

April 2016

SHIRLEY DOANE



SENIOR CENTER NEWSLETTER

1412 Sixth Street E • Menomonie, WI 54751 • Phone 715.235.0954 • www.menomonieseniorcenter.org

OPEN MONDAY THROUGH FRIDAY 9:00 AM—4:00 PM

NOTE FROM THE DIRECTOR

Happy Spring!

I often marvel at the activity & energy that graces our senior center. What a gift we have to be able to offer this facility to our community. Our members certainly deserve much of the credit for their support and participation. What is a misnomer is that we are called a "Senior Center" for the "Retired" community members. Nothing could be more understated in my opinion. You, as members, have proven through your engagement in life after 50 years that you are anything but a *Senior* or *Retired!* *Renewed* or *free* may be better adjectives but from my vantage point I think just plain *fun* sums it up. We certainly can't change our name but if I could I would call us the "Good Times!" Thank you all for your spirit and inspiration. It's always a pleasure!

April highlights added to our regular activities...

ALC Free Lunch & Learn Tue, April 5, 11:00 a.m.
 Topic- "Chasing Away Infectious Illnesses and Staying Healthy"
 Call to sign up—715-235-0954. (Limit 50 people)

Chair Yoga Tue & Thu's, 8:30-9:15 a.m. \$2.75 per class

Strong Bones Mon. & Thurs, 11 a.m.-12 p.m. & 1:30-2:30 p.m. FREE
 April Classes begin again April 4-May 26. RSVP 715-235-0954

Strong Bones Advanced Mon. & Thurs, 12 p.m.-1 p.m.. FREE
 April Classes begin again April 4-May 26. RSVP 715-235-0954

Zumba Gold Wednesdays, 9:30-10:15 a.m. FREE
 April Classes begin again April 6-May 25. RSVP 715-235-0954

Spaghetti Feed at Senior Center Thu, Apr 28, 4-6:30 p.m.
 Authentic homemade Spaghetti & Meatballs, Garlic Bread, Salad and Dessert. Come and bring your family and friends and enjoy good food and fellowship. \$7 adults, \$6 S.C. members, \$3 child (<12)

See You Soon,
 Donna



Thank You...to our members who paid their Memberships in March

PAT BADE
 ROD BAHR
 GRACE BAHR
 CAROL BANKS
 NANCY BEGUHN
 BARBARA BOLIN
 SUE CAVE
 BETTY CLARK
 DEBRA CLARK
 LOIS CLARK
 LYNN DICKMAN
 SHIRLEY EDGEBERG
 WILMA ERICKSON
 MARLENE EVAN
 ETHEL FRANK
 BO & ORV GABRIEL
 JAMES GELLERMAN
 JANENE GELLERMAN
 KEN & EVA HEINTZ
 WANDA KADINGER
 BARB KALINA
 LARRY KALINA
 PAULINE KNUTSON
 JIM KNUTSON
 JACK KOTHLOW
 ANITA KOTHLOW

BILL KUESEL
 YVONNE KUESEL
 PAT & DON LANGE
 BILL MERCER
 LENORE MERCER
 NORM MRDUTT
 DONNA MRDUTT
 PEARL NINAS
 PETE PETERSON
 ROGER SCHAEFER
 MARY SCHAEFER
 BEN SCHLOSSER
 CAROL SCHLOSSER
 BERNETTA SCHUTZ
 DON SIPPLE
 GORDON SKOUGE
 KAREN SNYDER
 JANET SPINA
 SCOTTY SUTLIFF
 BERNICE SUTLIFF
 MARY TIMM
 YVONNE VAUGHN
 JOHN WESOLEK
 DEBBIE WESOLEK
 MARIE WINTGENS
 BOB WURTZ

Insert Pages

- ❖ April Menu & Calendar
- ❖ Donations/Memorials
- ❖ Program & Activity Notices
- ❖ Spaghetti Feed Fundraiser
- ❖ April Lunch & Learn
- ❖ May & July Senior Center Tours
- ❖ Dunn County Barbershoppers
- ❖ Care Solutions Network



Personal Perspective

Article written by: Lynda Cran

If you think of some of the most important things in life, what you say and hear should top the list. The following is from "Country Wisdom."

