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**MACEC**

1004 E. First Street, Merrill WI 54452  
 Lower Level of Merrill City Hall  
 (715) 536-4226

**Hours:** Monday -Thursday 8:00am-4:30pm  
 or as indicated on calendar.

Find our **Newsletter online** at our City Website  
<http://www.ci.merrill.wi.us/>

Click on *City Government/Departments/  
 Enrichment Center*

Scroll to the bottom of our page  
 and click on the month

You will need Adobe Acrobat Reader to view the newsletter

**LIKE US ON FACEBOOK** - MACEC Merrill Enrichment

**Mission Statement**

Dedicated To Enhancing Lives and Bringing  
 Generations Together.

**Vision**

- \* Focus on social, educational, and wellness opportunities.
- \* Work collaboratively with public and private entities to be proactive in identifying programs and services that address our changing demographic needs.
- \* Strive to be the areas choice location that provides programs focused on memory health.

**Core Values**

- Inclusivity
- Encouragement
- Volunteerism
- Creativity



**L to R: Tammie, Arlene, Lorri,**

**Tammie Mrachek**, Director  
 Tammie.Mrachek@ci.merrill.wi.us  
**Lorri Vandre**, Activities Coordinator

## New Merrill Enrichment/Expo Center Update

**Be a part of improving your community!**

We have reached 80% of our goal toward funding our New Enrichment Center/Community Expo Center, which will be located at the Festival Grounds. We need roughly \$330,000 more to fill our tree!



**MERRILL  
ENRICHMENT CENTER**

Your group or individual donations, no matter the size, will help fill the leaves on our tree and allow us to continue enriching lives.

We thank you for your support!

You can mail your donation to our address shown on the front of this newsletter, or drop off your donation at the Center - Monday - Thursday 8am - 4:30pm.

### **Memorial Donations**

A gift to the MACEC is a wonderful way to honor the memory of a loved one. The memorials are used to support our many community programs.



## Enrichment Center Committee

**Eugene Simon**

**Art Lersch**

**S. Peggy Jackelen**

**Diane Goetsch**

**Mary Ball - Alderperson**

**Gene Bebel**

**Rev. Kyle Carnes**

**Erin Wells - ADRC Rep.**

Our next board meeting

August 24th at 8 am

in the conference room across from the Center.

Community attendance is encouraged!

## **Relay For Life**

August 5th - 6th

Merrill Festival Grounds



Our amazing volunteer quilters created this gorgeous quilt for the Relay for Life Raffle.

**Tickets are available at the Center for \$5 each.**

Drawing will be held August 6th, 2016 at 10:00 am at The Merrill Festival Grounds.

Thank you to Arlene, Dori, Grace, Shirley, and Barb for all of their hard work! This quilt has 625 squares! Thank you also to Lori Schmidt at The Pine Needle for the beautiful quilting.

## Thank You

Richard Vandre, Maria Plauman, and Rite Screen Co. for the supplies for our craft classes.

## BINGO

August 10th 1:00 - 3:30pm



Bingo Games - money paid out based on what we bring in.

Your **\$5 fee** includes  
Treats, drinks, Center activity fee,  
and 3 bingo cards.

**Call 715-536-4226 to register**

## Mah Jongg



Join us for Mah Jongg, a game which originated in China. Based on an original draw-and-discard card game, this game now consists of small domino like tiles. It is a game of skill, strategy, calculation and a bit of chance.

**No experience needed! We will teach you as we play.**  
*Wednesdays at 1:00pm except August 10th at 9:30am.*

*A perfect game for brain fitness!!*



This is Sue.  
Every month we hide a picture of Sue somewhere in our newsletter. Good luck finding her!

## Lily is out and about!!



Please call or stop down to sign up for the trips you are interested in.  
When we have enough people we will determine a date.

There are 13 seats available per trip.

### New Trip Added

- \* **Motorama Auto Museum- Aniwa** - Trucks, Motorcycles, race cars, unique cars, engine displays, and more!
  - \* **Wausau Art & History** - 4 seats left  
The Yawkey House Museum, The Woodson History Center, & The Leigh Yawkey Woodson Art Museum
  - \* **Minocqua Zoo**—5 seats left
  - \* **Wisconsin River Cruise – Rhinelander** - *Second Trip will be a fall color cruise*
  - \* **Monk Botanical Gardens** - Wausau - 2 seats left
- Mercer Loon Days** - August 3rd - sub list

**Call the Center to sign up. 715-536-4226**  
*Payment will be due once date is determined.*

### Wisconsin River Cruise Pictures



## Hanging Glass Bottle Chimes

**Wednesday August 31st**  
**First Class - 10 am**  
**Second Class - 1pm**  
Cost is \$12  
All materials included  
**Call 715-536-4226 to register**



**Picture is example only**  
You will create a unique one-of-a-kind wind chime!  
If you have a special piece you would like to use feel free to bring it along and we will try to make it work!

