Frizzell

**Photography:** Gale Glenn and Will Adams

**Mailing Team:** Gil Palmer, Bill Bezanson,

Mike Mosberger, Dorothy Calleja

**Distribution:** Nila LeGault, Reiko Mauer

Steve Mutoli, Doris Fredin

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

*Greatest needs right now:*

*Volunteer Dishwashers, Receptionist, Hostess*

## 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

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](mailto: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 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 VanWormer

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

Denise Miner

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](mailto:pavilion@mcsac.net).

## Meetings

### MCSAA Board Meeting

Tuesday, June 14th 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, they should make the request in writing and give the request directly to MCSAA Board President Gary Miner or 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

President Gary Miner  
Vice President Bill Bezanson  
Treasurer Marilyn Olson  
Secretary Patti Vernie  
Leona Osterman  
Synnove Pettersen  
Lori Shipman  
Sam Selby

### MCSAA General Membership Meeting

Tuesday June 21st at 9:30 am  
Dining Room

Followed by a Q&A session:  
**Ask Us Anything About Senior Living!**  
by Cyndy and Val of Alpine Way

The General Membership meeting for MCSAA is on the third Tuesday of each month at 9:30 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 items need to be voted on, this is when that happens.

### Front Entrance Bulletin Board

Remember if you want something posted on our front entrance 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, paper preferred  
6 inch paper plates

### 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!

## MCSAA at Shelton Cinemas Members Only

**Fridays, usually at 1:30 pm, but times may vary. Call the Center.**

Enjoy an afternoon of fun seeing first run movies. Current MCSAA membership is required. Prices: \$3.50 per person with advance payment before 11:00 am on Friday at the reception desk and \$4.00 at the cinema. Doors open at 1:15 pm. Please follow the rules of the cinemas.

### Inclement Weather and Closures

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 and 103.3 FM or Seattle TV stations for details.

Beyond the local news, we use two other forms of communication to let members know if we will be closed. We send out a robo-call, using our regular telephone number and a robo-text using the number 1-855-376-6215.

# 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 lunches are prepared by our kitchen staff and volunteers. Lunch is served Monday-Thursday at noon and Fridays at 11:30 am.

Suggested minimum donation is \$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.

## Haircuts by Tammy Mallery

We are scheduling appointments for the 2nd and 4th Wednesday of the month. Walk-ins welcome. Cost is \$13. Please arrive with clean hair.

## 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. The next meeting is June 8th.

## Zumba Gold with Sarah Martin

Tuesday and Thursdays 5:30-6:30 pm. \$5 per class. Punch card option available.

## Financial Fitness with Darrell McVea

Financial educator from Peninsula Credit Union. 1st and 3rd Monday of the month after lunch in the dining room.

## 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.

## Legal Aid Clinic

Contact Thurston County Legal Aid Clinic and get scheduled for a legal aid appointment. 360-705-8194 or 1-844-211-6916

**Abundance Table** — We are 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., June 16 from 11 am to 12:15 pm**

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

### "Welcome to Medicare"

**Wed., June 1** from 10 am to noon

**Tues., June 16** from 1 pm to 3 pm

**Thurs., June 21** from 10 am to Noon

To pre-register to reserve your Zoom webinar spot: [ThurstonMasonShiba.Volunteers@southsoundseniors.org](mailto: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 60 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 **Berenice (Bea) at Thurston County Food Bank** for information: **360-352-8597 x212.**

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

**We have applications for farmers markets vouchers. Please see the receptionist for the form.**



## May Birthday Celebrants



Thank you Alpine Way for providing the birthday cake and ice cream in May. It was so good!

Members, please 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 June, 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 or cupcakes and ice cream.

June has 47 member birthdays. Come help us celebrate them.



## Friday Fun Night

Friday June 10th from 6-9 pm at the Pavilion. Dance or listen to music provided by our own team (requests happily taken!) Socialize, eat, drink and be merry! Word is out that Friday Fun Night is the place to be. Limited bar and food available. 21+

**Donations are greatly appreciated.**

## MCSAC Community Cleanup Crew

Gale still has room for more volunteers to help clean up areas around Shelton. The city will provide a few grabbers, garbage bags and safety vests. Our next cleanup day will be Wed. June 8th at 1:00 pm. We will meet at the Senior Center and go from there.

