

Active Living



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

Mason County Senior Activities Center

March 2021

What's Happening At Your Senior Center

Soft Re-opening set for March 1, 2021:

- We are happy to announce that we will open for a few activities, starting March 1, 2021. Hours will be Monday, Wednesday and Friday – from 8:00 AM – noon
- Because social distancing is important for all activities, we will not offer any games or food at this time
- Available activities will be: Tai Chi (8:30-9:30), Line Dance (10:00-11:30) and socializing
 - o Line Dance: we will attempt a hybrid in-person/Zoom class for those who would prefer to stay at home. Contact Val for Zoom invitation
 - o Tai Chi Zoom: Thursdays only at 8:45. Contact Val for an invitation
- Masks must be worn at all times and you must check in at the kiosk. You will need to be a current member to check in.
- No food or drink will be provided. You may bring a drink with a lid – but please, no food to share

COVID-19 Vaccines:

- The Senior Center has been working with Mason Health to stage a COVID-19 vaccination clinic. Unfortunately, the weather has not been cooperating. We have canceled twice and will scramble around and make it happen when the vaccinations actually get here. We hope to provide more clinics in the future – stay tuned!
- Important Note: We will always strive to accommodate any COVID vaccine clinic that becomes available to us. This means that we may be inconvenienced and closed in order to provide this public service. Thank you in advance for your patience in this matter!

Nifty Thrifty:

- Nifty Thrifty is looking for at least 2 volunteer cashiers. Experience is desired but they will train. The Quilt Raffle was held on Feb 16th and the lucky winner was Lurrie. Tickets are still available for the Dollhouse Raffle and we have a new quilt up for raffle that will be drawn on August 17, 2021. Try your luck with both of these great raffles.

Newsletter:

- As a courtesy, we have been mailing out the newsletter to people who were members in 2020-2021. For those whose membership to the Senior Center has expired, this will be your last newsletter until you renew your membership.

Behind the Scenes:

- Your board members are busy working behind the scenes to spruce up, rearrange and tidy the Senior Center in anticipation of your return. Board member workdays are scheduled once a week until the tasks are completed. We cannot wait for you to see and enjoy your Center.

Financial News:

- We qualified and received a second SBA payroll protection loan. The first loan we received has been forgiven. This is great news! We are currently working with Heritage Bank to make interest-only mortgage payments for a period of time.

Senior Walkers:

- Dust off your hiking boots and get ready to begin our 2021 season on April 6th. April hikes will be listed in the next newsletter.

Tax Aid:

- We are staying in contact with AARP to find a solution within COVID-19 restrictions for providing a safe environment for both tax-payers and AARP volunteers. Stay tuned for updates.

Regular Zoom classes:

- Yoga classes are offered every Tuesday at 8:45 AM. Contact Val for an invitation at activities@mcsac.net

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:

Interim Director: Val Wedman

Event, Activities & Volunteer Coordinator:
Val Wedman

Bookkeeper & Data Coordinator: Penny Wilson

Volunteers: Contact Receptionist to help.

Receptionists:

Patt Matsen	Wyatt Cates
Ella Kowalski	Kathleen Blanchette
Kathy Abernathy-Robinson	

Center Hosts:

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

Gift Shop: 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:

Julie Whaley	Gale Glenn
Val Wedman	Avis Ross

Photographer: Glenn Harper and Gale Glenn

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-Saturday 9:30-5:00

Donations Monday – Saturday 10-4:30

Your quality donations are needed!

Call for Free Pickup: 360-427-0858

Store Director: Michelle Marks

Assistant Manager: Krystal Perez

Staff: Linda Trail, Cathy Jones and Moriah Ward

Dedicated Volunteers:

Adelheid Krohne	Gary Yuan	Ruth Coots
Aloma Perez	Irene Moffatt	Vivian Bentkowski
Arlyn Skarich	Jan Kallinen	Marilyn Olson
Axel Van Wormer	Jane Donahue	Jill Neil
Betty Thompson	Kyle Dimisillo	Wayne Souza
Carole Pelela	Maxine Neese	
Cynthia Middleton	Pamela Johnson	
Doug Kreklow	Rachel Sedlaek	
	Reda Keller	

Additional volunteers are always needed.

Call Michelle at 360-427-0858 to volunteer.

This institution is an equal opportunity provider and
employer.

Center Holiday Closures

2021

January 1	New Year's Day
January 18	MLK Day
February 15	Presidents Day
May 31	Memorial Day
July 2	Independence Day
September 6	Labor Day
November 11	Veterans' Day
November 25-26	Thanksgiving
December 24	Christmas

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 Virtual Board Meeting

Tuesday, March 9th at 9:30 am

The MCSAA Board meets the second Tuesday of each month at 9:30 am. If a member desires to bring something before the board, he or she should make the request in writing and give the request directly to MCSAA Board President Clay Long or Interim Director Val Wedman 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. To attend the virtual meeting, email Val (director@mcsac.net) for the link.

MCSAA 2021 Board

President: Clay Long
Vice President: Bill Bezanson
Secretary: Wayne Souza
Treasurer: Marilyn Olson
Gale Glenn, Patti Vernie

Open Spot Available

Terry Nelson's three-year tenure as a board member has ended and he has chosen to leave the board. We want to thank Terry for his many years of service as a board member, newsletter editor and Friday movie host. He will be missed and we hope to see him back in the future - volunteering as usual.

We want to thank Clay Long for taking back the mantle of President and we want to thank his wife Billie for letting him!

Center Wish List

We would greatly appreciate donations of:

Nifty Thrifty needs:

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



Thank you very much for your donations!

