

Active Living



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

Mason County Senior Activities Center

March 2020



Wow that's HOT!

We had our 30 year old water heaters replaced with new hot water on-demand heaters, and the water heats up fast. We anticipate that we should see lower utility costs in the coming months. Water will be hotter, so be careful!

Pinochle Tournament

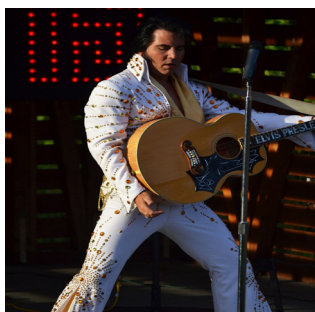
Our semi-annual Pinochle Tournament will be held Mar. 21st. For more details see page 7.

Anniversary Party in April

The MCSAA turns 39 in April and we are having a party! Come celebrate with us on Friday April 10th after lunch. We will have cake and music by Shatto & Schosboek followed by our own MCSAC Chorus for your enjoyment.

Elvis is in the house!

The anniversary celebration continues on Saturday the 11th with a fundraising event at the Pavilion. An evening with Danny Vernon's "Illusion of Elvis", dinner, entertainment and auction. Information on page 6.



Upcoming Events!!!

- Mar 6 Seattle Art Museum
- Mar 21 Pinochle Tournament
- Mar 22 Stunt Dog Experience
- Mar 30 Pike Place Market
- Apr 4 Spring Bazaar
- Apr 8 A Day in Sumner WA
- Apr 11 Danny Vernon, page 6
- Apr 18 Westport Crab Festival
- Apr 29 Woodland Park Zoo
- June 2 Rainier's Game Party Deck

Center Holidays

2020

January 1	New Year's Day
January 20	MLK Day
February 17	Presidents Day
May 25	Memorial Day
July 3	Independence Day
September 7	Labor Day
November 11	Veterans' Day
November 26-27	Thanksgiving
December 25	Christmas

Find the three Leaves

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

Last month's winner:



Mason County Senior Activities Association

Annual membership dues are \$40

Activities Center "50 and Better Activities Center"

Address: 190 W. Sentry Dr., Shelton

Phone: (360) 426-7374

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

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

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

Staff:

Executive Director: Patricia Vernie

Event, Activities & Volunteer Coordinator:
Val Wedman

Bookkeeper & Data Coordinator: Penny Wilson

Volunteers: Contact Receptionist to help.

Receptionists:

Bob & Susi Edwards	Patt Matsen
Janna Yorke	Janice Rozzano
Kathleen Blanchette	Ella Kowalski
Phyllis Glisson	

Center Hosts:

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

Gift Shop: Janice Rozzano & Jill Neil

Sunshine: Jill Neil

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

Newsletter and Layout: Patricia Vernie and
Penny Wilson

Editorial Committee:

Terry Nelson	Julie Whaley
Gale Glenn	Val Wedman
Avis Ross	

Photographer: Glenn Harper

Mailing Team: Gil Palmer, Al Lawrence,
Bill Bezanson & Ann Olli

Distribution: Nila LeGault, Reiko Mauer and
Steve Mutoli

Web-master: Dave Pierik

Nifty Thrifty Store

Your Hometown Thrift Store
Voted Mason County's Favorite Thrift Store
826 W. Railroad Ave., Shelton, WA 98584
(360) 427-0858

E-mail: niftythrifty@hcc.net or

eBay ID: [niftythriftythriftstore1](https://www.ebay.com/str/niftythriftythriftstore1)

FB: <https://www.facebook.com/nifty.thrifty.shelton>

MCSAA

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

Members: **Remember to show your
cardboard 2020/2021 membership card
before cashier starts ringing up your order.**
**Your plastic key card is not proof of
current membership. Contact the
Center if you need another
cardboard card.**

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

Donations Monday – Saturday 10-4:30

Your quality donations are needed!

Call for Free Pickup: 360-427-0858

Store Manager: Michelle Marks

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

Dedicated Volunteers:

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

Additional volunteers are always needed.

Call Michelle at 360-427-0858 to volunteer.

This institution is an equal opportunity provider and
employer.

2020/2021 Membership Bonuses

Nifty Thrifty Discount

In store, receive 20% off regular priced items of
\$5 or more with some exceptions. Your 2020/2021
membership paper card must be shown before the
cashier starts to ring up your order.

Free Bingo Karaoke Birthday Packet

Receive one free Bingo Karaoke packet at the door
on your birthday month good for 8 regular Bingo
games. (A \$15 value) Non-transferable. Photo
ID and 2020/2021 cardboard membership card
required at check-in.

Mission Statement

To enhance the quality of life of senior adults in
our community through recreation, information,
education and nutritional services, including
health and wellness programs.

Meetings

MCSAA Board Meeting Tuesday, March 10th 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.

MCSAA 2020 Board
President: Clay Long
Vice President: Gary Miner
Secretary: Terry Nelson
Treasurer: Marilyn Olson
Glenn Harper William Bezanson
Bill Young

MCSAA Member General Meeting Tuesday, March 17th at 10:45 am Dining Room

The General Membership meeting for MCSAA is on the third Tuesday of each month at 10:45 am. All members in good standing (membership paid for 2020) are invited to the General Meeting. You will hear updates on Center, Nifty Thrifty and Pavilion activities. This month we will draw for the Log Cabin quilt. We encourage you to attend, it's your business!

