

Active Living



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

Mason County Senior Activities Center

May 2022

Who Is Ready for Sun and Fun?

Trips for May are filling up fast and we anticipate June trips will as well.

We received a Squaxin Tribe Charitable Grant for our Senior Nutrition Program. We are thankful for all donations and grants for this vital program.

We received a plaque in recognition of our contribution to Mason County during the last two years of the Covid Pandemic.

Friday Fun Night in April was a success. May will be even more fun. Come check us out. Thank you to the hard working crew of volunteers who make this event happen.

Our members are looking great with their new haircuts. Tammy is a lot of fun and quick. Appointments and walk-ins welcome.

Twice a month, Darrell McVea, a financial educator from Peninsula Credit Union will be here to answer questions and help with your financial fitness. PCFCU membership is not required.

We have had some expenses that will lead to improvements to both Nifty Thrifty and the Senior Center.

Nifty Thrifty is scheduled to be getting their new HVAC system in early June. This upgrade is required because the current units are very expensive to repair. We had a small fire in one of units. We believe the unit may be original to the building (1979). Thank you to all the donors who have helped for this undertaking.

The garden at the Senior Center got a face-lift just in time for prom and summer weddings. The last major overhaul was in the spring of 2019.

Lastly, the Senior Center is going to be changing Internet providers. There are some costs involved but the speed and overall monthly savings make this a wise decision. We anticipate the changeover in June.

Upcoming Events!!!

May 4 Whitney Gardens
May 10 Board Meeting
May 11 Bowling Trip
May 13 Friday Fun Night
May 17 General Meeting
May 25 NW Trek Trip
May 30 Closed

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

Contents

Center Calendar.....	8-9
Community Services.....	4
Classes/ Activities Schedule.....	6-7
Friday Fun Night.....	5
Meetings.....	3
Menu.....	15
Nifty Thrifty Calendar.....	16
Sponsors.....	12-14
Trips.....	11
Walkers.....	10

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:

Senior Center Manager: Penny Wilson

Activities & Volunteer Coordinator: Will Adams

Bookkeeper/Admin Assistant: Alex Banks

Kitchen Manager: Debra del Bosque

Kitchen Volunteers:

Judy Siegel Denise Frantz

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, Bill Price

Gary Miner, Irene Garavito,

Mike Mosberger

Newsletter and Layout: Penny Wilson

Editorial Committee:

Julie Whaley, Gale Glenn, Avis Ross,
Patt Matsen, Steve Mutoli, Gary Miner,
Dave Pierik, Linda Frizzell

Photography: Gale Glenn and Will Adams

Mailing Team: Gil Palmer, Al Lawrence,
Bill Bezanson, Mike Mosberger

Distribution: Nila LeGault, Reiko Mauer
Steve Mutoli, 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

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.

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 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 VanWormer

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.

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.

Meetings

MCSAA Board Meeting

Tuesday, May 10th 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, they should make the request in writing and give the request directly to MCSAA Board President Gary Miner or 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 May 17th at 9:30 am Dining Room

The General Membership meeting for MCSAA is on the third Tuesday of each month at 9:30 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

Remember 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
Plastic Grocery 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 1:30 pm, but times may vary. Call the Center.

Enjoy an afternoon of fun seeing first run movies. Current MCSAA membership is required. Prices: \$3.50 per person with advance payment before 11:00 am on Friday at the reception desk and \$4.00 at the cinema. Doors open at 1:15 pm. Please follow the rules of the cinemas.

Inclement Weather and Closures

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

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

Suggested minimum donation is \$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.

Haircuts by Tammy Mallery

We are scheduling appointments for the 2nd and 4th Wednesday of the month. Walk-ins welcome. Cost is \$13. Please arrive with clean hair.

Parkinson's Support Group --

The 2nd Wednesday of every month the local Mason County Parkinson's support group will meet here at the Senior Center at 1 pm. The next meeting is May 11th.

