

Active Living



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

Mason County Senior Activities Association

501(c)3 Non-profit

June 2023

Association News:

After the fire Michelle was contacted by the EDC about a disaster (human or natural caused) relief grant. She sent the information to Penny, the grant paperwork was submitted before the deadline and the association was awarded a sizable grant. The grant has very strict limits on what it can be spent on but you will see needed repairs to both buildings and some improvement coming. The board is incredibly happy at the work both Michelle and Penny are doing for the association.

Gary Miner has resigned from his board position, and Clay Long was appointed to the board for the duration of this year and voted in as our President.

Before Gary resigned he asked, "Why don't we have a Facebook group?" Now in addition to our Facebook page we have a Facebook group, Mason County Senior Activities Association Members. Please look for our group and join. See page 9 for more information.

Senior Center News:

New classes are starting, the flower beds are being tended and we are seeing faces old and new. Some not so noticeable repairs are getting started. Not much else we could ask for, except volunteers.

Nifty Thrifty News:

Repairs from the fire are completed. The next major repair will be the parking lot. Once repair commences, we will need to close the parking lot for a few days. We are hoping to schedule this in June. This will require the patience of our shoppers, but in the long run it will be great.

Donations drop offs should not be effected and are always appreciated.

Upcoming Events!!!

June 8 June Birthday
 June 9 Friday Fun Night
 June 10 Out to Lunch Bunch
 June 13 Board Meeting
 June 13 Tacoma Rainiers Game
 June 19 Closed
 June 20 General Meeting
 June 22 Volunteer Ice Cream Social
 June 23 Pioneer Farm Museum Trip
 June 24 Pirate Festival Trip

Center Holiday Closures 2023

January 2	New Year's Day
January 16	MLK Day
February 20	President's Day
May 29	Memorial Day
June 19	Juneteenth
July 4	Independence Day
September 4	Labor Day
November 10	Veterans' Day
November 23-24	Thanksgiving
December 25	Christmas

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Mason County Senior Activities Association

Annual membership dues are \$50

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 Director: Penny Wilson

Activities Coordinator: Teresa Sanders

Bookkeeper/Volunteer Coordinator: Alex Banks

Kitchen Manager: Debra del Bosque

Kitchen Volunteers:

Judy Siegel Denise Murchison

Receptionists:

Denise Avery-Baeten Wendy Price

Carla Trantum Stacey Dickinson

Center Hosts:

Doris Fredin Shirley Schober

Gift Shop: Open

Sunshine: Open

Van Drivers: Glenn Harper, Bill Price, Gary Miner,

Mike Mosberger, Mat Taylor, Gil Palmer

Ava Taylor, Wayne Souza

Newsletter and Layout: Penny Wilson

Editorial Committee:

Gale Glenn, Avis Ross, Steve Mutoli,

Dave Pierik

Photography: Gale Glenn and staff

Mailing Team: Gil Palmer, Bill Bezanson,

Mike Mosberger, Dorothy Harper

Distribution: Reiko Mauer, Steve Mutoli,

Doris Fredin

The Senior Center is always looking for volunteers.

If you are interested, please see Alex Banks, our

Volunteer Coordinator.

Greatest needs right now:

Volunteer Drivers, and Hostesses, Back Up Receptionist

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 2023/2024 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 Hours Vary

**Please call to see if we are accepting donations that
day. Each day varies. We fill up fast!**

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

Rachel Sedlaek

Reda Keller

Ruth Coots

Vivian Bentkowski

Marilyn Olson

Rich Sawyers

Cheral Cowsert

Wayne Souza

Denise Miner

John Skans

Additional volunteers are always needed.

Call Michelle at 360-427-0858 to volunteer.

This institution is an equal opportunity employer.

2023 Membership Bonuses

Nifty Thrifty Discount

In store, receive 20% off regular priced items of \$5 or more with some exceptions. Your 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.

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.