Receptionist Meeting

We will have a receptionist meeting the last Wednesday of the month at 1:00 pm in the conference room. This is a monthly meeting for our up front receptionists with ongoing training and communication.

Inclement Weather

In case of inclement weather, the Center follows the Shelton School District's weather policy. Lunch is still served at 11:45am (11:30 on Fridays) as long as we open by 10:00 am. Please listen to our local radio station, KMAS 1030 AM & 103.3 FM or Seattle TV stations for details.

Center Wish List

We would greatly appreciate donations of:

Regular and Decaf Coffee
Coffee Mate
Plastic Spoons & Forks
Napkins
Small Paper Plates
12 Oz. Paper Coffee cups-no lids

Nifty Thrifty needs:

Clear Packing Tape
1" Masking Tape
Large Padded Envelopes
Plastic Grocery Bags
Bubble Wrap

Packing Peanuts

Charity Sewing and Knitting

Group needs:

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



Thank you very much for your donations!

New to Medicare Free Presentation March 26th 11 am-11:45 am.

Conference Room

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. Free individual Medicare consultations are also available by advance reservation on March 26th from 12:00 to 3:00pm. Call SHIBA at 1-800-562-6900 or 360-586-6181 ext.134 for an appointment.

Located in our Conference Room

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

Commodity Supplemental Food Program

There is a sign up for the Commodity Supplemental Food Program – CSFP. This is a program for seniors over the age of sixty who meet federally regulated income guidelines. CSFP participants receive a 40-pound box of food once per month. For questions, or to get your application call **Debra in the kitchen** for pick up information.360-426-3697.



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

www.SouthSoundSeniors.org

Drivers Wanted

Meals on Wheels is seeking compassionate volunteers with the desire to serve others in need and donate a few hours every two weeks as meal delivery drivers. Must have

- * Valid Washington Drivers License,
- * Auto insurance
- * Background check.

Mileage reimbursement is available.



Memory Cafe

4th Thursdays, 2:30 to 4:30 pm, Sisters Restaurant

You are welcome to join us for lively conversation, refreshments and music at Memory Cafe. All with dementia or Alzheimer's and their loved ones are welcome to attend and connect with peers in a relaxed, unstructured environment. No RSVP necessary.

Brighter Days Adult Day Program

Mon Wed & Fri, 9:00 am to 2:00 pm. Faith Lutheran Church, 1212 Connections St., Shelton.
Brighter Days Adult Day Program offers respite to caregivers while ensuring their loved one is in a safe, fun and nurturing community.

Benefits of Attending Brighter Days

- * Opportunities to Socialize with peers
- * Expanded support network
- * Increases self-esteem-- combats apathy
- * Increases cognitive stimulation
- * Enhanced life experience through humor, Reminiscing, and creative expression
- * Caregiver respite
- * Nutritious snacks and lunch provided
- * Possible delay or prevention of placement in a long term care facility

For more information about any of these programs, please contact Paul Taylor, STARS Director, at 360-407-3967, ext. 107.

Services for All Seniors at Mason County Senior Activities Center

Current MCSAC Membership is NOT required for the following Services.

Senior Nutrition Lunches

Monday -Thursday, 11:45 am & Friday, 11:30 am

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 \$7.50.

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. Foot care room is located by the front restrooms.

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

Abundance Table — We continue to offer bread and other items, as available, on our table near the dance floor.

Area Agency on Aging — 2nd Wed., 12 noon to 1:00 pm, Brandon will be available to answer questions and provide assistance in the dining room.

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

Walmart Vision Center - Second Wednesday at lunch-time. Eyeglass cleaning and adjustment.

Volunteer Appreciation Party



You are a crucial part of what makes the Senior Center a wonderful place! We want to celebrate our volunteers who give so tirelessly. We have live music and will be serving ice cream sundaes Wednesday March 18th in the MCSAC dining room. From 12:30-1:00 Please attend!



Congratulations Sandi Brown winner of our Quilt Raffle



Visiting the Burke Museum in February. Look at that femur!

AARP Tax Aide

Wednesdays, March 4th thru April 8th, 9:00am to 3:00pm

Trained senior volunteers from AARP help seniors and adults of all ages with their taxes at no charge. Appointments are required. No drop-ins. Time slots are from 9:45 am to 2:45 pm and are scheduled for 45 minutes each. MCSAA membership is not required. Call the Senior Center at 360-426-7374 to make your reservation.

Weekend Senior Nutrition Program

This program will provide one nutritionally sound meal for each weekend day. Meals will be a packaged meal that Senior Services for South Sound uses for the Meals on Wheels program. Meals are frozen, packaged in a microwavable container and from available and prepared stock. This meal program is available to current members of the Mason County Senior Activities Association. The cost is a suggested donation of \$3.00 per meal. We have scholarships available for those unable to pay and will be grateful for any donations to further this program. To order a weekend meal, call the Senior Center by Thursday noon for the following week's pick up. Provided meals must be picked up Friday by 2:00pm. No special orders accepted. Please see Patti or Debra for information on ordering your meals.

