MERRILL ENRICHMENT CENTER

April 2020

Hours
Monday, Tuesday, Thursday 8am - 4:30pm
Wednesday 8am - 7pm
303 N. Sales Street
715-536-4226
ALL AGES WELCOME

TAKE ME I'M FREE!

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PUNCH CARDS AVAILABLE !

Punch cards *available* for the *following activities*:
Yoga, Strength & Balance and Cards/Book Club
Stop by the front desk to purchase your card!

Activity fees
$2 activity fee for playing cards or attending book club
$3/day fee
This fee allows you to take advantage of multiple activities in one day rather than paying a separate fee for each.
If a craft class meets multiple days, the $3 covers each day.

Join us April 7th at 9 am for this informational session

Dementia Conversations
This program facilitates discussion about convincing a family member to see a physician for cognitive screening or medical care, deciding when to stop driving, and legal and financial plans for future care needs.

alzheimer's association

Join us for some BINGO fun!

April 8th at 1pm
Cost $5
Please stop by the front desk or call 715-536-4226 to let us know if you are planning to attend!

Mission Statement

Dedicated To Enhancing Lives and Bringing Generations Together

Core Values
Include, Encourage, Volunteer, Create

MEC Team
L to R:
Vicki, Tammie, Stephanie

ENRICHMENT CENTER COMMITTEE MEETING

April 16th at 3:15

Meetings will be held the 3rd Thursday of each month in the MEC Conference Room unless otherwise noted.
Community attendance is encouraged!

Committee Members
Laura Bertagnoli (Chair), Paul Russell (Alderperson), Gene Bebel, Rose Akey, Sharon Harvey, Mollie Stencil, Rev. Lucas Williams, Jennifer Clark -ADRC Rep.

SPRING CRAFT SHOW

SATURDAY, APRIL 4th
9am-3pm

See page 9 for more info.

Bus Trips

BUS TRIPS COMING SOON...

If you love new experiences and having way too much fun,
join us for our bus trips!
Prices will vary per trip. Payment is due upon signing up.
Each person will receive the bus trip guidelines when signing up.
Besides the lunch trips, bus trips are generally between 6 to 8 hour days,
full of exciting excursions! There are 13 seats available per trip.

We always welcome bus trip ideas or suggestions, keeping in mind that
we stay within two hours from the center.

FIRST TRIP OF THE YEAR! (weather permitting)
LUNCH BUS - Z's Fork Horners, APRIL 28TH - LEAVES AT 10:30AM RETURNS AROUND 1PM

Larson's Famous Clydesdales –Ripon, JUNE 4th

Possible Bus Trips for 2020

Give us a call at 715-536-4226 and let us know if you are interested in any of the following trips.

Possible new trips-

Allen F. Blocher Planetarium – Stevens Point
NEW Zoo- Green Bay
Stevens Point Sculpture Park-Stevens Point
Marieke Gouda- Thorp
Half Moon Hill Farm and Winery

Green Bay-Botanical Gardens

Past trips that we could do again-

Green Bay Botanical Gardens-Green Bay
Pirates Hideaway- Eagle River
Mornin' Sunshine Farm/Grotto Gardens/Rudolph Cheese Factory -Rudolph
Wisconsin Veteran's Home-King/ Clearwater Harbor-Waupaca
The Highground Veterans Memorial Park-Neillsville
REGI-Antigo
Crafters Outing
Three Lakes Winery-Three Lakes
Brigadoon Winery-Tripoli

Antigo– Raptor Education Group

Eagle River– Pirate's Hideaway

Class Offerings

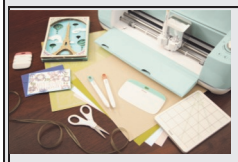
Painting with Amy

Amy is an acrylic painting instructor.
Her business is Create A-Way Paint Parties and Therapeutic Arts.

April 14th
9am-12:30pm
Bring a snack if you like.

You will leave the class with your art creation!

Choices are a 12x16 canvas for $18
or a 16x20 canvas for $28
(Price includes MEC activity fee)
Class Minimum of 4, no experience necessary.
Please call the Center to register.