Meetings

MCSAA Board Meeting

Tuesday, June 13th 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, they should make the request in writing (mail or email) and give the request directly to MCSAA Board President Clay Long or Senior Center Director 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 2023 Board

Clay Long, President

Bill Bezanson, Vice President

Synnove Pettersen, Treasurer

Lori Shipman, Secretary

Leona Osterman

Marilyn Olson

Patti Vernie

Irene Garavito

**MCSAA General Membership Meeting
Tuesday June 20th at 9:30 am**

**Speaker: Darrell McVea from PCFCU
SCAMS ON SENIORS**

The General Membership meeting for MCSAA is on the third Tuesday of each month at **9:30 am**. All members in good standing and current paid membership are invited to the general meeting. As always it is incredibly important to attend.

Front Entrance Bulletin Board

Remember if you want something posted on our front entrance bulletin board, you **MUST** give it to the Teresa or Penny.

Center and Nifty Thrifty Wish List

We would greatly appreciate donations of:

Senior Center needs:

Disposable Coffee Cups, paper preferred

Decaf Coffee

Napkins

6 inch paper plates



Nifty Thrifty needs:

Clear Packing Tape

1" Masking Tape

Large Padded Envelopes

Plastic Grocery Bags

Bubble Wrap

Regular Coffee

Sugar and Creamer

Large Black Garbage Bags

Above is the QR code for our Amazon wish list. If you don't know how to use a QR code., the staff at the center can help.

Thank you very much for your donations!

MCSAA at Shelton Cinemas

Members Only

Fridays, usually start 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.

Tuesday Movie at the Senior Center

The Senior Center presents a film very Tuesday afternoon, at **1pm**. Please see the bulletin board for the flyer.

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 you may also receive a robo-call from the center or text from 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 \$4 per meal for seniors 50 and older.

Lunches are \$8 per meal for persons under 50.

Meals are open to the public but rules of the building will be strictly enforced. Donations and grants are our only funding sources for this program.

Prepaid Lunch Tickets

Did you know that the front office has prepaid lunch donation tickets? Our tickets are business card sized and are convenient for those who don't like to carry cash. The tickets are \$4 each. Instead of donating before lunch, you just use the card.

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 14th.

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 15 from 11 am to 12:15 pm

Free Zoom Presentations. Choose *one* of these available appointment times:
"Welcome to Medicare"

Wed., June 7 from 10 am to noon

Tues., June 13 from 1 pm to 3 pm

Thurs., June 15 from 10 am to Noon

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.

Financial Fitness with Darrell McVea

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

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

Haircuts by Tammy

We are scheduling appointments for the 2nd and 4th Wednesday of the month. Walk-ins welcome but if there are no appointments scheduled after lunch Tammy leaves. Cost is \$13. Please arrive with clean hair.

Services for All Seniors Continued

Massage by Jessica Sullivan

Appointments can be made with her at 813-956-4138. Her rate is \$1 per minute with a 30 minute minimum. Jessica is board certified in Therapeutic Massage and Body work. Please see the bulletin board for more information.

Loud Crowd

The LOUD Crowd provides accountability and education through group sessions where "SPEAK OUT!" exercises are performed. Participants practice speaking with intent. As an added bonus, this maintenance program promotes camaraderie and provides support and encouragement. This group meets the 1st and 3rd Tuesday of the month in the meeting room at 12:30 pm.

Notary Service --Time Change

One of our sponsors Crown Sign and Seal will be here once a month to notarize. Cost will be \$10 per appointment. They will be here on the 2nd Wednesday of the month from 10:30 am to 12:30pm. You must bring current valid ID. There is no time like the present to get your paperwork in order. Next date is June 10th. To make an appointment please call the Senior Center at 360-426-7374. Walk-ins are welcome.

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.

Zumba Gold with Sarah Martin

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

LMT-Area Agency on Aging

June 27 11:00am to 12:30pm, Brandon will be available to answer questions and provide assistance, referrals, and guidance to services available to seniors in Mason county.

