

# January 2016



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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/  
Community Enrichment*  
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

*A \$2 donation for all activities and programs will help support*

## Mission Statement

Serving mature adults and people in need.  
Brings people of all ages together  
with compassion and a welcoming spirit,  
showing respect, and honoring differences.

## Happy New Year!

It promises to be an exciting 2016 for the Merrill Enrichment Center! As you will see in this month's newsletter we are already offering new classes. We will continue our fitness classes and nutrition section to get you started on the right track for your New Year's Resolution!

Our bus trips last year took us to new, exciting places. We are looking forward to having you join us for all of our new adventures!



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

## Volunteer Shout Out!

We are very blessed to have so many volunteers dedicating endless hours to support our efforts throughout the year.

Thank you from the bottom of our hearts for being a part of our Enrichment Center.

The wonderful programs we offer throughout the year including our Thanksgiving meal, Sharing Christmas Spirit, cards for Soldiers and Veterans, community meals, quilts for hospitals and those in need, and so much more, would not be possible without you!

The following is just the beginning of our Thank you list which will extend into our February newsletter.....

**A Huge Thank You to Trinity Lutheran Church, Coordinator Sue Permsteiner, and the many church volunteers** for hosting the 2015 Thanksgiving Meal!  
What a beautiful meal they served!

Thank you to our Thanksgiving Meal Volunteer Drivers and helpers;

Leesa & Jim Roth  
Darin , Rylee, and Reese Mrachek  
Mary Ann VanderGeest  
Karen Akey  
Marci Barney  
Don and Karen Radloff  
Kristine Smith  
Christine Vorpapel  
The Tlusty Family  
Beth Pergolski Jody Lokemoen  
Eric Anderson and daughter  
Kelly & John Deering  
Sharon & Mark Zipper  
Charise Lewer  
Jane Zipperer  
Vickie Rice & Family  
Donna Simek  
Office Jamie Jaeger

**A special thank you to Nancy Wilde for**

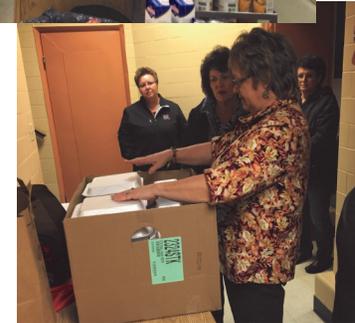
## Enrichment Center Committee Members

Eugene Simon  
Art Lersch  
S. Peggy Jackelen  
Diane Goetsch  
Mary Ball  
Chris Malm - Alderperson  
Gene Bebel  
Erin Wells - ADRC Rep.

Our next board meeting will be on  
February 24th, 2015 at 8am  
in the conference room across from the Center.  
Community attendance is encouraged!  
*Please note our Committee meetings will now be held on the 4th Wednesday of each month.  
January meeting is on the 27th at 8am.*



THANKSGIVING 2015



## NEW YEAR NEW CLASS OFFERING!



### CREATIVE COLORING CLASS

Join us for the latest craze in coloring!  
The adult coloring book craze that started last year  
has shown no signs of slowing down!

Not only do you discover your inner creativity but  
coloring is very therapeutic and a proven stress  
relief! What perfect timing after our  
crazy holiday season!

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

**Jan. 19th from 1:00 - 3:00 pm**

Cost is \$5

(color pages and pencils will be provided)

A \$2 donation for

the Center activity fee is appreciated

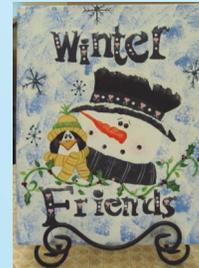
Please call the Center to register. 715-536-4226

Walk in's are welcome!

## “One Stroke” Painting with Sharon Walsh

Join us for one stroke painting.  
*No painting experience needed!*

Each week has a different subject on a  
different canvas – glass, tile, paper, wood, etc.  
You leave the class with your finished creation!  
Cost for each class is \$10 – which includes all  
materials needed – along with a \$2 donation for  
the Center activity fee.



Jan 19th at 10:00 am  
Jan 20th at 1:00 pm  
Snowman and Penguin on Canvas

Jan 26th at 10:00 am  
Jan 27th at 1:00 pm  
Woodpecker on wood



Please call to register. 715-536-4226



## New Craft Class! Themed Candy Boxes

Chris Gano will teach you how to make snowman and Valentines  
candy boxes. Great gifts and decorations!