The most important six words: "I admit I made a mistake."

The most important five words: "I am proud of you."

The most important four words: "What is your opinion?"

The most important three words: "Would you mind?"

The most important two words: "Thank You."

The most important word: "Please."

Another most important word: "We."

The least important word: "I."

This is a short course in Human Relations, it seems to me we can all take lessons from these words. "Please and Thank You" pave the way to feeling better about who we are. Such simple words that mean so much to everyone.

PLEASE BE HAPPY! Lynda

THRIFT & COOKIE SALE

May 19 & 20th

**SPRING CLEANING?
Your Senior Center
would appreciate**

**non-clothing
donations to sell at
this important annual
fundraising event.
Please help make
this fundraising event
a success!
Questions call
715-235-0954**

DO YOU ENJOY MUSIC AND DANCING?

SAVE THE DATE:

Saturday May 14th

The Menomonie

High School's

SPRING

SWING

Music, Dancing-
Lessons, Dance &
Refreshments

Details in May Newsletter

**THANK YOU TO ALL OF YOU
WHO ARE VOLUNTEERING
AT THE SENIOR CENTER**



**WE CAN'T
DO IT
WITHOUT YOU!**

Quote of the month...

*Volunteers do not necessarily
have the time, they just have the
heart.*

—Elizabeth Andrew



Foot & Nail Clinic

(EXPECT YOUR APPT TO LAST 1 HOUR)

Please call the Senior Center for an appointment at 235-0954. The Foot Clinic will be held the 1st, 2nd, 3rd and 4th Wednesday of this month.

April Dates: Apr 6, 13, 20, 27, 2016 Time: 8:30-11:am.

Place: Senior Center Fee: \$17 per person

Arby Brown, LPN, Nurse & Ruth Potter, RN, Backup Nurse
Muriel Wolf & Yvonne Vaughn, Volunteer foot care assistants

Appointments are required as time is limited.



**Alzheimer's
Caregiver's
Support Group
3rd Wednesday of
Every month
10-11:30 am
at the
Shirley Doane
Senior Center
Next support group
meeting April 20th
Call Lynn Shaffer at 232-4006
If you have questions**

**American Legion
Annual Birthday Dinner**

Was held at the Senior Center in March....

A GREAT TIME AND GOOD FOOD WAS ENJOYED BY EVERYONE! WE THANK THE AMERICAN LEGION FOR HAVING YOUR SENIOR CENTER HOST YOUR EVENTS AGAIN THIS YEAR!



CALLING ALL BRIDGE PLAYERS!

ALL ARE WELCOME TO JOIN THE WEDNESDAY DUPLICATE BRIDGE GROUP AT 1:00 PM

COME JOIN THE FUN!



**REMAIN A SAFE DRIVER IN
THE YEARS AHEAD!**

**AARP DRIVER SAFETY COURSE
TUESDAY APRIL 12TH, 2016
8:30AM -12:30PM AT THE
SHIRLEY DOANE SENIOR CENTER**

This one day, four hour course provides a review of new road signs, laws, driving skills and more. Taught by Jeannette Scheurmann, instructor since 1997, this course does not affect your license but may qualify you for a discount on your auto insurance upon completion. Certificates are provided after completing exam.

**COST IS \$15.00 FOR AARP MEMBERS
\$20.00 FOR NON AARP MEMBERS**

LIMIT 15 PARTICIPANTS



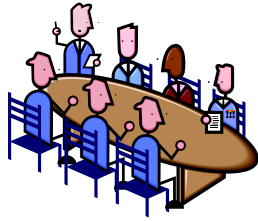
HAPPY APRIL BIRTHDAYS!