Want to go whale watching in September?

We need to know who would be interested in going whale watching. Tickets would need to be ordered in advance and the trip will cost around \$125. Val will need to know by the end of March before the tickets sell out. So if you're interested, please talk to her soon.



An Evening With Elvis!

April 11, 2020

For our 39th anniversary we are having a fundraising auction. The evening will include dinner provided by Alpine Way, cash bar and auction with entertainment by Danny Vernon.

Tickets \$35.00

On sale March 2nd at the Senior Center.

Must be 21 to attend.

If you are interested in volunteering for this event see Val or Patti.

Danny Vernon as Elvis Bio

Winning many awards over the last 10 years, including being endorsed as top 10 Elvis tribute artists in the world by Elvis Presley Enterprises 2010. His favorite achievement was being voted "Best Young Elvis" by Elvis' own friends and stage entourage in Palm Springs, CA. With the voice, look and passion of the twentieth century icon, Danny Vernon strives to re-capture Elvis Presley's appeal of an ever-growing audience.



The Spring Bazaar is almost here! If you are a vendor and haven't signed up, you still have time to get your application in. The bazaar has been successful in the past and is one of the best in Mason County and has plenty of parking! Contact Patti Vernie for information at 360-426-7374



Spring Bazaar

at the Shelton Pavillion

April 4, 2020

10:00 am to 3:00 pm

Unique Gifts & Homemade Goodies

Over 50 Vendors PLUS Homemade Baked Goods from the Senior Center Members

- * Seasonal Decorations
- * Handmade Quilts & Knitting
- * Holiday Baskets & Jewelry
- * Hand Tooled Leather Items
- * Wooden Décor & Toys
- * Stained Glass
- * Native American Beadwork
- * Silver & Turquoise Jewelry
- * Pottery & so much more!

* Lunch available for purchase between 11am-2pm, Coffee & other beverages available all day
Mason County Senior Center, 190 W. Sentry Drive, Shelton 360-426-7374



Activities Open to the Public

Friday Fun Night

Friday March 13th from 6-9 pm at the Pavilion. Dance or listen to music provided by our own DJ Glenn (requests happily taken!) Eat, drink and be merry! Word is out that Friday Fun Night is the place to be.

Limited bar and food available. 21+
Donations are greatly appreciated.

Square Dancing

Friday March 20th from 7-9pm
\$7.00 per person and open to the public.
Dust off those dancing shoes and join The Salty Sashayers for an evening of fun.
Not for beginners.

Bingo Karaoke

March 27th, Rock n' Roll Sock Hop theme. Doors open at 6pm, Bingo starts at 7pm. Cost \$15. Must be 21 or over. This is the best Bingo Karaoke Party EVER!!!

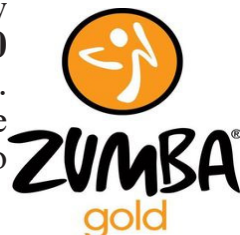
Sunday Bingo & Spaghetti Feed

Second Sunday of the month,
March 8th. Doors open at 11:00
Spaghetti Feed beginning at 11:30
Bingo played from 1:00 till 3:00ish
\$10 for 10 plays of shape bingo and three
50/50 games at \$5 per game. Proceeds
go to the Greenhouse Fund and Mortgage
Reduction Fund

Pinochle Tournament

March 21, 2020 From 11:30 am to 4:30 pm,
Game time 1:00 pm. Entrance fee is \$15
which includes play, prizes, lunch at noon
and dinner at 3:30. Reservations are not
required but appreciated. Please contact Ed
Geiszler 360-427-3510 for more details.

**Every Tuesday, Wednesday
& Thursday From 5:30-6:30
pm** \$5 per class required.
Punch card available from the
teacher Sarah Martin. Open to
the public.



For Your Musical Enjoyment



John Schwennesen
March 5th and 19th
Lunchtime Music



Richard Shatto &
Dennis Schosboek
March 13th
Lunchtime Music



Dan Washburn
Fills in where he can



Sarah Huey
Friday March 27th
Lunchtime Music

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

Have some extra time?

The Senior Center needs volunteers for various jobs around the center. Contact Val, 360-426-7374

Nifty Thrifty Needs volunteers.

Grief Support Group

The Providence Sound Grief Support Group meets at the Senior Center. This group will meet the 1st and 3rd Tuesdays each month from 2:00 to 3:30 in our carpeted room.

Grief groups provide a safe place to share your loss and journey through your grief with the understanding support of other bereaved persons. They provide acceptance of your own unique journey and how your loss is affecting you. You may find that what you are feeling is a normal grief response.

You are not required to talk if you don't want to. Groups are open and participation numbers vary; give yourself two or three sessions to decide if it is right for you. No registration necessary, walk-in welcome. Open to the community. Free to attend.

Center Van Trips

Advance purchase is required to reserve your spot. Costs are per person and include round trip van transportation, admissions and/or ticket to the venue as advertised. Most require a minimum of 8 people. (Meals are not included unless listed.)

