

# Active Living



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

Mason County Senior Activities Center

March 2022

## What can you say about March?

March is still too cold to go out and be active for some but not others who need to be out doing something. It is a time for snow birds to make the migration back to the north and members to see what's new here at the center.

Our lunch program has provided over 2000 meals since October 1st. Meals are partially paid by donations. People have asked about going back to real plates, silverware and coffee cups. For us to do that, we need a lot more in donations and dedicated dish washing volunteers.

The Pavilion is important source of revenue for the Senior Center. We are seeing more and more brides looking for a venue for their weddings. The garden will need attention before the spring and summer wedding season. Any volunteers?

We want to try to add more activities but need input and teachers/leaders. Please don't just tell us what you'd like to do; tell us what you can do!

Our Semi-Annual Pinochle Tournament fundraiser will be held on Saturday, March 19th. We get players from all over the county and beyond. See page 5 for details.

Trips are being planned for April. Sign up early.

Nifty Thrifty has been going above all expectations and always needs volunteers. Even if you just have an hour a week to put items on shelves -- it would be a huge help. If you are interested please speak to either Michelle or Melissa at our Nifty Thrifty store.

We want to thank our members for their patience in these last two years. It is because of you we are here and intend to be another 40!

## Upcoming Events!!!

March 8 Board Meeting  
March 15 General Meeting  
March 19 Pinochle Tournament

## Center Holiday Closures 2022

January 1	New Year's Day
January 17	MLK Day
February 21	Presidents Day
May 30	Memorial Day
June 20	Juneteenth
July 4	Independence Day
September 5	Labor Day
November 11	Veterans' Day
November 24-25	Thanksgiving
December 26	Christmas

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# Mason County Senior Activities Association

Annual membership dues are \$40

## Activities Center

### "50 and Better Activities Center"

Address: 190 W. Sentry Dr., Shelton

Phone: (360) 426-7374

Email: [info@mcsac.net](mailto:info@mcsac.net) Web: [www.mcsac.net](http://www.mcsac.net)

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

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

### Staff:

**Senior Center Manager:** Penny Wilson

**Activities & Volunteer Coordinator:** Will Adams

**Bookkeeper/Admin Assistant:** Alex Banks

**Kitchen Manager:** Debra del Bosque

### Kitchen Volunteers:

Judy Siegel Anita Pecoff

Denise Frantz Vivian Bentkowski

### Receptionists:

Patt Matsen Denise Avery-Baeten

Ella Kowalski Wendy Price

### Center Hosts:

Doris Fredin Shirley Schober

**Gift Shop:** Ella Kowalski

**Sunshine:** Open

**Van Drivers:** Clay Long, Glenn Harper, Gary Miner

**Newsletter and Layout:** Penny Wilson

### Editorial Committee:

Julie Whaley Gale Glenn

Avis Ross Patt Matsen

Steve Mutoli Gary Miner

**Photography:** Gale Glenn and Will Adams

**Mailing Team:** Gil Palmer, Al Lawrence, and Bill Bezanson

**Distribution:** Nila LeGault, Reiko Mauer  
Steve Mutoli, and Doris Fredin

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

*Greatest needs right now:*

*Volunteer Dishwashers, Receptionist, Hostess*

## Nifty Thrifty Store

Your Hometown Thrift Store

Voted Mason County's Favorite Thrift Store

826 W. Railroad Ave., Shelton, WA 98584

(360) 427-0858

E-mail: [niftythrifty@hcc.net](mailto:niftythrifty@hcc.net) or

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

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

### MCSAA

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

Members: **Remember to show your  
cardboard 2022/2023 membership card  
before cashier starts ringing up your order.**

**Your plastic key card is not proof of  
current membership. Contact the  
Center if you need another  
cardboard card.**

**Open Monday-Saturday 9:30-5:00**

**Donations Monday – Saturday 10-4:30**

**Your quality donations are needed!**

**Store Director:** Michelle Marks

**Assistant Manager:** Melissa Elliot

**Staff:** Linda Trail, Cathy Jones and Moriah Ward

### Dedicated Volunteers:

Aloma Perez

Axel Van Wormer

Betty Thompson

Carole Pelela

Cynthia Middleton

Doug Kreklow

Gary Yuan

Irene Moffatt

Jan Kallinen

Jane Donahue

Maxine Neese

Pamela Johnson

Rachel Sedlack

Reda Keller

Ruth Coots

Vivian Bentkowski

Marilyn Olson

Rich Sawyers

Cheral Cowsert

Paul Kemmerr

Wayne Souza

Denise Miner

Additional volunteers are always needed.

