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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; Lorri, Tammie, Arlene

Tammie Mrachek, Director
 Tammie.Mrachek@ci.merrill.wi.us
Lorri Vandre, Activities Coordinator
Arlene Bagley, Activities Assistant

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.

Thank you to two anonymous donors who generously contributed \$500 each to the New Center!

We are extremely grateful for your support!

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!

Volunteer Shout Out!!

Relay for Life Quilt

Our amazing volunteer quilters are creating this gorgeous quilt for the relay for life raffle. Tickets are available at the Enrichment Center for \$5 each.



Thank you to Arlene, Dori, Grace, Shirley, and Barb for all of their hard work. This quilt has 625 squares!

Quilting done by Lori Schmidt at The Pine Needle.

Thank You

Sarah Olson for donating a Mah Jongg set.

Jim Blair and Lincoln Hills for donating the vegetable plants.

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.



BINGO

July 13th 1:00 - 3:30pm



Bingo Games - money paid out based on what we bring in.
Wear **Red**, **White**, and **Blue** to show your Patriotism!

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

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 the 13th at 9:30am.

A perfect game for brain fitness!!



A Special Thank You

To Sarah Olson for donating her Mah Jongg set to the Center.



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

Lilly is out and about!!



We had a wonderful trip to Rawhide!

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.

- * **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 this fall*
- * **Monk Botanical Gardens** - Wausau - 4 seats left
- * **Main Street Shopping** – Antiques, Boutiques, Unique shops
***Waupaca/King area** - 3 seats left
- * **Woodchucks Game** - August 1st
- * **Mercer Loon Days** - August 3rd - 1 seat left

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

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:

Monday July 25th

Time: 10am - Noon

10 seats available



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

The class will specifically cover the iPhone and the following topics:

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

Android class will be offered in August



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.

INTERGENERATIONAL CREATIVE COLORING CLASS

Join us for the latest craze in coloring!



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!**



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

July 11th 10:00am, & July 26th 10:00am

Cost is \$3.

(color pages provided)

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

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

Hanging Glass Bottle Chimes

July 12th 9 am

Cost is \$12

All materials included

Call 715-536-4226 to register

Pictures are ideas 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!



Screen Painting Class

You choose your own design/image. We will have a variety of screens—window size. If you want a specific screen size and trim, we recommend you bring your own.

Dates: Meets twice - July 19th at 10am and July 20th at 1pm

Cost - \$20 or \$10 if you have your own screen



Pictures shown are ideas. You choose what you would like to paint on your screen.



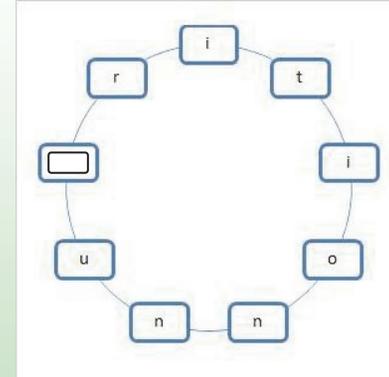
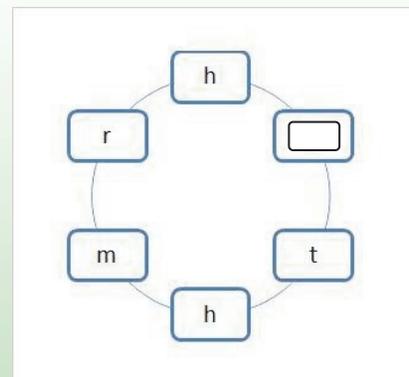
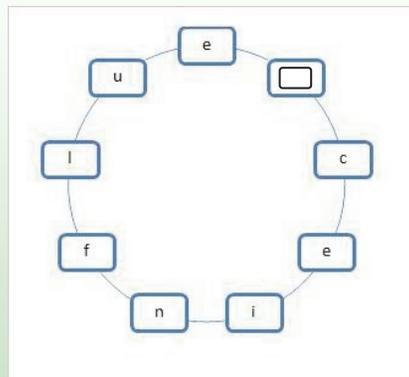
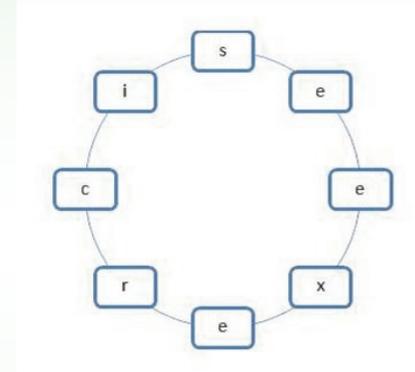
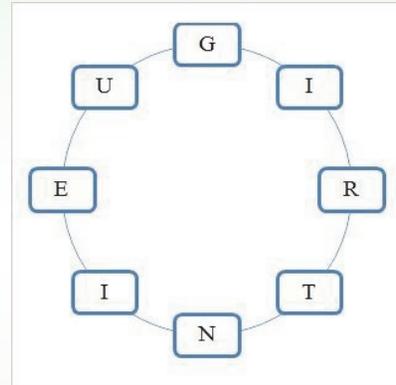
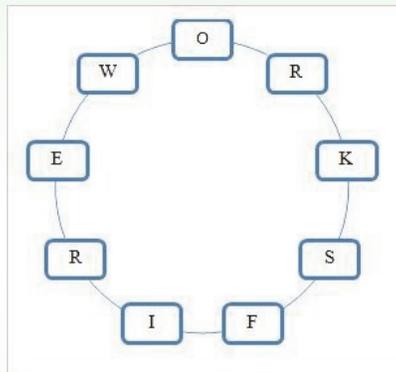
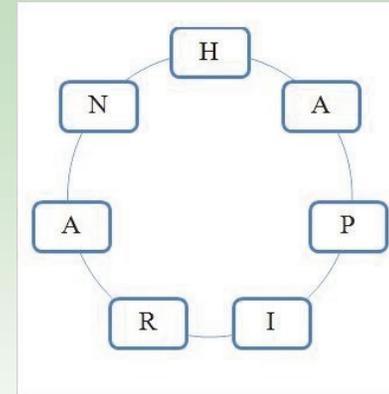
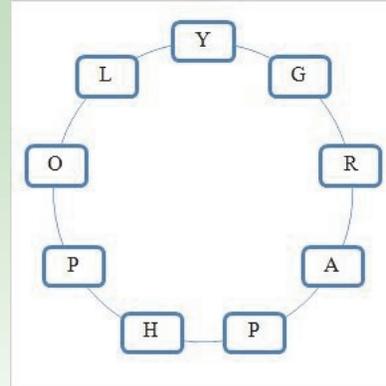
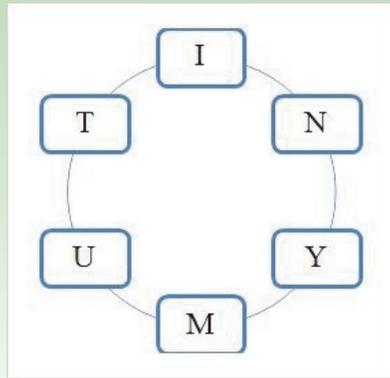
MACEC Craft Shop