May Birthday Celebrants



Members, please come celebrate your birthday at the Senior Center on **THURSDAY June 8th at 12:30PM**

At noon before the party, current members with a birthday during the month of June are welcome to a complementary lunch. Bring your current membership card and photo ID. (\$4 suggested donation for everyone else.)

After lunch we celebrate you. Enjoy a delicious birthday cake and ice cream very generously donated by Walmart.

June has 44 member birthdays.



Birthday Celebration on the 2nd Thursday of the month at 12:30 after lunch.

**Mason County Senior Activities
Association “FUN”draisers
Open to the public 21+**

Friday Fun Night

Friday June 9th 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! Don't want to dance? Come play cards! We even have a Dungeons and Dragons group that meets here.

Friday Fun Night is definitely the place to be for couples dancing, line dancing and an all around good time. Bring your friends, members or not!

Limited bar (wine, beer and soda) and food (pizza) available. 21+

Donations at the door are greatly appreciated. All proceeds benefit the Senior Center. We can't wait to see you at our next Friday Fun Night.

We'd love to see more volunteers, especially in the kitchen. Please leave your name with the receptionist if you are interested.

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 6th--Oakland Bay County Park**, No dogs
- **June 13th--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 20th--Percival Landing Waterfront** - Olympia, dogs ok, park at Farmers Market lot
- **June 27st--Staircase ONP**, National Parks Pass required, NO dogs, bring a sack lunch. Elevation, water crossing, moderate to hard

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 MCSAA 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 Director 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.** We do accept credit cards at trip sign up. You will be temperature checked before we leave the center.

June Trips

June 10 Out To Lunch Bunch Trip

Leaves MCSAC at 11:00am

Taylor Station

Once a month, on a Saturday, we will be going to lunch in within 30 miles of Shelton. Cost to reserve your seat in the van is \$7. Cost to drive yourself \$2. Lunch on your own. Limited 9 people in the van

June 13 Tacoma Rainiers

Leave MCSAC at 9am

Members \$40/Non-members \$45

Includes transportation, entrance, hot dog and beverage

June 23 Pioneer Farm Museum

Leave MCSAC at 9am

Members \$35/Non-members \$40

Walking Trip

Pack a sack lunch

June 24th Pirate Festival in Westport

Leave MCSAC at 8:30 am

Members \$23/Non-members \$28

Includes transportation. Bring money for lunch and shopping

Trips are a great way to see places with your friends and not have to drive!

Bowling Trips will return after the Walkers season is over.

July Trips

July 6 Nordic History Museum and Ballard Locks

Leave MCSAC at 9am

Members \$35/Non-members \$40

Walking Trip

Bring Lunch money

July 15 Out To Lunch Bunch Trip

Leaves MCSAC at 11:00am

Location to be determined

Once a month, on a Saturday, we will be going to lunch in within 30 miles of Shelton. Cost to reserve your seat in the van is \$7. Cost to drive yourself \$2. Lunch on your own. Limited 9 people in the van.

July 21 Lavender Festival in Sequim

Leave MCSAC at 9am

Members \$25/Non-members \$30

Walking Trip

Bring money for lunch and shopping

Upcoming trips

8/4 Woodland Park Zoo

8/16 Lady Alderbrook Cruise

8/23 Kite Festival in Long Beach

8/26 Garlic Festival

9/1 Puyallup Fair

Why Should I Pay For A Notary?

In this day and age, there are several documents that we sign that require a notary. Most people are sure that their banks offer free notary services. But something that you may not know is that not all banks will notarize all documents. Due to possible conflict of interest or bank policy, some banks will not notarize wills, financial power of attorney documents, transfer of funds, or many other documents.

Often, documents are time sensitive and so you rush to the bank only to find out that they won't notarize the document that you present. That's when a mobile notary can benefit you. Mobile notaries can notarize all documents.