Bring: sturdy work gloves, grabbers, a 5 gallon bucket, safety vest, bottled water and please wear sturdy shoes.



One thing we hear from visitors is that they are amazed that we offer so much for older active adults in our community. One huge difference between our senior center and others is that we are not city or government backed. We are private, which allows us certain freedoms to do more. However, we do rely on Nifty Thrifty as our major funding source. So, when donating please think of Nifty Thrifty and the Senior Center!





The Senior Center is so active you'd think it was summer already. Flowers are blooming, members playing games and exercising, Seniors Walkers have been to the Theler Center and Mima Mounds and our garden has been cleaned up and looks great for all the summer events.

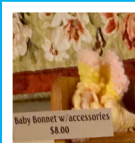




# Visit Our Gift Shop in the Reception Office



## Spring Sale



**25% OFF  
Gift Items  
Thru June!**



## Classes and Activities for Current Members

All classes subject to change. Please confirm with the receptionists

### CLASSES FOR MEMBERS

CLASS NAME	DAY	TIME	COST
<b>Sewing Circle/Open Sew</b> 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
<b>EZ Crafters</b> The crafters work on a variety of projects, many of which end up for sale in our annual bazaar. The crafters also do all of our table decorations. The laughter from their room can be infectious.	Thursday	9AM-12PM	\$1 donation
<b>Art Workshop</b> 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	12:30PM-3:30PM	\$1 donation
<b>Knit and Chat</b> 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
<b>Machine Knitting Class</b> 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-3PM	\$1 donation
<b>MCSAC Chorus</b> Come join our Chorus. Led by John Schwennesen, you will learn a variety of songs, old and new, in our relaxed setting.	Friday	12:30PM-1:25PM	\$1 donation
<b>Nifty Thrifty Book Club</b> Bring a book you finished and let's discuss it. Haven't read anything lately? Still come and get recommendations. Our vision for this club is more about the enjoyment of reading, not required reading. We will meet in the carpeted room at the Senior Center.	Last Thursday of the month	1PM-3PM	\$1 donation

### Matter of Balance?

We would like to continue to offer Matter of Balance classes but we need volunteers coaches. If you are interested please see Will, our Activities Director, for more information.



## Classes and Activities for Current Members

FITNESS FOR MEMBERS			
DESCRIPTION	DAY	TIME	COST
<b>Tai Chi:</b> 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
<b>Tai Chi: Zoom</b>	Wednesday Thursday	W 8:15-9:00 AM TH 10-10:45 AM	\$1 donation
<b>Tai Chi Slow Set:</b> At the Center	Friday	1:30 PM - 2:30 PM	\$2 donation
<b>Line Dance:</b> At the Center	Monday Wednesday Friday	9-11:00 AM	\$1 donation
<b>Line Dance: Advanced</b> at the Center	Tuesday Thursday	10 -11:30 AM	\$1 donation
<b>Yoga: Zoom</b>	Tuesday Thursday	8:30-9:15 AM	\$1 donation
<b>Yoga:</b> At the Center	Tuesday Thursday	8:30-9:15AM	\$1 donation
<b>Senior Walkers (April-October)</b>	Tuesday	10:00 AM	\$1 donation