Zumba Gold with Sarah Martin

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

Financial Fitness with Darrell McVea

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

Free Medical Supplies Lending Library

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

Legal Aid Clinic

Contact Thurston County Legal Aid Clinic and get scheduled for a legal aid appointment. 360-705-8194 or 1-844-211-6916

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

New to Medicare

In person at the Senior Center in Shelton

Thurs., May 19 from 11 am to 12:15 pm

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

"Welcome to Medicare"

Wed., May 4 from 10 am to noon

Tues., May 17 from 1 pm to 3 pm

Thurs., May 19 from 10 am to Noon

To pre-register to reserve your Zoom webinar spot: ThurstonMasonShiba.Volunteers@southsoundseniors.org

We cover:

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

Commodity Supplemental Food Program

There is a sign-up for the Commodity Supplemental Food Program – CSFP. This is a program for seniors over the age of 60 who meet federally regulated income guidelines. CSFP participants receive a 40-pound box of food once per month. For questions, or to get your application call **Berenice (Bea) at Thurston County Food Bank** for information: **360-352-8597 x212.**

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.

April Birthday Celebrants



Members, please 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 May, 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 a beautifully decorated birthday cake or cupcakes and ice cream.

May has 48 member birthdays. Come help us celebrate them.



Looking good Daniel!

Friday Fun Night

Friday May 13th from 6-9 pm at the Pavilion. Dance or listen to music provided by our own team (requests happily taken!) Socialize, eat, drink and be merry! Word is out that Friday Fun Night is the place to be. Limited bar and food available. 21+

Donations are greatly appreciated.



Classes and Activities for Current Members

All classes subject to change. Please confirm with the receptionists

CLASSES FOR MEMBERS

CLASS NAME	DAY	TIME	COST
Sewing Circle/Open Sew 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
EZ Crafters 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
Art Workshop Need a place to paint? This workshop offers you a great spot to paint with friends In the MCSAC dining room. Bring your own supplies and work on your project. The artists are a wealth of knowledge in technique and skill from beginner to advanced.	Monday	12:30PM-3:30PM	\$1 donation
Knit and Chat 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
Machine Knitting Class 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.	Thursday	12PM-3PM	\$1 donation
MCSAC Chorus Come join our Chorus. Led by John Schwennesen, you will learn a variety of songs, old and new, in our relaxed setting.	Friday	12:30PM-1:25PM	\$1 donation
Nifty Thrifty Book Club 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.	Last Thursday of the month	1PM-3PM	\$1 donation

Matter of Balance?

We would like to continue to offer Matter of Balance classes but we need volunteers coaches. If you are interested please see Will, our Activities Director, for more information.

Classes and Activities for Current Members

FITNESS FOR MEMBERS			
DESCRIPTION	DAY	TIME	COST
Tai Chi: At the Center	Monday Tuesday Wednesday Friday Friday	8:15-9:00 AM 11:00-11:45 AM 8:15-9:00 AM 8:15 -9:00 AM 10:45-11:30 AM	\$1 donation
Tai Chi: Zoom	Wednesday Thursday	W 8:15-9:00 AM TH 10-10:45 AM	\$1 donation
Tai Chi Slow Set: At the Center	Friday	1:30 PM - 2:30 PM	\$2 donation
Line Dance: At the Center	Monday Wednesday Friday	9-11:00 AM	\$1 donation
Line Dance: Advanced at the Center	Tuesday Thursday	10 -11:30 AM	\$1 donation
Yoga: Zoom	Tuesday Thursday	8:30-9:15 AM	\$1 donation
Yoga: At the Center	Tuesday Thursday	8:30-9:15AM	\$1 donation
Senior Walkers (April-October)	Tuesday	10:00 AM	\$1 donation

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

Every Monday	Every Tuesday	Every Wednesday
8:15 Cribbage 8:15 Gentle Tai Chi 9:00 Line Dance 10:00 Mexican Train 12:00 Lunch 12:30 Pinochle—Intermediate 12:30 Artists Workshop	8:15 Cribbage 8:30 Zoom Yoga 8:30 Yoga 10:00 Line Dance—Advanced 10:00 Senior Walkers 11:00 Tai Chi 12:30 Bridge 12:00 Lunch 1:00 Movie at the Senior Center 5:30 Zumba with Sarah	8:15 Cribbage 8:15 Gentle Tai Chi 8:15 Zoom Tai Chi 9:00 Line Dance 10:00 Mexican Train 12:00 Lunch 12:30 Pinochle—Intermediate 1:00 Hand & Foot
Monday	Tuesday	Wednesday
2 12:30 Financial Fitness Shepherd's Pie	3 10:00 Senior Walkers: Mima Mounds Natural Area Preserve Lemon Pepper Fish	4 9:30 Whitney Gardens Trip Turkey Dinner
9 Swedish Meatballs	10 10:00 Board Meeting 10:00 Senior Walkers: Murhut Falls Chili	11 11:30 Bowling Trip 1:00 Parkinson's Support Group Hair Cuts Tuna Casserole
16 12:30 Financial Fitness Salisbury Steak	17 9:30 General Meeting 10:00 Senior Walkers: Nisqually National Wildlife Refuge Chicken Pot Pie	18 Tamale Pie
23 BBQ Pork Sandwich	24 10:00 Senior Walkers: Priest Point Park Turkey Pot Pie	25 9:30 NW Trek Trip Hair Cuts Chef Salad Bar
30 Closed	31 10:00 Senior Walkers: Oakland Bay County Park Biscuits and Gravy	