Barbara Jean Bowlin 1	Elda Marvin 8	Mel Sundby 16	Richyne Meyer 25
April Chryst 1	James Welch 8	Diane Piontek 17	Florence Schwingle 25
Dianna McCormick 1	Ruby Miller 9	Kathy Jenson 18	Joan Sinz 25
Elmer Peterson 1	Raymond Samuel 9	Sheryl Grant 19	Rebecca Chamberlain 26
Wes Johnson 2	Ruth Morey 11	Archie Abbott 19	Chris Karis 26
Betty Verdon 2	Willis Rubusch 11	Joann Deml 19	Charlotte Lee 26
Lila Whitted 2	Adeline Cummings 12	Sheryl Grant 19	Mickey McDonough ... 26
Pinckney Hall 3	Susan Hall 12	Doris Wold 19	Helen Salow 26
Kari Lueck 3	Darlene LaBrec 12	Flo Perri 21	Darlene Britton 27
Becky Rogers 4	Ann Abbott 13	Bev Spinti 21	Pieter Edens 27
Elaine Villeneuve 4	Maxine Frey 13	Valerene Johnson 22	Joan Kaiser 27
Margaret Chastan 5	Kathleen Follendorf... 14	Gen Murphy 23	Jeff Erickson 28
Ruth Potter 5	Judy Brantner 15	Barbara Wood 23	Pat Erickson 29
Carolyn Sullivan 5	Barb Davis 15	Donna Boerner 24	Harlyn Larson 29
Carolyn Hemming 6	Nancy Diller 15	Debbie Fisher 24	Lorraine Olson 29
Annette Taylor 6	Twila Morseth 15	Rosemary Jacobson ... 24	Vernon Caturia 30
John Wagner 6	Richard Shackleton 15	Eldon Larson 24	Sarah Jacobson 30
Bill Mercer 7	Lee Brokaski 16	Gerry Leff 25	
Virgil Robinson 7	Paul Pellet 16		
Flo Dana 8	Ruth Ruyle 16		

**Shirley Doane Senior Center
2016 Board of Directors**

Board President: Ruth Potter
Board Vice President: John Wesolek
Board Secretary: Becky Berg
Backup Secretary: Julie Stratton

Joann Deml
 Deb Haugrose
 Jane Larsen
 Howard Lee
 Bill Neverdahl
 Barb Welch
 John Wesolek
 Muriel Wolf



Senior Center Director: Donna Collins
Asst to the Dir/Food Service: Lynda Cran
Office Assistant/Server: Shari Homstad
ADS Manager: Diane Piontek
Webmaster: Joe Hagaman

Board meetings are held the second Tuesday of each month at 9:00 a.m. If you are interested in attending, please let us know one week in advance.

Website: menomonieseniorcenter.org
Email address: seniors@wwt.net
Phone: 715.235.0954 **Fax:** 715.235.1346

ANNOUNCEMENTS

ALC FREE LUNCH & LEARN

Tuesday, April 5, 2016 11 a.m.-12:30 p.m.
Topic: "Chasing Away Infectious Illnesses"
Call 715-235-0954 to Reserve

SPAGHETTI FEED FUNDRAISER

Thursday, April 28, 2016 4-6:30 p.m.
Menu: Homemade Italian Spaghetti and Meatballs, Salad, Garlic Bread, Dessert & Coffee

SENIOR CENTER FITNESS CLASSES

Chair Yoga — Tue, Thu 8:30-9:15 a.m.
Strong Bones-Mon, Thu 11 a.m.-12:00 p.m. (starting Apr 4)
Advanced Strong Bones-Mon, Thu 12-1:00 p.m. (starting Apr 4)
Strong Bones-Mon, Thu 1:30-2:30 p.m. (starting Apr 4)
Zumba Gold -Wed, Wed 9:30-10:30 a.m. (starting Apr 6)

Call 715-235-0954 for more information

Shirley Doane Senior Center

Shirley Doane Senior Center is a 501 (C) (3) non-profit organization supported in part by United Way of Dunn County. The Center supports United Way campaign efforts.



