

MERRILL ENRICHMENT CENTER

March 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.

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

March 19th at 3:15

Meeting will be held in the City Hall Council Chambers

*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

Shop our
SPRING CRAFT SHOW
SATURDAY, APRIL 4th



Thanks goes out to Mary Barone,
Jack Zimmerman, Heidi & Ray Lefferts,
Claudia Krause for their donations &
support of the MEC

Bus Trips

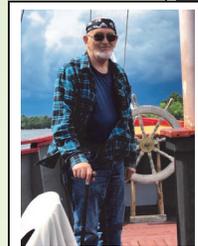
BUS TRIPS COMING SOON...STAY TUNED!!

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.



Class Offerings

Painting with Amy

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

**March 10th
9am-12:30pm**
Bring a snack if you like.

Check our Facebook page for the monthly painting.

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.

Oil Painting with Dennis will be back in April



Cricut -Make, Take & Learn Class

March 17th 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!

Please call to register
715-536-4226



INTERGENERATIONAL SPRING BREAK ACTIVITY Parents/Grandparents & Kids



Reverse Canvas

This class is great for any age or ability!
Steph will be teaching us how to create a fun picture like this,

There will be several options of sayings to choose from.
Customize it with your own color choices.

March 24th at 1:30
Cost is \$8
Call to register 715-536-4226

Dave's furniture remake class

Turn that old piece of furniture in the basement or garage into a show piece!
Dave will teach different ways to paint and distress your furniture.

March 31st 10:00am
Cost \$20

(Includes all supplies needed to finish your piece)

Dave will also have some project pieces available for purchase.

Space is limited, call to reserve your spot



It's amazing what a little paint can do!

Stained Glass

Steph will be teaching every step of making this stained glass cross. This class will be done in two sessions. There will be different color options to choose from.

Call 715-536-4226 today to reserve your spot,
space is limited.

March 18th & 19th
2:30 -4:30
Cost \$30



Activities

Beat the Winter Blues!

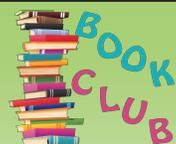
Don't let the winter blues get you down!

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.



Book Club

March 17th 1:00pm

Newcomers always welcome.

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

Upcoming Books

March– An American Duchess– Caroline Fyffe

April– Jeeves and the King of Clubs– Ben Schott

May– A man called Ove–Fredrik Backman

Spring Quilt Raffle

Purchase your tickets at the front desk for your chance to win this beautiful quilt!



**Tickets are \$1 each
Or
6 tickets for \$5**

We will be **drawing** for a winner on **April 9th.**



- ♥ 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!

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.

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



Brain Fitness

St. Patrick's Day Word Puzzle

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

Word List:

BAGPIPERS	CLOVER	IRELAND	POT
BEER	CORONATION	IRISH	RAINBOW
BLARNEYSTONE	DANCE	JIG	SAINT
CABBAGE	EMERALD	KISSME	SHAMROCK
CELEBRATE	FAIRY	LEAF	SHENANIGANS
CELTIC	FOUR	LEPRECHAUN	SNAKES
CHARM	GOLD	LUCK	STPATRICK
CHURCH	GREEN	MARCH	TREASURE
CLANS	HARP	PARADE	

Belleplaineherald.com

St. Patrick's Day riddles

What do you call an Irishman who keeps bouncing off the walls?

Rick O'Shea.

How can you tell if an Irishman is having a good time?

He's Dublin over with laughter.

Why should you never iron a 4-leaf clover?

Because you don't want to press your luck.



Irish Blessings

May your pockets  be heavy and your heart be **light**. May good luck pursue you

 each day &  **night**

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!!



NEW CLASS OFFERING!

Starting this month!

Cardio Club with Gigi

This class will be *low impact, low intensity* cardio & strength class.

Duration 45 minute; 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 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. **All levels are welcome**, Gigi will offer modifications as needed.

Snowing? Too cold or slippery outside?

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 Shop

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



Local Honey and Maple Syrup



THINK SPRING!



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

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.

