

Active Living



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

Mason County Senior Activities Center

March 2019

Thank you Ruth Vivian Chambers for the donation!

We would like to thank the Estate of Ruth Vivian Chambers and her daughter, Cheryl Frederickson, for the gift of \$286.45. Ruth wanted any extra money in her account from the Shelton High School class of '45 to come to the Senior Center after her death. We are so pleased to receive this gift and wish to thank Ruth's class, family and also to give the family our condolences.

Mason General Hospital is partnering with LMTAAA and the Mason County Senior Center in Shelton, to start providing A Matter of Balance classes this spring "This program is supported by Lewis-Mason-Thurston Agency on Aging with Older Americans Act funding." The evidenced based program is also known as AMOB.

Many older adults experience a fear of falling. People who develop this fear often limit their activities, which can result in physical weakness, making the risk of falling even greater. A Matter of Balance is a program designed to reduce the fear of falling and increase activity levels among older adults. It includes 8 two-hour sessions for a small group of 8-12 participants led by a trained facilitator. This nationally recognized program was developed at the Roybal Center at Boston University.

Who should attend?

- The program is designed to benefit older adults who:
- Are concerned about falls
- Have sustained falls in the past
- Restrict activities because of concerns about falling
- Are interested in improving flexibility, balance and strength
- Are age 60 or older, community-dwelling and able to problem solve

What do participants learn?

The program enables participants to: achieve significant goals. They gain confidence by learning to

- View falls as controllable
- Set goals for increasing activity
- Make changes to reduce fall risk at home
- Exercise to increase strength and balance

The lay leader coach training for this program will take place at MGH Wednesday and Friday March 13th and 15th from 8 AM to noon. Please contact Patti for information about this program and information on becoming a lay leader coach. We have 2 lay trainers and need 4 more.

The classes will begin on April 17th at the Senior Center. They will continue once a week on Wednesdays from 10 AM to noon through June 5th.

The cost of the program is \$10 and is open for members and non-members. The program will repeat quarterly; we will post future class dates once they are set. This program is supported by Lewis-Mason-Thurston Area Agency on Aging with Older Americans Act Funding.

Upcoming Events!!!

Mar. 1 Sewing and Stitchery Expo
 Mar. 4 Nutrition Class
 Mar. 8 Evolution Massage
 Mar. 8 Friday Fun Night
 Mar. 8 Spirited Art
 Mar. 11 Nutrition Class
 Mar. 12 Paper Crafting 101
 Mar. 13 Alcohol Ink Class
 Mar. 13 Lucky Eagle Casino
 Mar. 14 Grant School Trip
 Mar. 15 Memory Loss Seminar
 Mar. 16 Pinochle Tournament
 Mar. 18 Nutrition Class
 Mar. 22 Evolution Massage
 Mar. 25 Nutrition Class
 Mar. 29 Bingo Karaoke
 Mar. 31 Harstine Island
 Apr. 6 Spring Bazaar
 Apr. 10 Tacoma Art Museum
 Apr. 13 Spring Style Show
 Apr. 20 Westport Crab Festival
 Apr. 25 Skagit Valley Tulip Festival

Center Holidays

2019

January 1	New Year's Day
January 21	MLK Day
February 18	Presidents Day
May 27	Memorial Day
July 4	Independence Day
September 2	Labor Day
November 11	Veterans' Day
November 28-29	Thanksgiving
December 25-26	Christmas

Find the Three Roadrunners

We have three Roadrunners hidden throughout the newsletter. If you find all three, come in and show the receptionist that you have found them and enter a drawing to win a coupon for a free movie or lunch.



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.

Mason County Senior Activities Association

Annual membership dues are \$30

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:

Executive Director: Patricia Vernie

Event, Activities & Volunteer Coordinator:

Val Wedman

Bookkeeper/Data Coordinator: Penny Wilson

Volunteers: Contact Receptionist to help.

Receptionists:

Bob & Susi Edwards

Janna Yorke

MaryAnn Miljanovich

Jan Evans

Janice Rozzano

Patt Matsen

Shirley Varley

Center Hosts:

Doris Fredin

Jill Neil

Irene Moffatt

Harry Fournier

Gift Shop: Patti Kempton

Sunshine: Jill Neil

Van Drivers: Clay Long, Glenn Harper,

Trent Palmer, Wayne Souza

Newsletter: Patricia Vernie and Richard Britz

Editorial Committee:

Terry Nelson- Julie Whaley -

Gale Glenn - Val Wedman -

Avis Ross- Richard Britz

Layout: Richard Britz

Photographer: Glenn Harper

Mailing Team: Ern Brown, Gil Palmer,

Distribution Coordinator: Nila LaGualt

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

The parking in back is for staff only. You may park briefly for loading.

Inclement Weather

In case of inclement weather, the Center follows the Shelton School District's weather policy. Lunch is still served at 12 noon (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 for details.



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>

Open Monday-Friday 9:30-5:30, Saturday 10-5

MCSAA

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

Members: **Remember to show your cardboard 2019/2020 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.

Donations Monday – Saturday 10-4:30

Your quality donations are needed!