**February 3rd from 10:30 am – 12 Noon**

Please call to register. 715-536-4226

Cost of class is \$3

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





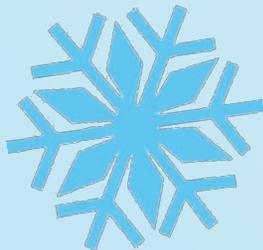
## Loss of a Loved One

Drop In Bereavement Support Group

The Loss of a Loved One group is a *free* support group for those who have lost a loved one through death. It is a time to learn about the grief process, share memories, find support from others and discover new ways to cope with your loss.

The group is open to the public.  
Meet at The Enrichment Center  
Lower level of Merrill City Hall

Monday January 4th and 18th  
1-2:30pm



## WHY NOT? WRITING WORKSHOP



*No writing experience needed.*

Whether you want to capture memories, start a journal, or try your hand at creative writing with a short story or poem, this is a great way to begin! Join and attend any time it works for you!

Group will meet the **first and third Wednesday** of the month from 1-2:30 pm  
January 6th and 20th

**Call 715-536-4226 to register or just stop in!**

A \$2 activity donation is appreciated

## BINGO PARTY!!

**1-3:30pm**

**January 27th**

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**



# ENRICHMENT CENTER CRAFT SHOP

**Our Craft shop will be closed the first two weeks of January for Inventory.  
Thank you for your patience. We will reopen on January 18th.**

If you haven't visited us in awhile or maybe have never stopped down, you will be pleasantly surprised at the variety of wonderful products we have that are made by local crafters!  
You will be sure to walk away with a unique, one of kind gift!



**American Girl Doll  
clothes are back!  
Great birthday gift!**



**Handmade sweater mittens, hats,  
headbands, and scarves!**



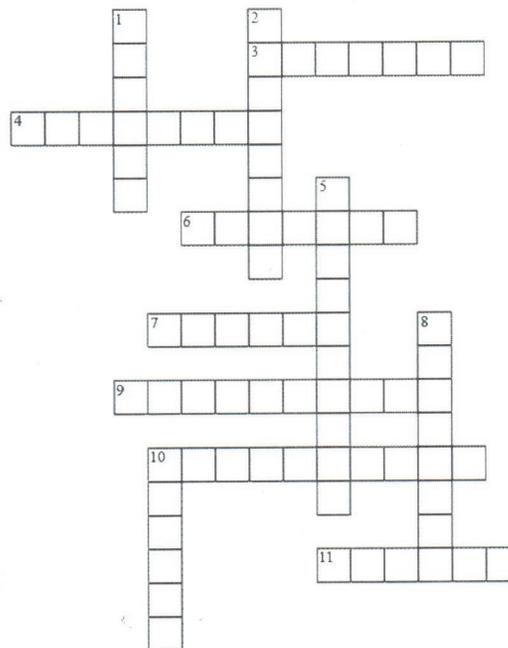
**New Item!  
High quality handwoven  
rugs made from recycled  
fabrics.**



Our brain fitness section is one piece of keeping your Body, Mind, and Spirit connected.  
The other components are physical exercise, proper nutrition, social connections and stress reduction!

**Participating in the activities here at the Enrichment Center will help you with all of these!**

# New Year Crossword



Across	Down
3. A "good luck" vegetable that is consumed on New Year's Day	1. Polar Bear _____, a New Year's activity that requires you to enter into water, mainly for charity
4. Twelve 'o clock at night, the highest point of New Year's celebrations	2. The famous song, "Auld Lang Syne, commonly sung to bring in the new year originated in
6. The month that follows December 31st is	5. He is the personification of time
7. A ceremonial procession including people marching with bands	8. Small pieces of coloured paper or streamers
9. A promise to do something in the new year	10. The Iranian new year holiday is called this
10. A horn or rattle used to make noise at a party	
11. People born on New Year's Day are commonly called New Year _____	

## Need an indoor place to walk ?



**MHS (Merrill High School) Hallway**

### Walking Times

Monday through Friday from 5:30 - 7:00 am  
and 3:30-6:30 pm

Parking is on the Sales Street side of the  
building Enter through **Door 1.**

### PRMS Hallway Walking Times

7:00 am at PRMS enter via door #13

**park across the river or street (due to bus)**

3:30 pm at PRMS enter via door #13

**park near the building (bus should be gone)**

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

## Volunteers Opportunity



**AARP FOUNDATION  
TAX-AIDE**

The Merrill Area Community Enrichment Center would like to  
provide a free tax service at our center through the AARP.

We are currently looking for Volunteers.

AARP provides training resulting in  
IRS certification. Training begins soon so please call us to sign up.  
715-536-4226

**What a great way to  
give back to our community!**

For more information....