## SMARTPHONE CLASS



Why is it called a 'smart' phone if we can't figure it out?  
Join us for a *fun class* that will show you how to outsmart your smartphone!

**Date: Tuesday August 23rd**  
**Time: 10am - Noon**  
10 seats available

Thank you to our Church Mutual Volunteers for teaching this class!

The class will cover the following topics:

- Calls - placing and receiving
- Send and receive a text
- Use voice commands
- View email
- Take a picture
- Basic settings and more...

**Please call the Center at 715-536-4226 to sign up.** You will need to bring your own phone.

*A \$2 donation for the Center activity fee is appreciated.*

**CREATIVE COLORING CLASS**  
Join us for the latest craze in coloring!

**August 8th and 30th at 10 am**



Instructor Karen Hanneman will teach the class including color blending, shading, and much more.

Again this month, we would like to offer this class to **parents and grandparents who would like to bring in a child or grandchild to experience this class together!**

## Intergenerational Creative Coloring Class



**August 17th 10am**

**Cost for each class is \$3.**  
**(color pages provided)**

*A \$2 donation for the Center activity fee is appreciated.*

**Please call the Center to register. 715-536-4226**

## **GARAGE QUILT CRAFT CLASS**

**August 10th, 16th, and 24th at 9 am**

### **Wooden Garage Quilts**

(smaller version of Barn Quilts).

Class meets three days. Join us for this unique craft class to create your custom garage quilt.

Cost is \$30.00

All materials provided.

**Call today for details  
and to register as space  
is limited. 715-536-4226**



## **One-Stroke Painting** Sharon is back!

**Thursday August 18th**

10 am-2 pm

Birch Tree

Painting on Canvas - 16x 20



You leave the class with your finished creation!  
Cost is \$25 - includes all materials needed.

A \$2 donation for  
the Center activity fee is appreciated.  
Call to register at 715-536-4226

## **MACEC Craft Shop**

**We will be open during Crazy Daze!**  
**Stop down and shop with us**



Our talented crafters have added new items for summer. Dress up your yard with our bird houses and yard ornaments. Pick up a few new kitchen items in spring colors to brighten things up. We also have many baby items. Many of these crafts are one of a kind and make beautiful unique gifts. New crafters needed to fill our shop!  
Call the Center for details 715-536-4226

*New Jewelry  
has arrived*





## Have you been looking for....?

This new section of our newsletter, recommended and approved by the Enrichment Center Committee, will provide information on where to go for services available in our community.

We hope you find this a helpful resource.

### HOUSING

The **Merrill Area Housing Authority** takes pride in providing affordable housing for elderly, handicapped, qualified individuals and families. Facility include family housing, Jenny Towers, Park Place, Woodbine Duplex, and Westgate apartments.

715-536-7386 [merrillha.com/](http://merrillha.com/)

**NCCAP** (North Central Community Action Program)

715-536-9581 [www.wiscap.org/](http://www.wiscap.org/)

Provides assistance to individuals in the following programs: Weatherization, Housing Rehab, Rent subsidy, Transitional Housing, Good Pantry Emergency rent payments, Judicare applications, mortgage payments, and back taxes.

**Lincoln Heights - Meridian Affordable Housing Apts.- Meridian** specializes in managing and developing affordable low income apartments. 2 & 3 Bedroom Apartments for Individuals and Family Households.

*Section 8 Affordable Housing*

602 Woodbine Drive

Merrill, WI 54452

Phone: 715-536-5589

**Hollywood Townhomes & Riverside On The Green Apts.**

Both have two bedrooms.

715-536-5580

**Country Meadows and Jackson Estate Apts.**

One and two bedrooms apartments on Merrill's West side.



## T.B. Scott Library

The Outreach Program at T.B. Scott Library is going to Gazebo Nights on Thursday evenings from 6 – 8 pm during the summer. Bring your gently used puzzles down to the “Puzzle Exchange” and get a new one to put together during those hot August days! We are located next to the food vendors at Normal Park starting at 5 pm.

