

Active Living



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

Mason County Senior Activities Center

November 2021

What's Happening at Your Senior Center

We will have 5 open spots for the Board of Directors this year. Elections are in December. Nominations to the board will be at the November 16th General Meeting. If you are interested in serving on the board, but not exactly sure what that entails, please talk to a current board member or Patti.

Lunches are a hit! The food has been incredible. Debra has really spoiled us all. Please remember the Senior Center is responsible for all the food and preparation costs.

We are replacing the awning cover at the front of the building. The cover is ripping at the seams and we fear one bad windstorm and it will fall off. We do not know the dates yet but we just want our members to know as we may need to block one of the handicap stalls to use as a temporary walkway.

More exciting news:

We want to welcome Will Adams to the MCSAA family. Will is our new Activities and Volunteer Coordinator. He is an accomplished musician and graphic designer. He has a varied background of skills...most of which we will put to good use! He started in October and is catching right on to what we do and our mission.

We also want to welcome Alex Banks to the MCSAA family. She is starting in early November as our new Bookkeeper and Administrative Assistant. She impressed us so much in her interview, we knew she was the one. Her passion for volunteer work really stood out and we can't wait to see all the ideas she can share with us.

Lastly, we want to thank all our Nifty Thrifty staff and volunteers for all their hard work. They are the true heroes of this organization. So please, the next time you see them, **thank them**.

Upcoming Events!!!

Nov 2 Foot Care
 Nov 9 Board Meeting
 Nov 10 Medicare with Jeff Boothe
 Nov 11 Closed
 Nov 12 Birthday Celebration
 Nov 16 General Members Meeting
 Nov 17 Financial Planning with Karen Schade
 Nov 17 Thanksgiving Dinner at Lunch
 Nov 25-26 Closed

Center Holiday Closures 2021

January 1	New Year's Day
January 18	MLK Day
February 15	Presidents Day
May 31	Memorial Day
June 19	Juneteenth
July 5	Independence Day
September 6	Labor Day
November 11	Veterans' Day
November 25-26	Thanksgiving
December 24	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 Web: www.mcsac.net

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

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

Staff:

Executive Director: Patti Vernie

Senior Center Manager: Penny Wilson

Activities & Volunteer Coordinator: Will Adams

Bookkeeper: Alex Banks

Chef: Debra del Bosque

Receptionists:

Patt Matsen Kathy Abernathy-Robinson

Ella Kowalski Laurie Woolett

Wendy Price

Center Hosts:

Doris Fredin Ella Kowalski

Judy Siegel Shirley Schober

Laurie Woolett

Gift Shop: Open

Sunshine: Open

Van Drivers: Clay Long, Glenn Harper

Newsletter and Layout: Penny Wilson,
Will Adams

Editorial Committee:

Julie Whaley Gale Glenn

Avis Ross Patt Matsen

Steve Mutoli

Photography: Gale Glenn, Will Adams and
Patti Vernie

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

Distribution: Nila LeGault, Reiko Mauer and
Steve Mutoli

The Senior Center is always looking for
volunteers, if you are interested please see Will

2021/2022 Membership Bonuses

Nifty Thrifty Discount

In store, receive 20% off regular priced items of
\$5 or more with some exceptions. Your 2021/2022
membership paper card must be shown before the
cashier starts to ring up your order.

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.

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!

Store Director: Michelle Marks

Assistant Manager: Melissa Elliot

Staff: Linda Trail, Cathy Jones and Moriah Ward

Dedicated Volunteers:

Aloma Perez

Jan Kallinen

Rich Sawyers

Axel VanWormer

Jane Donahue

Cheral Cowsert

Betty Thompson

Maxine Neese

Paul Kemmer

Carole Pelela

Pamela Johnson

Cynthia Middleton

Rachel Sedlaek

Doug Kreklow

Reda Keller

Gary Yuan

Ruth Coots

Irene Moffatt

Vivian Bentkowski

Marilyn Olson

Additional volunteers are always needed.

Call Michelle at 360-427-0858 to volunteer.

This institution is an equal opportunity employer.

Inclement Weather

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.

Meetings

MCSAA Board Meeting

Tuesday, November 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 Director Patti 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 2021 Board

President: Clay Long
Vice President: Bill Bezanson
Secretary: Gary Miner
Treasurer: Marilyn Olson
Lori Shipman
Leona Osterman

MCSAA Member General Meeting
Tuesday November 16th at 9:00 am
Dining Room

Nominations for the Board of Directors

The General Membership meeting for MCSAA is on the third Tuesday of each month at 9:00 am. All members in good standing (membership paid for 2021/22) are invited to the General Meeting. It is incredibly important to attend. The people who will be elected will help guide the future of our organization.