Activities

Every Thursday	Every Friday	Every Weekend
8:15 Cribbage 8:30 Zoom Yoga 8:30 Yoga 9:00 E-Z Crafters 9:00 Joker's Rule 9:30 Quilting 10:00 Line Dance--Advanced 10:00 Zoom Tai Chi 10:00 Knit and Chat 12:30 Bridge 12:00 Machine Knitting 12:00 Lunch 1:00 Mahjong 1:00 Thursday Bingo 1:00 Senior Portraits 5:30 Zumba with Sarah	8:15 Cribbage 8:15 Gentle Tai Chi 9:00 Line Dance 10:00 Mexican Train 10:00 Scrabble 10:45 Tai Chi 11:30 Lunch 12:00 Pinochle--Beginning 12:30 Chorus 1:00 Senior Portraits 1:30 Tai Chi Slow Set 1:30 Friday Senior Movie	1
Thursday	Friday	Saturday/Sunday
5	6	7/8
10:00 Mahjong		
Taco Salad Bar	Kitchen Choice	
12	13	14/15
NEW TIME: 1:00 Mahjong	10:30 Newsletter Editing 12:00 May Birthday Party 6:00 Friday Fun Night	
Beef Stew	Baked Spaghetti	
19	20	21/22
Teriyaki Chicken	Ham and Beans	
26	27	28/29
1:00 Nifty Thrifty Book Club		
Newsletter Folding Meatloaf	Beef Stroganoff	
		30

Proud Sponsor of our 2022 Tuesday In-House Movie

Shelton-Mason County Journal

Serving All of Mason County Since 1886



227 W. Cota St., Shelton • 360-426-4412

ON SALE IN RECEPTIONIST OFFICE



Senior Walkers May Schedule

We meet at 9:50am and leave promptly at **10 am.** Walks are always on Tuesdays. *Please see bulletin board for complete details.*

\$1 suggested Donation

- **May 3rd--Mima Mounds Natural Area Preserve**, Discover Pass required, No dogs, lunch out at Littlerock Saloon
- **May 10th-- Murhut Falls**, Discover Pass required. Dogs OK, Bring a sack lunch plus possible stops at Rocky Brook Falls and Whitney Gardens
- **May 17th-- Nisqually National Wildlife Refuge**, no dogs, National Parks Pass required
- **May 24th--Priest Point Park**, Dogs OK, Discover Pass required
- **May 31st--Oakland Bay County Park**, No dogs

Senior Portraits

We are now setting appointments for individual Senior Portraits. Portraits are taken on Thursdays and Fridays 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.

Code of Conduct Reminder

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

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

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

Center Van Trips

POLICY: Non-Members may go on most Center Van Trips provided they travel with a friend or family relation who is a current 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 eight people or it may be canceled. (Meals are not included unless listed.) Please note: Within two weeks of travel, there is a minimum \$5 fee for canceling or changing van trip dates. Within 3 business days, costs for van or casino trips are non-refundable and non-transferable. Exceptions may be possible due to illness. ***All trips are scent free for consideration of participant allergies.*** A few small purchases held on your lap are allowed on trip. Contact our 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.**

May Trips

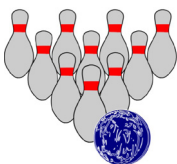


May 4th Whitney Gardens

Leaves MCSAC @ 9:30 am

Costs-members \$18 non-members \$23

Lunch at Geoduck Family Restaurant on your own.

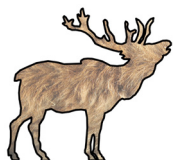


May 11th Bowling at Westside Lanes

Leave MCSAC @ 11:30 am

Costs members \$20 non-members \$25

Includes transportation, shoe rental and two games. Lunch on your own.



