

# MERRILL ENRICHMENT CENTER

## December 2019

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



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### Mission Statement

Dedicated To Enhancing Lives and  
 Bringing Generations Together

#### Core Values

Include, Encourage,  
 Volunteer, Create

#### MEC Team

L to R:  
 Vicki, Tammie, Stephanie

May the spirit of Christmas bring you and your family health, hope, and happiness.



#### PUNCH CARDS AVAILABLE STARTING IN JANUARY!

Due to overwhelming requests, we will begin offering punch cards starting January 6th for the following activities: **Yoga, Strength & Balance, Zumba, 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.**  
 (All other activities remain \$3)

#### \$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 cost is only \$3***

### Christmas Joy Gift Wrapping

Share your Christmas spirit by helping us wrap gifts and put together gift bags for our Christmas Joy outreach from Dec. 9th - 19th during business hours.



#### DONATIONS

Thank you goes out to.....Jacqui Fons, Amy Bischoff, Vickie Preboski, Dick Bettin, Laurie Svetlik, Claudia Krause, Judy Grefe & Lynn Zentner.

We appreciate your support of the MEC's programs!

#### **ENRICHMENT CENTER COMMITTEE MEETING NO DECEMBER MEETING MEC Conference Room**

Meetings will be held the 3rd Thursday of each month unless otherwise noted.

**Community attendance is encouraged!**

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

## PHONE SCAMS

More than 70% of reported fraud attempts start with a phone call.  
Source: Federal Trade Commission

#### RECOGNIZE



- An unsolicited call from a government agency or big company
- Threats of harm if you don't provide personal or financial info
- Product or travel offers that sound too good to be true

#### RESPOND

- **DON'T** answer calls from unknown numbers
- **DON'T** provide sensitive data to unknown callers
- **DON'T** follow instructions like "Press 1 to get off the call list"



#### REPORT

FTC: 877-382-4357 or <https://www.ftccomplaintassistant.gov>

FCC: 888-225-5322 or <https://consumercomplaints.fcc.gov/>

AARP Fraud Watch Helpline: 877-908-3360



#### Crime Stoppers

**DON'T BE A VICTIM OF SCAMS**  
 Here are a few tips to remain safe.....

- **DO NOT ANSWER AN UNKNOWN NUMBER**
- **If you did answer the call, DO NOT GIVE OUT ANY PERSONAL INFORMATION. SIMPLY HANG UP.**
- **Scammers will pose as GOVERNMENT AGENCIES (IRS, Police, etc.) or COMPANIES (Financial, Retail, travel, etc.)**
- **It will either be GREAT NEWS - you have won something or BAD NEWS - you owe money.**

# Activities



## Volunteer Opportunities

- **Christmas Joy!** We have opportunities to share Christmas Joy with others. We will have meal deliveries going out the morning of Dec 20th. We will also be hosting a dine-in meal at Noon. Please see page 7 for more information. This is a very rewarding experience!
- **Gift Wrapping** for Christmas Joy from Dec 9-19th during our business hours.
- **Newsletter Delivery**
- **Sip & Swipe Coach**

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



## 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.



## Book Club

Dec. 17th 1:00pm  
Newcomers always welcome.  
The group meets the *third* Tuesday of each month at 1:00pm.

## Upcoming Books

**December**– Any Christmas book of your choice  
**January**– Major Pettigrew’s Last Stand– Helen Simonson  
**February**– A Town Like Alice– Nevil Shute  
**March**– An American Duchess– Caroline Fyffe  
**April**– Jeeves and the King of Clubs– Ben Schott  
**May**– A man called Ove–Fredrik Backman

## Sip & Swipe Café®

**Call to get on the class list.**  
**Classes resume in 2020!**

**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!**



# Classes

## **Beginner Stained Glass Class will be offered again in the New Year!**

**Cost \$20**

*(includes supplies and activity fee)*

In this class we will be making a basic stained glass snowflake. We will cut, grind, tape and solder pieces together to make a snowflake.