Nominees are encouraged to give a short resume or biography to Penny by Friday, November 19th to be included the December newsletter.

Center and Nifty Thrifty Wish List

We would greatly appreciate donations of:

Senior Center needs:

Decaf Coffee
Napkins

Community Cleanup Crew needs:

Trash grabbers
Safety vests (green, yellow, orange)

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!



Here is a web address and QR Code to our
Amazon wish list for your convenience:
Please note that it is case sensitive.
<https://a.co/86hGxTi>

Meeting Winter Hours

Starting in December
MCSAA Board Meeting will
start at 10:00 am on the second
Tuesday of the month.

MCSAA Member General
Meeting will start at 10:00 am on
the third Tuesday of the Month.

Bulletin Board

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

Services for All Seniors at Mason County Senior Activities Center

Current MCSAC 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.

Special Diet needs may not always be available.

If you are not a member of the MCSAA you are required to check in at the kiosk as a new user (the first time) and be willing to show your vaccination card.

Meals on Wheels Services are available which provide nutritious meals to older and disabled adults who are homebound and meet assessment criteria. *Mason County Residents call (360) 586-6181 Ext 124.* Meals are provided by **Senior Services for South Sound**

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.

Abundance Table — We are again 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., Nov 18 from 11 am to 12:15 pm

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

“Welcome to Medicare”

Wed., Nov 3 from 10 am to noon

Thurs., Nov 18 from 1 pm to 3 pm

“Medicare Open Enrollment”

Tues., Nov 16 from 1 pm to 3 pm

“How to Prevent Medicare Fraud Zoom Events”

Thurs., Nov 4 from 1:00 pm to 2:00 pm

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.

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.

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.

September and October Birthday Celebrants



On November 12th we encourage all of our November birthday celebrants to come and have cake and ice cream with us.

Members, celebrate your birthday at the Senior Center at noon on the second Friday of your birth month. Enjoy a beautifully decorated birthday cake by Sue Puls.

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

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



We want to thank Sue Puls for making such wonderful cakes for our birthday parties every month. This spooky halloween cake was such a hit, there were no left overs!

Questions about Medicare and Options for Next Year?

Jeff Boothe of United Healthcare, one of our sponsors, will be here November 10th at 10 am to answer your questions and show you different options. Please RSVP to 360.490.5771

What is Giving Tuesday?

Giving Tuesday, often described as a global day of giving or a global generosity movement, is held each year on the Tuesday following Thanksgiving.

What it means to MCSAC and Nifty Thrifty is that with monetary donations we can continue to offer classes, activities, lunch and fund equipment repairs.

In the next few months we will be asking for more monetary and time donations as the last two years have been hard. If you can't make a monetary donation, can you make a time donation? We are always looking for volunteers here at the Senior Center and at Nifty Thrifty.

Please think of us on Giving Tuesday, November 30, 2021 as we will be thinking of you and all the giving that has helped us

Have Questions About Your Retirement Planning or Year End Financial Planning?

Karen Schade of Edward D. Jones, one of our sponsors, will be here on November 17th at 1 pm to answer your questions and let you know about different options.

- • • • •
- The line dancers want to acknowledge •
- Bill Bezanson for the donation of a stereo •
- that they are able to use for line dance •
- classes. Thank you Bill, the Senior Center •
- and the line dancers really appreciate your •
- donation! •
- • • • •

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: Current project is the next raffle quilt. 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.	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.	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.	Monday	12:30-3:30PM	\$1 donation
Woodcarving The Shelton chapter of the Capital Woodcarvers Club. The woodcarvers can provide assistance, training and access to tools and wood supplies. Located in the back of the dining room.	<i>Coming</i>	<i>Soon</i>	<i>\$1 donation</i>
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, please sign up with reception.	Thursday	12pm-4pm	\$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. We meet around the piano in the dining room. Our singers have performed in a variety of locations and during our holiday parties.	On hiatus		

Craft or Sew? Want to Teach?

We are looking for volunteers to teach classes. Share you passion with others. The sky is the limit. Let us know what you can do and how often you want to teach. We have rooms, supplies and members who want to learn. If interest please contact Patti at director@mcsac.net or Penny at bookkeeper@mcsac.net.

