



Inside This Issue:

New Center 2
 Committee Members 2
 Volunteer Opportunities 2
Sharing Christmas Spirit 3
 Activities 4
 Craft Shop 6
 Brain Fitness 7
 Community Offerings 9
 Health & Fitness 10
 Community Meal 11
 Calendar of Events 12

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

Tammie Mrachek, Director, **Lorri Vandre**, Activities Coordinator, and **Arlene Bagley**, Activities Assistant

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

We wish you all the wonderful joys that come with the Christmas season! A celebration filled with Faith, Family, and Friends. This is also a great time to reflect upon the past year and look forward to new beginnings.

2017 will be a year of many changes. Let's make it a year of acceptance. Be slow to judge and quick in kindness. Treat people with respect. A simple smile can make more of a difference than any of us realize. Christmas is also a time to reach out to others, help those who may need hope, and a time to give. We wish all of you a Blessed Christmas!

We count our blessings for the many amazing volunteers and those who participate in our many activities. We are grateful for your support, generosity, and compassion.

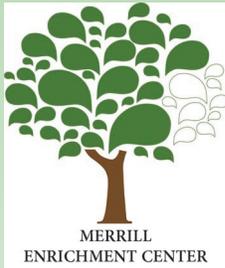


Merry Christmas & Happy New Year!

Tammie, Lorri, and Arlene



**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/ Expo Center, which will be located at the Festival Grounds. We need roughly \$330,000 more to fill our tree!

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!



Thanks to the amazing weather we are making great progress on our new building!

*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.*

Donations to the Enrichment Center

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

Thank you to Rock Island Resort for hosting the Crown Royal Quilt Raffle to support the Merrill Enrichment Center! We are so grateful for the \$540 donation! (See page 6 for more about the raffle)

Correction - LaVerne Mussell made a donation to the Center in memory of Ellie Natske, not Lorraine Preboske as listed last month. We apologize for the error.

We are so touched to be included in a loved one's last wishes. We will continue to enrich lives in our

Enrichment Center Committee

Art Lersch
S. Peggy Jackelen
Diane Goetsch
Mary Ball - Alderperson
Gene Bebel
Rev. Kyle Carnes
Rose Akey
Erin Wells - ADRC Rep.

Our next board meeting
December 21st at 8 am in the conference room
across from the Center.
Community attendance is encouraged!

VOLUNTEER OPPORTUNITIES

Sharing Christmas Spirit
Delivery drivers needed on
Dec. 22nd from 11am-1pm.
Call the Center to sign up.



AARP FOUNDATION TAX-AIDE

The Merrill Area Community Enrichment Center would like to continue to provide free tax service at our center through the AARP. We are currently looking for Volunteers. AARP provides training resulting in IRS certification. Training begins January 6. Please consider calling to sign up.
715-848-2255.

What a great way to give back to our community!

For more information...*Google* - AARP Tax Volunteer. **Dates for tax service will be in our January newsletter.**

Monthly Newsletter Delivery

Help us market our Center by delivering newsletters to local businesses. Routes take 15-30 minutes. Delivery is the third or fourth week of the month. Stop by the Center to sign up!

We would like to *sincerely* thank our many



For the 18th year, the Merrill Area Community Enrichment Center will deliver meals and needed gifts to those spending the holidays alone. This wonderful program has continued because of the kind hearts and generous donations from our community. We are grateful for those who donate to make this possible!

To sign up, please call the MACEC at (715) 536-4226 by **December 15th**. Deliveries will be made on December 22nd between 11am-1pm. Volunteers may be needed December 20th and 21st for gift wrapping and sorting. Volunteer drivers needed on the 22nd for deliveries. Please call 715-536-4226.

Donations to support this program can be mailed to MACEC, 1004 E. First Street, Merrill, WI 54452

THANK YOU to all of our 2015 local volunteers who shared their Christmas Spirit!



Thank you to this Medford Family who drove over to delivered meals!

New Class!
Oil-Painting

No experience necessary!



Instructor Karen Hanneman will lead you through each step.

December 14th – 9:30am-4:00pm

Mountain Landscape on a **16x20** Stretched Canvas

Cost is only \$30 – all materials included!

Sub list available!

Call 715-536-4226 to reserve your seat!

Book Club

Join us for our Book Club
Meeting date is the second Tuesday of
each month at 10am at the Center.



December Book discussion

Each person will read a Christmas book of their choice.