Call for Free Pickup: 360-427-0858

Store Manager: Michelle Marks

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

Dedicated Volunteers:

Adelheid Krohne

Ed Seiner

Ruth Coots

Aloma Perez

Gary Yuan

Vivian Bentkowski

Arlyn Skarich

Irene Moffatt

Axle Wormer

Betty Thompson

Jan Kallinen

Marilyn Olson

Beverly Pittman

Jane Donahue

Bill Keller

Karyn Lidington

Carole Pelela

Keith Jennings

Charal Cowsert

Maxine Neese

Doug Kreklow

Reda Keller

Additional volunteers are always needed.

Call Michelle at 360-427-0858 to volunteer.

This institution is an equal opportunity provider and employer.

Nifty Thrifty is the major funding source of the MCSAA

Nifty Thrifty Certificate

Great news! Each current paid member will receive a \$5 Gift Certificate to Nifty Thrifty. If you've already renewed your membership, just stop by the front desk for your certificate. If you're planning on renewing, you'll receive your certificate at renewal time. One certificate per member, per year.

MASON COUNTY SENIOR ACTIVITIES ASSOCIATION



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



2019 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 second 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 \$30 per person. Membership is for those 50 or better, however, spouses of a 50+ member, that are not yet 50, may join as an Associate (non voting) member.

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

Please, PRINT all information CLEARLY

FIRST NAME: _____ MIDDLE _____

LAST NAME _____ NICKNAME _____

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

CELL _____ - _____ - _____ EMAIL ADDRESS _____ @ _____

MAILING ADDRESS: _____, _____, _____, zip _____

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

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

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

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

Name: _____ Relationship _____

Phone #: _____ Cell _____

Physician _____ Phone #: _____

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

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

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

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

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

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

Signature _____ DATE: ____/____/201____

Last Name, First

Member #

New Member

☐

Renewal

☐

Key Tag X

☐

SCHEDULED

☐

WSP Check Completed

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
- ☐ Membership (or other) Committee
- ☐ Newsletter Publication
- ☐ Web Page updates
- ☐ Social Media Sites/Updates
- ☐ 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)
- ☐ Host (Make Coffee/tea/ maintain treats & utensils)
- ☐ Pavilion Event Chaperone
- ☐ Volunteer to help with Special events
- ☐ Cook/clean/prep for Special Events
- ☐ Decorate/Set up for Special Events
- ☐ Book/Provide entertainment
- ☐ Newsletter & Flyer distribution
- ☐ Newsletter folding, sealing & mailing
- ☐ Bingo Caller/set-up/take down/Karaoke Host
- ☐ Potluck Help
- ☐ Decorate the Center for seasonal cheer
- ☐ Make Crafts to sell or decorate
- ☐ Photography (take pictures at events and of Members)
- ☐ Trip Driver (must have clean driving record)
- ☐ Volunteer to help with Special events
- ☐ Community Ambassadors

I ☐ hereby authorize a background check to be done, required for all volunteers before starting any position.

Signature _____

DATE: ____ / ____ / 201__ PHONE # _____

Print Name: _____ DOB: ____ / ____ / ____

Any other names used? _____

Volunteer to help with Special events

Facility Management

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

Clerical/Secretarial

- ☐ a. Data Entry
- ☐ b. Letter Writing
- ☐ c. Posters & Forms
- ☐ d. Emails
- ☐ f. Excel/Word/Publisher
- ☐ g. Transcribe Minutes/ Take Dictation

Miscellaneous

- ☐ a. Legal
- ☐ b. Grant Writing
- ☐ c. Fundraising
- ☐ d. Budgets/Bookkeeping
- ☐ e. Event Planning & Organization
- ☐ f. Finance & Accounting

Your Ideas: _____

Last Name, First _____

Member # _____

New Member ☐Renewal ☐Key Tag X ☐

Meetings

MCSAA Board Meeting
Tuesday, Mar. 12 at 9:30 am
Conference Room

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 Executive Director Patricia Vernie, 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.

Thanks to MCSAA 2019 Board
President: Clay Long
Vice President: Gary Miner
Secretary: Terry Nelson
Treasurer: Bobbye Lewis Simons
Richard Barnes - Glenn Harper -
William Bezanson

MCSAA Member General Meeting
Tuesday, Mar. 19, 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 2019) are invited to the General Meeting. You will hear updates on Center, Nifty Thrifty and Pavilion activities, and Center renovation updates. We encourage you to attend and learn more about how we operate.

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.

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 **Debra in the kitchen** for pick up information. 360-426-3697.

Renewal Time

It is that time of year to pay your dues for the majority of our members. Send in Page 3 with your payment or come see our receptionist

If you are not getting your newsletter by email, look for something from Director@MCSAC.net or check your junk mail.

By the way, if you pay for your membership today, it's due again in 1 year from the date you renew.

Center Wish List

We would greatly appreciate donations of:

- ☒ .. Regular Coffee
- ☒ .. Decaf Coffee
- ☒ .. Paper Napkins
- ☒ .. Small Paper Plates
- ☒ .. 12 Oz. Paper Coffee cups
- ☒ Tea bags

Nifty Thrifty needs:

- ☒ .. Clear Packing Tape
- ☒ .. 1" Masking Tape
- ☒ .. Large Padded Envelopes

Thank you very much for your donations!



