

MERRILL ENRICHMENT CENTER

January 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 cost is only \$3

AARP FOUNDATION TAX-AIDE

Free 2019 Income Tax Preparation



For a future without senior poverty.

Low to moderate income taxpayers;
 emphasis on age 60+

The Merrill Enrichment Center is hosting a FREE tax service at our center offered through the AARP.

Thursday, **February 13th** 9am-2pm

Thursday, **March 12th** 9am-2pm

Thursday **March 26th** 9am-2pm

Appointment Required - AARP will begin taking calls on Jan 9th. Hours are from 9am-1pm Monday - Friday.

Call 715-298-5734 - expect long wait times

****MEC does not schedule appointments****

Mission Statement

Dedicated To Enhancing Lives and Bringing Generations Together

Core Values

Include, Encourage,
 Volunteer, Create

MEC Team

L to R:

Vicki, Tammie, Stephanie



HAPPY NEW YEAR

Make the MEC one of your New Year's Resolutions!

"You don't have to see the whole staircase, just take the first step." Martin Luther King

If you haven't done so yet, we welcome you to take your first step into the MEC!

ENRICHMENT CENTER COMMITTEE MEETING

January 16th 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 (Alderpersion), 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

REGISTRATION OPEN!



Volunteer Shout-outs

Volunteer Shout Out's!

We are blessed to have an abundant number of volunteers who dedicate endless hours to support us throughout the year. Thank you from the bottom of our hearts for helping us enrich lives in our community.

The wonderful programs we offer throughout the year including our Thanksgiving meal would not be possible without you! The following is just the beginning of our thank you list which will extend into our February newsletter.



A HUGE Thank you to Trinity Church, Coordinator Sue Pernsteiner and the countless amount of church volunteers for hosting the 2019 Thanksgiving Meal! With your help, around 300 people enjoyed a delicious meal.

Thank you to our meal helpers!



The MEC donates a quilt each year to the church hosting the meal. This quilt was created by our very talented volunteer quilters, Roselyn Hagedorn, Vicki Preboski, and Barb Wendt.



Grateful for our Volunteers

- Plusty Family
- Barb Wais
- Marcy Williams
- Carol Holz
- Kate Williams
- Janet & Robert Reimann
- Mark & Sharon Zipperer
- Marcy Barney
- John Loesel & Lynn Little
- Art Lersch & Daniel
- Greta Rusch
- Sheri Urban
- Nancy & Chester Kwiesielewicz
- Jerry Lynn
- Becci & Dan Simon
- Ginny O'Brien
- Rylee & Reese Mrachek

WOW!! Karen & Don Radloff have been delivering meals since 1975!! We are so grateful for you!



Class Offerings

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

PARTICIPANT APPRECIATION CLASS

REFRESH Furniture with Dave

January 23rd at 10:00am

Call to sign up 715-536-4226

SPECIAL APPRECIATION FOR ALL PAST PARTICIPANTS WHO TOOK THE REFRESH CLASS.
NO COST TO YOU!

Bring in a small piece of furniture OR CHOOSE FROM DAVE'S ITEMS and REFRESH it with Dave.

He will have all supplies and show techniques to create a number of different looks.



Painting with Amy

Amy is an acrylic painting instructor.

Her business is Create A-Way Paint Parties and Therapeutic Arts.

Jan. 14th

Time: 9am-12:30pm

Bring a snack if you like.

You will leave the class with your painting. 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.



Jan. 28th



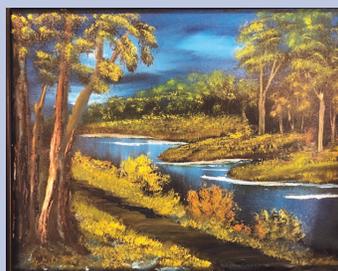
Oil Painting w/ Dennis

January 7th 9am-2pm

(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.

January 21st 9am - 2pm





Community Offerings

GRIEF SUPPORT GROUP



January 9th at 1:00pm

(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.



**Family Support Group
Merrill Enrichment Center
January 8th at 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: January 8th at 1pm (this is the second Wednesday due to New Year Day)

(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.**



Managing Diabetes Over the Holidays: Join us for the Healthy Living with Diabetes Program today!

We all know that Diabetes can be hard to manage, but toss in a few holidays filled with extra cookies, cakes and comfort foods and pretty soon, our blood sugar levels have gone amiss. The good news? January is a perfect time to get back on track in taking good care of YOU!

Join us for the Healthy Living with Diabetes program on Thursdays, January 16- February 20 from 9:30 am- 12:00 pm at the Lincoln County Service Center Building (801 N Sales Street). Learn more about healthy eating, menu planning, managing blood sugars, foot care, communicating with your family and physicians and setting goals to stay on track!

Pre-registration is required. Please call the ADRC-CW at (715) 536-0311 for more information or to register.



May the new year bring you peace and happiness!

Start the new year with a great book!
We have plenty to choose from! We also have a great selection of audio books you can listen to while taking the Christmas tree down and

cleaning up after the holidays. You can take a break, eat some cookies, and put a puzzle together. We have a puzzle exchange in the Carnegie Wing next to the large print book collection. If you have finished a puzzle, exchange it with another. It's that simple. It's okay if you don't have a puzzle too, just select one or two and get started!