*Please bring safety glasses and gloves.  
Call to get on the list! Space is limited.*



Pictures are examples of what we will be making

## **Painting with Amy**

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



**December 10th  
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.

**715-536-4226**

## **Coming in JANUARY!**

### **Quilted Scallop Square Rag Bag**

Join Roselin in the sewing room to make this fun bag! You can purchase your own fabric or choose from fabric we have here at the center (stop in any Monday, Wednesday or Thursday before class to pick out your fabric selections we'll be precutting before class) Easy directions for beginner or experienced sewers.

**January 29th & 30th  
12:30-2:30**

**\$15 if using the Centers fabric**

**\$10 if you bring your own fabric**

Must register in advance, space is limited.

#### **Supplies:**

1/4 yd. of 4 different fabrics

1 yd. (36") handles– can use premade nylon or weaved or heavy ribbon

Want bling? Use your imagination!



It's reversible!

## **Oil Painting w/ Dennis**

**Classes will begin again in the New Year**



# Community Offerings

## GRIEF SUPPORT GROUP

**Dec. 12th 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 memories, 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 any community adult experiencing grief.



## T.B. Scott Library



Oh my! Look at the sky! The rain has turned to snow! December is a busy and exciting month, but it can be stressful. Do you know what helps relieve stress? Books! Take a break and come to the T. B. Scott Library to find a good book. Or, you can listen to an audio book while baking cookies! The last **Critic's Choice Movie** of the year is Friday, Dec. 13<sup>th</sup> at 1 pm. This true story depicts the sacrifices made by the Parton family to get Mom a special gift for Christmas. But, can the love and will of this close-knit family overcome the life-threatening blizzard that blows in? Alyvia Alyn stars as young Dolly along with Jennifer Nettles, Ricky Schroder, Gerald McRaney, and of course, Dolly Parton. Don't forget we have a home for gently-used puzzles! The Puzzle Exchange Corner is located in the Carnegie Wing of the Library. Bring a puzzle...take a puzzle! And while you are here, check out our wonderful Large Print collection of books. We have Inspirational, Mysteries, Romance, Westerns, Fiction and Nonfiction from many bestselling authors. These are great for our homebound patrons! If you want to get on our list, and have books and more delivered to your door, call Donna at 715-536-7191. Happy Holidays from T. B. Scott Library!

## Have you been looking for....?



### Heating Assistance

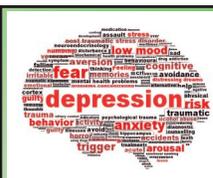
We are again approaching the heating season.. Wisconsin Home Energy Assistance Program is now taking applications. Eligibility is based on household size and gross income in the three months prior to the month of application. Anyone who would like to apply should call Lincoln County Social Services at 715-539-1344 to get an appointment. This is a one- time benefit during the heating season.



**Family Support Group  
Merrill Enrichment Center  
Dec. 11th 6:00pm**

*(meets second Wednesday each month)*

NAMI Northwoods 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.



**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:** December 4th 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.**



# Craft Shop



MEC Craft shop is open until 7pm on Wednesdays!



**Craft Intake**  
Note extended times... Tuesday and Wednesday 8:30 – 4pm

Gorgeous Quilted table toppers, runners, wall hangings and throws



Great gifts for the kids!



Aprons for adults and kids



New! Holiday Pins



Are you an artist or crafter?  
We are always looking for new styles of arts and crafts to freshen up our shop!  
Stop in or call us.



We have many hats, mittens, and scarves to choose from!



# MEC Community Outreach

**Reservations  
Required  
Please call  
536-4226.  
Deadline  
Dec. 12th**



## CHRISTMAS JOY

The MEC will **host** a Christmas meal *for those spending the holiday season alone.*  
We want you to come out and enjoy a *wonderful Christmas meal while visiting with others.*  
**Entertainment and Holiday sing-a-longs begin at 10:30am!**

*We are providing Free Rides on our MEC Bus (in the City limits) to and from the meal.*



**Where:** Merrill Enrichment/Expo Center  
**When:** Friday, December 20th  
**Time:** 10:30am - 1:00pm

Entertainment with Mr. Gaedtke begins at 10:30am

Merrill High School Vocal Jays  
performing at 11am

Meal served at or before noon



### Christmas Joy Deliveries

If you are homebound and alone for the holiday season, and unable to attend our Christmas meal, we will offer delivery of our meal