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 1pm

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!

One-Stroke Painting

No painting experience needed!

Two class dates

December 6th - 10 am

7th - 1pm

4' wood slab painting

You leave the class with your
finished creation!

**Call the Center for cost
and registration
715-536-4226**



**Creative Coloring
December 13th at 10am**

For this Christmas themed class
you will be using watercolor
pencils. Not only do you
discover your inner creativity
but coloring is very therapeutic
and a proven stress relief!



Instructor Karen Hanneman will teach the class in-
cluding color blending, shading, and much more.

Cost is \$3. (color pages provided)

*This will be the last class of 2016. Beginning in
January of 2017, rather than working off a copy
sheet, we will be working in a very good quality,
hard-covered book with a variety of subjects. You
will need to purchase the book before the first class.*

*The cost is \$11.40 and the book is yours to keep,
regardless of how many classes you choose to at-
tend. We will also be working with a wider variety
of colored pencils, both regular and watercolor.*

Please call the Center to pre-order the book.

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

Please call the Center to register for class.

715-536-4226

Christmas shopping starts here!

Many of these hand made crafts are one of a kind and make beautiful gifts.

Freshen up your décor for the holidays.

**Christmas aprons, swags,
wreaths, towels**



**Cozy Quilts made
right here at the
Center.**



Wooden Yard Art - *Reversible*
handcrafted by Lorri!
Perfect Gift for the **Packer/Bluejay** fan!
Only 6 available!
Stop down and pick yours up today!



Thank you to Rock Island Resort for hosting the
Crown Royal Quilt Raffle to support the Merrill En-
richment Center!

We are so grateful for the \$540 donation!

*Congratulations to Bret Racette
who bought the very last ticket and won the quilt!*



*(picture l to r, Karen Moesch -Barb's
sister, Bret, and Barb Wendt - one of our
quilters) Other quilters are Arlene
Bagley, Grace Burch, Dori Madden,
and Shirley Zocher)*

*Thank you to John & Carla Boucher along with the
following businesses and their patrons:*

*Humphry's Bar (owners John & Beth), All Aboard
(owners Tiny & Patty), Rock Island (owner Scott),
Dugout (owners Baron & Katie) and Trophy Bar (Greg
and Linda). For the second year, they saved crown royal
bags to make a quilt for a fundraiser. The project took
our quilters months to complete.*

Yet another example of our Community working together

December Quilt Raffle

This gorgeous full size quilt was made by
our very talented quilting group.

**Tickets are available at the Center
\$1 each or 6 for \$5**

Drawing Date December 8th at Noon.



Congratulations to Betty,
winner of our October
Raffle. As we were
drawing the name she
yelled "Pick Betty
Voelz"! It worked! Enjoy
your yard art.



Congratulations to Cory Bennett, winner of



Our brain fitness section is one of six pieces of Alzheimer's prevention. Other components are exercise, social engagement, healthy diet, stress management, and diet - all of which you can find at the Enrichment Center and in our newsletter!

Name That Christmas Movie!

Here's the quote. Can you name the Christmas movie that it's from?

1. "Teacher says, every time a bell rings an angel gets his wings."
2. "What if Christmas, he thought, doesn't come from a store. What if Christmas, perhaps, means a little bit more."
3. "It's a one year membership to the Jelly of the Month Club."
4. "You'll shoot your eye out kid!"
5. "He never got his picture on bubble gum cards, did he? Have you ever seen his picture on a bubble gum card? Hmmm? How can you say someone is great who's never had his picture on bubble gum cards?"
6. "Uh, since the United States Government declares this man to be Santa Claus, this court will not dispute it. Case dismissed."
7. "Bless this highly nutritious microwavable macaroni and cheese dinner and the people who sold it on sale. Amen."
8. "We're your worst nightmare... Elves with attitude."
9. "Fog as thick as peanut butter"
10. "Lovely, glorious, beautiful Christmas, upon which the entire kid year revolved."
11. "Strange, isn't it? Each man's life touches so many other lives. When he isn't around he leaves an awful hole, doesn't he?"
12. "Bah Humbug"
13. "Maybe Christmas," he thought, "doesn't come from a store. Maybe Christmas...perhaps...means a little bit more!"
14. "I never thought it was such a bad little tree. It's not bad at all, really. Maybe it just needs a little love."
15. "We elves try to stick to the four main food groups: candy, candy canes, candy corns and syrup."
16. "You want the moon? Just say the word and I'll throw a lasso around it and pull it down."