The good news is that mobile notary service is available in Mason County. But of course, there are fees associated with their services. We recommend that if you do have documents that requires notarization that you contact your bank first and if they are unable to assist you, then contact a mobile notary service.

Crown Sign and Seal, one of our sponsors, is a mobile notary service, who is currently providing services at the Senior Center on the second Wednesday of each month. They are taking appointments between 10:00 A.M. and 12:30 P.M. They are only charging \$10 per appointment (no matter how many notarizations that you may need). Normally, their fees include a trip charge and "per notary stamp fee". So this is quite a savings for a needed service. Call the Senior Center to schedule an appointment. 360-426-7374.

Abundance Table

Recently we have had a lot of items placed on the abundance table that do not belong there.

If you have items of clothing, kitchen items, shoes or something else that could be sold at Nifty Thrifty, please donate there.

We have also had many items that just need to go into the garbage. Opened food or vitamins should not be put on our table.

As the table is not a place to store your purse during line dancing. We are not responsible for stolen or lost items.

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 14th 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.



Senior Center Volunteer of the Month

When you come into the senior center and are volunteering please check in at the kiosk. Not only will we be able to see who has checked in but it will allow us to run a raffle to chose our volunteer of the month. We plan to announce the winner at our general meeting every month.

Our June volunteer of the month is:

ROBYN NAVAL who teaches line dancing. We thank her for all the time she puts into our senior center.

Nifty Thrifty's volunteer of the month for June is:

JOHN SKANS who stocks the shelves and jumps in to help whenever and wherever he is needed.

Boxing

JR is taking a hiatus until mid-July/August.

We will continue to have an informal class every Monday until he is back. There is also plans to add an additional class per week for more practice.

We Have A Facebook Group

We have had a Facebook page for many years. It is a great way to find out information but it is not a great way to connect with all the members of the association. One suggestion was that we start a group.

Groups are a place to connect, learn and share with people who have similar interests. You can create or join a group for anything — stargazing, baking, parenting — with people across the globe or across the street. Groups can be public or private.

Our group is for our members. Share pictures, ideas, sell things, see upcoming events. We want it to be a community outside of the center. Our group name is MASON COUNTY SENIOR ACTIVITIES ASSOCIATION MEMBERS.

We look forward to seeing you.

SPEED LIMIT

Slow down and follow the traffic arrows in our parking lot. The speed limit through Bruce Titus Ford and in our parking lot is 10 mph. We have had too many close calls and don't want to see anyone get hurt.

SPEED LIMIT AT NIFTY THRIFTY

Nifty Thrifty's back alley is not a freeway. When making donations please drive slow. Too many times our employees have had to jump out of the way of moving cars.



SENIOR DRIVERS ED?????

Why would I want to take drivers ed? The simple answer is that you may be able to get a discount on your car insurance for the next two years.

Gerald Apple, A former SHS teacher, from WTSEA (Washington Traffic Safety Education Association) will be here on September 20 to teach the class.

Cost of the class is \$20 and will include lunch. Class starts at 9:30 am and runs until 4 pm

This class is open to the public.



Volunteer Ice Cream Social

You are what makes the Senior Center a wonderful place! We want to celebrate our volunteers who give so tirelessly. Who doesn't love an ice cream sundae bar. Every 4th Thursday at 12:30 in the MCSAC dining room.

Please attend!

Nifty Thrifty Closure

Nifty Thrifty will be closed from 1:30 pm to 3:30 pm on June 3rd to attend the funeral of one of their volunteers, who recently passed away.

Hula Hooping with Angie is Back!

Starting June 1st on Thursdays from 8:30-9:30am. We are limiting the class to 10 people at this time due to space so sign up soon. We have a few Hula Hoops for you to use if you don't have one.

