

Active Living



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

Mason County Senior Activities Association

501(c)3 Non-profit

May 2023

Association News:

Both the Bazaar and the Semi-annual sale were a success. We could not do any of it without the help of our incredible volunteers at both Nifty Thrifty and the Senior Center. Thank you so much.

Senior Center News:

The adult Easter Egg Hunt was a blast. Hopefully next year the weather will cooperate and we can have eggs outside too. Summer trips are being planned, so keep an eye on the bulletin board and your calendars. Starting in June the boxers will be getting an earlier class time for the intermediate level. We are so big we need two classes!

Nifty Thrifty News:

Construction has been underway. We are sorry if the alley was blocked if you tried to come in to make donations. Between construction, electrical and insulation, the contractors have needed use of the alley.

There was some push back from customers and people looking to donate. If the alley is blocked with caution tape, call the store. If they are taking donations that day, they will come to you. We just ask for some patience during this trying time for us.

Michelle and her team work really hard so that we can have a Senior Center. Next time you see any of the employees or volunteers, Thank Them!

Pavilion News:

Event rentals keep coming in, including one next April. Our wonderful garden crew have plans for the flower beds. We can't wait to see it in full bloom.

Upcoming Events!!!

- May 4 Olympia Farmers Market
- May 9 Board Meeting
- May 11 May Birthday
- May 12 Friday Fun Night
- May 13 Out to Lunch Bunch
- May 16 General Meeting
- May 18 SHIBA Medicare
- May 19 Northwest Trek
- May 26 Whitney Gardens
- May 29 Closed

Center Holiday Closures 2023

- | | |
|----------------|------------------|
| January 2 | New Year's Day |
| January 16 | MLK Day |
| February 20 | President's Day |
| May 29 | Memorial Day |
| June 19 | Juneteenth |
| July 4 | Independence Day |
| September 4 | Labor Day |
| November 10 | Veterans' Day |
| November 23-24 | Thanksgiving |
| December 25 | Christmas |

Contents

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

Mason County Senior Activities Association

Annual membership dues are \$50

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/>

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

Staff:

Senior Center Director: Penny Wilson

Activities Coordinator: Teresa Sanders

Bookkeeper/Volunteer Coordinator: Alex Banks

Kitchen Manager: Debra del Bosque

Kitchen Volunteers:

Judy Siegel Denise Murchison

Receptionists:

Denise Avery-Baeten Wendy Price

Carla Trantum Stacey Dickinson

Center Hosts:

Doris Fredin Shirley Schober

Gift Shop: Open

Sunshine: Open

Van Drivers: Glenn Harper, Bill Price, Gary Miner,

Mike Mosberger, Mat Taylor,

Ava Taylor, Wayne Souza

Newsletter and Layout: Penny Wilson

Editorial Committee:

Julie Whaley, Gale Glenn, Avis Ross,

Steve Mutoli, Gary Miner, Dave Pierik

Photography: Gale Glenn and staff

Mailing Team: Gil Palmer, Bill Bezanson,

Mike Mosberger, Dorothy Harper

Distribution: Reiko Mauer, Steve Mutoli,

Doris Fredin

The Senior Center is always looking for volunteers.

If you are interested, please see Alex Banks, our

Volunteer Coordinator.

Greatest needs right now:

Volunteer Dishwashers, Drivers, and Hostess

The MCSAA is a 501(c)3 Non-Profit

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/itm/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 2023/2024 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 Hours Vary
Please call to see if we are accepting donations that
day. Each day varies. We fill up fast!

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

Rachel Sedlaek

Reda Keller

Ruth Coots

Vivian Bentkowski

Marilyn Olson

Rich Sawyers

Cheral Cowsert

Wayne Souza

Denise Miner

John Skans

Additional volunteers are always needed.

Call Michelle at 360-427-0858 to volunteer.

This institution is an equal opportunity employer.