Cricut -Make, Take & Learn Class

April 21st at 12:00pm
Cost- $10

Whether you have been using your Cricut for years or just beginning, this will be the class for you.

Join Chris and Karen for Cricut Class where we will make a craft using a Cricut cutting machine. They each have 10+ years experience and are looking forward to sharing ways to use your Cricut machine!

This month we'll be making a "Welcome" sign similar to the one pictured here.

Give the center a call if you have any questions about this class or any of our offerings or activities.

Please call to register, space is limited.
715-536-4226

NEW OFFERING!
Basket Weaving w/ Rita

This class will be two sessions, Rita will be teaching how to weave a small basket similar to the picture below.

April 7th & 8th
9am-11am
Cost $10

Supplies needed:
- plastic dish pan
- 1/4"flat blade screwdriver
- bag of pinch clothespins (12 or so)
- ruler

Oil Painting w/ Dennis

Dennis has been painting for years, and looks forward to sharing what he has learned with others.

April 28th
9:00-2:30
(Bring lunch or snacks as we will be taking a break)

Cost $33
(Price includes MEC activity fee)

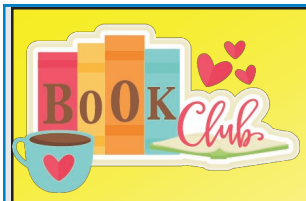
Please call to register. Space is limited.

Stained Glass with Steph

In this 2 day class, Steph will be showing us how to score, cut, grind, tape and solder glass to make these beautiful butterflies! There will be different color options.

April 6th & 7th
12:30-2:30
$10 per butterfly
Please call 715-536-4226 to register, space is limited.

Activities



Book Club

April 21st at 1:00pm

Newcomers always welcome. The group meets the *third* Tuesday of each month at 1:00pm.

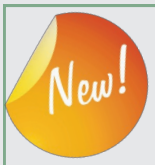
Upcoming Books

April– Jeeves and the King of Clubs– Ben Schott
May– A man called Ove-Fredrik Backman
June– The bread givers– Anzia Yezierska
July– The lace makers secret-Kathleen Ernst

Memorial Wreaths

We are looking for volunteers to help us make Memorial wreaths for the cemetery in May.

Please let us know if you would be interested in helping with this.



Self-Directed Volunteer Teams

A Self-Directed Volunteer Team™ is a multi-skilled group of volunteers who share responsibilities for addressing a challenge or opportunity in their community.

Through time, the team is empowered to take full responsibility for its own functioning and for results. *Adapted from National Council on Aging (2008)*

*Teams will initially work closely with The MEC Director and Staff for training and direction.

Opportunities

- Intergenerational after school activities
- Food For Kids
- Craft show
- Outdoor floral and plant arrangements
- Party organization
- Event set up and cleaning
- Newsletter delivery (volunteers/sub list)
- Thanksgiving Dinner
- Christmas Joy

Please call or stop in to sign up. 715-536-4226

- ♥ **Newsletter Delivery**
- ♥ **Sip & Swipe Coach**
- ♥ **Making/putting together memorial wreaths**
- ♥ **Quilting, tying & sewing**

Anyone need to unload unused fabric? We need clean fabric for backing quilts. We also make pillow cases, walker bags and welcome any other ideas to help out our community!

Call us (715-536-4226) or stop in to learn how you can give back to your community!

Do you know someone who can teach and share their talents? We have been compiling a list of suggestions from participants and are looking for instructors, if you have any questions give us a call 715-536-4226 we'd love to chat with you!

Classes & Clubs

Knitting Club
Cooking/Baking Class
Dance Class
Wood burning Class

Activities

Bunco
Cribbage Tournament

Scheduled Card Games & Times

Hand & Foot	Mondays at 12:00pm
Bridge	Mondays at 12:00pm

(bring your team of four or call to get on a sub list)

Sheephead	Tuesdays at 1:00pm
Cribbage	Wednesdays at 10:00am
Mah Jongg	Wednesdays at 1:00pm

Can also be found on the back calendar.

Anytime Cards, Puzzles & Game Tables Or Bring your own!

We will have cards, puzzles and game tables set up every day at the Center!

Stop down anytime and bring a friend!

