

MERRILL ENRICHMENT CENTER



February 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, 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

\$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.

PRACTICE HERE - AT THE MEC

HOW TO FILL OUT YOUR 2020 CENSUS ONLINE!

There is *NO Charge* for this tutorial!

Generations On Line, the same non-profit that created the Sip & Swipe Café® has created an interactive tutorial to practice the specific skills on how to fill out the Census online.

- This is a free standing web-based program. No downloads necessary.
- This is a SAFE place to practice. No data is stored!

Call to schedule



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

February 20th at 3:15

MEC Conference Room

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

Community attendance is encouraged!

Committee Members

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

SAVE THE DATE SPRING CRAFT SHOW

SATURDAY APRIL 4th
9AM - 3PM



Volunteer Shout-outs



Thank you to the following people and organizations for supporting our annual Sharing Christmas Joy Program which provides meals by delivery or in house with entertainment to those spending the holidays alone. This has continued because of your kind hearts and generous donations. We are very grateful to Mr. Jim Blair (pictured below and to the right) for his annual donation of a delicious mix of homemade holiday cookies, fudge, and bread, Kwik Trip, Church Mutual Christmas Is, Annie & Tom Amenson, Dick Bettin, Mary Barrone, Marie Steffenhagen, Tammie Williams & everyone who came and shared the day with us. You all played a part in making our Christmas Joy wonderful!



Doug Williams & Chris Copiskey
Mr. & Mrs. Claus



Merrill Vocal Jays under the direction of Josh Olson entertained the crowd. Thank you for helping us share Christmas Joy!



Mark Gaedtke
Music and singing

Gift Wrapping

- Deloris Baumann
- Annie Amenson
- Rose Akey
- Laura Bertagnoli
- Rose Skic
- Kelly Deering
- Debbi Sconzert



Kitchen Crew

- * Dave & Connie Raddenbach
- * Annie & Tom Amenson
- * Rose Akey
- * Kate Williams
- * Ginny O'Brien
- * Rose Skic
- * Dawn R. Schroder-Silvela
- * Katie Yutuc
- * Melissa Fitzgerald
- * Paula Oestreich
- * Laurie Cottrell
- * Sheryl Uttech
- * Don Harter

Thank you to the O'Tannenbaum Tour for the generous donation to our Center. We are grateful for your continued support.



The MEC's Gnome place like home for the holidays tree. Thanks to Vicki Preboski, Laura Bertagnoli and Sharon Harvey for helping us create all of the ornaments and decorate the tree. Congrats to Leah Strand, winner of our tree!

Delivery Drivers

- Thank you to our volunteer Christmas Joy drivers...
- * Don & Karen Radloff
 - * Karen Akey
 - * Mary Ann VanDerGeest
 - * John Loesel
 - * Lynn Little
 - * Julie Schulz
 - * Bob & Michele Duranceau
 - * Dave & Marcy Barney



Class Offerings

Painting with Amy

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

**February 11th
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.

Cricut Make, Take & Learn Class

February 18th 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– Learn how to print & cut

Please call to register 715-536-4226



Oil Painting w/ Dennis

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

February 25th

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.

ADDED CLASS FEB 19TH AND 20TH 12:30-2:30

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 will be precutting before class) Easy directions for beginner or experienced sewers.

\$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!

Activities

Beat the Winter Blues!

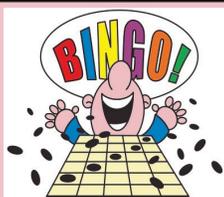
Don't let the winter blues get you down!

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.



Join us for some BINGO fun!

February 27th 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!

Cost includes prizes, light snacks and beverages.



- ♥ Newsletter Delivery
- ♥ Sip & Swipe Coach
- ♥ 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 Class
Dance Class
Wood burning Class

Activities

Bunco
Cribbage Tournament

Book Club

February 18th 1:00pm

Newcomers always welcome.

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



Upcoming Books

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

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.

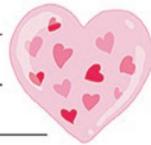
Brain Fitness



be my
VALENTINE
WORD SCRAMBLE!