2023 Membership Bonuses

Nifty Thrifty Discount

In store, receive 20% off regular priced items of \$5 or more with some exceptions. Your 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 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, they should make the request in writing (mail or email) and give the request directly to MCSAA Board President Gary Miner or Senior Center Director 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 2023 Board

Gary Miner, President

Bill Bezanson, Vice President

Synnove Pettersen, Treasurer

Lori Shipman, Secretary

Leona Osterman

Marilyn Olson

Patti Vernie

Irene Garavito

MCSAA General Membership Meeting

Tuesday May 16th at 9:30 am

Speaker: Patti McLean, Auditors Office

Patti will speak about options for seniors and property taxes and will stay to answer questions.

The General Membership meeting for MCSAA is on the third Tuesday of each month at **9:30 am**. All members in good standing and current paid membership are invited to the general meeting. As always it is incredibly important to attend.

Front Entrance Bulletin Board

Remember if you want something posted on our front entrance bulletin board, you **MUST** give it to the Teresa or Penny.

Center and Nifty Thrifty Wish List

We would greatly appreciate donations of:

Senior Center needs:

Disposable Coffee Cups, paper preferred

Decaf Coffee

Napkins

6 inch paper plates



Nifty Thrifty needs:

Clear Packing Tape

1" Masking Tape

Large Padded Envelopes

Plastic Grocery Bags

Bubble Wrap

Regular Coffee

Sugar and Creamer

Large Black Garbage Bags

Above is the QR code for our Amazon wish list. If you don't know how to use a QR code., the staff at the center can help.

Thank you very much for your donations!

MCSAA at Shelton Cinemas

Members Only

Fridays, usually start 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.

Tuesday Movie at the Senior Center

The Senior Center presents a film nearly every Tuesday afternoon, at **1pm**. Please see the bulletin board for the flyer.

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 you may also receive a robo-call from the center or text from 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 \$4 per meal for seniors 50 and older.

Lunches are \$8 per meal for persons under 50.

Meals are open to the public but rules of the building will be strictly enforced. Donations and grants are our only funding sources for this program.

Prepaid Lunch Tickets

Did you know that the front office has prepaid lunch donation tickets? Our tickets are business card sized and are convenient for those who don't like to carry cash. The tickets are \$4 each. Instead of donating before lunch, you just use the card.

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 10th.

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 18 from 11 am to 12:15 pm

Free Zoom Presentations. Choose *one* of these available appointment times:
“Welcome to Medicare”

Wed., May 3 from 10 am to noon

Tues., May 16 from 1 pm to 3 pm

Thurs., May 18 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.

Financial Fitness with Darrell McVea

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

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

Haircuts by Tammy

We are scheduling appointments for the 2nd and 4th Wednesday of the month. Walk-ins welcome but if there are no appointments scheduled after noon Tammy leaves. Cost is \$13. Please arrive with clean hair.

Services for All Seniors Continued

Massage by Jessica Sullivan

Appointments can be made with her at 813-956-4138. Her rate is \$1 per minute with a 30 minute minimum. Jessica is board certified in Therapeutic Massage and Body work. Please see the bulletin board for more information.

Loud Crowd

The LOUD Crowd provides accountability and education through group sessions where SPEAK OUT! exercises are performed. Participants practice speaking with intent. As an added bonus, this maintenance program promotes camaraderie and provides support and encouragement. This group meets the 1st and 3rd Tuesday of the month in the meeting room.

Notary Service --Time Change

One of our sponsors Crown Sign and Seal will be here once a month to notarize. Cost will be \$10 per signature. They will be here on the 2nd Wednesday of the month from 10:30 am to 12:30pm. You must bring current valid ID. There is no time like the present to get your paperwork in order. Next date is May 10th. To make an appointment please call the senior center at 360-426-7374. Walk-ins are welcome.

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.

Zumba Gold with Sarah Martin

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

LMT-Area Agency on Aging

May 17 11:00am to 12:30pm, Brandon will be available to answer questions and provide assistance, referrals, and guidance to services available to seniors in Mason county.