If you have a favorite game bring it with you. This is a great way to keep your mind active and to socialize; both important pieces of overall health and wellness.

Brain Fitness

Spring

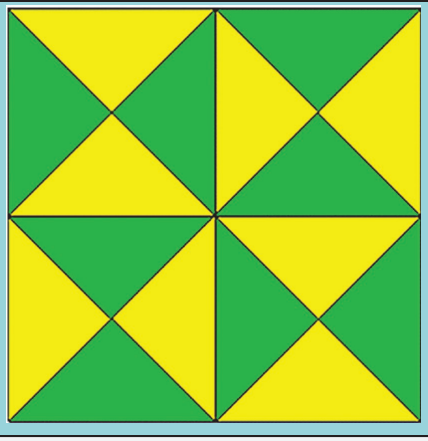
Find and circle all of the words that are hidden in the grid.
The remaining letters spell a message about Spring.

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

ALLERGIES
APRIL
BASEBALL
BEES
CROCUSES
CYCLAMENS
DAFFODILS
DANDELIONS
EASTER
EQUINOX
FLOWERS
FROGS
GOLF
GRASS
GREEN
GROWTH
IRISES
LILIES
MARCH
MAY
NEW LEAVES
PLANTING
RAIN
RENEWAL
ROBINS
SEASON
SNOWMELT
SOFTBALL
SPRING BREAK
SPRING CLEANING
TULIPS
WARMER
WET

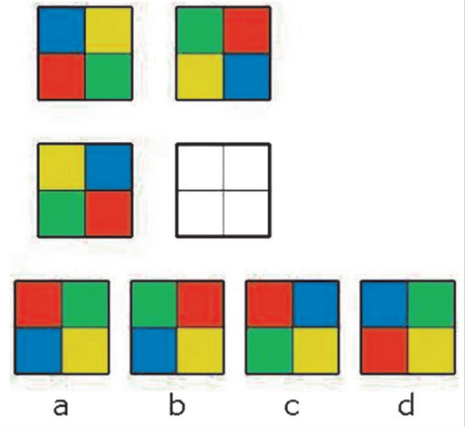
How many Triangles?
The object of this visual brain teaser is to figure out how many triangles are in the image below.

http://dailybrainteaser.blogspot.com.au/



What comes next?
A brainteaser for pattern recognition, can you work out which patterned block goes in the fourth spot?

www.funwithpuzzles.com



Answers for visual brain teasers-
How many triangles? There are 44 triangles
What comes next? Opposite squares are exchanged in this problem, so the answer is A

Fitness

Chair Yoga
Instructor Gigi Heinz
Every Monday 10 – 10:45am
Our $3 daily activity fee covers class cost.

Yoga can reduce pain for people with arthritis, back and neck pain, and other chronic conditions like fibromyalgia. Yoga can reduce stress through breath and relaxation which helps lower blood pressure, and heart rate, improve digestion, ease symptoms of anxiety, depression, fatigue, and insomnia. Yoga helps increase strength in both muscles and bones, improves circulation for better brain and heart health and improves mobility & flexibility to help you enjoy more activities.
Gigi is a certified Yoga Therapist with over 20 years experience leading group health, fitness, and yoga. Join Gigi for 45 minutes of gentle stretching, breathing, and relaxation. All yoga will be supported with a chair. You will be encouraged to listen to your body and only move in ways that make your body happy!

NEW CLASS OFFERING!

Cardio Club with Gigi
This class will be *low* impact, *low* intensity cardio & strength class.
Duration is 45 minutes; Warm-up, Cardio, Strength and cool-down.

Thursdays at 1:30 pm
Cost is $5

Strength & Balance
Every Wednesday
10 - 10:45 am
Instructor Gigi Heinz

Our $3 daily activity fee covers class cost.
(One example of what we do with our activity fees applies to this class. We are able to pay the instructor's hourly fee from our activity fund.)

Would you like to: Reduce the symptoms of osteoarthritis, diabetes, osteoporosis, back pain, and depression? Then this class is for you! In addition, strength training can help you manage your weight, improve balance, help you sleep better, increase strength and muscle mass, improve glucose control, and promote more independence as we get older!
Join Gigi for a Strength & Balance class where *all exercises will be supported by or with a chair.*
We will begin class with a warm-up, move into strength and balance for all major muscle groups, and end with stretching. **All levels are welcome**, Gigi will offer modifications as needed.