Call Michelle at 360-427-0858 to volunteer.

This institution is an equal opportunity employer.

## Mission Statement

Create and nurture opportunities for senior residents of rural Mason County to maintain optimal physical, emotional and spiritual health by helping them to maintain connections with necessary clinical, nutritional and social-emotional support services as well as to each other.

### 2022/2023 Membership Bonuses

#### Nifty Thrifty Discount

In store, receive 20% off regular priced items of \$5 or more with some exceptions. Your 2022/2023 membership paper card must be shown before the cashier starts to ring up your order.

Members receive a discount on Pavilion rentals. For more details please see a staff member or contact [pavilion@mcsac.net](mailto:pavilion@mcsac.net).

## Meetings

### MCSAA Board Meeting

Tuesday, March 8th at 10:00 am

The MCSAA Board meets the second Tuesday of each month at 10:00 am. If a member desires to bring something before the board, he or she should make the request in writing and give the request directly to Manager Penny Wilson 24 hours in advance so the item can be added to the agenda. Please include your name, member number and phone number so the board can contact you if there are any questions. Meetings are open to the membership.

### MCSAA 2022 Board

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

### MCSAA General Membership Meeting

Tuesday March 15th at 10:00 am  
Dining Room

The General Membership meeting for MCSAA is on the third Tuesday of each month at 10:00 am. All members in good standing (membership paid for 2022/23) are invited to the General Meeting. As always it is incredibly important to attend. If items need to be voted on, this is when that happens.

### Front Entrance Bulletin Board

Please, if you want something posted on our front entrance bulletin board, you **MUST** give it to the receptionist or Will.

## Center and Nifty Thrifty Wish List

We would greatly appreciate donations of:

### Senior Center needs:

Decaf Coffee

Napkins

Disposable Coffee Cups, *paper preferred*

6 inch paper plates

### Nifty Thrifty needs:

**Clear Packing Tape**

1" Masking Tape

Large Padded Envelopes

Garbage Bags

Bubble Wrap

Coffee

Sugar and Creamer

**Large Black Garbage Bags**



Thank you very much for  
your donations!

## MCSAA at Shelton Cinemas Members Only

**Fridays, usually at 3:00 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 11:00 am on Friday at the reception desk and \$4.00 at the theater. Doors open at 2:45 pm. Please follow the rules of the cinemas.

## Inclement Weather and Closures

In case of inclement weather, the Center follows the Shelton School District's weather policy. Please listen to our local radio station, KMAS 1030 AM & 103.3 FM or Seattle TV stations for details.

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

# Services for All Seniors at Mason County Senior Activities Association

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

## Senior Center Cafe

Hearty and healthy lunch prepared by our kitchen staff and volunteers. Lunch is served Monday-Thursday at noon and Fridays at 11:30 am.

Suggested minimum donation of \$3 per meal. Meals are open to the public but rules of the building will be strictly enforced.

You are required to show your vaccination card if you are not a member of MCSAA

If you are a member of the MCSAA you are required to have your vaccination card on file.

**AARP Income Tax preparation** -- We are still scheduling appointments. Appointments are on Wednesdays only.

## Parkinson's Support Group --

The 2nd Wednesday of every month the local Mason County Parkinson's support group will meet here at the Senior Center at 1 pm. Next meeting is March 9th.

## Zumba Gold with Sarah Martin

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

## Free Medical Supplies Lending Library

Borrow walkers, toilet seat boosters, wheel chairs, etc. from our lending library. Supplies fluctuate.

Please call us at 360-426-7374.

**Abundance Table** — We are offering items, as available, on our abundance table near the dance floor. Some items may also be in the refrigerator in the back of the dining room. Reminder to take only two items please.