Date: December 20th

Time: 9:30am-10:30am

*You must be home to receive the meal. We are not able to leave food unattended.*

**Reservations  
Required  
Please call  
536-4226.  
Deadline  
Dec. 12th**

*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!***

Donations to Christmas Joy can be dropped off or mailed to the MEC  
303 N. Sales St., Merrill, WI 54452

# Brain Fitness

## Christmas Carol Quiz Questions



1. What is the opening line to 'Let it Snow'?
2. Which Christmas carol was originally written in Latin as 'Adeste Fideles'?
3. What type of pudding do the carolers sing about in 'We Wish You a Merry Christmas'?
4. Which carol includes the lyrics, 'Gloria, Hosanna in excelsis'?
5. How many types of birds are mentioned in the Twelve Day of Christmas song?
6. In the words of the famous carol 'Hark the Herald Angels Sing', to whom is glory proclaimed?
7. Which Christmas carol is commonly known by the title 'Chestnuts Roasting on an Open Fire'?
8. Which famous Xmas song sends 'tidings of comfort and joy'?
9. Which Christmas carol was composed by Rector Phillip Brooks following a pilgrimage to the Holy Land where he had felt mesmerized by the town in which Jesus was born?
10. Which song repeats the catchy lyrics, 'pa rum pum pum'?
11. Which famous Christmas carol was written as a poem by C. F. Alexander, the same inspirational poet credited with having composed the hymn 'All Things Bright and Beautiful'?
12. The famous song 'White Christmas' originally featured in which 1942 musical film starring Bing Crosby, Fred Astair and Virginia Dale?
13. Which Christmas carol includes the lyrics, 'They looked up and saw a star, Shining in the east beyond them far, And to the earth it gave great light, And so it continued both day and night'?
14. Which carol was originally composed by James Pierpoint in 1857 for Thanksgiving?
15. Which Christmas carol begins with the lyrics, 'Sleigh bells ring are you listening'?
16. What type of tree is mentioned in the Twelve Days of Christmas song?
17. Which Christmas carol includes the lyrics, 'From now on, our troubles will be out of sight'?



## SEEK AND FIND

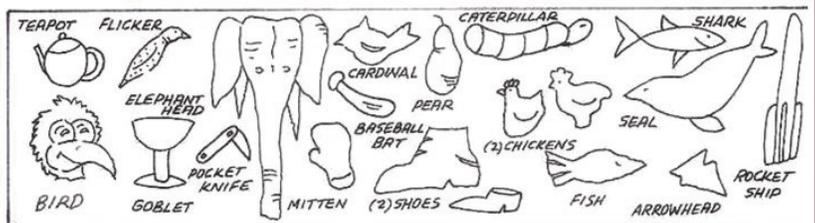
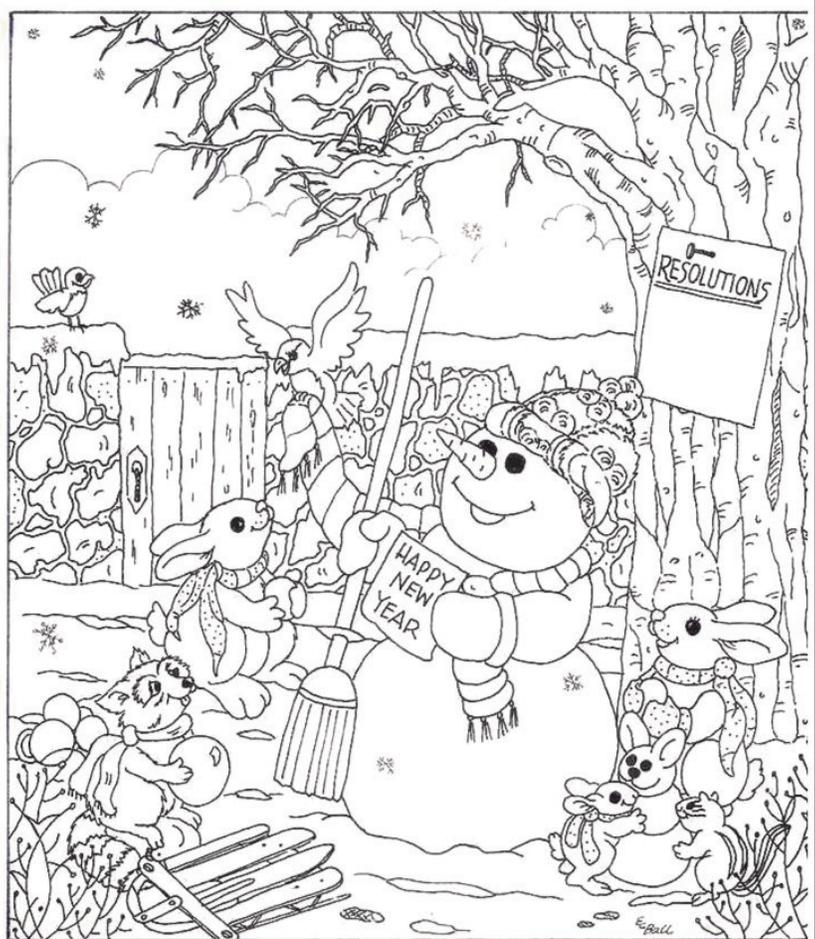
Look for all of the hidden objects in the snowman picture and color the picture if you would like!

