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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

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.



Tammie Mrachek, Director
Tammie.Mrachek@ci.merrill.wi.us

Arlene Bagley, Activities Assistant
Please welcome Arlene, our newest team member!

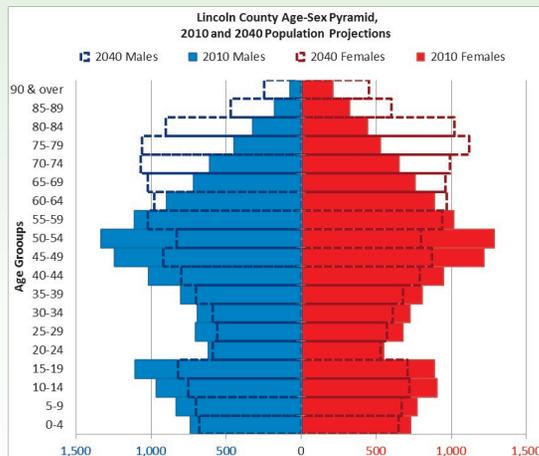
Lorri Vandre, Activities Coordinator



Lincoln County's Aging Population
Art Lersch, UW Extension, Lincoln County

Projections made by the Wisconsin Department of Administration Demographics Center (2013 data) show that 40% of Lincoln County's total population in the year 2040 will likely be age 60 or over. In 2010, the year of the last U.S. Census, about 24.5% of the county's population fell within that age range. Based on these numbers, the 60+ population in the county will increase an estimated 68% over this 30 year period. In comparison, the entire state's age 60 and over population is projected to increase 49% over the same period. In 2010, about 22% of the state's population was age 60 or over. Thirty years later, it is projected that just over 29% of Wisconsin's citizens will be 60+.

This means that the county is projected to age more rapidly than the state as a whole. Further analysis shows counties surrounding Lincoln County and in general the north central part of the state are expected to age more rapidly than many other areas of Wisconsin. But, the data indicates much more, not the least of which is depicted by the Demographics Center graph below. The graph shows that as the population expands in the higher age ranges (dotted lines filled with white), so too does it contract in the lower age ranges (dotted lined filled with red or blue). Red is the female population and blue is the male population.



What does this mean for Lincoln County's future? How might the Merrill Enrichment Center be affected by these trends, assuming they will come true? Evidence suggests we are headed this way and we

Committee on Aging Members

- 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
 June 22nd at 8 am
 in the conference room across from the Center.

Community attendance is encouraged!

New Merrill Enrichment/Expo Center Update

We have reached 71% of our goal toward funding our New Center/Community Expo Center which will be located at the Festival Grounds. To date we have \$850,000 and our goal is \$1,200,000.

Be a part of improving our community!

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!



MERRILL
 ENRICHMENT CENTER

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 8 am - 4:30pm.



Donation Thank You
Grace Burch

Not only does Grace donate her time to be on our quilting team but is kind enough to purchase batting for our projects. We are grateful for her support.



Golf

Rib Mountain Golf Club
3607 N. Rib Mtn. Road

May 12th

Tee time 9:00am

Call Center to sign up



Senior Strength

Mondays at 9:30 am from April 25th through summer. Ongoing class. Join any time.

Class Fee; \$4 per session plus

Has your New Year's Resolution to get more exercise gone by the wayside? Does your doctor consistently remind you of the benefits of additional movement? Would you do better with all this exercise business if you could just show up and follow the leader? If this sounds like you, then you might enjoy our weekly 45 minute class.

Senior Strength is a program designed to increase your *flexibility, strength, and range of motion*. Most of the exercises are done while seated. When standing, you will always be close enough to keep a hand on your chair for balance. We use balls, light hand weights, and resistance bands while we move to the music led by our certified and experienced group exercise instructor. Because we recognize the need for socializing, our instructor is here at least 15 minutes prior!

Class fee is only \$4. You come when you want. There are no contracts. We provide some of the equipment. The instructor will show you what you need and help you make use of what you have at home. Please call the Center at 715-526-4226 with questions.

STAY ACTIVE!



Mah Jongg

We would like to add Mah Jongg to our weekly games offered at the Center. Please call to sign up.

Bus Trips



We are changing the way we schedule our trips. Please call or stop down to sign up for the trips you are interested in. When we have enough people we will determined a date.

There are 13 seats available per trip.