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

Every Monday	Every Tuesday	Every Wednesday
<b>8:15 Cribbage</b> <b>8:15 Gentle Tai Chi</b> <b>9:00 Line Dance</b> <b>10:00 Mexican Train</b> <b>12:00 Lunch</b> <b>12:30 Pinochle—Intermediate</b> <b>12:30 Artists Workshop</b>	<b>8:15 Cribbage</b> <b>8:30 Zoom Yoga</b> <b>8:30 Yoga</b> <b>10:00 Line Dance—Advanced</b> <b>10:00 Senior Walkers</b> <b>11:00 Tai Chi</b> <b>12:30 Bridge</b> <b>12:00 Lunch</b> <b>1:00 Movie at the Senior Center</b> <b>5:30 Zumba with Sarah</b>	<b>8:15 Cribbage</b> <b>8:15 Gentle Tai Chi</b> <b>8:15 Zoom Tai Chi</b> <b>9:00 Line Dance</b> <b>10:00 Mexican Train</b> <b>12:00 Lunch</b> <b>12:30 Pinochle—Intermediate</b> <b>1:00 Hand &amp; Foot</b>
Monday	Tuesday	Wednesday
		1  Spaghetti with Meat Sauce
6  12:30 Financial Fitness  Salisbury Steak	7  9:30 Muckleshoot Bingo 10:00 Senior Walkers: Westport Beach or Trail Chicken Pot Pie	8  1:00 Parkinson's Support Group Hair Cuts  Teriyaki Chicken
13  Biscuits and Gravy	14  10:00 Board Meeting 10:00 Senior Walkers: Percival Landing Waterfront Tuna Casserole	15  9:00 Museum of Flight  Meatloaf
20  <b>Closed</b>	21  9:30 General Meeting 10:00 Senior Walkers: Staircase ONP Kitchen Choice	22  Hair Cuts  Beef Stew
27  Tamale Pie	28  10:00 Senior Walkers: McLane Creek  Soup and Salad	29  9:00 Van Gogh Experience  Turkey Pot Pie

# Activities

Every Thursday	Every Friday	Every Weekend
<b>8:15 Cribbage</b> <b>8:30 Zoom Yoga</b> <b>8:30 Yoga</b> <b>9:00 E-Z Crafters</b> <b>9:00 Joker's Rule</b> <b>9:30 Quilting</b> <b>10:00 Line Dance--Advanced</b> <b>10:00 Zoom Tai Chi</b> <b>10:00 Knit and Chat</b> <b>12:30 Bridge</b> <b>12:00 Machine Knitting</b> <b>12:00 Lunch</b> <b>1:00 Mahjong</b> <b>1:00 Thursday Bingo</b> <b>1:00 Senior Portraits</b> <b>5:30 Zumba with Sarah</b>	<b>8:15 Cribbage</b> <b>8:15 Gentle Tai Chi</b> <b>9:00 Line Dance</b> <b>10:00 Mexican Train</b> <b>10:00 Scrabble</b> <b>10:45 Tai Chi</b> <b>11:30 Lunch</b> <b>12:00 Pinochle--Beginning</b> <b>12:30 Chorus</b> <b>1:00 Senior Portraits</b> <b>1:30 Tai Chi Slow Set</b> <b>1:30 Friday Senior Movie</b>	1
Thursday	Friday	Saturday/Sunday
2	3	4/5
Swedish Meatballs	BBQ Chicken	
9	10	11/12
Mississippi Pot Roast	12:00 June Birthday Party 6:00 Friday Fun Night Sausage Pasta	
16	17	18/19
Shepherd's Pie	10:30 Newsletter Editing  Turkey Dinner	
23	24	25/26
Newsletter Folding Salad Bar	Pork Roast	
30		
1:00 Nifty Thrifty Book Club Lemon Pepper Fish		

## Proud Sponsor of our 2022 Tuesday In-House Movie

### Shelton-Mason County Journal

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**ON SALE IN RECEPTIONIST OFFICE**



## Senior Walkers June Schedule

We meet at 9:50am and leave promptly at **10 am**. Walks are always on Tuesdays. *Please see bulletin board for complete details.*

\$1 suggested Donation

- **June 7th--Westport Beach or Trail**, dogs ok, Discover Pass required, Walk as long as you'd like, then lunch in Westport. 1 ½ hr drive
- **June 14th--Percival Landing Waterfront** - Olympia, dogs ok, park at Farmers Market lot
- **June 21st--Staircase ONP**, National Parks Pass required, NO dogs, bring a sack lunch. Elevation, water crossing, moderate to hard
- **June 28th--McLane Creek- Capital State Forest**, Discover Pass required, dogs ok, easy, flat, 1.5 mile loop

## Senior Portraits

We are now setting appointments for individual Senior Portraits. Portraits are taken on Thursdays and Fridays after lunch only. A digital copy will be emailed for you to print and share with your family and friends. Just another benefit of membership.

Great for holiday cards and all occasions.

## Code of Conduct Reminder

*The purpose of the Code of Conduct is to promote an atmosphere of harmony and 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 and 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."