Cancellations occurring prior to 2 weeks of travel will be refunded. After that, there will be a \$5 cancellation fee. However, if venue tickets have already been purchased by MCSAA, we will be unable to refund that cost. You may find another to take your place. Exceptions may be possible due to illness. Please contact Val directly for these circumstances. **No refunds will be issued if cancellation occurs within 3 business days of the trip.**

We keep our trip prices very low. **Trips cannot operate if there are last minute cancellations or changes.**

Casino shuttle trips are open to the public, advertised as being 21+ and the casino expects you to have ID with you

All trips are also available to nonmembers, provided they accompany a paying, current MCSAA member. There is generally an additional charge to nonmembers. Please be aware that there is a 2-guest maximum for each MCSAA member.

March Center Van Trips

March 6 Seattle Art Museum

Cost: \$20 (member), \$25 (non-member)

Leave MCSAC at 8:30am

Bring money for lunch at SAM and return ferry fare.

March 22, Sunday

Chris Perondi's Stunt Dog Experience

Leaves MCSAC at 12:45pm

Cost: \$43 (member), \$48 (non-member)

Dinner at Izzy's afterward (on your own)

March 30 Pikes Place Market

Cost: \$19 (member), \$24 (nonmember)

Leaves MCSAC at 8:30am

Lunch on your own and return ferry fare

Senior Walkers

The upcoming season of hikes begin April 7.

See the bulletin board soon for the list of walks.

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, mean gossiping 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 Trips

April 8, Explore Sumner WA

Cost: \$20 (member), \$25 (nonmember)

Leave MCSAC at 10am

Bring money for lunch and shopping!

April 18th, Westport Crab Festival

Cost: \$24 (member), \$29 (nonmember)

Leave MCSAC at 9am

Price includes transportation and admission

April 29th, Woodland Park Zoo

Cost: \$27 (member), \$32 (nonmember)

Leave MCSAC at 9am

Lunch on your own

June 2, Rainier's Game Party Deck

Cost: \$59 (members) \$64 (nonmembers)

Leave MCSAC at 9:15 am

Includes: transportation, private deck space, lunch (BBQ Buffet), personal deck attendant and group video board announcement

Casino Shuttle Trip

For adults 21 years and older.


MCSAA Membership is not required. Sign up and pay at the reception desk to get on the shuttle list.

Cost: \$5 per person-needs 10 passengers

Red Wind Casino Shuttle Trip

Every other month on the 3rd Wednesday,
Next shuttle Apr. 15th. 9:00 am to 4:00 pm.

Senior Nutrition Program March 2020

Monday	Tuesday	Wednesday	Thursday	Friday
<p>2 Hearty Vegetable Soup Turkey & Veg Sandwich Pineapple & Cottage Cheese</p>	<p>3 Spaghetti W/ Veggie or Meat Sauce Green Beans Fresh Fruit Garlic Bread</p>	<p>4 Wild Salmon with Pesto Cream Sauce Grilled Zucchini & Cauliflower Tropical Fruit Salad Whole Wheat Roll</p>	<p>5 SITE CHOICE Country Fried Steak Mashed Potatoes W/ Gravy Mixed Veggies Peaches</p>	<p>6 Cheeseburger or Garden Burger w/ Sautéed, Onions & Mushrooms Sweet Potato Fries Fresh Apples Slices</p>
<p>9 Turkey, Veggie & Cream Cheese Wrap Tomato Basil Soup Tropical Fruit Salad</p>	<p>10 Herbed Chicken Rice Pilaf Peas & Carrots Fresh Oranges Dinner Roll</p>	<p>11 SITE CHOICE Biscuits & Sausage Gravy Country Trio Veggies Grapes</p>	<p>12 Baked Fish W/ Tartar Sauce Wild Rice Blend Carrot Raisin Salad Fresh Fruit</p>	<p>13 Sausage or Veggie Penne Green Salad Spiced Pears Garlic Bread</p>
<p>16 Chicken & Veggie Curry Brown Rice Steamed Peas Mandarin Oranges</p>	<p>17 St. Patrick's Day Meal Beef & Veggie Stew Steamed Cabbage Fresh Fruit Irish Soda Bread</p>	<p>18 Whole Grain Pancakes w/ Berry Compote Roasted Potatoes w/ Peppers & Onions Turkey Sausage</p>	<p>19 Homemade Meatloaf Mashed Potatoes w/ Gravy Tomato & Cucumber Salad Fresh Fruit</p>	<p>20 Cabbage Roll Casserole Marinated Cucumbers Pineapple Chunks</p>
<p>23 Swiss Steak Mashed Potatoes w/ Gravy Mixed Vegetable Fruit Cocktail</p>	<p>24 Chicken Broccoli Alfredo on Noodles Crisp Green Salad Peaches</p>	<p>25 Pork & Vegetable Stir Fry Steamed Brown Rice Mandarin Oranges</p>	<p>26 SITE CHOICE Beef Stroganoff Rotini Pasta Peas & Carrots Fresh Fruit</p>	<p>27 Tuna Cakes with tartar sauce Scalloped Potatoes Steamed Peas Apple Slices</p>
<p>30 Tamale Pie Spiced Black Beans with Red Peppers Fresh Fruit</p>	<p>31 BBQ Chicken Potato Salad Mixed Green Salad Apple Crisp</p>			

Menu Subject to change. Our meals are low sodium and prepared with diabetic diets in mind.