Another great way to spend a Friday afternoon is to come to our Critic's Choice Movie! The early career of Ruth Bader Ginsburg is the focus of this intense and moving film. It depicts the struggles she faces as a wife, mother, and female attorney as she fights against gender discrimination and for equal justice.

Felicity Jones stars as RBG. The movie begins at 1 pm on January 10th.

Come early to get settled with a free soda and fresh popcorn!
Join us at the Library on **Sunday, January 12, @ 1:30 pm** for an eye-opening discussion of homelessness from a very personal perspective with **Author Jim Finucan**. Jim will discuss his book, "Wild Counselor; 1977- The Summer of the Hunt" that is very much a Merrill story as he shares his true story as an 11-year-old boy who watches his father struggle with mental illness and homelessness in the wake of his attempted murder. Books will be available for purchase.

A portion of the proceeds for this book are going to the MAC House in Merrill, the new homeless shelter.

Later in the month on **Wednesday, January 26, @ 6pm**, the Library will continue its **Building Merrill Together series** as co-host with Merrill Area Public Schools for an event titled, **"Bullying - How Do We Prevent It"** Panel Discussion at the Prairie River Middle School Auditorium. This event will include panelists who work in the forefront dealing with these issues daily. The forum will offer area residents an opportunity to participate in a friendly and healthy discussion on how to address this tough issue in the community. Please join us to help bring your helpful and constructive ideas to the discussion table.

As always, if you have any questions, please give us a call at 715-536-7191.

WORD WALL
 STUDY THE LIST BELOW FOR ONE MINUTE.
 Then answer the questions on the page 10 without referring back to this list

hat	coat	shirt	shoes	socks
purple	orange	green	blue	white
vanilla	chocolate	strawberry	butter pecan	peppermint
rose	petunia	geranium	tulip	orchid
floor	ceiling	wall	window	door



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Volunteer opportunities



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

Keeping your brain in shape is another important reason for volunteering, and a healthy brain is vital for healthy aging. Volunteering not only engages your mind and body, but it can actually help you age well and reduce the risk of age-related diseases such as dementia and Alzheimer's disease. Oct 1, 2018
<https://alzheimer.ca/en/Home/About-dementia/Brain-health/Volunteering-tips>

- ♥ **Sip & Swipe Coach** - assist older adults in learning how to use tablets.
- ♥ **Newsletter Delivery** - Be a part of our volunteer marketing team! Marketing is significant in making the community aware of all the MEC has to offer. Delivery routes take place on the second or third week of each month and take only 20-30 minutes. Call today.
- ♥ **Quilting/Sewing** - we always have projects to work on for community outreach. Stop in anytime your schedule allows. You can also join our Quilt Club Tuesdays at 12:30pm.

Mind & Body Wellness Course

Instructor Tammie Mrachek - MEC Director
February 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.

How to Stay Healthy at 50 and Up

What you need to know to live a longer, happier life

by Mike Zimmerman, with Jessica Migala, [AARP](#), April 19, 2019

AARP polled 500 people age 50-59 to see how this age group felt about their overall healthy and what their biggest worries were for the future. Heart disease, cancer, Alzheimer's disease and more were discussed.

The #1 Health Concern for 21% of this group: Family Medical History.

"Every healthy habit makes you less vulnerable to family history. No drug can replicate the benefit of an active lifestyle." *Karen Alexander, Professor of medicine at Duke University*

The article covers numerous topics in each area.

1. How can I keep my heart in top shape?
2. How can I stay mentally sharp for life?
3. How can I live cancer free?
4. How can I lose a few pounds?
5. How can I stay strong and active?



To view full article online visit this link:

<https://www.aarp.org/health/healthy-living/info-2019/over-50-guide.html>

Paper copies available at our front desk.

Craft Shop

MEC Craft shop is open until 7pm on Wednesdays!

OUR CRAFT SHOP WILL BE CLOSED FOR INVENTORY FROM JANUARY 2ND THROUGH JANUARY 13TH

THERE WILL BE NO INTAKE OR TAKE-OUT UNTIL JANUARY 14th

THANK YOU TO ALL CUSTOMERS WHO SUPPORTED OUR CRAFTERS IN 2019!



FINE ART SELECTION



WE HAVE A NEW SELECTION OF WOOL AND SWEATER MITTENS



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

Craft Classes

Challenge yourself to a new experience!

The brain craves learning.

Research shows evidence that learning something new helps reduce the risk of memory loss.

The MEC offers a multitude of activities for you to choose from.

Don't be shy. Stop down to visit us. Once you do, we are confident you will be back!

Beginner Stained Glass w/ Stephanie

This class has been so well received that we have a wait list to get through!

Classes will be offered in February.

Check our Facebook page and newsletters for dates and times.

Thanks for your patience!

New project offering will be birds.



Nov-Dec

O' Tannenbaum Tree

Thank you to volunteers Laura Bertagnoli, Vickie Preboski, Karen Zoellner & Sharon Harvey for their countless hours making the ornaments and helping decorate our annual O'Tannenbaum Tree donation....