## New to Medicare

### In person at the Senior Center in Shelton

**Thurs., Mar. 17 from 11 am to 12:15 pm**

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

### "Welcome to Medicare"

**Wed., Mar. 2** from 10 am to noon

**Tues., Mar. 15** from 1 pm to 3 pm

**Thurs., Mar. 17** from 10 am to Noon

To pre-register to reserve your Zoom webinar spot: [ThurstonMasonShiba.Volunteers@southsoundseniors.org](mailto:ThurstonMasonShiba.Volunteers@southsoundseniors.org)

*We cover:*

- Medicare A, B, C and D
  - Help you understand your Medicare benefits and options
  - How to avoid becoming a victim of Medicare fraud
- Statewide Health Insurance Benefits Advisors (SHIBA) offers free unbiased and confidential service provided through the Office of The Insurance Commissioner. SHIBA provides a free overview of Medicare. For more information, Call SHIBA at 360-586-6181 ext.134.

## Commodity Supplemental Food Program

There is a sign up for the Commodity Supplemental Food Program – CSFP. This is a program for seniors over the age of 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.**

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

**Priority Footwear-** The 4th Monday of every month. Provides easy access to comfortable, custom fit, therapeutic footwear for the Diabetic community. Call Patty Popowich CFTS (360-593-1985) for an appointment.



## February Birthday Celebrants



Members, come celebrate your birthday at the Senior Center on the second Friday of your birth month.

At 11:30 am, for members-only with a birthday during March, you are welcome to a free lunch. Bring your current membership card and photo ID. (Regular price for everyone else.)

At noon we celebrate you. Enjoy cake or cupcakes and ice cream.

March has 38 member birthdays. Come help us celebrate them.

Thank you Debra and Alex for the cupcakes!

## Tuesday Movie at the Senior Center

Movies at the Senior Center is a great way to see a classic with your friends. Our movie is free but we do have concessions that range from \$1-\$2. We can't wait to see what's next!



## Mask Policy

We follow all state and county mandates regarding mask wearing. Currently, masks are required to be worn while not actively eating or drinking at the Senior Center. Thank you for doing your part.

## Pinochle Tournament

March 19 doors open at 11:30 and play starts at 1:00. Cost is \$15.00 at the door and includes a meal. Reservations appreciated but not required. For more information contact Ed Geiszler at 360-427-3510. Proceeds benefit the Senior Center.

## Senior Walkers

Dust off those hiking boots and start your stretches. Walking season will start April 5th. Check the bulletin board in mid-March to see all the scheduled April walks and any additional information.

## Some Love Potion #9 and Chocolates For Valentine's Day



## Need Help With Technology?

Is it your cell phone, tablet or kindle? We can help! Please see Will Adams for more details.

## Classes and Activities for Current Members

All classes subject to change. Please confirm with the receptionists

### CLASSES FOR MEMBERS

CLASS NAME	DAY	TIME	COST
<b>Sewing Circle/Open Sew</b> There are also other small projects to be made for sale at the boutique, bazaars or Nifty. You can also bring in projects that you might need help with, for example binding tips and tricks or general sewing projects. If you need very specific help please don't hesitate to call and ask. We have very talented members.	Thursday	9:30AM-12PM	\$1 donation
<b>EZ Crafters</b> The crafters work on a variety of projects, many of which end up for sale in our annual bazaar. The crafters also do all of our table decorations. The laughter from their room can be infectious.	Thursday	9AM-12PM	\$1 donation
<b>Art Workshop</b> Need a place to paint? This workshop offers you a great spot to paint with friends In the MCSAC dining room. Bring your own supplies and work on your project. The artists are a wealth of knowledge in technique and skill from beginner to advanced.	Monday	12:30-3:30PM	\$1 donation
<b>Knit and Chat</b> Come sit around the table; knit, chat and share all the projects we are currently working on and UFOs (unfinished objects) we all hide in the closet.	Thursday	10AM-12PM	\$1 donation
<b>Machine Knitting Class</b> Have you ever done machine knitting? Or wanted to try? In the MCSAC Sewing Room. Machines will be available for use during the class. Space is very limited, if you are new please let us know by the Wednesday before so we have enough machines.	On hiatus	until April	
<b>MCSAC Chorus</b> Come join our Chorus. Led by John Schwennesen, you will learn a variety of songs, old and new, in our relaxed setting.	On hiatus		
<b>Painting with Michelle</b> , a YouTube instructor Learn to paint new techniques while watching instruction on youtube. Class will be held in the sewing room. Once we have a starting date, a supply list will be available.	Starting soon		\$1 donation
<b>Nifty Thrifty Book Club</b> Bring a book you finished and let's discuss it. Haven't read anything lately? Still come and get recommendations. Our vision for this club is more about the enjoyment of reading, not required reading. We will meet in the carpeted room at the Senior Center.	4th Thursday of the month	1pm-3pm	\$1 donation