Strike Zone POUND with Lindsey

Wednesday nights 6:00pm
$5.00 per class

POUND is a full body workout that combines cardio, conditioning and strength training with yoga and Pilates inspired moves. With use of Ripstix, or lightly weighted drumsticks, POUND transforms drumming into an incredibly fun way to work out! Designed for all fitness levels, provides an atmosphere for letting loose, getting energized, tonin' up & rockin' out!
Instead of watching the clock during a workout, your mind will be distracted to focus on rhythm and volume.
The distraction is responsible for the addictive-ness, making you come back for more!!

Raining? Dogs chasing you?
Come to the MEC to Walk!

Walk anytime Monday - Thursday
8am - 4:30pm in our Expo area!
(*unless otherwise noted on back calendar*)
Please check in at the front desk.
No activity fee for walking.
PLEASE BRING WALKING SHOES
to change into when you enter the building.
The floor can be slippery when wet.
Thank you for your cooperation.

Craft Show

Spring Craft Show
Merrill Enrichment/ Expo Center
303 N. Sales St. Merrill
Saturday, April 4th 9am-3pm

Barn wood signs, crafts & furniture, Variety of handmade jewelry, Handwoven rag rugs, Birdhouses & feeders, Yard art & Lawn games, Wooden toys & games, Paintings, Soy candles, Wax melts, Soaps, Baby items, Crocheted hats, stuffies & purses, Quilted items, Stained glass, Laser cut crafts, Herbal medicine, Scentsy, LuLaRoe, Norwex, Magnabilities, Polka-Dotted Pie, Spice market dips, Usborne books, Thirty– one gifts, and much more!

Lunch Available from Ed & Sharon's

Craft Shop

Craft Intake
Tuesday and Wednesday
8:30 – 4pm

Craft Shop Hours
Mon., Tue., & Thur. 8am-4:30

Clothespin bags

Can flowers for the yard

Beautiful pine Bench

Hand-woven rag rugs

Congratulations to Jamie Hinz, she was the lucky winner of the Crown Royal quilt.
Thank you to our volunteer quilters Roselin, Vickie, Grace, Dori, and Rose for the many hours they put into this quilt, to John for coordinating this annual raffle that benefits the MEC quilters group and to the following local businesses for participating; The Rock, Eagles Club, All Aboard, Dugout, B's 107 and S&S.
We greatly appreciate all of you!

Health, Mind, & Body Wellness

Sip & Swipe Café®

Graduates to date: 36!
April 27th & 28th
9:00-11:00

Call to register 715-536-4226

The Merrill Enrichment Center is excited to be offering this program through Generations on Line, a 19-year-old grant-funded, national nonprofit.

What is a Sip & Swipe Café®?

It is a place where older adults can get free self-paced lessons on how to use a tablet. A coach works with learners to provide support and answer questions.

PROGRAM TEACHES

***The basics** - Tapping a touchscreen, enlarging and shrinking a page, scrolling up and down, where icons/buttons are located, how to get keyboard to appear AND disappear.

***Internet Safety and Searching**

Communicating* – **texting, video-calling, email by either getting a Gmail account (or if learner has an email account how to access on tablet).

*How to use **YouTube, the camera, attaching photo to email, apps (**what are they, how to download them and how to delete).

Volunteers needed to help Coach these sessions.
Please call 715-536-4226

Mind & Body Wellness Course

Instructor Tammie Mrachek - MEC Director

April 9th, 16th, 23rd & 30th 9am-Noon

Call now to sign up. 715-536-4226 Seats are limited.

There is no cost for this Course. Funding provided by Security Health Plan.

The Merrill Enrichment Center with the financial support of Security Health Plan is excited to offer Mind & Body Wellness!

The goal of this program is to provide participants with educational material and activities designed to promote brain health, ultimately empowering people to lead a healthy lifestyle and remain independent.

Emphasis will be placed on the growing evidence that lifestyle choices like nutrition, exercise, mental activities, and social activities can positively impact your brain health and reduce the risk of dementia.