We are grateful for all you do!

Gnome for the Holidays



COMING IN FEBRUARY

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.

\$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!

Cricut
Make, Take & Learn Class
January 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— Learn how to cut fabric and use on paper craft.

We'll have an example here at the center and we will post it to our Facebook page.

Please call to register 715-536-4226

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 is free, if you decide to join an activity while here, the activity fees apply.

Guitar Lessons

Coming in Wednesdays from 5:30-6:30 pm

February 5th, 12th, 19th, 26th

Instructor Mr. John Heckendorf



Class is for beginners
age 15 and up
Please bring your own
Guitar
Call to sign up!
715-536-4226

Book Club

Jan. 21st at 1:00pm

Newcomers always welcome.

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



Upcoming Books

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

Brain Fitness Part Two



Word Wall 1 – Questions

If completing this alone, write your answers after each question. If completing this with a group of people, supply each person with paper and pencil so each person can record his/her own responses.

1. How many clothing items were on the wall?
2. Was the color RED listed?
3. What word was in the top right corner?
4. What ice cream flavors were listed?
5. What color was below COAT?
6. What flavor was to the right of STRAWBERRY?
7. What word was to the left of GERANIUM?
8. What five parts of a house were listed?
9. Name all the words in the left-hand column.
10. What was the last color listed?

Scheduled Card Games & Times

Hand & Foot Mondays at 12:00pm

Bridge Mondays at 12:30pm

(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. This is a great way to keep your mind active and to socialize; both important pieces of overall health and wellness.

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!



Tuesdays at 9:30
\$5.00 per class

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!



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.

FOR YOUR SAFETY, PLEASE BRING WALKING SHOES to change into when you enter the building. The floor can be slippery when wet. Thank you for your cooperation.



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.

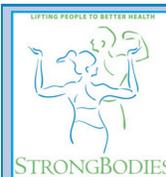
Strike Zone POUND with Lindsey

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!!

Wednesday
nights 6:00pm
\$5.00 per class



Winter/Spring 2020 StrongBodies Offered by the UW- Extension Hosted at the MEC/Expo

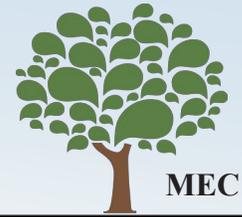
UW-Extension will be offering a 10 week
Winter/Spring class - (February - April)
10 week Session COST \$48 (Includes 2 sessions per week for 10 weeks)

Mondays 7:50 – 8:50 am – February 11 – April 17
(taught by Janet Thompson)

Registration packets are available on the Lincoln County UW-Extension website at <https://lincoln.uwex.edu/> or by visiting the UW-Extension Office located in the lower level of the Lincoln County Service Center at 801 N Sales Street in Merrill or call 715-539-1077 to request one be mailed.

Classes will be held at the Merrill Enrichment Center, 303 North Sales Street, Merrill on Mondays and Wednesdays.

January 2020



Monday	Tuesday	Wednesday	Thursday	Friday
		1. Closed 	2. CRAFT SHOP CLOSED FOR INVENTORY	Anytime activity! Corn hole/Bean bag toss.
6. Chair Yoga 10:00 Chair massage 10:45 Hand & Foot 12:00 Bridge 12:30 (Bring your team of 4)	7. Oil Painting 9:00 Quilting Club 12:30 Sheephead 1:00	8. Strength & Balance 10:00 Cribbage 10:00 Chair massage 10:45 Mah Jongg 1:00 Depression support group 1:00 NAMI Family support 6:00 POUND w/ Lindsey 6:00	9. Grief support 1:00	Second Friday Movie Day Library Community Room 1:00
CRAFT SHOP CLOSED FOR INVENTORY				
13. Chair Yoga 10:00 Chair massage 10:45 Hand & Foot 12:00 Bridge 12:30 (Bring your team of 4) <i>Steve's Friends 1:00</i>	14. Paint w/ Amy 9:00 Quilting Club 12:30 Sheephead 1:00	15. Strength & Balance 10:00 Cribbage 10:00 Chair massage 10:45 Mah Jongg 1:00 POUND w/ Lindsey 6:00	16. <i>Committee meeting 3:15</i>	 CENTER CLOSED FRIDAYS
20. Chair Yoga 10:00 Chair massage 10:45 Hand & Foot 12:00 Bridge 12:30 (Bring your team of 4)	21. Oil Painting 9:00 Quilting Club 12:30 Sheephead 1:00 Book Club 1:00	22. Strength & Balance 10:00 Cribbage 10:00 Chair massage 10:45 Mah Jongg 1:00 POUND w/ Lindsey 6:00	23. Repurpose Class with Dave 10:00	
27. Chair Yoga 10:00 Chair massage 10:45 Hand & Foot 12:00 Bridge 12:30 (Bring your team of 4)	28. Paint w/ Amy 9:00 Quilting Club 12:30 Sheephead 1:00	29. Strength & Balance 10:00 Cribbage 10:00 Chair massage 10:45 Mah Jongg 1:00 POUND w/ Lindsey 6:00	30.	