New to Medicare Free Presentation
Mar. 28, 11 am-11:45 am.
Meeting Room

SHIBA provides a free overview of Medicare. Statewide Health Insurance Benefits Advisors (SHIBA) is a free unbiased and confidential service provided through the Office of the Insurance Commissioner. Please sign-up in advance. Call SHIBA at 1-800-562-6900 or 360-586-6181 ext.134 for an appointment.

Free Individual Medicare Consultations
Mar. 28 at 12:00 pm. To 3:00 pm
Conference Room

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

2019 Membership Bonuses

Nifty Thrifty Discount

In store, receive 20% off regular priced items of \$5 or more with some exceptions. Your 2019 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 \$10 value) Non-transferable. Photo ID and 2019 cardboard membership card required at check-in.



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

Food Service Manager-Debra del Bosque
Food Service Asst. Manager-Justin Mitchell

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

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.

STARS Adult Day Program

**Mon. & Wed, 9:00 am to 2:00 pm. Faith Lutheran
Church, 1212 Connections St., Shelton.**

STARS Adult Day Program offers respite to
caregivers while ensuring their loved one is in a safe,
fun and nurturing community.

Benefits of Attending Stars

- * 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 MCSAC

Current MCSAA Membership is NOT required for the following Services.

Senior Nutrition Lunches
Monday through Thursday, 12 Noon
Friday, 11:30

The nutritious full course meals are prepared by Senior
Services for South Sound's Senior Nutrition Program
in partnership with the Lewis-Mason-Thurston Area
Agency on Aging. Although not required, suggested
donation is \$3 for seniors 60 years and older based on
your ability to pay. Those under 60 are required to pay
\$7.55.

Eye Glass Adjustments and Cleaning — Every
second Wednesday, 11:00 am to 12:00 Noon. Free
service provided by Walmart Vision Center.

Foot care — with Michelle Gamber - (by
appointment only) 1st & 3rd Wed., 2nd & 4th Tue., &
4th Thurs & Fri. From 8 am to 3 pm, Cost: \$19.

Blood pressure check — 10:30 to 11:00 am.
Provided free by Shelton Health and Rehabilitation
on the second & fourth Thursdays.

Area Agency on Aging — 3rd Wed., 11:30 to 12
noon, Laura & Todd will be available to answer
questions and provide assistance.

Free Medical Supplies Lending Library —
Borrow walkers, toilet seat boosters, wheel chairs,
etc., from our lending library. Limited supplies
fluctuate.

Abundance Table — We continue to offer milk, bread
and other items, as available, on our table.
This makes it easier for many of our members who
aren't as mobile as the rest of us.

Priority Footwear- The 4th Monday of every month.
Provides easy access to comfortable, custom fit,
therapeutic footwear for the diabetic community.

Massage- with Mysty Knight every other Friday by
appointment only. Lic MA#60388705.

Happy Birthday!

Happy Birthday to All!

Did you know that we have 102 members who are having birthdays in the month of March? Wow, who could have imagined that! As of January we stopped listing all of our monthly birthday folks by name to ensure we're doing our part to help everyone maintain their privacy and protect their identity. It was always fun to note who was having a birthday or maybe even better for you to have someone wish you Happy Birthday. The world we live in today is different and a little treacherous so we have to adapt to it to make sure we keep each other safe.



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 at our regular birthday celebration on the 2nd Friday of the month. You are entitled to a free lunch and Sue Puls provides a beautifully decorated cake to enjoy, just bring your current membership card and photo ID. Lunch will be regular price for all others enjoying our lunch that day.



Some of our February birthday partiers.
Happy Birthday !
Doris Williams and Doris Fredin



Patt Matsen

Patt Matsen is a volunteer extraordinaire. She handles the multi-tasking job of MCSAC reception with unflappable aplomb. She also updates our website and has recently taken on the job of organizing the bazaar. Her previous life prepared her for this...

Patt was a Sr. Programmer Analyst for a software company in Seattle, where she updated software and installed upgrades. She always thought the 'Senior' designation was more a subtle reference to her age than anything else.

Patt and her husband moved to Shelton in 2010 and continued to commute to work via the Bremerton ferry. Their 5-acre property provides lots of space for their 4 kids, 11 grandkids and 2 great grandkids to visit and have fun.

Speaking of fun, one thing that Patt has enjoyed for a long time is scrap-booking. She started with traditional scrapbooking but began gradually converting to digital about 12 years ago.

Patt likes challenges and is always willing to help. Next time you see her, tell her 'thanks'!

Activities Open to the Public

Friday Fun Night

Friday, March 8 - 6-9 pm at the Pavilion. Join us for line dancing or just dancing with our very own DJ, Glenn. Food, wine and beer for purchase. Bring your friends and come ready to have fun. 21+ **Donations are greatly appreciated.**

Spirited Art

Friday March 8 - 5-8 pm. Enjoy the fun of creating a piece of art while sipping a glass of wine and snacking on some cheese, fruit and crackers. What a great way to start off the weekend!

\$15.00 members, \$20.00 non-members Must be 21+

Bingo Karaoke

Theme: Rock N'Roll Sock Hop

Friday March 29th. Come ready to have fun!

Doors open at 6pm with food and drink available for purchase and bingo begins at 7.

\$10 and no one under 21 admitted.

Paper Crafting 101

Tuesdays March 12 and 26 from 10: to 12:00.