of Dunn County



1412 6th Street East
 Menomonee, WI 54751
 715-235-0954 seniors@wwt.net
 Web: menomonieseniorcenter.org

**SHIRLEY DOANE
SENIOR CENTER**

April Newsletter

Return Service Requested

Non-Profit Org.
 U.S. Postage Paid
 Menomonee, WI
 54751
 Permit No. 345

**SPECIAL DONATIONS &
MEMORIALS GIVEN TO
THE SENIOR CENTER
IN MARCH 2016**

**Thank you for
your overwhelming
generosity!**



Donations Received :

AnnMaria Hanson

Jane Larsen

Roger & Mary Schaefer

Shirley Edgeberg

Bill & Yvonne Kuesel

Other Donations :

Tom Dean-Roaster

Donna Price-Roaster

Memorial Donations:

Yvonne Vaughn

In Memory of Homer Schwingle

Gordon Skouge

In Memory of Carol Skouge

John & Deb Wesolek

Undesignated Memorial

THANK YOU TO ALL WHO DONATE TO THE CENTER. REMEMBER ALL CONTRIBUTIONS ARE TAX DEDUCTIBLE AS THE SHIRLEY DOANE SENIOR CENTER IS A 501(c)3 ORGANIZATION. DONATIONS ARE A BIG SOURCE OF PROGRAM FUNDING AND ARE USED FOR EXISTING PROGRAMS AND TO CREATE NEW ONES. NON-MONETARY DONATIONS ARE EQUALLY NEEDED AND APPRECIATED. IF YOU WISH THE CENTER TO BE A POTENTIAL RECIPIENT, CURRENTLY IN GREATEST NEED ARE : DONATIONS FOR DRINKING GLASSES AND A NEW STOVE! IF YOU WISH YOU MAY DESIGNATE DONATIONS TO A SPECIFIC AREA OR NEED. THANK YOU FOR ALL OF YOUR GENEROUS SUPPORT TO SUCH A WORTHY CAUSE! YOU ARE AN INSPIRATION TO THE SHIRLEY DOANE SENIOR CENTER WITH YOUR MEMORIALS AND DONATIONS. PLEASE KNOW THAT EVERY DONATION IS GREATLY APPRECIATED!!!!



YOU MAKE OUR FUNDRAISERS A SUCCESS!

**THE SENIOR CENTER'S ST. PATRICK'S DAY DINNER
AND EASTER DINNER SERVED RECORD NUMBERS
THIS YEAR.**

**THANK YOU ALL FOR COMING AND HOPE TO SEE YOU AT OUR
NEXT FUNDRAISING EVENT, SPAGHETTI FEED, ON APRIL 28TH
AT 4 PM. WE LOVE TO MAKE GREAT MEALS FOR OUR MEMBERS AND
THEIR FRIENDS AND FAMILIES. WE HAVE THE GREATEST
VOLUNTEER COOKS IN MENOMONIE. THANKS TO THEM A GOOD
MEAL IS GUARANTEED! HOPE TO SEE YOU ON THE 28TH!**



ADS's FOURTH YEAR ANNIVERSARY!

ADULT DAY SERVICES

Comfortable, Loving Atmosphere.

Caring for a loved one and finding it hard to get those little errands run? Need a little extra personal time?

YOUR SENIOR CENTER CAN HELP

ADULT DAY SERVICES

Wednesday, Thursday & Friday

10 a.m. - 2:30 p.m.

serving adults of all ages needing caregiving.

We accept new people any day or days and any combination of hours during these three days a week.

Stop by for a visit or give us a call at 715-235-0954.

SHIRLEY DOANE
SENIOR CENTER
715-235-0954



DIANE PIONTEK,
PROGRAM DIRECTOR

only \$4.50 an hour

WANT TO GET AWAY? (FOR A DAY?)