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.



Brain fitness is one component of keeping your **Body, Mind, and Spirit** connected! The **five** main components are; physical exercise, proper nutrition, social connections, stress reduction, and mental stimulation!

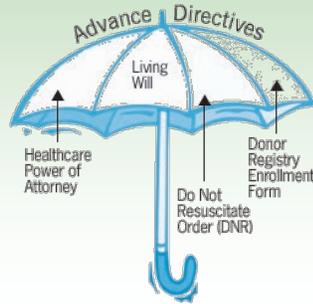
Can you find the hidden word in each circle? One answer per circle, using all letters.



The last row has one missing letter that you must identify to complete the hidden word.

Source: <http://www.braintraining101.com/circle-word-games-1/>
<http://www.braintraining101.com/circle-word-games-2/>

SAVE THE DATE
July 21st at 10:00 am
Advance Directives



Join us for this very important session! Not only will you receive information on the following topics, but you will have the opportunity to fill out the forms immediately.

**Living Will, Differences between a Will and a Trust,
Power of Attorney - Medical, Power of Attorney - Financial, and more!**

Thank you to Craig Nienow for facilitating this Informational Session.
Registration is appreciated but not required.

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.

Medicare, Medicare supplements, Medicare Advantage Plans, Long Term Care Insurance, etc.

The Medigap Helpline Programs
can answer your questions

The helpline, administered by the State of Wisconsin Board on Aging and Long Term Care, provides one-on-one counseling to Wisconsin citizens and family members even while they may be out of the State. There is NO connection with any insurance companies and the counselors do not endorse nor express any opinion as to the worth or value of any policy or insurance product. The counselors are required to maintain an insurance license for Life and Health Insurance in the State of Wisconsin.

This service is available at no cost to the caller!

The program also includes the *Medigap Part D* and *Prescription Drug Helpline* for beneficiaries 60 years plus.

Primary customers include Medicare beneficiaries of all ages, disabled and low income individuals, pre-retirement individuals, retirees losing their employer group coverage, end stage renal disease beneficiaries, and private long term care insurance shoppers. Services are available to many other people.

For more information call the Helpline at **1-800-242-1060** to speak with a counselor. Call **1-855-677-2783** to speak with a

Part D drug counselor. Requests for information and counseling can also be made at healtec@wisconsin.gov

T.B. Scott Movie Day



Perfect for the July 4th holiday, a special Critic's Choice Movie will be shown on Friday, July 8 at 1:00 pm in the Library Community room. This action/thriller is a 2004 Disney release starring Nicholas Cage, Harvey Keitel, Jon Voight and Anne Hathaway, to name a few and centers around a legendary Knights Templar treasure. Popcorn and soda provided during the movie by the Merrill Enrichment Center. Need a ride to the movie? Call the Merrill-Go-Round Friday morning and tell them you wish to attend the movie at T.B. Scott Library and your entire ride is free!