Learn more about paper than you thought was possible!

Nutrition Class Mondays in March

Heart Disease, Obesity, Cancer, Diabetes, Alzheimer's, Autoimmune Disease

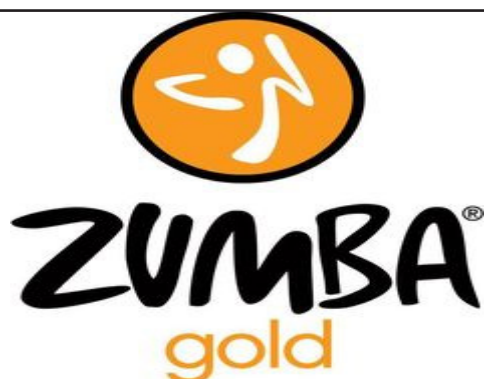
Are you facing any of these?

We will offer informational videos and discussions. Our goal is to help you make informed decisions about lifestyle choices.

Classes will be from 10:00am to 11:30am.

AARP Tax Service

9:45-3:00 - Make an appointment with the receptionist. Appointments will be available every Wednesday in March and through April 10. Make an appointment early!



Every Tuesday & Wednesday from 5:30-6:30 pm

MCSAC is hosting this class

Admission \$5

Reduced costs for Silver Sneakers

Chair options OK

Open to the public

For Your Musical Enjoyment

11:00 am to 12:30 pm.

Mar. 8 - **Richard Shatto**



John Schwenneesen

Mar 1 & Mar. 15 from 11am to 12:30pm



Sarah Huey

Mar. 29th

11 am to 12:30 pm

Pinochle Tournament

March 16 doors open at 11:30 and play starts at 1:00.

Cost is \$15.00 at the door. Reservations appreciated but not required. For more information contact Ed Geiszler at 360-427-3510

Bulletin Board

Please, if you want something posted on our bulletin board you **NEED** to give it to Val, our Activities Coordinator.

Volunteers Wanted

Do you have some time to invest in MCSAA?

As you know, volunteers are what makes our world go round here at the Senior Center. And we have some gaps that we're asking you to fill.

Table Decorations. We need someone to take over making and storing table decorations. We have no room here to store these items.

Gardeners. Our garden is starting to look a bit shaggy and needs some TLC. Do you have the time and inclination to help with that?

Volunteering is the best way to meet new friends and help the Senior Center at the same time. We would love to have you join our friendly group. Hours are from as little as 1 hour per week to 20+, you let us know what your availability is. Stop by the reception office and fill out a volunteer form today!

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 8 people. (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 Patti Vernie 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.**

Center Van Trips

Sign up at least 14 days in advance and payment is due at the time of sign up. These trips need a minimum of eight attendees to keep trip from being canceled.



Friday, March 1, 2019 Sewing and Stitchery Expo Trip leaves at 9:00am from MCSAC
Cost is \$30 for members and \$35 for non-members which includes transportation and admission.

Thur. March 14 Grant School Trip and Lunch leaves MCSAC at 10:30 am. Lunch extra at Spencer Lake Bar and Grill. \$10.00 members \$15.00 non-members



Sun. March 31 Harstine Island community club presents "Humanities Washington: Civil conversation in an Angry Age" Leaves MCSAC at 12:45. \$10 for members, \$15 for non-members



Kindness

We would like to remind everyone that this is a senior center, a place where our members should be able to socialize and feel safe. Rudeness and bullying have no place here. Remember what your mother said, "If you can't say anything nice, don't say anything at all".

Future Center Van Trips

Wed. April 10 Tacoma Art Museum
Leaves MCSAC 10:15am
Costs \$30 for members \$35 for non-members
Lunch on your own at Indochine Asian Dining

Sat, April 20 Westport Crab Festival
Costs \$22 member. \$27 non-member
more details to follow

Thurs. April 25 Skagit Valley Tulip Festival, Mt Vernon
Leaves MCSAC 8:15am
Costs for transportation \$37 mem. \$42 non-mem.
Costs for admission \$7
Lunch and dinner on your own.

May 18 Viking Fest

June 10 Rainer's game

July 3rd Mariners vs St. Louis Cardinals



Casino Shuttle Trips

2nd & 3rd Wednesdays

For adults 21 years and older.

MCSAA Membership is not required.

Cost: \$5 per person-needs 15 passengers

Lucky Eagle Casino Shuttle Trip

2nd Wednesday, Mar. 13

9:00 am to 4:00 pm

Red Wind Casino Shuttle Trip

3rd Wednesday, April 17

9:00 am to 4:00 pm

Classes and Activities for Members

Payments for all classes are to MCSAA and go through the Center reception desk.

Joy of Painting Landscape Class

3rd Wed. of
the month

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.



Monday Art Workshop

Mondays, 1:00 to 3:00 pm, Dining Room.

Bring your own supplies. A short art lesson begins at 1:00 pm, so be here early to get set up. Then you have a chance to work on a project. Skill level is beginner to advanced. \$2 donation.

Paper Crafting 101

Paper Crafting classes is a great way to get creative! Join Dorothy Skans on the 2nd and 4th Tuesdays from 10 AM to noon for this exciting class. There is no charge for this class and supplies are provided by our teacher.