The program will combine fun and educational mind games to challenge participants to keep their brains active. In addition, we will spend time in the kitchen learning how easy it is to make healthy meals, snacks, and desserts.

Finally, we will participate in 10 minute exercises that are easy to incorporate into your daily routine, including yoga, meditation, walking, and strength exercises.

Foods That Fight Stress

Oranges– During prolonged periods of stress, the hormones cortisol and adrenaline are constantly pumped out, amping up inflammation that can take a toll on both physical and mental health-but studies show that the vitamin C found in oranges may help the body regulate both.

Oatmeal– The fiber in oats balances blood sugar and releases energy slowly, steadying mood. Oats also have melatonin, which helps with sleep-crucial for managing stress.

Salmon- This pink fish contains tryptophan; when paired with a carb, it boosts production of serotonin and dopamine, two "feel-good" chemicals that dip when we're stressed. Finding are mixed but some studies suggest that omega-3 fatty acids found in fatty fish may help treat anxiety.

Sweet Potatoes– Sweet potatoes are high in carotenoids– Researchers from Harvard and the University of Wisconsin found that people who consumed more of this antioxidant reported stronger feelings of optimism.

Full article in March 2020 Prevention Magazine

Chair Massage

Cammie, a licensed massage therapist from Much Kneaded Massage here in Merrill, will be offering chair massages

Mondays & Wednesdays from **10:45am– Noon**.
Cost is $10 for a **10** minute massage
Please call to reserve your spot 715-536-4226

Benefits of chair massage
Lowers anxiety
Increases circulation
Boosts immune system
Lowers blood pressure
Relieves muscle pains & headaches
Decreases stress
Improves sleep quality
Generates more flexibility

Support Groups & Community Offerings

Family Support Group
Merrill Enrichment Center
April 8th at 6:00pm
(meets second Wednesday each month)
NAMI Northwood's is an affiliate of NAMI, a non-profit organization that provides support, education and advocacy throughout the Marathon, Lincoln and Langlade counties in Wisconsin on behalf of individuals and families affected by mental illness.

NAMI Northwoods
National Alliance on Mental Illness

GRIEF SUPPORT GROUP

April 9th at 12:30pm
(Group meets the second Thursday of the month)
Enrichment Center Conference Room
303 N. Sales St., Merrill
Ascension at Home grief support groups are adult gatherings providing support to individuals who have experienced the death of a loved one. Members have the opportunity to gather in a safe caring environment with other mourners to share memoires, discuss current life experiences and grief reactions in an effort to better understand grief and the associated changes impacting one's life. This group is open to an community adult experiencing grief.

ASCENSION At Home

Caregiver Support Group

April 28th 9:00 am
(Group meets the 4th Tuesday of the month)

If someone you care about may be showing signs of dementia or if they *are* suffering from Alzheimer's disease or a related dementia, there is something you can do to help them and yourself. Plan to visit our Alzheimer's Association Support Group.
The support group meets once a month. There is no cost or commitment to attend.

Call us at 715-536-4226 with questions.

alzheimer's association

Feeling empty?
Like no one gets it?
Not interested in things you once were?
Overwhelmed with life

A support group is a gathering of individuals who share a common goal. In a group setting, individuals are able to express how they feel and what they do to cope.
Come join this group to give and receive support in dealing with depression.

Where: Merrill Enrichment Center
303 N. Sales Street Merrill, WI 54452
When: April 1st at 1pm
(*Group meets the first Wednesday of each month, from 1pm to 2pm)*
Who: Anyone seeking support in dealing with depression
Cost: FREE
For more information contact
Ashley Miller MS, Mental Health Specialist
at 715-804-7509.