## Classes and Activities for Current Members

FITNESS FOR MEMBERS			
DESCRIPTION	DAY	TIME	COST
<b>Tai Chi:</b> At the Center	Monday Tuesday Wednesday Friday Friday	8:15-9:00 AM 11:00-11:45 AM 8:15-9:00 AM 8:15 -9:00 AM 10:45-11:30 AM	\$1 donation
<b>Tai Chi: Zoom</b>	Wednesday Thursday	W 8:15-9:00 AM TH 10-10:45 AM	\$1 donation
<b>Line Dance:</b> At the Center	Monday Wednesday Friday	9-11:00 AM	\$1 donation
<b>Line Dance: Advanced</b> at the Center	Tuesday Thursday	10 -11:30 AM	\$1 donation
<b>Yoga: Zoom</b>	Tuesday Thursday	8:30-9:15 AM	\$1 donation
<b>Yoga:</b> At the Center	Tuesday Thursday	8:30-9:15AM	\$1 donation
<b>Senior Walkers (April-October)</b>	Tuesday	Starts April 5th	\$1 donation

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

Every Monday	Every Tuesday	Every Wednesday
<b>8:15 Cribbage</b> <b>8:15 Gentle Tai Chi</b> <b>9:00 Line Dance</b> <b>10:00 Mexican Train</b> <b>12:00 Lunch</b> <b>12:30 Pinochle--Intermediate</b> <b>12:30 Artists Workshop</b>	<b>8:15 Cribbage</b> <b>8:30 Zoom Yoga</b> <b>8:30 Yoga</b> <b>10:00 Line Dance--Advanced</b> <b>11:00 Tai Chi</b> <b>12:00 Bridge</b> <b>12:00 Lunch</b> <b>1:00 Movie at the Senior Center</b> <b>5:30 Zumba with Sarah</b>	<b>8:15 Cribbage</b> <b>8:15 Gentle Tai Chi</b> <b>8:15 Zoom Tai Chi</b> <b>9:00 Line Dance</b> <b>10:00 Mexican Train</b> <b>12:00 Lunch</b> <b>12:30 Pinochle--Intermediate</b>
Monday	Tuesday	Wednesday
<p>Looking for a gift that won't break the bank....come check out our gift shop.</p>	<p>1</p> <p>Beef Stew</p>	<p>2</p> <p>Kitchen Choice</p>
<p>7</p> <p>Chicken Cutlet</p>	<p>8</p> <p>10:00 Board Meeting</p> <p>Meatloaf</p>	<p>9</p> <p>1:00 Parkinson's Support Group</p> <p>Biscuits and Gravy</p>
<p>14</p> <p>Burgers</p>	<p>15</p> <p>10:00 General Meeting</p> <p>Salisbury Steak</p>	<p>16</p> <p>Teriyaki Chicken</p>
<p>21</p> <p>Footcare</p> <p>BBQ Chicken</p>	<p>22</p> <p>Sweet and Sour Chicken</p>	<p>23</p> <p>Ham and Beans</p>
<p>28</p> <p>Chili</p>	<p>29</p> <p>Swedish Meatballs</p>	<p>30</p> <p>Baked Chicken</p>