Friday Chorus

Want to learn how to sing with a chorus? Now's your chance, come in on Friday at 1:30 p.m. and join in on the fun. John Schwennessen is your teacher. No class on the 3rd Friday.

Fitness Classes

\$1 donation per class is requested except where noted.

Open Dance with Al, Don & Doris Tues 1:30pm

Tai Chi: M, W, F; 8:00 to 8:45 am & 8:45 to 9:15 am, T & Th. 12:45 pm,

Gentle Yoga: T and Th. 8:00 to 8:50 am.

Line Dance: Beginners: M & W, 9:00 – 10:00 am; Int./Adv.: M & W 10:00 – 11:00 am; Int./Adv., T & Th 9:00 – 10:30 am; all skills Fri. 9:00 – 11:00 am.

Zumba: Tue & W. 5:30pm to 6:30 pm \$5

Weight Watchers: Tue. 11:45, on-line membership or weekly fee applies.

Senior Walkers: See you next April!!

Friendly Reminder

**Friday movies are for members only.
No exceptions.**

During the winter months we will be scouting out walks for the spring. To be notified of these walks email Gale Glenn at galeglenn@msn.com.

MCSAA at Shelton Cinemas

Members Only

Fridays, usually at 1:00 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 11:45 am at the reception desk and \$4.00 after noon at the theater.

Bingo Thurs. 1-3 pm. \$1.00 for three cards
Bingo with Shelton Health & Rehab 4th Tuesday at 1-3 pm

Bridge Tuesdays and Thursdays 12:00 pm

Chorus Friday 1:30

Cribbage Monday-Friday, 10:00 am

EZ Crafters Thursday, 9:00 am to noon

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.

Knitting & Crochet Circle (Chix with Stix) Every Tuesday 1:00 pm

Mahjong Thursday, 1:00 pm Come learn.

Mexican Train Dominoes M,W,F 9:00 am

Pinochle Mon. & Wed. (Int., Adv) 12:30pm; Fri (beginners/all) 12:30 pm. Please arrive early to get a seat. \$2

Puzzles Mon. through Fri. during Center hours on the white table in the dining room.

Sewing Circle Tue. & Fri., 9:00 am to 4:00 pm

Guests

There have been questions about how many times a guest may attend activities at the center. The answer is two. The third time they come in, they need to become a paid member. Please don't harass guests if you think they have visited too often. Let one of the staff know and we will address it with them.

SPRING BAZAAR

at the Shelton Pavilion

April 6, 2019

10 am to 3 pm

Unique Gifts and Homemade Goodies

Homemade Baked Goods from the Senior Center Members

Large Variety of Vendors:

- * Home and Garden Decorations
- * Handmade Quilts and Knitting
- * Baskets and Jewelry
- * Hand Tooled Leather Items
- * Wooden Decor and Toys
- * Stained Glass
- * Native American Beadwork
- * Silver & Turquoise Jewelry
- * Pottery & so much more!

- * Lunch available for purchase from 11am-2pm
- * Coffee and other beverages available all day

Mason County Senior Activities Center, 190 Sentry Drive, Shelton 360-426-7374



Spring Style Show

Saturday, April 13, 2019



A unique style show with fashions from

Nifty Thrifty Store

Enjoy a light lunch, dessert, coffee, tea, wine,
Champagne, mimosas, and games!

11:00 AM \$15.00 per person, must be age 21+ to attend

Many unique thrift shop items for sale.

Tickets available at Nifty Thrifty and
Mason County Senior Activities Association
At The Pavilion

190 W Sentry Drive (behind Gillis Auto)
360-426-7374

Extra fun and creativity:
There will be a prize for
the best designed

Easter
Bonnet!



shutterstock - 184709367

Educational Seminar Early Stage Memory Loss

Friday, March 15th 2019 from noon to 3:00 PM
at the Mason County Senior Activities Center.

This educational seminar provides education for
individuals experiencing memory loss and/or
their loved ones.

At the seminar, you will learn about:

- Basics of dementia
 - Planning for the future
 - Strategies for coping and communication
- Community Resources and upcoming events

There's no cost to attend!

Pre-registration is required. Contact Kenna Little
206-529-3868 kelittle@alz.org

Moonlit Garden Quilt Raffle

Donated to MCSAC by
Betty Thompson
Shades of lavender and
mauve with blue and
pink flowers. The quilt
was machine pieced and
hand appliqued by
Hazel Marcus. She also
did the
long arm quilting and
finishing. The quilt is
50 in. X 52 in. and would
be beautiful on your wall!

Tickets are \$1.00 and will be on sale from
Jan. 16 until July 16.
Good luck!



We're Looking for You!

If you have a hobby and want to sell your homemade craft items, the Senior Center is the place. On Saturday April 6th we are having our annual Spring Bazaar. We still have a few vendor spaces available. For more information call
Patt Matsen 206-713-7051



Your Attention Please

We have three items that we are surplussing

1. The 2 beams over the dining area. - \$100 minimum
 2. The Pool Table - \$50 minimum
 3. The blue sofa set near the bar - \$25 minimum
- All items are located at the Senior Center. Call first to view the items.

All items must be removed by the winning bidder of each item. Arrangements must be made with the Executive Director or Board President for removal of these items.