April Birthday Celebrants



Members, please come celebrate your birthday at the Senior Center on **THURSDAY May 11th at 12:30PM**

At noon before the party, current members with a birthday during the month of May are welcome to a complementary lunch. Bring your current membership card and photo ID. (\$4 suggested donation for everyone else.)

After lunch we celebrate you. Enjoy a delicious birthday cake and ice cream very generously donated by Walmart.

May has 44 member birthdays.



Birthday Celebration on the 2nd Thursday of the month at 12:30 after lunch.

**Mason County Senior Activities
Association “FUN”draisers
Open to the public 21+**

Friday Fun Night

Friday May 12th 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! Don't want to dance? Come play cards! We even have a Dungeons and Dragons group that meets here.

Friday Fun Night is definitely the place to be for couples dancing, line dancing and an all around good time. Bring your friends, members or not!

Limited bar (wine, beer and soda) and food (pizza) available. 21+

Donations at the door are greatly appreciated. All proceeds benefit the Senior Center. We can't wait to see you at our next Friday Fun Night.

We'd love to see more volunteers, especially in the kitchen. Please leave your name with the receptionist if you are interested.

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 2nd--Woodward Bay Natural Resources Conservation**, Discover Pass required, No dogs, Bring a sack lunch
- **May 9th--Tolmie State Park, NEW walk**, Discover Pass required, Dogs OK, Bring a sack lunch.
- **May 16th-- Murhut Falls**, Discover Pass required. Dogs OK, Bring a sack lunch plus possible stops at Rocky Brook Falls and Whitney Gardens
- **May 23rd--McLane Creek**, Discover Pass required, Dogs OK
- **May 30th--Squaxin Park (Priest Point Park)**, Dogs OK, Discover Pass required, bring a sack lunch

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 MCSAA 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 Director 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.** We do accept credit cards at trip sign up. You will be temperature checked before we leave the center.

May Trips

**May 4 and June 1
Olympia Farmers Market**
Leaves MCSAC at 10 am
Member \$10/Non-member \$15
Bring money for shopping and lunch at the market.

May 13 Out To Lunch Bunch Trip
Leaves MCSAC at 11:00am
Location to be determined
Once a month, on a Saturday, we will be going to lunch in within 30 miles of Shelton. Cost to reserve your seat in the van is \$7. Cost to drive yourself \$2. Lunch on your own. Limited 9 people in the van.

May 19 Northwest Trek
Leave MCSAC at 9am
Members \$40/Non-members \$45
Lunch on your own.

May 26 Whitney Garden and Nursery
Leave MCSAC at 9am
Members \$20/Non-members \$25
Lunch on your own.

Trips are a great way to see places with your friends and not have to drive!

Bowling Trips will return after the Walkers season is over.

June Trips

June 13 Tacoma Rainiers
Leave MCSAC at 9am
Members \$40/Non-members \$45
Includes transportation, entrance, hot dog and beverage

June 23 Pioneer Farm Museum
Leave MCSAC at 9am
Members \$35/Non-members \$40
Walking Trip
Pack a sack lunch

Out To Lunch Bunch Trip
Leaves MCSAC at 11:00am
Location to be determined
Once a month, on a Saturday, we will be going to lunch in within 30 miles of Shelton. Cost to reserve your seat in the van is \$7. Cost to drive yourself \$2. Lunch on your own. Limited 9 people in the van.