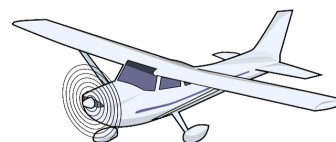
May 25th Northwest Trek in Eatonville

Leaves MCSAC @ 9:30 am

Costs-members \$45 non-members \$50

Cost includes transportation and admission. Lunch on your own.

June Trips



June 15th Museum of Flight

Members \$48/Non-members \$53

Lunch on your own. Restaurant TBD



June 29th Van Gogh Experience

Members \$59/Non-members \$64

Lunch on your own. Restaurant TBD



June 7th Bingo/Casino Trip to Muckleshoot

Members \$20/Non-Members \$25


Transportation only

Admission and Lunch on your own.

Annie's
QUILT SHOPPE
Fabrics & Quilting Notions


Annie Gajadhar
 Janice Easton
 Owners
 2505 Olympic Hwy N.
 Suite 220-A
 Shelton, WA 98584
 360.427.6164
 annie@anniesquiltsoppe.com
 www.anniesquiltsoppe.com

• Extensive Flannel and Batik Collections • Cheerful and Friendly Customer Service • Top Grade Quilting Supplies and Notions • Long Arm Quilting Services



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



Become a Corporate Sponsor

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

If you are interested in becoming one of our valued sponsors, please contact our Manager at Manager@mcsac.net or 360-426-7374 for more information about the benefits of becoming one of our corporate sponsors.

WHEN IT COMES TO MEDICARE YOU HAVE CHOICES

Let me help you find the right plan to fit your needs

Jeff Boothe
 360-490-5771
jboothe511@yahoo.com
 Independent Medicare Insurance Agent

Are you or a loved one enrolling in Medicare this year? Are you thinking about retiring? No matter your situation, I can answer your Medicare questions.

aetna Medicare Solutions
Humana
 MEDICARE SUPPLEMENT
 **UnitedHealthcare**
 Medicare Solutions

 **Crown Sign and Seal**
 Mobile and On Line Remote Notary
 Shelton, WA
 360-868-2452
www.CrownSignandSeal.com

Susan Ickes
 Notary Public

email: CrownSignandSeal@gmail.com
Bonded and Insured

 **GILLIS AUTO CENTER**

WARRANTY FOREVER!

360-426-5585
 800-365-4096
 360-426-5935 Fax

www.gillisautocenter.com

PO Box 10
 180 W. Hulbert Rd.
 Shelton, WA 98584

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

COMPUTER SERVICE @ YOUR DOOR

DAVE'S COMPUTER SERVICE

360-898-3800

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

Probates-Wills-Powers of Attorneys-
Deeds-Foreclosures

Julie Cook
Attorney at Law

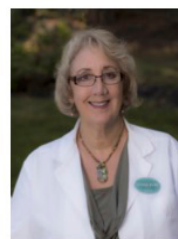
P.O. Box 821 / 613 West Pine St
Phone: 360-427-5616
Shelton, WA 98584
JULIEKAYCOOK@Yahoo.com



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

Edward Jones



Karen Schade
Financial Advisor

1051 SE State Route 3
Suite E
Shelton, WA 98584
Bus. 360-426-4590 • Fax 855-231-4317

karen.schade@edwardjones.com
California Insurance License OC24309

FOREST FUNERAL HOME



Kathleen Blanchette

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

(360) 427-8044

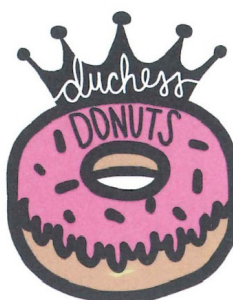
Fish Fry
Fri. May 20th 4-7 pm
Cost \$13

Fish & Fries, Coleslaw & Drink

*public
Welcome*



At **Union City Lodge #27** F&A.M.
Across from Lucky Dog Casino
Call Wayne or Pete
360-589-8040 360-229-3164
unioncity27@gmail.com



101 W. Railroad Ave
Shelton WA 98584
360.229.5659

Follow us on:

Facebook @duchessdonuts

Instagram @duchessdonutsshelton

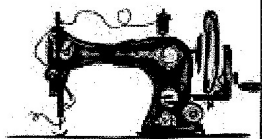
In Fine Time

Sewing Machine Repair

Vintage Specialty

kixfixing@gmail.com

360.490.8825



Vogue Skin Care

**30% OFF
First Visit**

**Men &
Women's
Haircuts**

Coloring
— including
highlights and
lowlights

**Body & Beach
Wave Perms**

Asian and European Skin Care Techniques with
Facial Pressure Massage and Microdermabrasion.
You will rest comfortably and with regular
treatments experience youthful, elastic skin.