## Christmas Word Jumbles

Unscramble these Christmas words.

- |                |               |
|----------------|---------------|
| 1. IRGBGREDEAN | 6. REPENSTS   |
| 2. RSACSTIMH   | 7. OIHLASDY   |
| 3. ANTIDOTIR   | 8. OKEICOS    |
| 4. SIMSAEH     | 9. HMCIEYN    |
| 5. ATCLNAUSAS  | 10. IETTSOLME |

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Hidden Picture by Liz Ball

# Mind & Body Wellness

## 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

## Mind & Body Wellness Course



**Instructor Tammie Mrachek - MEC Director**

**Feb 6, 13, 20, 27th from 9am-Noon**  
**Course is grant funded! No cost to you.**  
**Participants must commit to all sessions as they build upon one another.**

**Call now to sign up. 715-536-4226**

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, plus mind 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.

## 6 Secrets to Feeling Connected

- 1. Look up old friends.** They probably want to catch up too.
- 2. Talk to strangers.** Even 30 seconds of friendly conversation with a store clerk or cabdriver has a positive impact on mood.
- 3. Practice gratitude.** Focus on things in your life that make you feel fortunate: your pets, perhaps, or a nice place to live... even a sunny day.
- 4. Exercise and get enough sleep.** Both contribute to mood regulation and overall health.
- 5. Take a class.** Sign up for something you've never tried, like dance, art or meditation. Active learning exercises your brain, and you may make some new friends.
- 6. Volunteer.** It's hard to feel sorry for yourself when you're helping improve the lives of others. Data shows that volunteering gives people purpose, which raises their self esteem, in turn making them less lonely.

*Prevention Magazine November 2019*

## Snowing? Freezing? Icy? Come to the MEC to Walk!



Walk anytime Monday - Thursday  
8am - 4:30pm in our Expo area!  
*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.

## Christmas Carol Quiz Answers

1. Oh the weather outside is frightful
2. Come, All Ye Faithful
3. Figgy pudding
4. Ding Dong Merrily on High
5. Six types of birds: Partridge, Turtle Doves, French Hens, Calling Birds, Geese, and Swans
6. Newborn King
7. The Christmas Song
8. God Rest Ye Merry Gentlemen
9. Little Town of Bethlehem
10. Little Drummer Boy
11. Once in Royal David's City
12. Holiday Inn
13. The First Noel
14. Jingle Bells
15. Winter Wonderland
16. Pear tree
17. Have Yourself a Merry Little Christmas

# Fitness



Hello everyone! My name is Pam Murphy. My husband, and I have recently moved here to be closer to our kids and grandkids and what an exciting adventure it has been so far!