Make the most of the good weather and get out and see something new. Your Senior Center has Day Trips sure to cure your wanderlust! Always good fun and good food with wonderful company. Call to sign up today-seats limited!



THE MARVELOUS WONDERETTES
FRIDAY MAY 6, 2016



THE NORTHERN WISCONSIN
STATE FAIR
THURSDAY JULY 14, 2016



TALL SHIPS DULUTH 2016
FRIDAY AUGUST 19, 2016

SEE INSERTS FOR DETAILS OR CALL 235-0954

Alzheimer's Association Family and Community Education Program

Healthy Habits For a Healthier You™

Friday April 1st 10:30-11:30

@The Shirley Doane Senior Center

This program provides information and tips on healthy aging. This workshop covers four areas of lifestyle habits: Cognitive Aging, Physical Health and Exercise, Diet and Nutrition and Social Engagement. These informative programs meet on the 1st Friday of every month at 10:30 am (Note: May program on Friday May 13th @ 10:30.) It is open to all interested individuals of any age who are looking for information on ways to age as well as possible.

For more information contact the Alzheimer's Association at 800-272-3900

CRAFTERS COVE NEWS



**CRAFTERS COVE IS BUYING A NEW SEWING MACHINE
TO MAKE EVEN MORE BEAUTIFUL THINGS TO SELL TO
BENEFIT OUR SENIOR CENTER!!!**

WOULD YOU LIKE TO HELP RAISE THE MONEY
NECESSARY FOR THIS PURCHASE?

LOOK FOR DETAILS IN THE CENTER'S MAY NEWSLETTER TO BE ABLE TO "SIGN A PATCH" FOR THE CENTER'S FIRST COMMEMORATIVE QUILT. IF YOU DONATED TO THIS WORTHY CAUSE, YOUR NAME WILL BE "STITCHED FOR POSTERITY" ON THIS BEAUTIFUL PIECE OF CREATIVITY AND DISPLAYED FOR ALL TO SEE. DETAILS AVAILABLE IN NEXT MONTHS ISSUE—DON'T MISS IT!



S H I R L E Y D O A N E
SENIOR CENTER

1412 Sixth Street • Menomonie • 715.235.0954

All profits go towards the Senior Center Programs

**Everyone
of ALL AGES
Welcome**

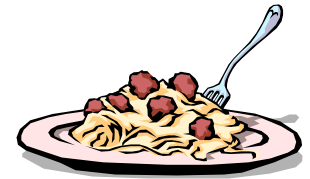
**Bring your
family
&
friends!**

SPAGHETTI FEED
Thur, April 28, 2016
4-6:30 P.M.

A Shirley Doane Senior Center's
Annual Fundraising Event

Come and Enjoy!

Menu Includes:



**HOMEMADE SPAGHETTI & MEATBALLS, SALAD, GARLIC
BREAD, DESSERT AND COFFEE**

Tickets

\$7 Adults

\$6 Senior Center Members

\$3 Children (under 12)

***Invite your
friends and
neighbors!***



FREE LUNCH & LEARN

Chasing Away Infectious Illnesses & Staying Healthy

**@ SENIOR CENTER
TUESDAY, APRIL 5
11 AM-12:30 PM
(PLEASE ARRIVE BY 11 AM)**

Sponsored by:

**American Lutheran
Communities**



**American
Lutheran Communities**

ROAST BEEF DINNER

Limit 50

RESERVATIONS REQUIRED:

CALL SENIOR CENTER 235-0954

BEFORE FRIDAY, APRIL 1ST

RESERVATIONS REQUIRED:

*Join us for an educational
session focusing on...*

*Staying healthy as we age and
guarding ourselves against
infectious illnesses.*

*Robin Edwards, R.N.
American Lutheran Communities
will be presenting.*



Senior Center Tour
\$75 per person
Call 715-235-0954 to reserve

The Marvelous Wonderettes

Friday, May 6, 2016

10 a.m.-6 p.m.