We are accepting sealed bids for the above items through 3:00 PM March 1, 2019. Bids will be opened at the board meeting on March 12, 2019 and winning bidders will be notified that afternoon. Bids must include bid offer, name, address and phone number. We reserve the right to reject bids that don't meet our minimum.

Bids may be mailed to:
MCSAA
190 West Sentry Drive
Shelton, WA 98584

Or:
Dropped off at the receptionist desk at the MCSAA



New class yet to be scheduled.

Betty Thompson is willing to teach a beginners' sewing class once a month. The class will teach the basics of a simple nine patch quilt. If you've always wanted to learn to quilt, don't miss this opportunity. Betty is our resident expert and you couldn't be in better hands. Class information, along with cost and supply list to follow. Please contact Patti Vernie in the director's office to get your name on the class list.

Needed: A few good men and women who can use a wheelbarrow and a shovel. Here is the scoop...landscaping project is waiting for some volunteer garden enthusiasts. The irrigation system – lawn sprinklers – need repair. We have the repair person but we need some lawn dug up to make way for the shallow pipes. Once the ground thaws we will be ready to go to work. If you want to join the work party, give me a call. Carol Ann Acocks, 360-426-5820, team co-leader with Clay Long.

Please remember MCSAA when making donations.

To make your tax deductible donation to help support MCSAA, call or come into the Senior Center. If you choose to name us in your will or other estate plan, we should be named as:

Mason County Senior Activities Association.
We will furnish our tax identification number as requested. Any communication about your planned donation is strictly confidential and without obligation. For more information please call 360-426-7374 or email Director@mcsac.net

Thank you in advance for your generosity.



Who knew you could fit 12 people at a table made to seat 8? Lunch at the center. Good food and friends!



Thank you everyone for volunteering at for Bingo Karaoke. You ROCK!!!



We have the best birthday cupcakes in town!



Eric and Dann making music. There's Trent and Richard in the booth keeping things going.



Winner! Winner! Winner!
Another happy customer.



The Bingo Karaoke kitchen crew! You know it's going to be good when these guys are cooking!

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 Bingo Karaoke Party on the last Friday of the month.

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 over 800 newsletters to its members and distributes another 400+ 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 Association Director 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.



360-426-2600

www.AlpineWayLiving.com

900 W. Alpine Way | Shelton, WA 98584

Retirement Living • Assisted Living • Memory Care



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

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360-898-3800

FOREST FUNERAL HOME



Kathleen Blanchette

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

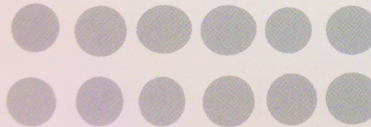
(360) 427-8044

STEPHS ESPRESSO

2230 Olympic Hwy. N Shelton WA

360-427-1290

Buy 12 drinks get the 13th drink free. excludes energy drinks



HOMEMEAT SERVICE
est. 1960 **360-426-1643**
341 SE Taylor Rd. Shelton, WA
homemeatservice@gmail.com



Karen L Schade
Financial Advisor

1051 SE State Route 3 Suite E
Shelton, WA 98584
360-426-4590

Edward Jones
MAKING SENSE OF INVESTING

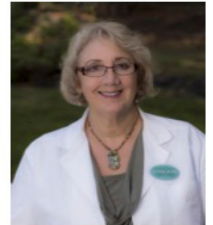


Miracle Ear

116 West Railroad Ave. Suite 106
Shelton, WA 98584
427-3187

Leona Byrd, BC-HIS
Leonab@Miracle-earnw.com

- Free Hearing Screenings
- L and I claims accepted
- Federal claims accepted
- Open Monday through Friday



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

Shelton
LAND and HOMES
SHELTON LAND & HOMES LLC

FREE

Property Valuations

Coffee, Maps, Info

John Borgert
Designated Broker
jborgert@att.net
360-490-6654

31 Mill Creek Rd SE
Shelton, WA 98584
SellingShelton.com

Have Medicare questions?
I have answers.

Jeff Boothe 360-490-5771

Licensed Sales Representative **UnitedHealthcare**
Medicare Solutions

Medicare Supplement Plans
UHCMedicareSolutions.com

We offer large size ad spaces with reasonable payment plan options. Call 360-426-7374 and ask for Patti for more information.

This newsletter reaches more than 1,500 seniors throughout Mason County.

Sojourners Welcome!

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

B
Ask 1



At **Union City Lodge #27** F.&A.M.

Across from Lucky Dog Casino

Questions: 360-280-9925

unioncity27@gmail.com

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

The Pavilion

Shelton's historic Venue for your events.
Specializing in weddings, reunions, meetings,
business conferences, and parties.

Event Coordinator: Val Wedman
360-426-7374 ~ pavilion@mcsac.net
190 W. Sentry Drive
Shelton, WA 98548

Probates-Wills-Powers of Attorneys-
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Julie Cook
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360.490.8825



The Below ad is not associated with the Mason
County Senior Center

MasonCountySeniors.com

Using the internet to connect seniors to
services, information and each other.

Cut your cable bill

Buy and sell

Connect with friends and family

Connect with area senior services providers

Call Glenn Harper at 360-214-0345



Do you know someone who should
be advertising here?

Have them contact:

Patti or Penny at (360) 426-7374

For all the details.