Looking for a cool place when the temperature reaches 90? The Outreach Department in the library always has a puzzle “in progress” on a table in the Carnegie Room. Come and help us piece it together in a comfortable, air-conditioned setting.

## T.B. Scott Movie Day

Please join the Critic's Choice Movie Event at the library as we feature a hilarious comedy on Friday, August 12 from 1:00 to 3:00 pm in the Community Room. This 2009 Disney movie features John Travolta and Robin Williams as two best friends attempting a huge business venture while unexpectedly charged with the care of twins for a week. Helping to create more chaos than parental guidance in this adventure are Seth Green, Kelly Preston, and Bernie Mac.



Riding the Merrill-Go-Round is always free to the movies. After the movie we will feature the bloopers and deleted scenes while you wait to get on the bus. Call ahead for pick up to and from the library. No need to bring popcorn or soda. Refreshments are provided by the Merrill Enrichment Center during the film!

## Electronic Recycling Event

Keep toxic materials out of our landfills and drinking water.

Dates & Times: August 12, 2016 - 12:00 Noon - 6:00pm & August 13, 2016 9am to Noon

### Event Description:

**Good News Project e-cycling** presents this event at the **Merrill Festival Grounds**. They will accept: Computers, laptops and monitors, Mice and Keyboards, Printers and scanners, fax machines and copiers, ANY size or type of television, Microwaves, Phones and cell phones, Just about any electronic device with a cord. We do NOT accept: Liquids, paints, chemicals, Large Appliances, batteries or fluorescent bulbs, Newspaper, cardboard, or cans.

We make it easy and safe. Drive up/drop off conveniently located at: Sell Building at the Merrill Festival Grounds. Data security is guaranteed. \$0.40 per pound charge for recycling your old electronics. For additional questions, please call good News Project at 715-843-5985 or email: [christine@goodnewswi.com](mailto:christine@goodnewswi.com) Customers bringing in more than 20 items should call for an appointment.



## Love-Your Brain Smoothie

### Almond, Blueberry, and Banana Smoothie

Blueberries are packed with antioxidants that protect brain cells from free-radical damage. Research shows they may also help reduce Alzheimer's risk. Experts believe the berries' loads of anthocyanin antioxidants may improve brain cell communication, boost circulation, and protect neurons. Mineral-rich raw honey and iron-packed kale round out the brain-boosting power of this smoothie.

#### SERVINGS: 1

1½ cups plain unsweetened almond milk  
 ¾ of a medium frozen banana  
 1 cup frozen or fresh blueberries  
 1 cup chopped kale  
 5 unsalted whole almonds  
 2 teaspoons raw honey

Puree all ingredients in a blender until smooth, 1 to 2 minutes.



**NUTRITION** (per serving) 323 cal, 7 g pro, 60 g carb, 10 g fiber, 9.7 g fat, 0.4 g sat fat, 300 mg sodium

Source: Prevention.com/ Prevention Magazine

### Brain Fitness Answers

		F	A	M	I	L	Y				
			B	U	R	G	E	R	S		
			B	A	S	K	E	T			
		P	L	A	T	E	S				
L	E	M	O	N	A	D	E				
			G	R	I	L	L				
		S	A	N	D	W	I	C	H		
			G	A	M	E	S				
			A	N	T	S					
		O	U	T	D	O	O	R	S		
		P	I	C	K	L	E	S			
			V	E	G	G	I	E	S		
		W	A	T	E	R	M	E	L	O	N
			C	O	O	L	E	R			
			C	H	A	I	R	S			
C	O	O	K	O	U	T					
		C	H	I	P	S					



## WALK & TALK ON THE RIVER BEND TRAIL



Join us on scheduled **Monday** and **Wednesday** mornings as we walk and talk on our beautiful River Bend Trail. We will meet at the Park street entrance at **9:30am** to begin our walk. Walking with friends makes exercising more enjoyable and motivating!

We will help you to set a goal for the summer. A tracking sheet will be provided. ***The first 25 people will receive a pedometer and a drawstring bag!*** Please make sure to have comfortable supportive walking shoes. Always check with your doctor before beginning a walking program.

**Mondays—August 1st, 15th, and 29th**  
**Wednesdays—August 10th and 24th**  
 Call the Center to sign up 715-536-4226  
 You may also just show up to walk!