ITINERARY

- 10:00 a.m. Depart Senior Center
- 11:30 a.m. Arrive Historic Women's Club of Minneapolis, Minneapolis, Minnesota
- 12:00 p.m. **Dinner:**
Herb-Crusted Chicken with Tarragon Cream Sauce
Roasted Baby Red Potatoes & Julienne Vegetables
Assorted Bread, Dessert, Coffee and Tea
- 1:30 p.m. Curtain Time: The Marvelous Wonderettes
- 4:00 p.m. Depart Dinner Theatre (approximate time)
- 6:00 p.m. Return to Senior Center (*latest approximate time*)

DESCRIPTION:

This smash off Broadway hit is a must see musical comedy. The Marvelous Wonderettes takes a cotton-candied trip down memory lane to the 1958 Springfield High School Prom with where we will meet the Wonderettes—four girls with hopes and dreams as big as their crinoline skirts! The show follows their lives and loves from prom night to their 10-year high school reunion. The score highlights over 30 hits of the era including “Lollipop,” “Dream Lover,” “Son of a Preacher Man,” “Hold Me, Thrill Me, Kiss Me,” and “It’s My Party.”

Performed at The Assembly at the historic Women's Club of Minneapolis (Helen Keller once lectured there). Lunch is included in the classic elegant dining room. Old fashioned ambiance with lovely views will be equally enjoyable as the delicious menu and delightful performance. *All in one stop, we can relax and enjoy this wonderful day as we always do on our Senior Center Tours.*

Sign up today as space is limited! Hope to have you join us on May 6!!

Shirley Doane Senior Center, 1412 6th Street E, Menomonie, WI 54751, 715-235-0954



Senior Center Tour
 \$35 per person
 Call 715-235-0954 to reserve

Northern Wisconsin State Fair

Thursday, July 14, 2016

9 a.m.-4:30 p.m.

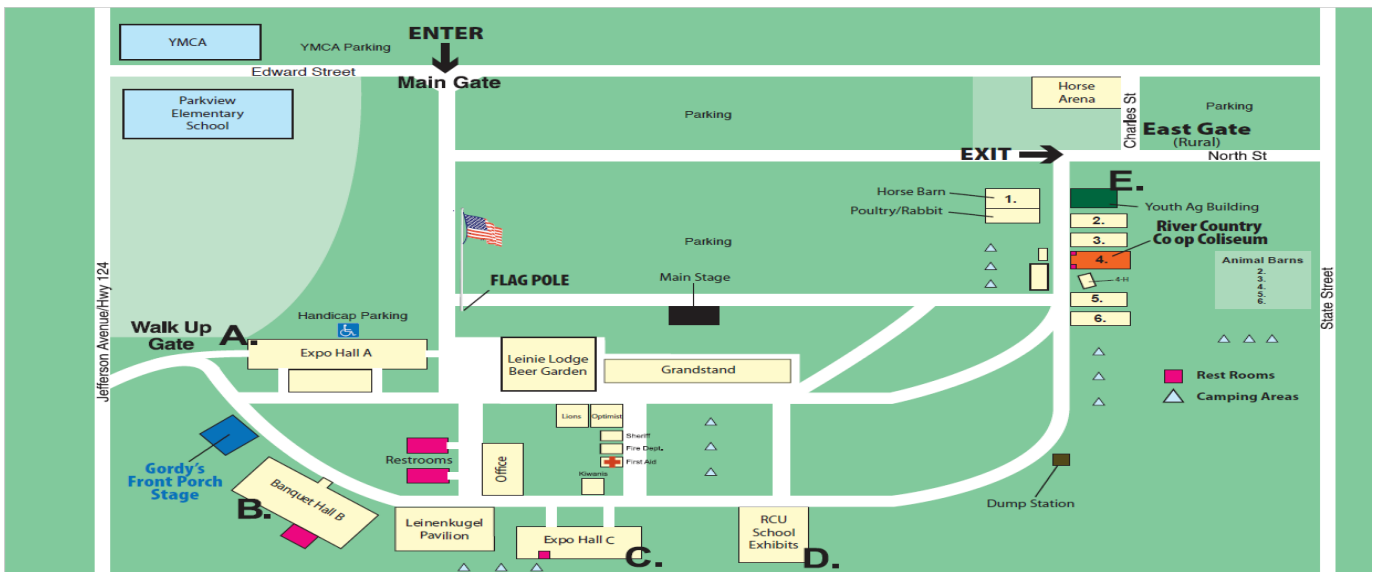
Wear your walking shoes!!