I have been a Zumba Gold instructor for 12 years now and I can attest to the fact that Zumba Gold will CHANGE YOUR LIFE!! Zumba Gold is a low impact activity that inspires participants of all ages and fitness levels to have fun, let loose of your inner joy while dancing to all kinds of rhythms and music! Whether it's sassy salsa music or twistin' to Chubby Checker, you will gain endurance, balance and strength all in a party like atmosphere!



Tuesdays at 9:30  
\$5 per class

Only one class this month on Dec. 17th

## 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!!



## Strength and Balance

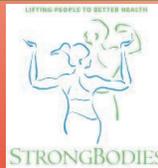
Every Wednesday 10 - 10:45 am  
Instructor Gigi Heinz



Our \$3 daily activity fee covers class cost.

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. Many exercises can be done with the resistance of your own body weight, but if you would like to add weight you can bring your own set of hand held weights. Most begin with 2-3 pound size, others may work up to 5 pounds or more depending upon the exercise. **All levels are welcome**, Gigi will offer modifications as needed.

## StrongBodies Winter 2019-20 Registrations Available



Contact Debbie Moellendorf  
at 715-539-1077 for more information.

StrongBodies is an evidence-based strength training program developed at Tufts University aimed at mid-life and older **women and men**. Monday and Wednesdays each week at either 7:50 a.m. or 4:30 p.m. at the Merrill Enrichment Center (303 North Sales Street in Merrill)  
Cost is \$45  
9 week Winter Term (12/2/19 - 2/12/20)

## 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!

# DECEMBER

# 2019



Monday	Tuesday	Wednesday	Thursday	Friday
2. Chair Yoga 10:00 <b>Chair Massage 10:45</b> Hand & Foot 12:00 Bridge 12:00 (Bring your team of 4)	3. Quilting Club 12:30 Sheephead 1:00	4. <b>Free Blood Pressure Screening</b> <b>Merrill FD 9:00-10:00</b>  Strength & Balance 10:00 Cribbage 10:00 Crochet w/ Cynthia 10:00 <b>Chair Massage 10:45</b> Mah Jongg 1:00 Depression Support group 1:00  <i>Pound w/ Lindsey 6:00pm</i>	5.	
9. Chair Yoga 10:00 <b>Chair Massage 10:45</b> Hand & Foot 12:00 Bridge 12:00 (Bring your team of 4) <i>Steve's Friends</i>	10. <b>Paint w/ Amy 9:00</b> Quilting Club 12:30 Sheephead 1:00	11. Strength & Balance 10:00 Cribbage 10:00 Crochet w/ Cynthia 10:00 <b>Chair Massage 10:45</b> Mah Jongg 1:00 Stained glass class 2:00 <i>NAMI Family Support 6:00</i>  <i>Pound w/ Lindsey 6:00pm</i>	12.  <b>Grief support 12:30</b>	<b>Second Friday</b>  Movie Day Library Community Room 1:00
16. Chair Yoga 10:00 <b>Chair Massage 10:45</b> Hand & Foot 12:00 Bridge 12:00 (Bring your team of 4)	17. <b>Zumba Gold 9:30</b> Cricut Class 12:00 Quilting Club 12:30 Sheephead 1:00 Book Club 1:00	18. Strength & Balance 10:00 Cribbage 10:00 Crochet w/ Cynthia 10:00 <b>Chair Massage 10:45</b> Mah Jongg 1:00  <i>Pound w/ Lindsey 6:00pm</i>	19.  <i>No walking or activities in Expo</i>	<b>DEC 20th CHRISTMAS JOY MEAL 10:30am-1pm</b>  See page 7
23.	24.	25. 	26.	
<b>CENTER IS CLOSED Dec. 23rd - Jan. 1st FOR THE HOLIDAY SEASON!                      HAVE A VERY MERRY CHRISTMAS AND A HAPPY NEW YEAR!</b>				
30. Closed for Inventory	31. Center is Closed	<b>Jan 1st</b> Center is closed	<b>Jan 2nd</b> <b>OPEN</b>	



### FOLLOW US ON FACEBOOK

Merrill Enrichment Center -Find our Newsletters at many local businesses and 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.