ASCENSION

T.B. Scott Library

Words Worth Hearing Series:
Up the Prairie with a Canoe: The Art of Building a Canoe – April 19
Ferdy Goode will share his art of building canoes.
Get Tyed Up for Fishing: Fly Tying Workshop –
April 23 and April 28
(2 evening commitment required) Bill Sherer will instruct attendees on how to create their own fishing fly on April 23rd, and attendees will create their own fishing fly during the second night, April 28th.
Immigration Journey Exhibit/Program –
April 26 through May 9
T. B. Scott Free Library has been chosen as one of the sites to display this amazing exhibit. Additional programs and events will take place during the exhibit time.
Staying (as) Safe (as you can): Privacy and Security Online – April 27
Dorothea Salo, professor at UW-Madison in the Library & Information Studies Department, will share ways to keep attendees safe online.
Park It Here in Wisconsin – WI State Parks –
Late April Early May TBD
Scott Spoolman is a Wisconsin author who has written the book: *Wisconsin State Parks.* He will share what he has learned along the way about our state parks and his writing process.

For more information, please visit our website at www.tbscottlibrary.org or give us a call at 715-536-7191.

APRIL 2020

MEC

Monday	Tuesday	Wednesday	Thursday	Friday
		1. **Free Blood Pressure Screening** **Merrill FD 9:00-10:00** **Strength & Balance 10:00** Cribbage 10:00 Crochet w/ Cynthia 10:00 Chair massage 10:45 Mah Jongg 1:00 **Depression support group 1:00** ***POUND w/ Lindsey 6:00***	2. **Cardio Club! W/ Gigi 1:30**	**Craft Show Sat. April 4th 9-3**
6. **Chair Yoga 10:00** Chair massage 10:45 Hand & Foot 12:00 Bridge 12:00 (Bring your team of 4) **Stained Glass 12:30**	7. **Basket Weaving 9:00** **Dementia Discussions 9:00** Quilting Club 12:30 Sheephead 1:00 **Stained Glass 12:30**	8. **Basket Weaving 9:00** **Strength & Balance 10:00** Cribbage 10:00 Crochet w/ Cynthia 10:00 Chair massage 10:45 Mah Jongg 1:00 **Bingo 1:00** ***POUND w/ Lindsey 6:00*** **NAMI Family support 6:00**	9. **Mind & Body 9:00** **Grief support 12:30** **Cardio Club! W/ Gigi 1:30**	**Second Friday** Movie Day Library Community Room 1:00
13. **Chair Yoga 10:00** Chair massage 10:45 Hand & Foot 12:00 Bridge 12:00 (Bring your team of 4) *Steve's Friends 1:30*	14. **Paint w/ Amy 9:00** Quilting Club 12:30 Sheephead 1:00	15. **Strength & Balance 10:00** Cribbage 10:00 Crochet w/ Cynthia 10:00 Chair massage 10:45 Mah Jongg 1:00 ***POUND w/ Lindsey 6:00***	16. **Mind & Body 9:00** **Cardio Club! W/ Gigi 1:30** *Committee meeting 3:15*	**CENTER CLOSED FRIDAYS**
20. **Chair Yoga 10:00** Chair massage 10:45 Hand & Foot 12:00 Bridge 12:00 (Bring your team of 4)	21. **Cricut Class 12:00** Quilting Club 12:30 Sheephead 1:00 **Book Club 1:00**	22. **Strength & Balance 10:00** Cribbage 10:00 Crochet w/ Cynthia 10:00 Chair massage 10:45 Mah Jongg 1:00 ***POUND w/ Lindsey 6:00***	23. **Mind & Body 9:00** **Caregiver support 9:00** **Cardio Club! W/ Gigi 1:30**	**Anytime activity! Corn hole/Bean bag toss. M-Th.**
27. **Sip & Swipe 9:00** **Chair Yoga 10:00** Chair massage 10:45 Hand & Foot 12:00 Bridge 12:00 (Bring your team of 4)	28. **Sip & Swipe 9:00** **Oil Painting 9:00** **LUNCH BUS 10:30** Quilting Club 12:30 Sheephead 1:00	22. **Strength & Balance 10:00** Cribbage 10:00 Crochet w/ Cynthia 10:00 Chair massage 10:45 Mah Jongg 1:00 ***POUND w/ Lindsey 6:00***	30. **Mind & Body 9:00** **Cardio Club! W/ Gigi 1:30**	

Come to the Center for socializing and coffee; **Monday-Thursday 8:30-11:00am**
Get out of the house, and have a cup of coffee on us! Take a walk around our Expo center.
Social *gathering and* ***walking*** *is* ***free****! If you decide to join an activity while here, the activity fees apply.*