ITINERARY

- 9:00 a.m. Depart Senior Center
- 10:00 a.m. Arrive Northern Wisconsin State Fair, Chippewa Falls, WI
Your on your own to enjoy the sites, music, animals, exhibits and food vendors of your choice. No meals are included in this trip.
- 3:30 p.m. Depart Northern Wisconsin State Fair, Chippewa Falls, WI
- 4:30 p.m. Return to Senior Center (latest approximate time)

DESCRIPTION:

The Northern Wisconsin State Fair is a state fair held annually in Chippewa Falls, Wisconsin. It was started in 1897 when the state government recognized the difficulty northern Wisconsin citizens had in trying to reach the Wisconsin State Fair held in West Allis.




Shirley Doane Senior Center, 1412 6th Street E, Menomonie, WI 54751, 715-235-0954

APRIL 2016 (ENP) Elderly Nutrition Program & Wednesday Senior Center

Menu subject to change

ENP located at Tantara Apt's Mon-Tue-Thu-Fri

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		WEDNESDAY SENIOR CENTER DINNER 		1 Beef tips in gravy, noodles, California blend, WW bread or roll, Pineapple tidbits
4 Baked chicken, Mashed potatoes, dressing, Gravy, Green beans, Cookie	5 11 A.M. AMERICAN LUTHERAN COMMUNITIES LUNCH & LEARN ROAST BEEF DINNER <i>Please RSVP</i>	6 OVEN FRIED CHICKEN ROASTED POTATOES VEGETABLE SALAD DESSERT	7 Turkey tetrazzini, Broccoli, Whole wheat bread or roll, Orange, Cookie	8 Salisbury steak, Gravy, Oven browned potatoes, Squash, WW bread or roll, Fruit
11 BBQ pork, Bun, Tator tots, Corn, Coleslaw, Tropical fruit salad	12 Hamburger gravy, Mashed potatoes, Glazed carrots, Whole wheat bread or roll, Pudding	13 ARCHIE & FRIENDS' Famous SOUR KRAUT & SPAETZLE HOT DISH SALAD DESSERT	14 Meatloaf & gravy, Baked potato, Sour cream, Green peas, WW bread/roll, cake	15 Chicken pasta salad, Lettuce, beet salad, soup, WW bread/roll, Peach crisp
18 Boiled ham dinner, Carrots, potatoes & cabbage, WW bread or roll, Cookie	19 BBQ chicken, Au gratin potatoes, Stewed tomatoes, Whole wheat bread or roll, Fruit in season	20 PULLED PORK ON A BUN MAC & CHEESE BAKED BEANS SALAD DESSERT DESSERT	21 Roast pork loin, Mashed potatoes, Country gravy, Broccoli, WW bread or roll, cake	22 Beef stir fry, white rice Chow mein noodles, Oriental vege, Banana
25 Italian meat sauce, Spaghetti, Mixed veges, Crmy cuke salad, bread stick, Peaches	26 Chicken salad, Croissant, Leaf lettuce, Creamy vegetable soup, Mixed green salad, Dressing, Brownie	27 HAMBURGER GRAVY MASHED POTATOES SALAD DESSERT	28 SENIOR CENTER'S ANNUAL SPAGHETTI FEED 4:00-6:30 PM	29 Teriyaki chicken breast, Baked beans, Sliced beets, Pineapple tidbits