- * **Wausau Art & History** - The Yawkey House Museum, The Woodson History Center, & The Leigh Yawkey Woodson Art Museum
- * **Rawhide Boys Ranch Tour & Lunch** - New London, WI
- * **Let's Go Fishing Charter** – Rhinelander
- * **Minocqua Zoo**
- * **Wisconsin River Cruise** – Rhinelander
- * **Monk Botanical Gardens** - Wausau
- * **Main Street Shopping** – Antiques, Boutiques, Unique shops
- * **Waupaca/King area**
- * **New London/Weyauwega area**
- * **Tomahawk/Brigadoon Winery Tripoli**
- * **Woodchucks Game—August 1st**

Call the Center to sign up. 715-536-4226

Payment will be due once date is determined.

BINGO

May 25th 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

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



**May 4th & May 10th at 10am
May 23rd 1pm.**

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!

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

**Cost of first class is \$5 and \$3 thereafter .
(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



This is Sue.

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

Flag Palette Class

May 4th and 11th 1pm

Just in time for Memorial Day, Flag Day & 4th of July!



Cost is \$12. All materials provided.

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

**"One Stroke" Painting
with Sharon Walsh**

**Wednesday May 18th & 25th at 1:00pm
May paintings will be on canvas.**



\$10



\$25

**You leave the class with your finished creation!
Cost is listed below canvas – which includes all materials needed.
A \$2 donation for the Center activity fee is appreciated.**

Spring Rummage Sale



Rummage & Bake Sale
Fundraising for new Center
One Day Only - May 19th 8:30am – 3:00pm

We have cleaned out our closets again. New treasures uncovered. We also had items donated. Craft & *scrapbooking* supplies, office supplies, jewelry beads, fabrics, household items, books, old records, seasonal decorations. You can help fund our new Center by shopping and/or donations.
(Please no furniture, clothing, electronics, or exercise equipment).

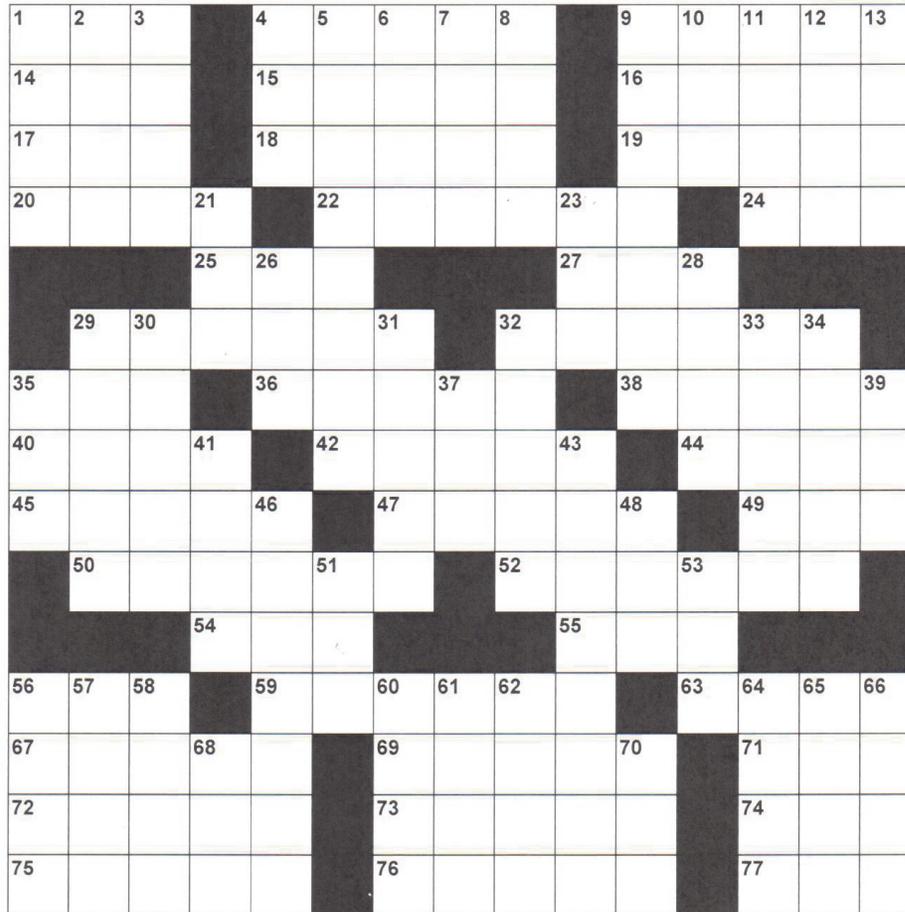
MACEC Craft Shop

Our talented crafters have added new items for Spring. Now that the snow is finally gone, 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!