Google - AARP Tax Volunteer



**ADRC - Healthy Living Programs**

## Stepping On

is a fall prevention program for older adults.

Hear from several guest speakers:

*Physical Therapist:* Covers simple balance and strength  
exercises

*Optometrist:* talks about the role vision plays in keeping  
your balance

*Pharmacist:* Reviews medications that contribute to falls

*Community Safety Specialist:* Provides tips for staying  
safe when out and about in the community

The program also covers safe footwear and how to check  
your home for safety.

Dates - March 31st - May 12th

Time - 1:00-3:00 pm

Location - Merrill Fire Department, 110 Pier St.

Cost - suggested \$10 for all 7 weeks

A collaboration between: Aging and Disability Resource  
Center and Kindhearted Home Care

Pre-registration required. Call Jennifer Clark at 536-0311  
to reserve your spot!

## TB Scott Library Movie Day



The first Friday of every month

1:00 pm at TB Scott Library

\*January movie day is the 8th due to New Years Day

Refreshments and popcorn provided

*courtesy of the MACEC*



## Become a Foster Grandparent!

Would you like to make a difference in a young  
person's life? Do you enjoy mentoring,  
tutoring, nurturing, or just listening?

If you are 55 or older and want to share your  
experience and compassion, you have what it takes to be a  
Foster Grandparent.

Make the call to provide a stable and supportive presence  
in a young person's life!

The experience is mutually beneficial!

Call Donna at (715) 539-1645

## T.B. Scott Library Program Start your New Year out at T.B. Scott Library!



With the beginning of 2016, now is the time to start  
reading a new book series you put off this summer or to  
listen to your favorite author on audio book. We have  
new DVD's and music coming in monthly as well as  
games and magazines for everyone's interest!

Also new to 2016 will be the departure of our wonderful  
Mary Weege who is officially retiring on January 4th.  
She will be missed so much by all, but will probably be  
out and about the town. Watch for her in your favorite  
shopping spot! Stepping into her shoes is Jo Henrichs.  
Please contact her at the library for all of your reading,



## ABLE Bodies Balance Training

Exercise Classes with Jane Francoeur  
Mondays at 9:30 am  
January 18th - April 18th

Class Fee; \$4 per session plus  
a \$2 donation to Center per session

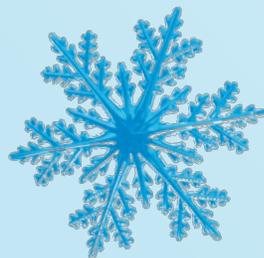
Join us for the upcoming sessions of ABLE Bodies Balance Training, an activity-based program designed to improve balance and mobility for both fit and frail older adults. Our exercises will help you enhance your ability to maintain balance in completing your everyday tasks. We also work on flexibility,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

Wednesday at 9:30 am  
Begins January 6th  
Ongoing class. Join any time.



Class Fee; \$4 per session plus  
a \$2 donation to Center per session



## SIMPLE NUTRITION TIPS FOR 2016

Written by: [Kim Chandler BA\(Hons\) DipCNM mBANT](#)



[CNHC registered](#)

Eat a rainbow a day of two fruit and at least five servings of vegetables. This will provide a good amount of fiber for blood sugar balance and regular bowel movements and nutrients to:

- \* **Red:** reduce cancer risk.
- \* **Green:** promote hormone balance.
- \* **Blue/purple:** protect cells.
- \* **White:** Reduce inflammation.
- \* **Yellow/orange:** Strengthen the immune system.

Pick up your rainbow of fruit and veggies at our weekly produce giveaway!

See more of Kim's Tips at the link below;



Please join us for our community meal  
**Thursdays at noon** at the Center.  
 Enjoy time with friends and family  
 for a delicious meal!  
 Please call to sign up by Monday of the week  
 you are attending.

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

**Menu**

Jan. 7th  
 Ham Vegetable Soup

Jan 14th  
 Swai Fish

Jan 28th  
 Guest cook Ryan  
 Schwartzman is treating  
 us to Chili!



**Produce  
 Give-away  
 11:15 am**

Stop in before the meal and help  
 yourself to fruit and veggies!

There will be no produce on the 21st



**Crossword Puzzle**

**Answer Key**

**Across**

- 3. CABBAGE
- 4. MIDNIGHT
- 6. JANUARY
- 7. PARADE
- 9. RESOLUTION
- 10. NOISEMAKER
- 11. BABIES

**Down**

- 1. PLUNGE
- 2. SCOTLAND
- 5. FATHERTIME
- 8. CONFETTI
- 10. NAVROZ

Read more at <http://www.theholidayspot.com/newyear/activities>