2023 May

Every Monday	Every Tuesday	Every Wednesday
8:15 Cribbage 8:15 Gentle Tai Chi 9:00 Line Dance 10:00 Mexican Train 10:30 Rock Steady Boxing 10:30 Line Dance 101 Beginners 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 11:00 Tai Chi 12:00 Lunch 12:30 Bridge 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 Crafting with Teresa (1st Wednesday of the month) 10:00 Mexican Train 12:00 Lunch 12:30 Pinochle--Intermediate 1:00 Hand & Foot
Monday	Tuesday	Wednesday
<p style="text-align: center;">1</p> 1:00 Matter of Balance Country Fried Steak	<p style="text-align: center;">2</p> 10:00 Walkers: Woodward Bay Natural Resources Conservation 12:30 Loud Crowd Swedish Meatballs	<p style="text-align: center;">3</p> 10:00 Crafting with Teresa -- BBQ Chicken
<p style="text-align: center;">8</p> 1:00 Matter of Balance Biscuits and Gravy	<p style="text-align: center;">9</p> 9:30 Board Meeting 10:00 Walkers: Tolmie State Park Spaghetti and Meatballs	<p style="text-align: center;">10</p> 10:30 Notary Service 1:00 Parkinson's Support Group Haircuts Chicken Pot Pie
<p style="text-align: center;">15</p> 1:00 Matter of Balance Sloppy Joes	<p style="text-align: center;">16</p> 10:00 Walkers: Murhut Falls 12:30 Loud Crowd Salisbury Steak	<p style="text-align: center;">17</p> 11:00 LMT-AAA Tuna Casserole
<p style="text-align: center;">22</p> 1:00 Matter of Balance Pork Stew	<p style="text-align: center;">23</p> 9:30 General Meeting 10:00 Walkers: McLane Creek 1:00 Movie Chili Dog	<p style="text-align: center;">24</p> Haircuts Meatloaf
<p style="text-align: center;">29</p> Closed for Memorial Day	<p style="text-align: center;">30</p> 10:00 Walkers: Squaxin Park 12:30 Volunteer Ice Cream Social 1:00 Movie Cat's Away Sale: Gift Shop items 25% off all week Chicken Breast Sandwich	<p style="text-align: center;">31</p> Lasagna Casserole

Activities

Every Thursday	Every Friday	Every Weekend
8:15 Cribbage 8:30 Yoga and Zoom Yoga 9:00 E-Z Crafters 9:00 Quilting/Sewing 10:00 Line Dance--Advanced 10:00 Zoom Tai Chi 10:00 Knit and Chat 12:00 Lunch 12:30 Bridge 1:00 Machine Knitting 1:00 Mahjong 1:00 Thursday Bingo 1:30 Beginning Slow Set 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 1:30 Tai Chi Slow Set 1:30 Friday Senior Movie	<p style="text-align: center;"><i>Any major changes to our schedule will be posted on our Facebook page.</i></p>
Thursday	Friday	Saturday/Sunday
4	5	6/7
10:00 Olympia Farmers Market 1:30 Beginning Slow Set Sausage and Pasta	Tamale Pie	
11	12	13/14
10:30 Family Story Writing 12:30 Birthday Party 1:30 Beginning Slow Set Shepherd's Pie	10:30 Newsletter Editing 6:00 Friday Fun Night Baked Fish	11:00 Out to Lunch Bunch
18	19	20/21
1:30 Beginning Slow Set Pork Roast	9:00 Northwest Trek Soup and Salad	
25	26	27/28
8:00 Newsletter Folding 10:30 Family Story Writing 1:30 Beginning Slow Set Baked Chicken	9:00 Whitney Gardens Teriyaki Chicken	
June 1 10:00 Olympia Farmers Market 1:30 Beginning Slow Set	June 2	June 3/4