# h Activities

Every Thursday	Every Friday	Every Weekend
<b>8:15 Cribbage</b> <b>8:30 Zoom Yoga</b> <b>8:30 Yoga</b> <b>9:00 E-Z Crafters</b> <b>9:00 Joker's Rule</b> <b>9:30 Quilting</b> <b>10:00 Line Dance--Advanced</b> <b>10:00 Zoom Tai Chi</b> <b>10:00 Knit and Chat</b> <b>10:00 Mahjong</b> <b>12:00 Bridge</b> <b>12:00 Lunch</b> <b>1:00 Thursday Bingo</b> <b>5:30 Zumba with Sarah</b>	<b>8:15 Cribbage</b> <b>8:15 Gentle Tai Chi</b> <b>9:00 Line Dance</b> <b>10:00 Mexican Train</b> <b>10:45 Tai Chi</b> <b>11:30 Lunch</b> <b>12:00 Pinochle--Beginning</b> <b>12:00 Hand &amp; Foot</b> <b>3:00 Friday Senior Movie</b>	<p>What other games or activities would you like to see? Please let Will Adams, our Activity Coordinator, know.</p>
Thursday	Friday	Saturday/Sunday
3	4	5/6
Beef Stroganoff	Lemon Pepper Fish	
10	11	12/13
Turkey Dinner	10:30 Newsletter Editing 12:00 March Birthday Celebration Cheese Pizza	
17	18	19/20
11:00 SHIBA Medicare Footcare Irish Stew	Vegetable Lasagna	Pinochle Tournament
24	25	26/27
1:00 Nifty Thrifty Book Club Pork Roast	Tuna Casserole	
31	We still have raffle tickets available for our beautiful rose quilt. Tickets are \$5 each. Only 200 will be sold. See the receptionist to buy a ticket or two!	Is there any interest in having a Scrabble group? Please see Will Adams if interested.
Spaghetti with meat sauce		

We have a lot of fun at the Senior Center especially when it's a spur of the moment surprise. A big thanks goes out to a generous sponsor who said "Hey it's Lunar New Year. Let's give away some money."

The sponsor supplied the money and red envelopes; we added in some gift certificates. The envelopes were then hidden on the bottom of chairs in the dining room. The hunt for them was announced after lunch.

Here are a few of the lucky winners.



## 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 Center Staff to be utilized for the Association. Items that are donated to MCSAA should not be taken home by anyone unless they have been purchased through Nifty Thrifty or the Center's Gift Shop.

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

## Center Van Trips

**POLICY:** Non-Members may go on most Center Van Trips provided they travel with a friend or family relation who is a current MCSAC member and pay the non-member price. Up to 2 guests per member. Advance payment is required to reserve your place. Costs are per person and include round trip van transportation, admissions, or ticket unless otherwise noted. Most require a minimum of 8 people or it may be canceled. (Meals are not included unless listed.) Please note: Within two weeks of travel, there is a minimum \$5 fee for canceling or changing van trip dates. Within 3 business days, costs for van or casino trips are non-refundable and non-transferable. Exceptions may be possible due to illness. All trips are scent free for consideration of participant allergies. A few small purchases held on your lap are allowed on trip. Contact our manager Penny with questions or consideration due to illness. **Make your reservations early as all trips have minimum participant numbers to operate and are subject to cancellation if minimums aren't met. Masks and/or Proof of vaccination may be required at some locations.**

### April Van Trips

#### April 14th The Olympia Farmers Market -- Senior Day

Leaves MCSAC at 10:30

Costs \$8 member. \$13 non-member

Lunch on your own at one of the various food stands and shopping. If there is enough interest we will do this trip at least once a month through September.

#### April 29th Seattle Aquarium

\$20 members, \$25 nonmembers

We will walk on the ferry and then walk 3/4 mile to the aquarium. You will need return ferry ticket (\$4.60 seniors 65 and up, \$9.25 under 65) and lunch money.

### Casino Trip

#### April 19th, \$5 per person

##### Little Creek Casino

We are starting with local casinos first. Once we can get large enough groups, we can get shuttles to other casinos.

### MCSAC Community Cleanup Crew

Gale still has room for more volunteers to help clean up areas around Shelton. The city will provide a few grabbers, garbage bags and safety vests. Our next cleanup day will be Wed. March 5th at 1:00 pm. We will meet at the Senior Center and go from there.

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



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

#### Shelton-Mason County Journal

Serving All of Mason County Since 1886



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**ON SALE IN RECEPTIONIST OFFICE**

### Senior Portraits

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

Great for holiday cards and all occasions.



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## Become a Corporate Sponsor

Sponsorship is a great way for businesses throughout the community to support the Mason County Senior Activities Association and thus our Senior Center, Nifty Thrifty & Pavilion. Our Sponsors mean so very much to our Senior Center! Businesses can sponsor the many special events that are to benefit the Center's Members throughout the year. We have raffles that businesses can donate gift certificates, merchandise, or services to during our monthly member meetings and special events. 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 and emails over 800 newsletters to its members and distributes another 500+ 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 Manager at [Manager@mcsac.net](mailto:Manager@mcsac.net) or 360-426-7374 for more information about the benefits of becoming one of our Corporate Sponsors.