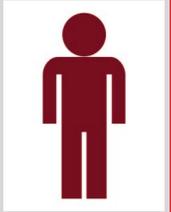
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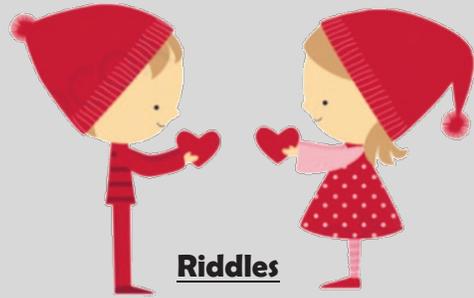
www.landeeseelandeedo.com

Mind Twister-

Jack is taller than **Jill**, who's shorter than **Jen**, who's shorter than **Jack**, who's shorter than **Jeb**. Name the four in order **from tallest to shortest**.



Prevention magazine February 2020



Riddles

1. I come in a box and melt to your touch, I'm a valentine's gift that's loved very much. What am I?
2. You can touch me and you can break me, but if you want me you'll have to win me. What am I?
3. What binds two people together, but only touches one of them?

Laffgaff.com

Answers: Mind Twister - Jeb, Jack, Jen, Jill
Word Scramble - Cupid, Hearts, Sweetheart, Be Mine, February, Roses, Romance, Chocolate, Valentine, Hugs & Kisses, Flowers, Bouquet, Arrow, Love Birds
Riddles - 1. Chocolates, 2. A heart, 3. A Wedding ring.

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!



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 & 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 instructors 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.

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.



Tuesdays at 9:30
 \$5 per class

Hello everyone! My name is Pam Murphy.

My husband, and I have recently moved here to be closer to our kids and grand-kids 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!



Snowing? Too cold or slippery outside?

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.

Craft Shop



Do you have your Valentine's Day Gifts yet? We can help you pick out that perfect something for your special someone!

New Year Refresh!

We have space in our Craft Shop for new artists and crafters.
2019 was a very successful year of sales for our artists and crafters.
We look forward to helping you showcase and sell your beautiful work.
Stop in or call for details.



Craft Intake

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

**Gift something different on
Valentine's day this year!**



Health, Mind, & Body Wellness

Sip & Swipe Café®

Graduates to date: 26!

Call to get on the class list.
Class offerings begin in February.



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
February 6th, 13th, 20th, & 27th 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.

Best Kale Salad

(recipe brought in by a volunteer)

- 2 heads of curly kale
- 1/3 Cup olive oil
- 1/3 Cup maple syrup or honey
- 2 garlic cloves
- 1 Cup cranberries dried
- 1 Cup pine nuts

Remove Kale stems and chop
Combine ingredients for 5 mins to soften kale



Benefits of Kale

1. High in iron
2. High in Vitamin K, A, & C
3. High in antioxidants
4. Anti-inflammatory
5. Cardiovascular support
6. Great detox food

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.
(Except Feb. 24th & 26th)

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

GRIEF SUPPORT GROUP February 13th 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 memoirs, 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.



Written Off: The Documentary Screening:

Join T.B. Scott Free Library and Healthy Minds for Lincoln County on Monday, February 3 at 5:45-8pm at T.B. Scott Free Library's Community Room for the screening of "Written Off" with a Q&A session to follow. This program is offered at no cost. A light meal will be provided. Over the last several years, significant strides have been made to combat the opioid crisis. According to the WI. Department of Health Services, opioid-related deaths in WI. declined in 2018 to their lowest level since 2015. The 838 deaths reported represented a 10% reduction from 2017. Although these numbers are encouraging, there are still hundreds and thousands of individuals and families grappling with addiction. More work is needed to prevent addiction, decrease stigma and support individuals in recovery. "Written Off" fights the stigma surrounding addiction, by chronicling the life of Matthew Edwards, a young man from northern Wisconsin, whose addiction to opioids began at age 15, after being prescribed pain medicine for a minor surgery. Through his personal journal writing, he reveals the secrets he tried so hard to conceal throughout a decade long struggle to escape addiction. "Every day, there's another story about the opioid epidemic, another overdose, another mug shot. But these stories often work to reinforce the stigma of addiction instead of humanizing it," explains filmmaker Molly Hermann, who wrote, directed and co-produced "Written Off". "Matt didn't want to do drugs but he didn't know how to get out. That struggle is right there in his own words, he chronicled every cubic centimeter and milligram that went into his body and every dollar he shelled out to get more, all as he tried desperately to get clean." Community members are encouraged to attend and learn more about addiction and the resources that are available locally to support individuals on their journey toward recovery. Mental health and medical professionals from Ascension Medical Group, Centre for Well Being Inc., and Marshfield Clinic Recovery Corps will be available following the film to answer questions. No registration is needed. For more information contact, Laurie Ollhoff, Assistant Director for T.B. Scott Free Library at 715-536-7191. This event is supported by Marathon County AOD Partnership, Raising Awareness, Northwood's Coalition and Ascension Good Samaritan Hospital.