Classes and Activities for Current Members

All classes subject to change. Please confirm with the receptionists

CLASSES FOR MEMBERS

CLASS NAME	DAY	TIME	COST
Quilting/Sewing Class There small projects to be made for sale in our gift shop and bazaars as well as general quilting.	Thursday	9:00AM-12PM	\$1 donation
EZ Crafters The crafters work on a variety of projects, many of which end up for sale in our annual bazaar or table decorations.	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	12:30PM-3:30PM	\$1 donation
Crafting with Teresa Every month Teresa will have a craft for you to create something great. All supplies will be provided.	1st Wed. of the month	10AM-12:00 PM	\$5 donation
Knit and Chat Come sit around the table; knit, chat and share all the projects.	Thursday	10AM-12PM	\$1 donation
Machine Knitting Class Have you ever done machine knitting? Or wanted to try? In the MCSAC Sewing Room.	Thursday	12PM-3PM	\$1 donation
MCSAC Chorus Come join our Chorus. Led by John Schwennesen,	Friday	12:30PM-1:25PM	\$1 donation
Family Story Writing Has your family been bugging you for stories. Start putting them down on paper.	2nd and 4th Thursday	10:30AM-Noon	\$1 donation
Intermediate Pastels With Annie Learn pastels with our very own Annie Jones. This class will go beyond what was learned in beginning Pastels. This class is for 2 weeks and include all supplies.	Returning this fall		
Community Clean Up Crew Our crew meets quarterly to pick up trash in Shelton. These volunteers do a great job for our community. March 8 and June 14, September 13, December 13	Wednesday June 14	1PM	
Machine Embroidery We were luckily donated an embroidery machine. To use our machine you will need training. Please make an appointment with Penny to learn how to use our machine. Fees will go into a maintenance fund to have our machines professionally serviced regularly	Monday or Friday by appt. only for training		\$20 for 1 on 1 training; then \$2.00 per hour for use.

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: Intermediate	Friday	1:30 PM - 2:30 PM	\$2 donation
Tai Chi Slow Set: Beginners (\$5 sign up fee). Limited to 6 students	Thurs	1:30 PM - 2:30 PM	\$2 donation
Line Dance: 101 Beginning Learn the basic steps that are used in our dances.	Monday	10:30-11:15 AM	\$1 donation
Line Dance:	Monday Wednesday Friday	9-10:30 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
Rock Steady Boxing with JR	Monday	10:30AM -12PM	\$1 donation
Advanced Rock Steady Boxing with JR	Starting	June 5th	\$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	Wednesday	1 PM	\$1 donation
Mahjong	Thursday	1 PM	\$1 donation
Mexican Train Dominoes	Monday Wednesday Friday	10AM	\$1 donation
Pinochle (Beginning)	Friday	12 PM	\$3 donation
Pinochle (Intermediate/Advanced)	Monday Wednesday	12:30PM	\$3 donation
Scrabble	Friday	10 AM	\$1 donation



Assisted Living
 Home Care
 Adult Day Health
 Memory Care
 Respite Care
 Travel to Medical Appointments
 Overnight Care
 Ambulation Assistance
 Mobility Assistance
 Domestic Chores
 Dementia Care
 And More

Contact Information
 Phone: 360-277-0636
 Email: Support@haveninallyn.com
 Address:
 180 E Wheelwright St
 Allyn, WA 98584
 Open 7 days a week,
 please call for appointment.

We are vastly different from other places due to our qualified team of RN's, LPNs, and caregivers. They are available 24 hours a day, 7 days a week, allowing the Haven the ability to meet the needs of our clients and their families.

**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.



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

MKT-5894M-A

Guest Reminder

Guests must register on the kiosk as a new user so we know who is in the building. You may be a guest twice before you are required to join to participate in activities.

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 Director at director@mcsac.net or 360-426-7374 for more information about the benefits of becoming one of our corporate sponsors.

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@anniesquiltschoppe.com
 www.anniesquiltschoppe.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



The Pavilion Events Center
 Shelton's historic venue for your events. Specializing in weddings, reunions, meetings, business conferences, celebrations of life and more.

360-764-0710 ~ pavilion@mcsac.net
 190 W. Sentry Drive, Shelton, WA 98584
<https://www.facebook.com/PavilionSentryPark/>

MAPLE GLEN

Senior Living

ASSISTED LIVING • RESPITE CARE





"Celebrating the Art of Life"



1700 North 13th Loop Road
 Shelton, WA 98584 • mapleglenl.com

Your family deserves the **BEST...**

Voted **BEST OF MASON COUNTY** every year possible



McComb & Wagner
 Since 1897
 FAMILY FUNERAL HOME AND CREMATORY

360.426.4803
mccombwagner.com

Celebrating **125 YEARS**

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

Our newsletter is distributed monthly in the mail, by email, around Shelton and various locations in the county.

We publish once a month.

COMPUTER SERVICE @ YOUR DOOR

DAVE'S COMPUTER SERVICE

360-898-3800

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



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

Sojourners Welcome!