MEMORIAL DAY



Created by Evelyn Bailey Johnson at www.qets.com

MEMORIAL DAY

ACROSS

- 1 Tender loving care
- 4 Left over
- 9 Flat
- 14 Movie 2001's talking computer
- 15 Freedom from war or hostility
- 16 Cargo vessel
- 17 Flightless bird
- 18 Aries the Ram
- 19 Fat
- 20 Fencing sword
- 22 Endues
- 24 Compass point
- 25 Radioactivity unit
- 27 Dined
- 29 Fanatic
- 32 Chicken piece
- 35 Wet dirt
- 36 Prayer position
- 38 Nighttime images
- 40 Fresh
- 42 Ups or downs on a graph
- 44 One of Columbus' ships
- 45 Silent actor
- 47 Horse
- 49 Air
- 50 Raising hand to forehead in a show of respect

DOWN

- 52 Wishes
- 54 Tell a tall tale
- 55 Winder malady
- 56 Madagascar franc (abbr.)
- 59 Caught some Z's
- 63 Delighted
- 67 Slow (musical term)
- 69 Mistake
- 71 Pride
- 72 Bye
- 73 Punctuation
- 74 Put
- 75 Genetic makeup
- 76 Crick
- 77 South southeast



MEMORIAL DAY

DOWN

- 1 Biblical "you"
- 2 Light
- 3 Hint
- 4 Hotel
- 5 Rites performed in order to give honor
- 6 Shower
- 7 Did well
- 8 Mexican money
- 9 Pushed up
- 10 Liberal (abbr.)
- 11 Beers
- 12 Loch __ monster
- 13 Traced
- 21 Epoch
- 23 Armed fighting between nations
- 26 Moose relative
- 28 Gain
- 29 American Indian tribe
- 30 Swelling
- 31 Jeer
- 32 Lose blood
- 33 Tremor
- 34 Military weapons
- 35 Mayan
- 37 Extension (abbr.)
- 38 Fifth month of the year

- 41 Opp. of ill
- 43 Land worker class (plr.)
- 46 Corruptive
- 48 New Jersey's neighbor
- 51 Thirst quencher
- 53 August (abbr.)
- 56 Piece of cloth that serves as the emblem of a country
- 57 Cooked
- 58 Facial expression
- 60 Chest muscles
- 61 Support
- 62 Writer Bombeck
- 64 Not as much
- 65 Gets older
- 66 Adore
- 68 "To the right!"
- 70 Ewe's mate





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.

Dental Services

Bridge Community Dental Clinic

Provides a sliding fee scale for patients without insurance. We participate in all local insurance plans and welcome patients covered by Medicaid, Medicare, or other government programs.

To see if you qualify and/or to schedule an appointment call 715-539-8181.

MS (Multiple Sclerosis) Support Group Tuesday May 24th at 10am Merrill Area Community Enrichment Center

Join us for our new MS support group. Whether you are dealing with MS yourself or have a friend or family member with MS, this group will help you gain a stronger understanding of living with MS and how to help.

SAVE THE DATE

Know It.....Before You Need It!

Join us for a unique opportunity to learn about the wonderful resources within our community. Hear directly from the experts on topics from home care, rehab/short-term care, adult day care, and more!

Merrill Area Community Enrichment Center

THURSDAY, JUNE 16TH

10:00 AM - 11:30 AM



Sponsored by Caregiving Pathways

For more information contact a Caregiver Support Coordinator



TB Scott Library Movie Day

The *SECOND Friday of every month
1:00 pm at TB Scott Library Community Room.

Refreshments and popcorn provided

courtesy of the MACEC

**Please note change from first to second Friday*



T.B. Scott Library

Get on the Merrill Go Round Bus and join the T.B. Scott Free Library for the Critic's Choice Movie Event on Friday, May 13, 2016 at 1:00 PM. We can't tell you the title of the movie, but we can let you know this is the 5th movie in this exciting action series of spy films. The movie is based on the original television series and features the cast of Tom Cruise, Jeremy Renner, Simon Pegg and Rebecca Ferguson. Plan on calling the Merrill Go Round early for a ride to and from the library on the day of the event. Refreshments kindly provided during the movie by the Merrill Enrichment Center.

Plan on attending the Outreach Senior Coloring Event on Saturday, May 21 from 10 am to 3 pm in the Library Community room. Karen Hanneman has created 2 special designs to commemorate Memorial Day for anyone who attends and will be available to give everyone ideas and helpful tips to get you hooked on this "hot, new craze"! Supplies will be provided, but you can bring your own as well!

You may call the library to RSVP your spot at 715-536-7191.

ADDED SUGAR IS NOT SO Sweet



Some sugars are naturally in fruits, vegetables, milk & grains.

Other sugars — the kind added to foods, drinks and condiments during processing — may increase heart disease risk.