Sales – Service – Installations

Wood, Gas, & Pellet Stoves, Fireplaces & Inserts
Spas, Chemicals, Accessories, Replacement Covers

24202 N US Highway 101 Hoodspport, WA
olympicstoveandspa.com 360-427-3780

Assistance Dog Laws



**Assistance Dogs in Public and in the
community. Know the Law.**

- As a business owner, employee, or other member of the community, there are some important things you should be aware of regarding Assistance Dogs who have public access rights, as well as your rights as a business.
- Assistance dogs include Guide Dogs who are trained to help people who are visually impaired, Hearing Dogs who alert people who are deaf or hard of hearing, and Service Dogs who are trained to help people with mobility and other physical disabilities. Service Dogs include Seizure Dogs and Autism Assistance Dogs.
- “Therapy Dogs” and “Emotional Support Dogs” are NOT Assistance Dogs. They do not perform a physical skill.
- Along with public access rights, the person and his/her dog have the following responsibilities:
 - * The dog must be well groomed, well behaved, under control, and trained for their task.
 - * The dog must be on a leash.
 - * The dog must be able to lie quietly beside the handler without blocking aisles or doorways
 - * The dog may NOT ride in a shopping cart or sit in a person's lap while at a restaurant.
- State House Bill 2822 passed and changed many RCW's regarding service animals and Washington state will be imposing \$500 fines for misrepresentation of a service dog starting January 1, 2019.

Are You Cleaning and De-cluttering

Think of donating to Nifty Thrifty. We need your donations. The store accepts household items, jewelry, clothing, collectibles, furniture, books, crafts and fabric just to name a few items. Nifty Thrifty is the major funding source of the Senior Center and your donations of gently used and new items are tax deductible. Please contact Michelle Marks at (360) 427-0858 for more information.

Aetna® Medicare plans are now available in your area

Discover a total approach to your health and wellness

Starting at
\$0
monthly plan premiums

Call to learn more.

Jeff L Boothe

1-360-490-5771 (TTY: 711)

8:00 a.m. - 6:00 p.m. PT, Mon. - Fri.

A licensed sales agent will answer your call.

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Aetna Medicare is a PDP, HMO, PPO plan with a Medicare contract. Enrollment in our plans depends on contract renewal. See Evidence of Coverage for a complete description of plan benefits, exclusions, limitations and conditions of coverage. Plan features and availability may vary by service area.

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72.12.732.1 (9/18)-3673



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 Ave. location or the Sentry Dr. 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".

March 2019 Activities

Every Monday	Every Tuesday	Every Wednesday	Every Thursday	Every Friday	Every Weekend
8 & 8:45 Gentle Tai Chi 9-10 Begin Line Dance 9:00 Mexican Train Dominoes 10:00 Cribbage 10-11 Int./Adv. Line Dance 12:30 Pinochle (Int, Adv) 1:00 Art Workshop	8:00 Gentle Yoga 9:00 Line Dance-Int./Adv. 9-4 Sewing Circle 10:00 Cribbage 12:00 Bridge 12:45 Gentle Tai Chi 1:00 Chix with Stix 1:30 Open Dance 5:30-6:30 PM Zumba Gold	8 & 8:45 Gentle Tai Chi 9-10 Beginning Line Dance 9:00 Mexican Train Dominoes 10:00 Cribbage 10:00 Int./Adv. Line Dance 12:30 Pinochle (Int,Adv) 1:00 Hand & Foot Cards 5:30-6:30 PM Zumba Gold	8:00 Gentle Yoga 9:00 Line Dance - Int./Adv. 9:00 EZ Crafters 9:00 Jokers Rule! 10:00 Cribbage 12:00 Bridge 12:45 Gentle Tai Chi 1:00 Bingo 1:00 Mahjong	8 & 8:45 Gentle Tai Chi 9:00 Mexican Train Dominoes 9:00 Open Line Dance 9-4 Sewing Circle 10:00 Cribbage 12:00 Pinochle (begin./all) 1:00 MCSAA Goes to the Movies 1:30 Chorus	Saturday/Sunday
Monday NEW V = Vegetarian	Tuesday	Wednesday	Thursday	Friday	Saturday/Sunday
4 10:00 Nutrition Class 1:00 Art Workshop 12:00 Chicken Pot Pie	5 Foot care by Appt 1:30 Open Dance 12:00 Spaghetti w/ meatballs	6 AARP Tax Service 11:00 Free eye glass adjust 12:00 Pork Roast	7 10:30 Blood Pressure Check 12:00 Beef Stroganoff	8 10-2:30 Evolution Massage 10:30 Newsletter meeting 11:30 Music by Richard Shatto 12:00 March Birthday Cake 1:00 Cinemas Members Only 5:00 Spirited Art 6:00 Friday Fun Night 11:30 Baked Fish	9/10
11 10:00 Nutrition Class 10-12:00 Ceramics w/ Verena 1:00 Art Workshop 12:00 Chicken Alfredo	12 9:30 Board Meeting 10:00 Paper Crafting 1:30 Open Dance 12:00 BBQ Chicken	13 AARP Tax Service Lucky Eagle Casino 10:30 Newsletter Proofing Foot Care by Appt 11:30 AAA Q&A 1:00 Alcohol Ink Class 12:00 Veggie Lasagna V	14 Foot care by Appt 10:30 Grant School Trip 12:00 Turkey Sandwich W/Gravy	15 11:30 Music by John Schwennesen 12:00 Early Stage Memory Loss 1:00 Shelton Cinemas, Members 11:30 Corned Beef	16/17 11:30 Pinochle Tournament
18 10:00 Nutrition Class 12:00 Ham & Cheese Breakfast Casserole	19 10:45 General Meeting W/Taxpayer Advocate Presentation 12:00 Salmon	20 AARP Tax Service 9:00 Joy of Painting 12:00 Herbed Chicken	21 Foot care by Appt 10:30 Blood Pressure Check 11:00 Medicare Class 12:00 Meatloaf	22 Foot care by Appt 10:00-2:30 Massage by Appt. 1:00 Cinemas, Members Only 11:30 Tuna Cakes	23/24
25 10:00 Nutrition Class 12:00 Turkey Wrap	26 10:00 Paper Crafting 1:00 Bingo - Shelton Health & Rehab 12:00 Garden Burger V	27 AARP Tax Service 1:00 Receptionist Meeting 12:00 Chicken Fried Steak	28 12:00 Egg Salad on Spinach V	29 Lunch music by Sarah Huey Bingo Karaoke Sock Hop 1:00 Cinemas, Members Only 11:30 Lemon Pepper Chicken	30/31 Trip to Harstine Island Speakers Bureau “Civil Conversation”