**Here is a web address to our Amazon
wishlist for your convenience:
Please note that it is case sensitive.
<https://a.co/86hGxTi>**

It is with deep sadness that we inform you of the recent passing of Ricardo del Bosque, husband to Chef Debra. Debra served meals to us for over 17 years, in both the Pavilion and the Railroad Avenue locations. She is in our thoughts.

Board Member Needed

MCSAA is in need of a board member. Have you always wanted to see how you could help? This is one way. Help create a legacy that will continue on for years to come. We need you! If you are interested, give us your contact information and we will have Clay, our Board President contact you.

For up-to-date information about the Senior Center, please check:

- <https://www.facebook.com/MasonCountySeniorActivitiesAssociation>
- www.mcsac.net



Donations:

- Send checks: 190 W Sentry Dr. Shelton, WA 98584
- GoFundMe: <https://charity.gofundme.com/en/campaign/support-mason-county-senior-activities-center-during-covid-19-closure>



Senior Services for South Sound &
Meals on Wheels
Congregate (group) meals are currently not available
here at the Pavilion.

Home Delivered Meals

Services are available which provide nutritious meals
to older and disabled adults who are homebound and
meet assessment criteria.

Senior Services for South Sound Olympia

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

www.SouthSoundSeniors.org

Drivers Wanted

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

* Valid Washington Drivers

License,

* Auto insurance

* Background check.

Mileage reimbursement is
available.



Services for All Seniors at Mason County Senior Activities Center

*Current MCSAC Membership is NOT required for
the following Services.*

Free Medical Supplies Lending Library —

Borrow walkers, toilet seat boosters, wheel chairs, etc.,
from our lending library. Supplies fluctuate. Please
call 360-426-7374 Tuesday thru Thursday

Commodity Supplemental Food Program

There is a sign up for the Commodity Supplemental
Food Program – CSFP. This is a program for
seniors over the age of sixty who meet federally
regulated income guidelines. CSFP participants
receive a 40-pound box of food once per month. For
questions, or to get your application call **Todd at
Thurston County Food Bank** for information **360-
352-8597 x206.**

Now Is The Time To Renew.

As a courtesy we have sent out the newslet-
ter to all of our member current and recently
expired. As a cost cutting measure we will
no longer be mailing out newsletters to peo-
ple whose membership(s) have expired. For
some of you this will be your last issue. We
encourage you to renew your membership(s),
not just for the mailed copy of the newsletter
but for your Nifty Thrifty discounts as well.
We have enclosed a membership application
in this newsletter.



The new quilt for our Aug 17, 2021
raffle drawing. In bright blue, yellow
and red, it feels like a late summer
picnic. The quilt measures 68"X84".
Tickets are \$1 each and are currently
available at Nifty Thrifty and the
Senior Center.

MASON COUNTY SENIOR ACTIVITIES ASSOCIATION



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



2021/2022 Membership Application and Agreement

Welcome! We hope you enjoy making new friends and participating in our many activities, classes, trips and volunteer opportunities. MCSAA Members enjoy great benefits including:

- Our excellent Active Living Newsletter every month
- Free birthday Lunch on the third Friday in the month of your Birthday
- Discounted Pricing on most trips and classes
- Exclusive access to some Center Classes, Trips & Functions
- Discount at our Nifty Thrifty Thrift Store
- Your emergency information on file in case it is needed

Annual Dues are \$40 per person. 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 | |
| <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) | |

Your Ideas:

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

Signature _____ DATE: ____/____/20____

PHONE # _____

Print Name: _____ DOB: ____/____/____

Any other names used? _____

Additional information we might find useful? _____

Last Name, First

Member #

New Member

Renewal

Key Tag X

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

Probates-Wills-Powers of Attorneys-
Deeds-Foreclosures

Julie Cook
Attorney at Law

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

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Financial Advisor

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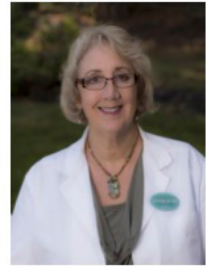
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427-3187

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- Federal claims accepted
- Open Monday through Friday



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Shelton, WA
Located next to Treasures Thrift Store

(360) 427-8044



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

Sojourners Welcome!

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



At **Union City Lodge #27** F.&A.M.
Across from Lucky Dog Casino
Questions: 360-280-9925
unioncity27@gmail.com



*We want to thank all of our
Corporate Sponsors for all
they have done for us. We
really appreciate it!!!*



March 2021



Sun	Mon	Tue	Wed	Thu	Fri	Sat
Sales Color Green	1 Green tags 50% off	2 Seniors & Military Receive 15% off	3 Furniture 25% off	4 Artwork 25% off	5 Books 50% off	6 Clothing 50% off
7 Closed	8 MCSAA Members Receive 33% off	9 Seniors & Military Receive 15% Off	10 Electronics 25% off	11 Kitchen items 25% off	12 Knickknacks 25% off	13 Jewelry 25% off
14 Closed	15 Jewelry 25% off	16 Seniors & Military Receive 15% Off	17 Green tags 75% off	18 Books 50% off	19 Books 50% off	20 Books 50% off
21 Closed	22 Clothing 50% off	23 Seniors & Military Receive 15% Off	24 Managers choice!!!!	25 Kids Toys 50% off	26 White tags 25% off	27 Green tags 90% off
28 Closed	29 Kitchen 25% off	30 Seniors & Military Receive 15% Off	31 Fabric 25% off	Furniture 25% off	Thank you for your support	Recycle!!! Reuse !!! Repurpose!
Closed	We pick up donations Call us at 360-427-0858	Make new friends, volunteer!	We are always looking for jewelry.	We appreciate You!!!	Nifty Thrifty is the major funding source for the MCSAA	Hours M-F 9:30-5:00 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.