Have you been looking for....?



Heating Assistance

The Energy Assistance Program is available through Lincoln County Social Services. Call Robin at 715-539-1344 to get an appointment. This is heating assistance for the up-coming heating season.

St. Vincent de Paul Outreach and the CAP program both assistance with heating bills/WPS bills, too. Call the office at 715-539-2666 for details.

GRIEF SUPPORT

Living With Loss



Please join us December 8th
from 12:30 PM- 1:30 PM for a grief support group.
Merrill Enrichment Center - Lower Level City Hall
1004 E 1st St Merrill, WI 54452

The Living With Loss support group is an on-going group that will encourage practical coping skills that are needed to create a “new normal” following the death of a loved one. It is the hope that this unique opportunity will grant you the skills and connections needed to foster a healthy grief journey and create a new relationship with yourself and the loss you have suffered. Newcomers are always welcome.

Please call Bre at 715-355-4797 if you have any questions or plan on attending.



T.B. Scott Library

What’s happening at T.B. Scott
Library in December?

Happy Holidays from T.B. Scott Library

With Christmas fast approaching, we present a good-old fashioned family Christmas with the Griswold family as our Friday, December 9 Critic’s Choice Movie Event. Based on a short story entitled Christmas ’59, written by John Hughes for National Lampoon in December 1980, this classic 1989 holiday film stars Chevy Chase, Beverly D’Angelo and Randy Quaid. Plan on riding the bus to the Library Community Room for the 1:00 showing and get in the holiday spirit!



Got your Christmas cards written out and gift shopping done? No? On December 16 bring a friend or family member to T.B. Scott Library and join us for an afternoon of coloring Christmas cards or gift tags in the Community Room. Our Holiday Outreach Coloring Event will begin at noon and go until 3 pm. Materials provided, but feel free to bring your own craft projects that need finishing before Christmas.

The Puzzle Exchange at the library has grown and changes daily. If you have gently used puzzles to donate, please bring them to the library and feel free to choose another to get you through this long winter season. Have puzzles but can’t get to the library? Call Jo in the Outreach Department at 715-536-7191 to make arrangements.

Have a fun, peaceful holiday season!



Lincoln County
Mental Health Coalition

Mental Health Awareness: Tips for Supporting Your Loved Ones, Friends and Community

Kristin Bath, CHES, Health Educator, Lincoln County Health Department (Lincoln County Mental Health Coalition)

Millions of Americans are affected by mental illness. Nearly 1 in 5 adults experience mental illness in the U.S. each year. Only 40% of individuals living with a mental illness actually receive the mental health treatment services they need. Suicide happens to be the 10th leading cause of death in Wisconsin. It is the 2nd leading cause of death for 15-34 year olds and the 4th leading cause of death for 35-54 year olds. Unfortunately 90% of those who die by suicide have an underlying mental illness.

National and State Hotlines: There are several mental health hotlines available to the public: 1) National Suicide Prevention Lifeline (available 24/7) 1-800-273-8255. 2) **HOPELINE** (24/7 texting support line for WI residents). Text “HOPELINE” to 741741

Holiday Eating Tips

We all love our holiday food! How can we enjoy these delicious treats but not gain 5 pounds? Here are few easy tips to eat healthy during the holiday but still treat yourself!

Focus on the joy of visiting with family and friends instead of food.

Eat Breakfast! Make sure you eat fiber packed choices like fruits, vegetables, and whole grains like oatmeal.

Drink a large glass of water prior to eating.

Use a small plate and fill it first with salads and veggies, followed by meat and casseroles.

A healthy serving size of meat is 3oz the size of a deck of cards.

Eat slowly and savor every bite!

Wait 20 minutes before going back for seconds.

(You may not need to!)

Don't forget dessert! A small slice should do it!

Gravy that won't go to your gut

Sautéed baby portobello mushrooms—an ultra-low-calorie ingredient you won't find in gloppy canned gravies—kick up this sauce's flavor *without all the fat*.