## Center Van Trips

**POLICY:** Non-Members may go on most Center Van Trips provided they travel with a friend or family relation who is a current MCSAC member and pay the non-member price. Up to 2 guests per member. Advance payment is required to reserve your place. Costs are per person and include round trip van transportation, admissions, or ticket unless otherwise noted. Most require a minimum of eight people or it may be canceled. (Meals are not included unless listed.) Please note: Within two weeks of travel, there is a minimum \$5 fee for canceling or changing van trip dates. Within 3 business days, costs for van or casino trips are non-refundable and non-transferable. Exceptions may be possible due to illness. ***All trips are scent free for consideration of participant allergies.*** A few small purchases held on your lap are allowed on trip. Contact our manager Penny with questions or consideration due to illness. **Make your reservations early as all trips have minimum participant numbers to operate and are subject to cancellation if minimums aren't met. Masks and/or proof of vaccination may be required at some locations.**

### June Trips



#### June 15th Museum of Flight

Leave MCSAC at 9:00 am  
Members \$48/Non-members \$53  
Includes Transportation and admission  
Lunch on your own at Famous Dave's Bar-B-Que



#### June 29th Van Gogh Experience--Seattle

Leave MCSAC at 9:00 am  
Members \$59/Non-members \$64  
Includes Transportation and admission  
Lunch on your own at By's



#### June 7th Bingo/Casino Trip to Muckleshoot

Leave MCSAC at 9:30 am  
Members \$20/Non-members \$25  
Transportation only  
Admission and Lunch on your own.

### July Trips



#### July 6th Bowling at Westside Lanes

Leave MCSAC @ 11:30 am  
Members \$20/Non-members \$25  
Includes transportation, shoe rental and two games. Lunch on your own.



#### July 13th Nordic History Museum--Ballard

Leave MCSAC at TBA  
Members \$49/Non-members \$54  
Includes transportations and admission.  
Lunch on your own.



#### July 27th Woodland Park Zoo

Leave MCSAC at TBA  
Members \$21/Non-members \$26  
Includes transportation and admission.  
Lunch on your own.

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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 at special events.

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.

## WHEN IT COMES TO MEDICARE YOU HAVE CHOICES

Let me help you find the right plan to fit your needs

Jeff Boothe  
 360-490-5771  
[jboothe511@yahoo.com](mailto:jboothe511@yahoo.com)  
 Independent Medicare Insurance Agent

Are you or a loved one enrolling in Medicare this year? Are you thinking about retiring? No matter your situation, I can answer your Medicare questions.

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 **UnitedHealthcare**  
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Cost \$13

Fish & Fries, Coleslaw & Drink

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Call Wayne or Pete

360-589-8040 360-229-3164

unioncity27@gmail.com

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1051 SE State Route 3

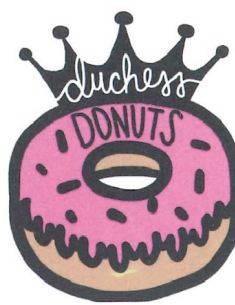
Suite E

Shelton, WA 98584

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karen.schade@edwardjones.com

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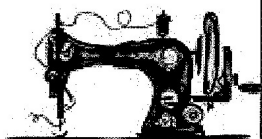
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MKT-5894M-A

**Guest Reminder**

Guests must 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.



## MASON COUNTY SENIOR ACTIVITIES ASSOCIATION



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



### 2022/2023 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 and non-refundable. 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 &amp; fill in any blanks that apply.

- ☐ Serve on the MCSAA Board
- ☐ Newsletter Publication
- ☐ Newsletter & Flyer distribution
- ☐ Newsletter folding, sealing & mailing
- ☐ Teaching Computer Classes: Beg/Inter or Adv
- ☐ Teach \_\_\_\_\_ Class (fill in your skill)
- ☐ Teach Genealogy Class
- ☐ Teach a Health/Diet/Nutrition Related Class
- ☐ Teach a writing class
- ☐ Teach a \_\_\_\_\_ exercise class
- ☐ Reception Desk (answering phones, taking money, trips, registering new members, computer use)
- ☐ Host (Make Coffee/tea/ maintain treats & utensils)
- ☐ Volunteer to help with Special events
- ☐ Cook/clean/prep for Special Events
- ☐ Decorate/Set up for Special Events
- ☐ Provide entertainment
- ☒ Bingo Caller/set-up/take down/Karaoke Host
- ☐ Potluck Help
- ☐ Decorate the Center for seasonal cheer
- ☐ Make Crafts to sell or decorate for our fundraisers
- ☐ Photography (take pictures at events and of Members)
- ☐ Trip Driver (must have clean driving record)