Senior Nutrition Program March 2019

Monday	Tuesday	Wednesday	Thursday	Friday
				1 Clam Chowder w/ Garlic Toast Fresh Green Salad Fresh Fruit
4 SITE CHOICE Chicken Pot Pie Green Salad Fresh Fruit	5 Spaghetti W/ Meatballs Green Salad Spiced Pears Garlic Bread	6 Rosemary Pork Roast Mashed Red Potatoes Tomato & Cuke Salad Apple Sauce Dinner Roll	7 Beef Stroganoff Over Pasta Peas & Carrots Peaches	8 LOCALLY GROWN FOOD DAY Baked Fish Scalloped Potatoes Coleslaw Fresh Fruit
11 Chicken Broccoli Alfredo Over Pasta Green Salad Mandarin's Garlic Bread	12 BBQ Chicken Scalloped Potato Mixed Green Salad Apple Crisp	13 Veggie Lasagna Fresh Spinach Salad Spiced Pears Garlic Bread	14 Open Faced Turkey Sandwich Mashed W/ Gravy Green beans Whole Cranberry Sauce Dinner Roll	15 Corn beef & Cabbage w/ Potatoes & Carrots Soda Bread Fresh Fruit
18 Ham, Cheese & Onion Breakfast Casserole Steamed Glazed Carrots Baked Apples	19 SITE CHOICE Wild Salmon with Pesto Cream Sauce Steamed Winter Mix Veggies Tropical Fruit Salad	20 Herbed Chicken Rice Pilaf Peas & Carrots Fresh Oranges Dinner Roll	21 Meatloaf Mashed Potatoes w/ Gravy Green Salad Fresh Fruit Dinner Roll	22 Tuna Cakes Scalloped Potatoes Pea Salad Fresh Fruit
25 Turkey, Veggie & Cream Cheese Wrap Tomato Bisque Soup Tropical Fruit Salad	26 Garden Burger w/Cheese, Sautéed Onions & Mushrooms Sweet Potato Fries Fresh Apples Slices	27 Country Fried Steak Mashed Potatoes & gravy Mixed Vegetables Fresh Fruit Dinner Roll	28 Egg Salad on a bed of fresh Spinach w/ Tomato Slices Fresh Fruit Dinner Roll	29 SITE CHOICE Lemon Pepper Chicken Wild Rice Green Salad Fruit Dinner Roll

** Friday meals in Shelton are not federally funded and require payment to attend**(Menu Subject to change)



March 2019



Sun	Mon	Tue	Wed	Thu	Fri	Sat
Sales Color Green	Happy St. Patrick's Day!!!	What Do you get when you cross poison ivy with a four leaf clover?	A rash of good luck!	Did You know? We deliver	1 Green tags 50% off	2 Furniture 25% off
3 Closed	4 MCSAA 33% Off	5 Seniors & Military Receive 15% Off	6 Jewelry 25% off	7 Art work 33% off	8 Art work 33% off	9 Manager's Choice
10 Closed	11 Kids' toys 50% off	12 Seniors & Military Receive 15% Off	13 Lamps 50% off	14 Lamps 50% off	15 Kitchen Items 25% off	16 Jewelry 25% off
17 Closed	18 Green Tags 75% Off	19 Seniors & Military Receive 15% Off	20 Clothing 50% off	21 Kids' Toys 50% off	22 White tags 25% off	23 Clothing 50% off
24 Closed	25 Green Tags 90%off	26 Seniors & Military Receive 15% Off	27 Fabric and crafts 25% off	28 Fabric and crafts 25% off	29 Electronics 25% off	30 White Tags 25% off
31 Closed	We pick up donations Call us at 360-427-0858	Make new friends, volunteer!	We are always looking for jewelry.	We Pick up your left over garage sale items!!!!	Nifty Thrifty is the major funding source for the MCSAA	Hours M-F 9:30-5:30 Sat 9:30-5:00

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.