Every Monday	Every Tuesday	Every Wednesday
8 & 8:45 Gentle Tai Chi 8:00 Cribbage 9–10 Begin Line Dance 9:00 Mexican Train Dominoes 10–11 Int./Adv. Line Dance 12:30 Pinochle (Int, Adv) 1:00 Art Workshop	8:00 Gentle Yoga 8:00 Cribbage 9:00 Line Dance-Int./Adv. 10:00 Machine Knitting 12:00 Bridge 12:45 Gentle Tai Chi 1:30 Charity Sewing 5:30pm Zumba Gold	8 & 8:45 Gentle Tai Chi 8:00 Cribbage 9–10 Beginning Line Dance 9:00 Mexican Train Dominoes 10:00 Int./Adv. Line Dance 12:30 Pinochle (Int, Adv) 1:00 Beading Social 1:00 Hand & Foot Card Game 5:30pm Zumba Gold
Monday	Tuesday	Wednesday
2 10:00 Elderly Fraud Consumer Protection Information 6:00 Square Dance Lessons 11:45 Hearty Vegetable soup and Turkey Sandwich	3 2:00 Grief Support Group 1:30 Charity Sewing 11:45 Spaghetti with Veggie or Meat Sauce	4 Foot Care by Michelle 9:45 AARP Tax Aide 1:00 Beading Social 11:45 Salmon with Pesto Cream Sauce
9 11:45 Turkey, Veggie & Cream Cheese Wrap	10 Foot Care by Michelle 9:30 Board Meeting 1:30 Charity Sewing 11:45 Herbed Chicken	11 9:45 AARP Tax Aide 11:00 Free Eye Glass Adjustment and Cleaning 12:00-1:00 Area Agency on Aging 1:00 Beading Social 11:45 Biscuits and Sausage Gravy
16 6:00 Square Dance Lessons 11:45 Chicken and Veggie Curry	17 10:45 Member meeting 1:30 Charity Sewing 2:00 Grief Support Group 11:45 Beef and Veggie Stew	18 Foot Care by Michelle 9:45 AARP Tax Aide 9:00 Joy of painting 12:30 Volunteer Appreciation 1:00 Beading Social 11:45 Whole Grain Pancakes
23 Priority Footwear 6:00 Square Dance Lessons 11:45 Swiss Steak	24 10:00 Book Club Foot Care by Michelle 1:00 Bingo with Shelton Health and Rehab 1:30 Charity Sewing 11:45 Chicken Broccoli Alfredo	25 9:45 AARP Tax Aide 1:00 Beading Social 1:00 Reception Meeting 11:45 Pork and Veggie Stir Fry
30 8:30 Pike's Place Market 6:00 Square Dance Lessons 11:45 Tamale Pie	31 11:45 BBQ Chicken	

Activities		
Every Thursday	Every Friday	Every Weekend
8:00 Gentle Yoga 8:00 Cribbage 9:00 Line Dance - Int./Adv. 9:00 EZ Crafters 9:00 Jokers Rule 9:00 Woodcarvers 9:30 Knit & Chat 12:00 Bridge 12:45 Gentle Tai Chi 1:00 Bingo 1:00 Mahjong 4:00 Beginning Quilting Classes 5:30 Zumba Gold	8 & 8:45 Gentle Tai Chi 8:00 Cribbage 9:00 Mexican Train Dominoes 9:00 Open Line Dance 12:00 Pinochle (begin/all) 1:00 MCSAA Goes to the Movies 12:30 Chorus	
Thursday	Friday	Saturday/Sunday
		1
5 10:00 Matter of Balance 11:45 Country Fried Steak	6 Lunchtime Music: John Schwennesen & Dennis Schosboek 8:30 Seattle Art Museum 10:00 Elderly Fraud Consumer Protection Information 11:30 Cheeseburger or Garden Burger	7/8 11:00-3:00 Sunday Spaghetti Feed and Bingo
12 10:00 Matter of Balance 1:30 Papercrafting 11:45 Baked Fish	13 Lunchtime Music: Richard Shatto & Dennis Schosboek 12:00 March Birthday Party 6:00 Friday Fun Night 11:30 Sausage or Veggie Penne	14/15
19 10:00 Matter of Balance 11:45 Homemade Meatloaf	20 Lunchtime Music: John Schwennesen 7:00 pm Square Dancing 11:30 Cabbage Roll Casserole	21/22 11:30-4:30 Saturday Pinochle Tournament 12:45 Sunday Dog Show
26 Foot Care by Michelle 10:00 Matter of Balance 11:00 SHIBA 11:45 Beef Stroganoff	27 Foot Care by Michelle 9:30 Artist Trading Cards Lunchtime Music: Sarah Huey Bingo Karaoke-Rock n' Roll Theme 11:30 Tuna Cakes	28/29