Family Support Group Merrill Enrichment Center February 12th 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.



**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: February 5th 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.**



LIFTING PEOPLE TO BETTER HEALTH



STRONGBODIES

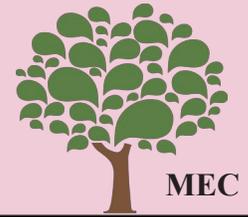
STRONG BODIES

SPRING SESSION
MARCH 2ND - MAY 20TH
OFFERED BY UW-EXTENSION

Classes at Merrill Enrichment Center

Registration packets are available on the Lincoln County UW-Extension website or by visiting the UW-Extension Office located in the lower level of the Lincoln County Service Center at 801 N Sales Street, Merrill. The MEC will also have registration packets.

FEBRUARY 2020



Monday	Tuesday	Wednesday	Thursday	Friday
<p>3. Chair Yoga 10:00 Chair massage 10:45 Hand & Foot 12:00 Bridge 12:00 (Bring your team of 4)</p>	<p>4. Zumba Gold 9:30 Quilting Club 12:30 Sheephead 1:00</p>	<p>5. Free Blood Pressure Screening Merrill FD 9:00-10:00</p> <p>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</p> <p>Guitar Lessons 5:30 POUND w/ Lindsey 6:00</p>	<p>6. Mind & Body 9:00</p>	<p>Anytime activity! Corn hole/Bean bag toss. M-Th</p> <p>Second Friday</p>
<p>10. Chair Yoga 10:00 Chair massage 10:45 Hand & Foot 12:00 Bridge 12:00 (Bring your team of 4) <i>Steve's Friends 1:30</i></p>	<p>11. Paint w/ Amy 9:00 Zumba Gold 9:30 Quilting Club 12:30 Sheephead 1:00</p>	<p>12. Strength & Balance 10:00 Cribbage 10:00 Crochet w/ Cynthia 10:00 Chair massage 10:45 Mah Jongg 1:00</p> <p>Guitar Lessons 5:30 NAMI Family support 6:00 POUND w/ Lindsey 6:00</p>	<p>13. Mind & Body 9:00</p> <p>Grief support 12:30</p> <p>No Walking Or Activities In Expo AARP TAX DAY 9am - 2pm Must have an Appointment</p>	<p>Movie Day Library Community Room 1:00</p>
<p>17. Chair Yoga 10:00 Chair massage 10:45 Hand & Foot 12:00 Bridge 12:00 (Bring your team of 4)</p>	<p>18. Zumba Gold 9:30 Cricut Class 12:00 Quilting Club 12:30 Sheephead 1:00 Book Club 1:00</p>	<p>19. Strength & Balance 10:00 Cribbage 10:00 Crochet w/ Cynthia 10:00 Chair massage 10:45 Quilted bag class 12:30 Mah Jongg 1:00</p> <p>Guitar Lessons 5:30 POUND w/ Lindsey 6:00</p>	<p>20. Mind & Body 9:00</p> <p>Quilted bag class 12:30 <i>Committee meeting 3:15</i></p>	<p>CENTER CLOSED FRIDAYS</p>
<p>24. Chair Yoga 10:00 Hand & Foot 12:00 Bridge 12:00 (Bring your team of 4)</p>	<p>25. Oil Painting 9:00 Zumba Gold 9:30 Quilting Club 12:30 Sheephead 1:00</p>	<p>26. Strength & Balance 10:00 Cribbage 10:00 Crochet w/ Cynthia 10:00 Mah Jongg 1:00</p> <p>Guitar Lessons 5:30 POUND w/ Lindsey 6:00</p>	<p>27. Mind & Body 9:00</p> <p>BINGO 1:00 Please call to sign up!</p>	



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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.