Come join our fun class

2023 June		
Every Monday	Every Tuesday	Every Wednesday
8:15 Cribbage 8:15 Gentle Tai Chi 9:00 Line Dance 10:00 Mexican Train 10:30 Boxing 10:30 Line Dance 101 Beginners 12:00 Lunch 12:30 Pinochle--Intermediate 12:30 Artists Workshop	8:15 Cribbage 8:30 Zoom Yoga 8:30 Yoga* 10:00 Line Dance--Advanced 10:00 Senior Walkers 11:00 Tai Chi 12:00 Lunch 12:30 Bridge 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 Crafting with Teresa (1st Wednesday of the month) 10:00 Mexican Train 12:00 Lunch 12:30 Pinochle--Intermediate 1:00 Hand & Foot
Monday	Tuesday	Wednesday
5	6	7
Tamale Pie	10:00 Walkers: Oakland Bay County Park 12:30 Loud Crowd Baked Fish	Shepherd's Pie
12	13	14
Spaghetti and Meatballs	9:00 Tacoma Rainiers Trip 9:30 Board Meeting 10:00 Walkers: Westport Beach or Trail Chicken Pot Pie	Haircuts 1:00 Parkinson's Support Group 1:00 Clean Up Crew Salisbury Steak
19	20	21
Closed	9:30 General Meeting 10:00 Walkers: Percival Landing Waterfront 12:30 Loud Crowd Soup and Salad	Baked Chicken
26	27	28
Chili and Cornbread	Newsletter Folding 10:00 Walkers: Staircase ONP Sloppy Joe's	Haircuts Salad Bar

Senior Center Activities					
Every Thursday		Every Friday		Every Weekend	
8:15 Cribbage 8:30 Yoga and Zoom Yoga 8:30 Hula Hoop Class 9:00 E-Z Crafters 9:00 Quilting/Sewing 10:00 Line Dance--Advanced 10:00 Zoom Tai Chi 10:00 Knit and Chat 12:00 Lunch 12:30 Bridge 1:00 Machine Knitting 1:00 Mahjong 1:00 Thursday Bingo 1:30 Beginning Slow Set 5:30 Zumba with Sarah		8:15 Cribbage 8:15 Gentle Tai Chi 9:00 Line Dance 10:00 Mexican Train 10:00 Scrabble 10:45 Tai Chi 11:30 Lunch 12:00 Pinochle--Beginning 12:30 Chorus 1:30 Tai Chi Slow Set 1:30 Friday Senior Movie		<i>Any major changes to our schedule will be posted on our Facebook page.</i>	
Thursday		Friday		Saturday/Sunday	
1 Chicken Wings		2 Biscuits and Gravy		3/4	
8 10:30 Family Story Writing 12:00 June Birthday Party Tuna Casserole		9 6:00 Friday Fun Night Swedish Meatballs		10/11 Out to Lunch Bunch	
15 BBQ Chicken		16 10:30 Newsletter Editing Turkey Dinner		17/18	
22 10:30 Family Story Writing 12:30 Volunteer Ice Cream Social Lasagna Casserole		23 9:00 Pioneer Farm Museum Trip Teriyaki Chicken		24/25 9:00 Pirate Festival Trip	
29 Meatloaf		30 Sausage and Pasta			