March 2020



Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 Sales color GREEN	2 Green Tags 50% off	3 Seniors & Military Receive 15% Off	4 Clothing 25% off	5 Electronics 25% off	6 Purses 25% off	7 White Tags 25% off
8 Closed	9 MCSAA Members Receive 33% Off	10 Seniors & Military Receive 15% Off	11 Jewelry 25% off	12 Shoes 25% off	13 Coats 25% off	14 Drinking Glasses 50% off
15 Closed	16 Books 50% off	17 Seniors & Military Receive 15% Off	18 Kitchen items 25% off	19 Knick Knacks 25 % off	20 White Tags 25% off	21 Green Tags 75% off
22 Closed	23 Artwork 25% off	24 Seniors & Military Receives 15% off	25 Children's Clothes 25% off	26 Green Tags 90% off	27 Linens 25% off	28 Coats 50% off
29 Closed	30 Clothing 50% off	31 Seniors & Military Receive 15% Off	We are always looking for Jewelry	Donation times M-F 9:30-4:30pm Saturday 9:30- 4:00pm	Thank you for supporting the MCSAA	We deliver furniture for a small fee
Closed	We pick up donations Call us at 360-427-0858	Make new friends, volunteer!	Nifty Thrifty is the major fund- ing source for the MCSAA	Recycle!!! Reuse !!! Repurpose!	Lots of books? Consider donating them to Nifty Thrifty.	Store Hours M-F 9:30-5:30 Sat 9:30-5:00 Closed Sunday

Our goal is to provide quality merchandise at fair prices. Nifty Thrifty Store is the major funding source of the Mason County Senior Activities Association. Please call 360-427-0858 and ask about donation pick up services.



Happy Birthday to All!

Did you know that we have 79 members who are having birthdays in the month of March? Who could have imagined that!

As always, for those of our members who are having birthdays this month, we wish you the very best birthday and would love to see you at our regular birthday celebration on the 2nd Friday of the month. Sue Puls provides a beautifully decorated cake to enjoy. You are entitled to a free lunch. Please bring your current membership card and photo ID. Lunch will be regular price for all others.

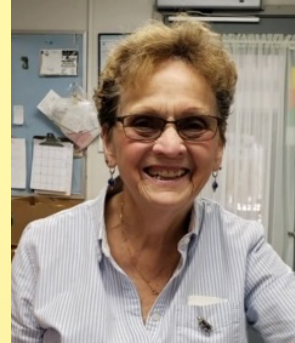
Happy Birthday!



Our monthly birthday cakes are made and donated to us by Sue Puls



A few February Birthday partiers



Arlyn has been a great volunteer for many years, she has spent a lot of time putting items out on our sales floor and helping bag items for customers. She is always pleasant and nice to everyone. She takes home items that need laundered and puts in extra effort to make sure that there are no stains and it is pressed. When she is not at Nifty Thrifty she spends time with her husband, George. They love to show off their cars in car shows. They also spend a lot of time traveling to spend time with family. Arlyn is a very dedicated and hard working volunteer and we appreciate having her with us.

National Consumer Protection Week

The United States Postal Service has provided us with several short videos to help you recognize and avoid scams that target the elderly.

We will give 2 viewing opportunities:

Monday, March 2nd 10:00am-11:30am

Friday, March 6th 10:00am-11:30am

Topics will include: Fake check scams, telemarketing fraud, foreign lottery scams, identity protection, internet fraud and work-at-home scams.

Viewing will be in the MCSAC Meeting Room.

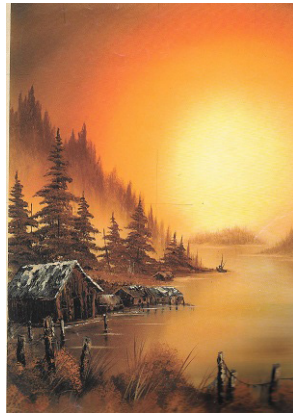
Classes and Activities for Members

Payments for all classes are to MCSAA and go through the Center reception desk.
Due to the cost of business, donations for activities are suggested and are greatly appreciated.

Joy of Painting Landscape Class "Fisherman's Paradise"

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.

Need a place to paint? This workshop offers you a
great spot to paint with friends and coffee... and it's
only \$2.00 every Monday afternoon 1:00-3:00 in
the MCSAC dining room. Bring your own supplies
and work on your project.

Fitness Classes

**\$1 donation per class is requested
except where listed**

Tai Chi: M, W, F; 8:00 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, Wed & Thu. 5:30pm to 6:30 pm \$5
required per class, punch cards available from
instructor for savings.

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

Friendly Reminder

Friday movies are
for current members only.
No exceptions.

MCSAA at Shelton Cinemas *Members Only*
Fridays, usually at 1:00 pm, but times may vary.
Call the Center for more details.

Enjoy an afternoon of fun seeing first run movies.
Current MCSAA membership is required. Prices:
\$3.50 per person with advance payment before 11:45
am at the reception desk and \$4.00 after noon at the
theater.

Beading Social Wednesdays 1:00-3:00

Bingo Thurs. 1-3 pm. \$1.00 for three cards

Bingo with Shelton Health & Rehab 4th Tuesday
at 1-3 pm

Book Club 4th Tuesday in the dining room

Bridge Tuesdays and Thursdays 12:00 pm

Chorus Friday 12:30

Cribbage Monday-Friday, 8:00 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.