T.B. Scott Library

What's happening at the library this summer??



Call the library at 715-536-7191 to get your name added to the list to reserve the Outreach Kindle or IPAD for 7 days. These devices are for use to our home-bound and outreach patrons of T.B. Scott only. The devices have many games and books on them to keep you occupied for a week. Instructions provided along with Wi-Fi if you need it. Call Jo, Outreach Coordinator, for more information or to get put on a waiting list!

Need a good summer read? Stop in at the library to check out the new selection of large print and paperback books. Can't get to the library? Call Jo to schedule a home

delivery and your favorite authors will be brought right to

Farmers market season

Don't be afraid to try something different - or strange looking!

Pomelo

The size alone of this fruit might make you wonder if it's some GMO freak. But no, this less-bitter cousin of the grapefruit is simply the largest variety of citrus you can buy. Like a grapefruit, it's loaded with vitamin C, but pomelos are sweeter with a thicker rind and more membrane. Use them in place of citrus in everything from lemon bars to salad dressings to cocktails, or toss the segments into salads or salsas.



<http://www.prevention.com/food/tasty-ideas-unusual-farmers-market-finds>

Purple Bell Peppers

How does the purple bell pepper taste? Despite its strange darkish color, it tastes like the green bell pepper. Compare to the red, orange and yellow peppers which are known to be sweet, the purple pepper has a slightly bitter flavor. Many of purple bell peppers' phytonutrients have antioxidant abilities. Resource: <http://durablehealth.net/food-nutrition/purple-bell-pepper-recipe-taste-benefits/>



Jicama



It looks like the ugly cousin of a turnip, but underneath the thick brown skin is a crunchy sweet white flesh that tastes like a cross between a potato and water chestnut. Not only does jicama pack a hefty dose of vitamin C and potassium, it's 90% water, making it an ideal post-workout snack. Munch on raw jicama sticks topped with lime juice and chili powder, use it as a hummus dipper, pair with apple for a refreshing slaw, or toss into a spinach avocado salad—just be sure to peel away the waxy brown skin first. It also works in hot dishes like stir-fries or anywhere you'd use water chestnuts.

<http://www.prevention.com/food/tasty-ideas-unusual-farmers-market-finds>

Answers to Brain Fitness

Mutiny Polygraph Piranha

Fireworks Intrigue Exercise

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.

Wednesdays—July 6th and 20th

Mondays—July 11th and 25th

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 raining or storming.

Golf



Edgewater Golf Course
N10369 Echo Valley Rd Tomahawk
One mile east of Hwy S. Exit 231

July 14th

Tee time 9:00am

Call Center to sign up 715-536-4226



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:
July 7
July 14

No Meal on the 21st or 28th

Our 'Top Chef' Dave!!

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



**Our produce give-away will
 no longer be available.
 We are very sorry and are
 working toward a solution.**

PICNIC IN THE PARK

Riverside Park

July 28

Lunch served at Noon

\$5 a plate - Call or stop by the Center to sign up. Payment due by July 19th.

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



MENU

- Hot Dogs
- Baked Beans
- Assorted Chips
- Fruit
- Lemonade



Monday	Tuesday	Wednesday	Thursday	Friday
<p>4. Center Closed</p> 	<p>5. Quilting Club 12:30 Sheephead 1:00 <i>Caregiver Support Group Bell Tower 6:00</i></p>	<p>6. Walk & Talk River Bend Trail 9:30 Mah Jongg 1:00</p>	<p>7. Community Meal 12:00</p>	<p>Second Friday Movie Day Library 1:00 p.m.</p>
<p>11. Walk & Talk River Bend Trail 9:30 Intergenerational Creative Coloring 10:00 Hand & Foot 12:00 Bridge 12:30 (Bring your team of 4)</p>	<p>12. Glass wind chime 9:00 Quilting Club 12:30 Sheephead 1:00</p>	<p>13. Mah Jongg 9:30 BINGO 1:00</p>	<p>14. Golf 9:00 Community Meal 12:00</p>	<p>CENTER CLOSED FRIDAYS</p>
<p>18. Hand & Foot 12:00 Bridge 12:30 (Bring your team of 4)</p>	<p>19. Screen painting class 10:00 Quilting Club 12:30 Sheephead 1:00</p>	<p>20. Walk & Talk River Bend Trail 9:30 Mah Jongg 1:00 Screen painting class 1:00</p>	<p>21. No Community Meal Informational Session Advanced Directives Call to sign up 536-4226 10:00</p>	<p>Picnic In The Park July 28th 11:00 am \$5 Call to Sign-up. Payment due on the 19th.</p>
<p>25. Walk & Talk River Bend Trail 9:30 Smartphone Class 10:00 Hand & Foot 12:00 Bridge 12:30 (Bring your team of 4)</p>	<p>26. Intergenerational Creative Coloring 10:00 Quilting Club 12:30 Sheephead 1:00</p>	<p>27. Committee Meeting 8:00 Mah Jongg 1:00</p>	<p>28. No Community Meal Picnic at the Park 12:00 \$5 - call to sign-up</p>	