Classes and Activities for Current Members

All classes subject to change. Please confirm with the receptionists

CLASSES FOR MEMBERS

CLASS NAME	DAY	TIME	COST
Quilting/Sewing Class There small projects to be made for sale in our gift shop and bazaars as well as general quilting.	Thursday	9:00AM-12PM	\$1 donation
EZ Crafters The crafters work on a variety of projects, many of which end up for sale in our annual bazaar or table decorations.	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.	Monday	12:30PM-3:30PM	\$1 donation
Crafting with Teresa Every month Teresa will have a craft for you to create something great. All supplies will be provided.	1st Wed. of the month	10AM-12:00 PM	\$5 donation
Knit and Chat Come sit around the table; knit, chat and share all the projects.	Thursday	10AM-12PM	\$1 donation
Machine Knitting Class Have you ever done machine knitting? Or wanted to try? In the MCSAC Sewing Room.	Thursday	12PM-3PM	\$1 donation
MCSAC Chorus Come join our Chorus. Led by John Schwenneesen,	Friday	12:30PM-1:25PM	\$1 donation
Family Story Writing Has your family been bugging you for stories. Start putting them down on paper.	2nd and 4th Thursday	10:30AM-Noon	\$1 donation
Intermediate Pastels With Annie Learn pastels with our very own Annie Jones. This class will go beyond what was learned in beginning Pastels. This class is for 2 weeks and include all supplies.	Returning this fall		
Community Clean Up Crew Our crew meets quarterly to pick up trash in Shelton. These volunteers do a great job for our community. March 8 and June 14, September 13, December 13	Wednesday June 14	1PM	
Machine Embroidery We were luckily donated an embroidery machine. To use our machine you will need training. Please make an appointment with Penny to learn how to use our machine. Fees will go into a maintenance fund to have our machines professionally serviced regularly	Monday or Friday by appt. only for training		\$20 for 1 on 1 training; then \$2.00 per hour for use.

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
Tai Chi Slow Set: Intermediate	Friday	1:30 PM - 2:30 PM	\$2 donation
Tai Chi Slow Set: Beginners (\$5 sign up fee). Limited to 6 students	Thurs	1:30 PM - 2:30 PM	\$2 donation
Line Dance: 101 Beginning Learn the basic steps that are used in our dances.	Monday	10:30-11:15 AM	\$1 donation
Line Dance:	Monday Wednesday Friday	9-10:30 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 No Contact Boxing informal class	Monday	10:30AM -12PM	\$1 donation
Hula Hoop Limited class size	Thurs	8:30AM - 9:30AM	\$1 donation

GAMES FOR MEMBERS

DESCRIPTION	DAY	TIME	COST
Bingo	Thursday	1:00 PM	\$1 for 3 cards
Bridge	Tuesday Thursday	12:30 PM	\$1 donation
Cribbage	Daily	8:15AM	\$1 donation
Hand & Foot	Wednesday	1 PM	\$1 donation
Mahjong	Wednesday	1 PM	\$1 donation
Mexican Train Dominoes	Monday Wednesday Friday	10AM	\$1 donation
Pinochle (Beginning)	Friday	12 PM	\$3 donation
Pinochle (Intermediate/Advanced)	Monday Wednesday	12:30PM	\$3 donation
Scrabble	Friday	10 AM	\$1 donation



Assisted Living
Home Care
Adult Day Health
Memory Care
Respite Care
Travel to Medical Appointments
Overnight Care
Ambulation Assistance
Mobility Assistance
Domestic Chores
Dementia Care
And More

Contact Information
Phone: 360-277-0636
Email: Support@haveninallyn.com
Address:
180 E Wheelwright St
Allyn, WA 98584
Open 7 days a week,
please call for appointment.

We are vastly different from other places due to our qualified team of RN's, LPNs, and caregivers. They are available 24 hours a day, 7 days a week, allowing the Haven the ability to meet the needs of our clients and their families.



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Shelton, WA 98584-5021
360-426-0982

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MKT-5894M-A

Guest Reminder

Guests must register on the kiosk as a new user so we know who is in the building. You may be a guest twice before you are required to join to participate in activities.

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 Director at director@mcsac.net or 360-426-7374 for more information about the benefits of becoming one of our corporate sponsors.

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Our corporate sponsors are also featured on the Corporate Sponsor page on our website. <https://www.mcsac.net/corporate-sponsors.html>

Our newsletter is distributed monthly in the mail, by email, around Shelton and various locations in the county.

We publish once a month.