Machine Knitting Tuesdays 10:00-1:00

Mahjong Thursday, 1:00 pm Come learn.

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

Open Sew/Charity Sewing Tue. 1:30-6:15 pm, bring
your current projects, learn something
new from others, or work on projects for
the center to sell or give.

Pinochle Mon. & Wed. (Int., Adv) 12:30pm;
Fri (beginners/all) 12:00 pm. Please arrive
early to get a seat. \$1

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

Quilt Class Thursday 4:00-6:15 pm Come learn
quilting techniques and fun projects. See
page 15 for current offerings.

Woodcarvers Thursdays 9-11am

Paper Crafting 101

Paper Crafting classes are a great way to get creative! Join Dorothy Skans on Thursday February 13th from 1:30 to 3:30 for this exciting class. Supplies are provided by our teacher. \$1 donation requested.

Upcoming Quilting Classes

Block of the Week Quilt as You Go

Members \$5 per week/non-members \$10 per week. Each week we will learn a new block and ideas on how to quilt it. Finished project size is up to you. This class will continue throughout the year. Classes will be drop in style so you do not have to attend or sign up for all of them. Blocks will get progressively more difficult as the year progresses. Baby quilt uses between 9-16 blocks and King size needs 72 blocks. Materials list available on the bulletin board in the sewing room. You can pay for your class ahead of time with the receptionist or during class.

March 5: Art Square

March 12: Road to Oklahoma

March 19: Double X #1

March 26: Big Dipper



“Award Winners & Other Great Books” book club

Every 4th Tuesday from 10-11:30am in the MCSAC dining room. \$1.00 donation requested.

The March book is: “The Boys in the Boat” by Daniel James Brown.

University of Washington’s 1936 eight-oar crew and their epic quest for an Olympic gold medal, a team that transformed the sport and grabbed the attention of millions of Americans

Make sure you’ve read the book in advance.

Artist Trading Cards (ATC)

ATCs are 2.5 X 3.5” collectible pieces of art that are created and exchanged in different crafts community. The goal is to make 1 for yourself and enough for the rest of the group. All materials are provided. This class will be the 4th Friday of the month, March 27th from 9:30 to 11:30am. Ideal class size is 9. Sign up is required. \$1 donation requested.

Woodcarving

The Shelton chapter of the Capital Woodcarvers Club is meeting at Mason County Senior Activities Center every Thursday from 9AM to 11AM. The woodcarvers also meet in Olympia and Elma on other weekdays and can provide assistance, training and access to tools and wood supplies. We are grateful to the MCSAC for this opportunity to share our time and expertise demonstrating hand knife and gouge woodcarving techniques for anyone interested in learning this hobby. \$1 donation requested. Located in the back of the dining room.

Beading Social - Members Only

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

Charity Sewing and Knitting

Tuesdays from 1:30pm to 6:15pm. We meet in the sewing room and work on sewn/knitted projects to sell in our Boutique, Bazaars or give to those in need (we have some ideas about the projects to give away.) You’re welcome to join the group and make items for the boutique or to give away also. We are always looking for donations of yarn, fabric, sewing supplies and batting. Call the Senior Center and ask for Penny for more information.

It’s never too late to make new friends or join a group like our Thursday Crafters, Tuesday Sewing Group, or our new Book Club. We have many groups doing many different activities. Don’t stay home and wonder if you should be part of something at the center. Come in and see for yourself how much fun we’re having!



Code of Conduct Reminder

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

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

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

Become a Corporate Sponsor

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

Sponsors donate in many special ways including:

- Providing activities for our Members (Like Bingo, Potlucks, Music)
- Bringing in meals and treats for our Seniors
- Buying ad space in our monthly newsletter and more!
- Each month the Center mails 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 Executive 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.



Alpine Way

Continuing Care Community

The Difference Between Living and Living Well

360-426-2600

www.AlpineWayLiving.com

900 W. Alpine Way | Shelton, WA 98584

Retirement Living • Assisted Living • Memory Care



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

In Fine Time Sewing Machine Repair

Vintage Specialty

kixfixing@gmail.com

360.490.8825



shutterstock.com • 235436635



MAPLE GLEN SENIOR LIVING PRESENTS

*Sunday
Brunch*

JOIN US THE

2nd Sunday of every month

10:30AM-1:00PM

\$8 ADULTS • \$4 CHILDREN 12 AND UNDER • FREE WITH TOURING PARTIES



1703 N. 13th Loop Rd.
Shelton, WA 98584

Celebrating the Art of Life

360-427-0300
www.mapleglen.com

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

<https://www.facebook.com/PavilionSentryPark/>

SIMPLE ★ ECONOMICAL ★ RESPECTFUL



mccombwagner.com

McCOMB & WAGNER
FAMILY FUNERAL HOME AND CREMATORY

360-426-4803

THE WAGNERS

SINCE 1897

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

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

COMPUTER SERVICE @ YOUR DOOR
DAVE'S COMPUTER SERVICE
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



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



Karen L Schade

Financial Advisor

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

Edward Jones
MAKING SENSE OF INVESTING



Fish Fry
Fri. April 3rd 4-7 pm
Cost \$12 at door
Cod, Fries, Drink & 1 Side

**public
Welcome**

\$5.00 off
with MCSAC
Membership Card



At **Union City Lodge #27** F.&A.M.
Across from Lucky Dog Casino
Questions: 360-589-8040
unioncity27@gmail.com