## Facility Management

- ☐ a. Electrical
- ☐ b. Plumbing
- ☐ c. Carpentry
- ☐ d. Handyman/Repairs
- ☐ e. Painting
- ☐ f. Janitorial
- ☐ g. Garden/Grounds

## Clerical/Secretarial

- ☐ a. Data Entry
- ☐ Are you computer literate? Y N
- ☐ b. General office help, filing shredding

## Miscellaneous

- ☐ a. Grant Writing
- ☐ b. Fundraising

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

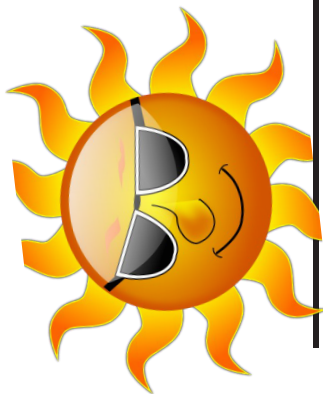
☐

Key Tag X

# June 2022

## Mason County Senior Activities Center Lunch Menu

Menu is subject to change  \$3 minimum suggested donation for seniors 50+		1 Spaghetti with Meat Sauce Green Salad Fruit	2 Swedish Meatballs Egg Noodles Vegetables Fruit	3 BBQ Chicken Scalloped Potatoes Mixed Vegetables Fruit
6 Salisbury Steak Mashed Potatoes and Gravy Mixed Vegetables Fruit	7 Chicken Pot Pie Mixed Vegetables Fruit	8 Teriyaki Chicken Rice Vegetables Fruit	9 Mississippi Pot Roast Mashed Potatoes and Gravy Mixed Vegetables Fruit	10 Sausage Pasta Green Salad Fruit
13 Biscuits and Gravy Mixed Vegetables Fruit	14 Tuna Casserole Mixed Vegetables Fruit	15 Meatloaf Mashed Potatoes Mixed Vegetables Fruit	16 Shepherd's Pie Green Salad Fruit	17 Turkey Dinner Mashed Potatoes and Gravy Fruit
20 Closed	21 Kitchen Choice	22 Beef Stew Green Salad Fruit	23 Salad Bar	24 Pork Roast Mashed Potatoes and Gravy Mixed Vegetables Fruit
27 Tamale Pie Green Salad Fruit	28 Soup and Salad Fruit	29 Turkey Pot Pie Green Beans Fruit	30 Lemon Pepper Fish Scalloped Potatoes Mixed Vegetables Fruit	



# June 2022



Sun	Mon	Tue	Wed	Thu	Fri	Sat
Closed	<b>Green tags this Month</b>	<b>Enjoy the Sun!</b>	1 Green tags 50% off	2 Furniture 25% off	3 White tags 25% off	4 White tags 25% off
5 Closed	6 MCSAA Members Receive 33% Off	7 Seniors & Military Receive 15% Off	8 Jewelry 25% off	9 Knickknacks 25% off	10 Lamps 50% off	11 Books 50% off
12 Closed	13 Books 50% off	14 Seniors & Military Receive 15% Off	15 Kitchen items 25% off	16 Everything 25% off	17 Shoes 25% off	18 Artwork 25% off
19 Closed	20 Green tags 75% off	21 Seniors & Military Receive 15% Off	22 Electronics 25% off	23 Dish Sets 25% off	24 Linens 25% off	25 Green Tags 90 % off
26 Closed	27 Books 50% off	28 Seniors & Military Receive 15% Off	29 Regular clothing 50% off	30 Regular clothing 50% off	Summer items are out Swimwear and shorts	Call us about donations hours and times 360-427-0858
Closed	<b>Green Tags this month!</b>	Make new friends, volunteer!	We are always looking for jewelry.	Recycle!!! Reuse !!! Repurpose!	Bring on the sunshine and good times !	Store Hours M-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.