Once you try it, you will want to come back!

Salon at Union Square

Please call for an appointment:

Kay • 360-898-5556
cell 360-801-2662

DON'T RETIRE,

REVEL

Experience Revel Lacey, a new brand of independent living community where you are free to be yourself in a home that feels more like a retreat than retirement. Come in for a personalized tour and let us treat you to a meal in our modern-American restaurant, Ovation, so you can experience the difference.

FIND YOUR PLACE

360.515.4287 | REVELLACEY.COM



Edward Jones®

Schedule your retirement review today.



Stefanie M Dantinne, AAMS®
Financial Advisor

821 W Railroad Avenue Suite A
P.O. Box 1908
Shelton, WA 98584-5021
360-426-0982

> [edwardjones.com](https://www.edwardjones.com)

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.



Got these cards?

Get more benefits

Jeff Boothe
Licensed Sales Agent
360-490-5771, TTY 711

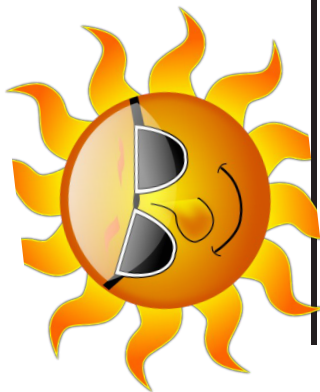
[Learn More](#)



May 2022 Mason County Senior Activities Center Lunch Menu

2	Shepherd's Pie Green Salad Fruit	3	Lemon Pepper Fish Rice Mixed Vegetables Fruit	4	Turkey Dinner Mashed Potatoes and Gravy Fruit	5	Taco Salad Bar	6	Kitchen Choice
9	Swedish Meatballs Egg Noodles Vegetables Fruit	10	Chili Cornbread Green Salad Fruit	11	Tuna Casserole Green Salad Fruit	12	Beef Stew Green Salad Fruit	13	Baked Spaghetti Green Salad Fruit
16	Salisbury Steak Mashed Potatoes and Gravy Mixed Vegetables Fruit	17	Chicken Pot Pie Mixed Vegetables Fruit	18	Tamale Pie Green Salad Fruit	19	Teriyaki Chicken Rice Vegetables Fruit	20	Ham and Beans Mixed Vegetables Fruit
23	BBQ Pork Sandwich Potato Salad Green Salad Fruit	24	Turkey Pot Pie Green Beans Fruit	25	Chef Salad Bar	26	Meatloaf Mashed Potatoes Mixed Vegetables Fruit	27	Beef Stroganoff Egg Noodles Mixed Vegetables Fruit
30	Closed	31	Biscuits and Gravy Mixed Vegetables Fruit						

\$3 minimum suggested donation for seniors 50+ Menu is subject to change



May 2022



Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 Closed	2 Orange tags 50% off	3 Senior & Military receive 15% off	4 Regular Clothing 25% off	5 Furniture 25% off	6 Purses 25% off	7 Electronics 25% off
8 Closed	9 MCSAA Members Receive 33% Off	10 Seniors & Military Receive 15% Off	11 Jewelry 25% off	12 Knickknacks 25% off	13 Lamps 25% off	14 Crafts 25% off
15 Closed	16 Books 50% off	17 Seniors & Military Receive 15% Off	18 Kitchen items 25% off	19 Furniture 25% off	20 White Tags 25% off	21 Artwork 25% off
22 Closed	23 75 % off Orange tags	24 Seniors & Military Receive 15% Off	25 Shoes 25% off	26 Dish sets 25% off	27 Linens 25% off	28 Regular Clothing 25% off
29 Closed	30 90% off Orange tags	31 Seniors & Military Receive 15% Off	Spring is here!	Please donate only <u>resalable</u> items	Summer items are out Swimwear and shorts	Call us about donations hours and times 360-427-0858
Closed	Orange Tags this month!	Make new friends, volunteer!	We are always looking for jewelry.	Recycle!!! Reuse !!! Repurpose!	Spring adds new life and new beauty to all	Store Hours M-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.