Classes and Activities for Current Members

FITNESS FOR MEMBERS			
DESCRIPTION	DAY	TIME	COST
Tai Chi: At the Center	Monday Wednesday Friday	8:15-9:00 AM	\$1 donation
Tai Chi: Zoom	Wednesday Thursday	W 8:15-9:00 AM TH 10-10:45 AM	\$1 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	hiatus until spring	\$1 donation

GAMES FOR MEMBERS			
DESCRIPTION	DAY	TIME	COST
Bingo	Thursday	1:00 PM	\$1 for 3 cards
Bridge	Tuesday Thursday	12PM	\$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	10AM	\$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

Every Monday	Every Tuesday	Every Wednesday
8:15 Cribbage 8:15 Gentle Tai Chi 9:00 Line Dance 10:00 Mexican Train 12:30 Pinochle 12:30 Artists Workshop	8:15 Cribbage 8:30 Zoom Yoga 8:30 Yoga 10:00 Line Dance 12:00 Bridge	8:15 Cribbage 8:15 Gentle Tai Chi 8:15 Zoom Tai Chi 9:00 Line Dance 10:00 Mexican Train 12:30 Pinochle
Monday	Tuesday	Wednesday
1 Biscuits and Gravy	2 Foot Care BBQ Chicken	3 Pork Roast
8 Meatloaf	9 9:00 Board Meeting Cheeseburger Pie	10 10:00 Medicare Presentation with Jeff Boothe Baked Chicken
15 Taco Casserole	16 8:30 No Yoga 9:00 General Membership Meeting Chicken and Broccoli	17 1:00 Financial Planning with Karen Schade Thanksgiving Dinner
22 Beef Stew	23 Shepard's Pie	24 Chili and Corn Bread
29 Turkey ala King	30 Giving Tuesday Chicken Enchilada Casserole	Don't forget to check Nifty Thrifty's sales calendar. Members get extra special discount days

2021 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 10:00 Zoom Tai Chi 10:00 Knit and Chat 10:00 Mahjong 12:00 Bridge 12:00 Machine Knitting 1:00 Thursday Bingo	8:15 Cribbage 8:15 Gentle Tai Chi 9:00 Line Dance 10:00 Mexican Train 12:00 Pinochle 12:00 Hand & Foot	
Thursday	Friday	Saturday/Sunday
4 Tuna Casserole	5 Tamale Pie	6/7
11 Center Closed for Veterans Day	12 12:00 Birthday Celebration Baked Rotini with Sausage	13/14
18 Foot Care 11:00 SHIBA Medicare Presentation Turkey Soup	19 10:30 Editorial Committee Meeting Country Fried Steak	20/21
25 Closed for Thanksgiving	26 Closed for Thanksgiving	27/28
We are thankful for our members.	We are thankful for our activity leaders and participants	We are thankful for our volunteers!

Friday Fun Night Needs You!

Everyone loves Friday Fun Night but in order to reinstate it we need an event committee. The event committee participates in the planning, preparation and clean up of the event. Do you have what it takes to be on the Friday Fun Night committee? Until we have a dedicated committee of volunteers, Friday Fun Night is on hold.

Community Clean Up Crew

Next clean up day is Wednesday, December 8th. We will meet at 1 pm at the Senior Center and go from here. If you are interested in joining the crew please talk to Gale Glenn

Trips, Plays, Concerts, Oh My!

Now that the vans are in good working order it is time to think about trips again. Will has a few ideas for November and December but we need commitments for them. Please check out the bulletin board when you come in building for his newest ideas.

Where's Your MASK?

In order to protect our employees and volunteers, we are gently asking that when you are not eating or drinking, to please wear a mask. As stated at the general meeting, if one of our employees or volunteers contracts COVID-19 from the Senior Center, the Department of L & I will come after us for negligence. Please do not make us be the mask police.

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

United Healthcare
Dual Complete

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."


Annie's QUILT SHOPPE
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Annie Gajadhar
 Janice Easton
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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.

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 Shelton, WA 98584

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 Director at director@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

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



Karen L Schade
Financial Advisor

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

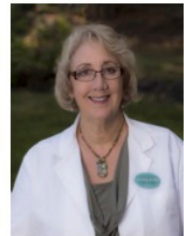
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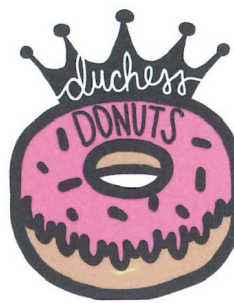
Fish Fry
Fri. Nov. 19th 4-7 pm
Cost \$10

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

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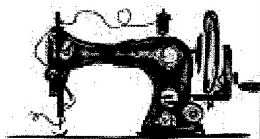
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Shelton's historic venue for your events.
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360-426-7374 ~ pavilion@mcsac.net
190 W. Sentry Drive, Shelton, WA 98548

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INFO ENTERED

☐

Member Card_

☐

FOB

INIT

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 and non-refundable. 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 _____
Active Living

13

DATE: ____/____/20____
November 2021

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.