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

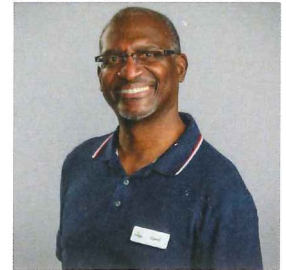
2 B >
Ask 1



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



Darrell McVea
Community Financial Educator
360.426.1601 x3184
dmcvea@pcfcu.org



Edward Jones®

Life is full of moments that matter. Let us
help you get ready for that next moment.



Karen L Schade
Financial Advisor
1051 Se State Route 3 Suite E
Shelton, WA 98584
360-426-4590

MKT-5894N-A

> edwardjones.com

FOREST FUNERAL HOME



Kathleen Blanchette

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

(360) 427-8044

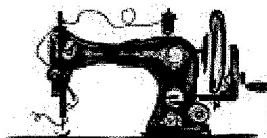
In Fine Time

Sewing Machine Repair

Vintage Specialty

kixfixing@gmail.com

360.490.8825



Pacific NW Contractors

RESIDENTIAL REMODELING EXPERTS

For All Your Construction Needs

360-451-3825

Lic# PACNWC934LR

May 2023

1 Country Fried Steak Mixed Vegetables Fruit	2 Swedish Meatballs Mashed Potatoes Mixed Vegetables Fruit	3 BBQ Chicken Scalloped Potatoes Green Salad Fruit	4 Sausage and Pasta Green Salad Fruit	5 Tamale Pie Green Salad Fruit
8 Biscuits and Gravy Green Salad Fruit	9 Spaghetti and Meatballs Green Salad Fruit	10 Chicken Pot Pie Mixed Vegetables Fruit	11 Shepherd's Pie Salad Fruit	12 Baked Fish Scalloped Potatoes Mixed Vegetables Fruit
15 Sloppy Joes Cole Slaw Fruit	16 Salisbury Steak Mashed Potatoes and Gravy Mixed Vegetables Fruit	17 Tuna Casserole Green Salad Fruit	18 Pork Roast Mashed Potatoes and Gravy Mixed Vegetables Fruit	19 Soup and Salad Fruit
22 Pork Stew Green Salad Fruit	23 Chili Dog Green Salad Fruit	24 Meatloaf Mashed Potatoes and Gravy Mixed Vegetables Fruit	25 Baked Chicken Mashed Potatoes and Gravy Mixed Vegetables Fruit	26 Teriyaki Chicken Steamed Rice Mixed Vegetables Fruit
29 Closed	30 Chicken Breast Sandwich Mac Salad Fruit	31 Lasagna Casserole Green Salad Fruit		

\$4 suggested donation for seniors 50+, \$8 for guests under 50

Mon-Thurs Noon-12:30 and Fri 11:30-noon



Nifty Thrifty May 2023

Sun	Mon	Tue	Wed	Thu	Fri	Sat
7 Closed	1 Books 50 % off	2 Senior & Military Receive 15 % off	3 Kitchen items 25% off	4 Fabric 25 % off	5 Linens 25% off	6 Jewelry 25 % off
14 Closed	8 Lamps 25 % off	9 Senior & Military Receive 15 % off	10 Artwork 25% off	11 Knickknacks 25% off	12 Furniture 25% off	13 Kitchen items 25% off
21 Closed	15 Books 50% off	16 Senior & Military Receive 15 % off	17 Shoes 50 % off	18 Electronics 25% off	19 MCSAA members receive 33% off	20 White Tag 25% off
28 Closed	22 Orange Tags 75% off	23 Senior & Military Receive 15% off	24 Regular Clothing 50% off	25 Regular Clothing 50% off	26 Knick Knacks 25% off	27 Crafts 25% off Orange Tags 90%
	29 Closed	30 Senior & Military Receive 15 % off	31 Furniture 25% off	Support the Senior Center!	Donation hours vary from day to day please call !	Store Hours M-S 9:30-5:00 Closed Sunday