A typical 12-ounce can of regular soda has 130 calories and 8 teaspoons of sugar.



Added sugar also sneaks into seemingly "better for you" beverages, such as sports drinks, fruit drinks and flavored milks.

THE AMERICAN HEART ASSOCIATION RECOMMENDS

limiting added sugars to no more than 100 calories a day (6 teaspoons) for most women & no more than 150 calories a day (9 teaspoons) for most men.

ADDED SUGAR SOURCES

Sugar-sweetened beverages are the biggest source of added sugar in the American diet. Other sources are baked items (like cakes, muffins, cookies and pies), ice cream and candy.



FIND IT

Read food labels. Syrup, molasses, cane juice and fruit juice concentrate mean added sugar as well as most ingredients ending with the letters "ose" (like fructose & dextrose).



Enjoy fruit for dessert most days and limit traditional desserts to special occasions.

Cut back on the amount of sugar you add to things you eat or drink often.

Buy 100% juice with no added sugars.



REPLACE IT

Enhance foods with spices — try cinnamon, nutmeg or ginger.

Add fresh or dried fruit to cereal and oatmeal.



Drink sparkling water, unsweetened tea or sugar-free beverages.



Eating and drinking a lot of added sugar is one probable cause of the obesity epidemic in the U.S. It's also linked to increased risks for high blood pressure, high cholesterol, diabetes and inflammation in the body.



American Heart Association's Simple Cooking with Heart is nationally sponsored by



FOR MORE TIPS ON HEALTHY EATING, COOKING AND RECIPES: HEART.ORG/SIMPLECOOKING

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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!



May Menu TBD

Meals on the following dates:
 May 5th
 May 12th
 May 26th
No meal on the 19th



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

Brain Fitness Answer

MEMORIAL DAY

Solution:

1	T	L	C		4	S	C	R	A	P		9	B	L	A	N	D		
14	H	A	L		15	P	E	A	C	E		16	O	I	L	E	R		
17	E	M	U		18	A	R	I	E	S		19	O	B	E	S	E		
20	E	P	E	21	E		22	E	N	D	O	W	S		24	S	S	W	
				25	R	E	M				27	A	T	E					
		29	Z	E	A	L	O	T		31		32	B	R	E	A	S	T	
35	M	U	D		36	K	N	E	L		38	D	R	E	A	M		39	
40	A	N	E	W		42	Y	A	X	E	S		44	N	I	N	A		
45	M	I	M	E	46	R		47	S	T	E	E	48	D		49	S	K	Y
				50	S	A	L	U	T	E		52	D	R	E	A	M	S	
							54	L	I	E				55	F	L	U		
56	F	M	G		59	N	A	P	P	E	D		63	G	L	A	D		66
67	L	A	R	G	68	O		69	E	R	R	O	70	R		71	E	G	O
72	A	D	I	E	U			73	C	O	M	M	A		74	S	E	T	
75								76							77				



Monday	Tuesday	Wednesday	Thursday	Friday
2. Senior Strength 9:30 Hand & Foot 12:00 Bridge 12:30 (Bring your team of 4)	3. Quilting Club 12:30 Sheephead 1:00	4. Creative Coloring 10:00 Flag Palette 12:30 Dominos 1:00	5. Community Meal 12:00	Second Friday Movie Day Library 1:00 p.m.
9. Senior Strength 9:30 Hand & Foot 12:00 Bridge 12:30 (Bring your team of 4)	10. Creative Coloring 10:00 Quilting Club 12:30 <i>Reading Buddies Pine River School 12:45</i> Sheephead 1:00 <i>Caregiver Support Group Bell Tower 6:00</i>	11. Flag Palette 12:30 Dominos 1:00	12. Community Meal 12:00	
16. Senior Strength 9:30 Hand & Foot 12:00 Bridge 12:30 (Bring your team of 4) High School Friends 1:00	17. MS Support Group 10:00 Quilting Club 12:30 Sheephead 1:00	18. <i>Rummage sale set up</i> One Stroke Painting 1:00	19. NO COMMUNITY MEAL RUMMAGE SALE 8:30 AM - 3:00 PM	CENTER CLOSED FRIDAYS
23. Senior Strength 9:30 Hand & Foot 12:00 Bridge 12:30 (Bring your team of 4) Creative Coloring 1:00	24. Quilting Club 12:30 Sheephead 1:00	25. Committee Meeting Public welcome 8:00 One Stroke Painting 1:00 Dominos 1:00	26. Community Meal 12:00	
30. MEMORIAL DAY CENTER IS CLOSED 	31. Quilting Club 12:30 Sheephead 1:00			