- ☐ Serve on the MCSAA Board
- ☐ Newsletter Publication
- ☐ Newsletter & Flyer distribution
- ☐ Newsletter folding, sealing & mailing
- ☐ Teaching Computer Classes: Beg/Inter or Adv
- ☐ Teach _____ Class (fill in your skill)
- ☐ Teach Genealogy Class
- ☐ Teach a Health/Diet/Nutrition Related Class
- ☐ Teach a writing class
- ☐ Teach a _____ exercise class
- ☐ Reception Desk (answering phones, taking money, trips, registering new members, computer use)
- ☐ Host (Make Coffee/tea/ maintain treats & utensils)
- ☐ Volunteer to help with Special events
- ☐ Cook/clean/prepare for Special Events
- ☐ Decorate/Set up for Special Events
- ☐ Provide entertainment
- ☒ Bingo Caller/set-up/take down/Karaoke Host
- ☐ Potluck Help
- ☐ Decorate the Center for seasonal cheer
- ☐ Make Crafts to sell or decorate for our fundraisers
- ☐ Photography (take pictures at events and of Members)
- ☐ Trip Driver (must have clean driving record)

Facility Management

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

Clerical/Secretarial

- ☐ a. Data Entry
- ☐ Are you computer literate? Y N
- ☐ b. General office help, filing shredding

Miscellaneous

- ☐ a. Grant Writing
- ☐ b. Fundraising

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 # _____

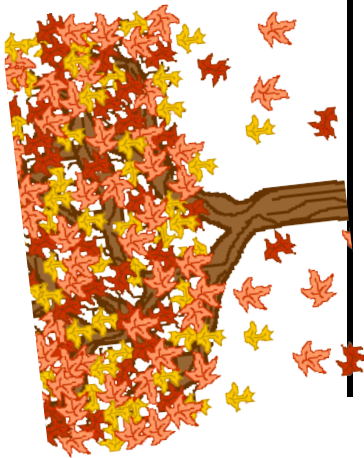
New Member ☐Renewal ☐

Key Tag X _____

Senior Center Café Menu November 2021

Monday	Tuesday	Wednesday	Thursday	Friday
1 Biscuits and Gravy Green Salad Mandarins	2 BBQ Chicken Scalloped Potatoes Fruit	3 Pork Roast Mashed Potatoes and Gravy Mixed Vegetables Fruit	4 Tuna Casserole Green Salad Fruit	5 Tamale Pie Green Salad Fruit
8 Meatloaf Mashed Potatoes and gravy Peas and Carrots Fruit	9 Cheeseburger Pie Salad Fruit	10 Baked Chicken Scalloped Potatoes Mixed Vegetables Fruit	11 Closed for Veterans Day	12 Baked Rotini with Sausage Green Salad Fruit
15 Taco Casserole Green Salad Fruit	16 Chicken and Broccoli Casserole Green Salad Fruit	17 Thanksgiving Dinner at the Senior Center Turkey Roast Green Bean Casserole Yams	18 Turkey Soup Green Salad Fruit	19 Country Fried Steak Mashed Potatoes and Gravy Mixed Vegetables Fruit
22 Beef Stew Fruit Dinner Roll	23 Shepherd's Pie Green Salad Fruit	24 Chili and Corn Bread Green Salad Fruit	25 Closed for Thanksgiving	26 Closed for Thanksgiving
29 Turkey ala King on Mashed Potatoes Green Salad Fruit	30 Chicken Enchilada Casserole Buttered Corn Fruit			

Menu is subject to change



November 2021



Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 Sales color Orange	2 Orange Tags 50% off	3 Lamps 25 % off	4 Managers choice	5 Shoes 50% off	6 Regular priced Clothing 50% off	7 Regular priced Clothing 50% off
8 Closed	9 MCSAA Members Receive 33% Off	10 Seniors & Military Receive 25% Off	11 Jewelry 25% off	12 Electronics 25% off	13 Books 50% off	14 Kitchen Items 25% off
15 Closed	16 Kids clothes 50% off	17 Seniors & Military Receive 15% Off	18 Orange Tags 75% off	19 Knick Knacks 25 % off	20 White Tags 25% off	21 Regular Tag Clothing 50% off
22 Closed	23 Fall items 50 % off	24 Seniors & Military Receives 15% off	25 Orange Tags 90% off Closing at 3:00	26 Thanksgiving Closed	27 Linens 25% off	28 Crafts 25% off
29 Closed	30 Managers choice	31 Seniors & Military Receive 15% Off	Donation times and days vary please call for info	Please have everything in box or bag	Happy Holidays	Come check out our hunting and flannel section
Please bring your own bags	Please wear your mask	Make new friends, volunteer!	Nifty Thrifty is the major fund- ing source for the MCSAA	Recycle!!! Reuse !!! Repurpose!	Pumpkin and Spice and everything nice!	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. Please call 360-427-0858 and ask about donation pick up services.