- 1 Tbsp canola oil
- 1 s onion, finely chopped (1/2 c)
- 6 oz (about 1 1/4 c) baby portobello mushroom caps, thinly sliced
- 1 tsp dried thyme
- 6 Tbsp all-purpose flour
- 4 c fat-free chicken or turkey broth, cooled
- 1/4 tsp hot-pepper sauce

1. ADD oil to a hot saucepan over medium-high and heat for 1 minute. Add onion and cook, stirring, until softened (about 3 minutes). Add mushrooms and thyme. Stir. Cover pan and cook, stirring occasionally, until liquid is released (about 4 minutes).
2. ADD flour; stir into the mixture well. Gradually add the broth, stirring constantly until thickened. Reduce heat to low and simmer for 5 minutes. Add hot-pepper sauce.

NUTRITION (per serving) Serves 8. 55 calories. 2 g fat. 0 g saturated

ABLE Bodies Balance Training

Exercise Classes with Jane Francoeur
Wednesday Dec. 7th at 9:30 am
(only one session this month)
Class Fee; \$4 per session



Join us for the upcoming sessions of ABLE Bodies Balance Training, an activity-based program designed to improve balance and mobility for both fit and frail older adults. Our exercises will help you enhance your ability to maintain balance in completing your everyday tasks. We also work on flexibility, strength, and cardio-respiratory endurance.

Participants should bring a resistance band or tube.

Class size is limited. Please call 715-536-4226 to register.

*You can join at any time.

Note: The classes do build upon each other.



Senior Strength

Monday Dec. 5th at 9:30 am
(only one session this month)
Class Fee; \$4 per session

This is a fun 45 minute class that will help you increase you muscular strength and flexibility while you move to music. You will be seated for much of the class and will use chairs for balance support when standing.

Ongoing class. Join any time.

STAY ACTIVE!!

See calendar on back for dates



Need an indoor place to walk ?

**MHS (Merrill High School)
Hallway Walking Times**

Monday through Friday from 6-7:30 am. Parking is on the Sales Street side of the building Enter through **Door 1**.

PRMS Hallway Walking Times

6-7:30 am at PRMS enter via door #13
park across the river or street (due to bus)

Thank you to MHS and PRMS for opening their doors to provide a safe walking location for our community!

Next year you will be able to walk at our New Center!!



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 intended to be a social gathering for people to get out
of the house and visit while having a nutritious meal.

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



Meals on the following dates:

December 2nd
December 9th

No meals on the 15th and 22nd

Have a Merry Christmas and a
Happy New Year!

Halloween dress up fun!



Brain Fitness Answers

1. It's A Wonderful Life
2. How The Grinch Stole Christmas
3. National Lampoon's Christmas Vacation
4. A Christmas Story
5. A Charlie Brown Christmas
6. Miracle On 34th Street
7. Home Alone
8. The Santa Clause
9. Rudolph the Red Nosed Reindeer
10. A Christmas Story
11. It's A Wonderful Life
12. A Christmas Carol
13. The Grinch in How The Grinch Stole Christmas
14. A Charlie Brown Christmas
15. Buddy the Elf in Elf
16. George Bailey in It's a Wonderful Life





Monday	Tuesday	Wednesday	Thursday	Friday
			1. Community Meal 12:00 Sheephead 1:00	<p>Second Friday Movie Day Library 1:00 p.m.</p> <p>CENTER CLOSED FRIDAYS</p>  
5. Senior Strength 9:30 Hand & Foot 12:00 Bridge 12:30 (Bring your team of 4)	6. One Stroke Painting 10:00 Quilting Club 12:30 Sheephead 1:00 <i>Caregiver Support Group Bell Tower 6:00</i>	7. Able Bodies 9:30 One Stroke Painting 1:00 Mah Jongg 1:00	8. Community Meal 12:00 Grief Support 12:30 Sheephead 1:00	
12. Senior Strength 9:30 Hand & Foot 12:00 Bridge 12:30 (Bring your team of 4)	13. Book Club 10:00 Creative Coloring 10:00 Quilting Club 12:30 Sheephead 1:00	14. Able Bodies 9:30 Oil Painting 9:30 Mah Jongg 1:00	15. No Community Meal	
19. Senior Strength 9:30 Hand & Foot 12:00 Bridge 12:30 (Bring your team of 4)	20. Quilting Club 12:30 Sheephead 1:00	21. Committee Meeting 8:00 No activities today in preparation for Spirit Delivery	22. Sharing Christmas Spirit Delivery Day CENTER IS NOT OPEN FOR ACTIVITIES	
CENTER IS CLOSED	CENTER IS CLOSED	CENTER IS CLOSED	CENTER IS CLOSED	