LORRAINE'S MUSIC STUDIO

Please call to schedule your free
one-hour lesson:

(360) 481-8360

825 W Franklin St Shelton, WA 98584
Across the street from Evergreen Elementary

WWW.LORRAINEMUSSON.COM



Quality Repair By
People Who Care
Warranty Approved Maintenance
Free Local Shuttle
24 Hour Drop Box
Diagnostic Experts
Complete Auto Care by Auto
Experts

(360) 426-2271 Owner: Sunshine Pearson
123 N Front St, Shelton WA 98584

MASON COUNTY SENIOR ACTIVITIES ASSOCIATION



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



2019/2020 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 \$40 per person. Membership is for those 50 or better, however, spouses of a 50+ member, that are not yet 50, may join as an Associate (non voting) member.

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

Please, PRINT all information CLEARLY

FIRST NAME: _____ MIDDLE _____

LAST NAME _____ NICKNAME _____

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

CELL ____-____-____ EMAIL ADDRESS _____@_____

MAILING ADDRESS: _____, _____, _____, zip _____

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

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

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

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

Name: _____ Relationship _____

Phone #: _____ Cell _____

Physician _____ Phone #: _____

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

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

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

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

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

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

Signature _____ DATE: ____/____/20____

Last Name, First _____
Member # _____
New Member ☐
Renewal ☐
Key Tag X _____

☐

SCHEDULED

☐

WSP Check Completed

MCSAA 190 West Sentry Drive, Shelton WA 98584 Phone 360-426-7374 Fax 360-426-1955 www.mcsac.net

Volunteers are the Heart and Soul of our Center.*If you would like to volunteer your talents to our organization, please check those areas where you would like to help below.***Volunteer Questionnaire**

Activities of interest or Skills you Possess– Please check all that apply & fill in any blanks that apply.

- | | |
|---|---|
| <input type="checkbox"/> Serve on the MCSAA Board | <input type="checkbox"/> Facility Management |
| <input type="checkbox"/> Newsletter Publication | <input type="checkbox"/> a. Electrical |
| <input type="checkbox"/> Newsletter & Flyer distribution | <input type="checkbox"/> b. Plumbing |
| <input type="checkbox"/> Newsletter folding, sealing & mailing | <input type="checkbox"/> c. Carpentry |
| <input type="checkbox"/> Teaching Computer Classes: Beg/Inter or Adv | <input type="checkbox"/> d. Handyman/Repairs |
| <input type="checkbox"/> Teach _____ Class (fill in your skill) | <input type="checkbox"/> e. Painting |
| <input type="checkbox"/> Teach Genealogy Class | <input type="checkbox"/> f. Janitorial |
| <input type="checkbox"/> Teach a Health/Diet/Nutrition Related Class | <input type="checkbox"/> g. Garden/Grounds |
| <input type="checkbox"/> Teach a writing class | <input type="checkbox"/> Clerical/Secretarial |
| <input type="checkbox"/> Teach a _____ exercise class | <input type="checkbox"/> a. Data Entry |
| <input type="checkbox"/> Reception Desk (answering phones, taking money, | <input type="checkbox"/> Are you computer literate? Y N |
| <input type="checkbox"/> trips, registering new members) | Miscellaneous |
| <input type="checkbox"/> Host (Make Coffee/tea/ maintain treats & utensils) | <input type="checkbox"/> b. Grant Writing |
| <input type="checkbox"/> Cook/clean/prep for Friday Lunches | <input type="checkbox"/> c. Fundraising |
| <input type="checkbox"/> Volunteer to help with Special events | |
| <input type="checkbox"/> Cook/clean/prep for Special Events | |
| <input type="checkbox"/> Decorate/Set up for Special Events | |
| <input checked="" type="checkbox"/> Provide entertainment | |
| <input type="checkbox"/> Bingo Caller/set-up/take down/Karaoke Host | Your Ideas: _____ |
| <input type="checkbox"/> Potluck Help | |
| <input type="checkbox"/> Decorate the Center for seasonal cheer | |
| <input type="checkbox"/> Make Crafts to sell or decorate to our fundraisers | |
| <input type="checkbox"/> Photography (take pictures at events and of Members) | |
| <input type="checkbox"/> Trip Driver (must have clean driving record) | |

**I hereby authorize a background check to be done by the
W.S.P. Watch for the purpose of working with vulnerable adults and
our insurance. This is required for any and all positions.**

Signature _____ DATE: ____ / ____ / 20 ____

PHONE # _____

Print Name: _____ DOB: ____ / ____ / ____

Any other names used? _____

Additional information we might find useful? _____

Last Name, First _____

Member # _____

New Member ☐Renewal ☐

Key Tag X _____