*Thank you to Walgreens for donating Pedometers and drawstring bags for our participants!*

*We will not meet if it is extremely hot, raining or storming.*



## Golf

**Riverview Golf Course—Antigo**  
 W11817 Highland Road  
 Five miles west on Hwy. 64  
 Tee time 9:00am

Call Center to sign up 536-4226



Please join us for our community meal  
**Thursdays at noon** at the Center. Please call to sign up by  
 Monday of the week you are attending.

Our meal is meant as a social gathering for people to get out  
 of the house and visit while having a nutritious meal.  
 We often have informational speakers prior to the meals as well.

We *thank you* for your **goodwill donation** to cover the costs of the meals and keep the  
 program running for years to come!



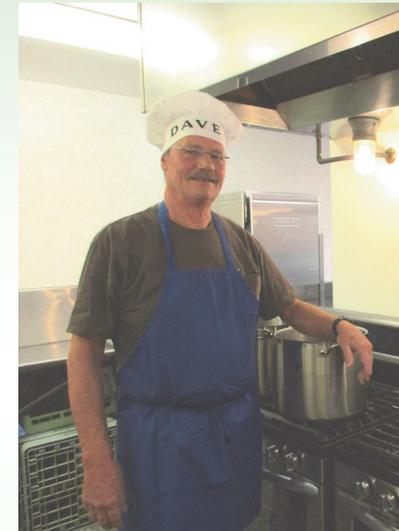
**June Menu TBD**

Meals on the following dates:  
**August 4**  
**August 11**

No Meal on the 18th and 25th

**Our 'Top Chef' Dave!!**

Thank you for all you  
 do for the Center and  
 the Community!



**PICNIC IN THE PARK  
 Hawaiian Theme**

**August 25th - Riverside Park**

**Lunch served at Noon**

\$5 a plate - Call or stop by the Center to sign up.

Payment due by August 11th .

*Picnic will be held at the Center if it is raining or too hot*



**MENU**

- Hawaiian Chicken Kabobs
- Rice
- Pineapple
- Lemonade

Wear your best  
 Hawaiian Outfit



Monday	Tuesday	Wednesday	Thursday	Friday
1. <b>Walk &amp; Talk River Bend Trail 9:30</b> Hand & Foot 12:00 Bridge 12:30 (Bring your team of 4)	2. Quilting Club 12:30 Sheephead 1:00	3. Mah Jongg 1:00	4. Community Meal 12:00	<b>Second Friday Movie Day Library 1:00 p.m.</b>    <b>CENTER CLOSED FRIDAYS</b>
8. <b>Creative Coloring 10:00</b> Hand & Foot 12:00 Bridge 12:30 (Bring your team of 4)	9. Quilting Club 12:30 Sheephead 1:00  <i>Caregiver Support Group Bell Tower 6:00</i>	10. <b>Garage Quilt 9:00</b> <b>Walk &amp; Talk River Bend Trail 9:30</b>  Mah Jongg 9:30 <b>BINGO 1:00</b>	11. <b>Crazy Daze Stop and shop at the Center Gift Shop!</b>  Golf 9:00 Community Meal 12:00	
15. <b>Walk &amp; Talk River Bend Trail 9:30</b> Hand & Foot 12:00 Bridge 12:30 (Bring your team of 4)	16. <b>Garage Quilt 9:00</b> Quilting Club 12:30  Sheephead 1:00	17. <b>Intergenerational Creative Coloring 10:00</b>  Mah Jongg 1:00	18. No Community Meal  <b>One Stroke Painting 10:00-2:00</b>	
22. Hand & Foot 12:00 Bridge 12:30 (Bring your team of 4)	23. Smartphone Class 10:00 Quilting Club 12:30  Sheephead 1:00	24. <b>Garage Quilt 9:00</b> Committee Meeting 8:00 <b>Walk &amp; Talk River Bend Trail 9:30</b>  Mah Jongg 1:00	25. No Community Meal  <b>Picnic at the Park 12:00</b> <b>\$5 - call to sign-up Hawaiian Kabobs</b>	
29. <b>Walk &amp; Talk River Bend Trail 9:30</b> Hand & Foot 12:00 Bridge 12:30 (Bring your team of 4)	30. <b>Creative Coloring 10:00</b>  Sheephead 1:00	31. Glass wind chime 10:00 and 1:00  Mah Jongg 1:00		