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Probates-Wills-Powers of Attorneys-
Deeds-Foreclosures

Julie Cook
Attorney at Law

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



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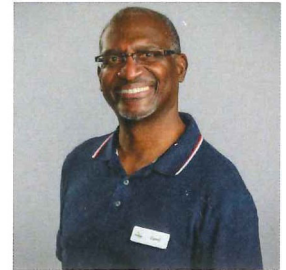
Fish Fry *Public*
Fri. June 16th 4pm-Sold Out *Welcome*
Cost \$13
Fish & Fries, Coleslaw & Drink



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Call Wayne or Pete
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unioncity27@gmail.com



Darrell McVea
Community Financial Educator
360.426.1601 x3184
dmcvea@pcfcu.org



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help you get ready for that next moment.



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MKT-5894N-A

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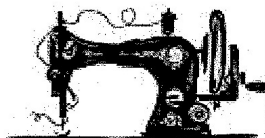
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MASON COUNTY SENIOR ACTIVITIES ASSOCIATION



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



2023/2024 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 \$50 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: ____/____/____ 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 ☐

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**

Gender* ☐ **Male** ☐ **Female** ☐ **Prefer not to answer/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

☐

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.

- ☐ 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

Senior Center Menu June 2023

			1 Chicken Wings Baked Beans Coleslaw Fruit	2 Biscuits and Gravy Mixed Vegetables Fruit
5 Tamale Pie Green Salad Fruit	6 Baked Fish Scalloped Potatoes Mixed Vegetables Fruit	7 Shepherd's Pie Salad Fruit	8 Tuna Casserole Green Salad Fruit	9 Swedish Meatballs Mashed Potatoes Mixed Vegetables Fruit
12 Spaghetti and Meatballs Salad Fruit	13 Chicken Pot Pie Mixed Vegetables Fruit	14 Salisbury Steak Mashed Potatoes and Gravy Mixed Vegetables Fruit	15 BBQ Chicken Scalloped Potatoes Mixed Vegetables Fruit	16 Turkey Dinner
19 Closed	20 Soup and Salad Fruit	21 Baked Chicken Mashed Potatoes and Gravy Mixed Vegetables Fruit	22 Lasagna Casserole Green Salad Fruit	23 Teriyaki Chicken Steamed Rice Mixed Vegetables Fruit
26 Chili and Corn Bread Salad Fruit	27 Sloppy Joes Coleslaw Fruit	28 Salad Bar	29 Meatloaf Mashed Potatoes and Gravy Mixed Vegetables Fruit	30 Sausage and Pasta Green Salad Fruit

\$4 suggested donation for seniors 50+, \$8 for guests under 50

Mon-Thurs Noon-12:30 and Fri 11:30-noon



June 2023



Sun	Mon	Tue	Wed	Thu	Fri	Sat
<i>Sales Color Green</i>	Nifty Thrifty is the major funding source for the MCSAA!	Store Hours M-S 9:30-5:00 Closed Sunday	Support the Senior Center!	1 Green tags 50% off	2 Regular Clothing 50% off	3 Closed from 1:30 pm to 3:30 pm for a funeral.. Regular Clothing 50% off
4 Closed	5 Lamps 25 % off	6 Seniors & Military Receive 15% Off	7 Artwork 25% off	8 Purses 25% off	9 Furniture 25% off	10 Kitchen items 25% off
11 Closed	12 Books 50% off	13 Seniors & Military Receive 15% Off	14 Shoes 50% off	15 Electronics 25% off	16 MCSSA members receive 33% off	17 White Tag 25% off
18 Closed	19 Green Tags 75% off	20 Senior & Military Receive 15% off	21 Electronics 25% off	22 Regular Clothing 50 % off	23 Knick Knacks 25% off	24 Crafts 25% off
25 Closed	26 Green Tags 90% off	27 Senior & Military Receive 15% off	28 Linens 25% off	29 Books 25% off	30 Kids Clothing 25% off	

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.