Healthy Shamrock Shake



Ingredients– (makes 2 large shakes)

- 2 cups milk of choice
- 1tsp mint extract
- 2tsp vanilla extract
- 1/2 avocado peeled
- 1/4 cup maple syrup or raw honey or vanilla stevia to taste
- 1 cup raw spinach packed
- 4 cups ice cubes

Instructions-

1. In a blender combine the milk, mint extract, vanilla, avocado, maple syrup or honey or stevia, and spinach. Blend until very smooth.
2. Add the ice cubes and blend just until it forms a shake consistency. Add more milk if it's too thick for your blender.
3. Pour the milkshake into cups and enjoy!

wellnessmama.com

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 March 2nd)

Cost is \$10 for a 10 minute massage

Please call to reserve your spot 715-536-4226



**CHAIR
MASSAGE**

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

March 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 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.



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: March 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.



Family Support Group
Merrill Enrichment Center
March 11th 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.



March flower - Daffodil

Most commonly known as a classic symbol of spring, the birth flower for March is also a **symbol of hope**. And because of its bright yellow color, the daffodil is representative of **joy, friendship and sunshine**.

T.B. Scott Library



March is a great time to brush up on technology! Join us at the T. B. Scott Library for Tech It Out @ the Library **March 3rd from 6 pm to 7:30 pm.** We

also provide tech coaching on Wednesday, March 4th from 10 am to 11:30 am and Thursday, March 5th from 1 pm to 2:30 pm. Call the library at 715-536-7191 or visit our website at www.tbscottlibrary.org for more information.

Calling all dog lovers! Do you consider your dog a superhero? Join us at the library on March 13th at 1 pm for our Critic's Choice Movie; it's a fun one!

Direct from Capital City a superhero beagle comes to save the day as he combats the evil Dr. Simon Bar sinister. Real animals star in this fun, full of action, movie alongside Jim Belushi and Peter Dinklage. Bring your friends, hop on the bus (free rides) and enjoy the afternoon at the library. We will even have freshly popped popcorn and soda waiting for you!



Serving adults and children who experience domestic violence, sexual assault, elder abuse, child abuse, harassment, stalking and human trafficking.

24 hour crisis/support line

715-536-1300

Toll free: 1-855-888-9272



give yourself time

Your journey is yours...we are here to walk with you

Volunteer opportunities available

MARCH 2020



MEC

Monday	Tuesday	Wednesday	Thursday	Friday
2. Chair Yoga 10:00 Hand & Foot 12:00 Bridge 12:00 (Bring your team of 4)	3. Quilting Club 12:30 Sheephead 1:00	4. 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 Guitar lessons 5:30 POUND w/ Lindsey 6:00	5. NEW ACTIVITY! Cardio Club! W/ Gigi 1:30	Anytime activity! Corn hole/Bean bag toss. M-Th Second Friday
9. 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>	10. Paint w/ Amy 9:00 Quilting Club 12:30 Sheephead 1:00	11. Strength & Balance 10:00 Cribbage 10:00 Crochet w/ Cynthia 10:00 Chair massage 10:45 Mah Jongg 1:00 Guitar Lessons 5:30 NAMI Family support 6:00 POUND w/ Lindsey 6:00	12. Grief support 12:30 NEW ACTIVITY! Cardio Club! W/ Gigi 1:30 No Walking In Expo AARP TAX DAY 9am - 2pm Must have an Appointment	Movie Day Library Community Room 1:00
16. Chair Yoga 10:00 Chair massage 10:45 Hand & Foot 12:00 Bridge 12:00 (Bring your team of 4)	17. 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 Chair massage 10:45 Mah Jongg 1:00 Stained Glass 2:30 Guitar lessons 5:30 POUND w/ Lindsey 6:00	19. NEW ACTIVITY! Cardio Club! W/ Gigi 1:30 Stained Glass 2:30 <i>Committee meeting 3:15</i>	CENTER CLOSED FRIDAYS
23. Chair Yoga 10:00 Chair massage 10:45 Hand & Foot 12:00 Bridge 12:00 (Bring your team of 4)	24. Quilting Club 12:30 Sheephead 1:00 Reverse canvas class 1:30	25. Strength & Balance 10:00 Cribbage 10:00 Crochet w/ Cynthia 10:00 Chair massage 10:45 Mah Jongg 1:00 Guitar lessons 5:30 POUND w/ Lindsey 6:00	26. NEW ACTIVITY! Cardio Club! W/ Gigi 1:30 No Walking In Expo AARP TAX DAY 9am - 2pm Must have an Appointment	
30. Chair Yoga 10:00 Chair massage 10:45 Hand & Foot 12:00 Bridge 12:00 (Bring your team of 4)	31. Remake furniture 10:00 Quilting Club 12:30 Sheephead 1:00		Merrill Enrichment Center 	