# COMPUTER SERVICE @ YOUR DOOR

## DAVE'S COMPUTER SERVICE

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**Julie Cook**  
Attorney at Law

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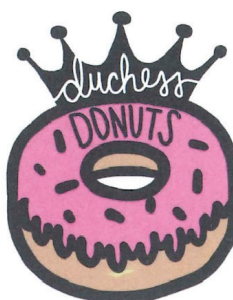
**Fish Fry**  
**Fri. Mar. 18<sup>th</sup> 4-7 pm**  
Cost \$13

Fish & Fries, Coleslaw & Drink

*public  
Welcome*



At **Union City Lodge #27** F.&A.M.  
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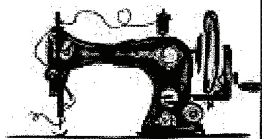
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MKT-5894M-A

### Guest Reminder

Guests must be accompanied by a member, show their vaccination card and register on the kiosk as a new user. You may be a guest twice before you are required to join to participate in activities.



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Senior Center Café Menu March 2022

Monday	Tuesday	Wednesday	Thursday	Friday
	1 Beef Stew Green Salad Fruit	2 Kitchen Choice	3 Beef Stroganoff Pasta Green Salad Fruit	4 Lemon Pepper Fish Rice Pilaf Green Salad Fruit
7 Chicken Cutlet Mashed Potatoes with Gravy Green Salad Fruit	8 Meatloaf Mashed Potatoes with Gravy Mixed Vegetables Fruit	9 Biscuits and Gravy Mixed Vegetables Fruit	10 Turkey Dinner	11 Cheese Pizza Green Salad Fruit
14 Burgers Lettuce and Tomato Fries Fruit	15 Salisbury Steak Mashed Potatoes with Gravy Mixed Vegetables Fruit	16 Teriyaki Chicken Steamed Rice Mixed Vegetables Fruit	17 Irish Stew Green Salad Fruit  *Soda Bread if we can find it.	18 Vegetable Lasagna Green Salad Fruit
21 BBQ Chicken Scalloped Potatoes Mixed Vegetables Fruit	22 Sweet and Sour Chicken Steamed Rice Mixed Vegetables Fruit	23 Ham and Beans Green Salad Fruit	24 Pork Roast Mashed Potatoes with Gravy Mixed Vegetables Fruit	25 Tuna Casserole Broccoli Fruit
28 Chili and Cornbread Green Salad Fruit	29 Swedish Meatballs Mashed Potatoes Mixed Vegetables Fruit	30 Baked Chicken Mashed Potatoes with Gravy Mixed Vegetables Fruit	31 Spaghetti with Meat Sauce Green Salad Fruit Garlic Bread	

**Menu is subject to change**



# March 2022



Sun	Mon	Tue	Wed	Thu	Fri	Sat
<b>Sales Color Green</b>	Nifty Thrifty is the major funding source for the MCSAA	1 Senior & Military receive 15% off Green tags 50% off	2 Knick Knacks 50% off	3 Jewelry 25% off	4 Shoes 50% off	5 Picture Frames 50% off
6 <b>Closed</b>	7 MCSAA Members Receive 33% Off	8 Seniors & Military Receive 15% Off	9 Artwork 25% off	10 Purses 25% off	11 Furniture 25% off	12 Regular Clothing 50% off
13 <b>Closed</b>	14 DVD /VHS 50% off	15 Seniors & Military Receive 15% Off	16 Kitchen items 25% off	17 Electronics 25% off	18 Shoes 50% off	19 White Tag 25% off
20 <b>Closed</b>	21 Green Tags 75% off	22 Senior & Military receive 15% off	23 Books 50% off	24 Regular Clothing 25% off	25 Kitchen 50% off	26 Crafts 50% off
27 <b>Closed</b>	28 Green tags 90% off	29 Senior & Military receive 15% off	30 Lamps 25% off	31 Dish sets 25% off	Masks are Required	Nifty Thrifty 360-427-0858
<b>Sales Color Green</b>	Thank you for all of your support	Make new friends, volunteer!	We are always looking for jewelry.	Recycle!!! Reuse !!! Repurpose!	Donation hours vary from day to day please call!	Store Hours M-S 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 donations