

January 2017

SHIRLEY DOANE

SENIOR CENTER NEWSLETTER

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



NOTE FROM THE DIRECTOR

Happy New Year!...

Holidays are certainly a time to be "In the moment." Gatherings and celebrations with friends and families cause us to focus on what is at hand, often consuming us with these busy times. Now that the season is coming to a close, it occurred to me that our activities here at the senior center are also times to "Be In The Moment." Minus the extra work and effort of gifts and party preparations, we gather here for activities and events and devote ourselves to each other for a time. These moments allow us to set aside our other concerns and obligations much like a short respite. We all have that ability to choose necessary mindfulness or get out of the moment when need be. Here's hoping in this New Year that we know when it's best to choose when to set aside what is pressing and take advantage of the many moments our center has to offer. It is good for us to get out of ourselves, and get into to something. And there is always "something" here available!! Enjoy!!!

January highlights in addition to our regular activities...

Senior Center Closed Monday, January 2 New Years Holiday

In observance of the New Years Holiday (No activities or programs)

Healthy Aging Thursday, January 12 10:30 AM—1:00 PM **FREE**

Sponsored By The ADRC of Dunn County, Come Laugh & Learn about Feeding The Whole Person, Body, Mind & Spirit. FREE to Seniors over 60 RSVP Required See Insert

American Legion Holiday Dinner Tuesday, January 17, 12 p.m.

The Senior Center is honored to host this annual dinner again this year for the American Legion. Please RSVP to the Senior Center.

Chair Yoga Tuesday & Thursday, 8:30 a.m. \$2.75 ea. members

Ongoing classes twice a week

Mayo Clinic Exercise Classes Tuesday, Wednesday & Thursday **FREE**

Strong Bones 11 a.m. & 1:30 p.m. Tuesday & Thursday, (Resumes Jan 10)

Advanced Strong Bones 12 p.m. Tuesday & Thursday, (Resumes Jan 10)

Zumba Gold 9:30 a.m. Wednesday, (Resumes Jan 11)

Volunteer Appreciation Dinner Thursday, Jan 26, 11:45 a.m. **FREE**

If you've ever volunteered for the Center in 2016, you're invited. RSVP req.

Senior Center Annual Meeting Thursday, January 26, 12:30 p.m.

Come see what YOUR Senior Center has been up to in 2016. This is YOUR Senior Center and we care about what you think.

Appreciation is a wonderful thing. It makes what is excellent in others belong to us as well.

—Voltaire

See you soon,
Donna

SHIRLEY DOANE
SENIOR CENTER

**730 was the final
2016 membership count.
Thank you for
supporting your senior
center!!
Membership Drive
See insert for details...**

2017 Paid Members in December...

Bonnie Anderson	Elinor Morlock
Brad Baskin	Bill Mercer
Peggy Baskin	Lenore Mercer
Darlene Britton	Laurene Noble
Leroy Buss	Martha Perez*
Nancy Buss	Vivian Puddicombe
Collene DeRaad	Lon & Barb Rhodes
Arlene Eiseth	Mildred Rice
Don Eiseth	Bruce Schmiling
Alice Evenson	Pat Schmiling
Tiiu Feirn	Lois Schultz
Elizabeth Fisher	Larry Sinz
Walt Gerth	Joan Sinz
Donna Griffith*	Clyde Smith
Jane Griffiths*	Shelly Sutherland*
Margaret Hastings	Neil Sutherland*
Jerry Hillman	Betty Utpadel
Don Hulback	April Vincent
Barb Hulback	Eva Wahl
Anita Klamm	Norma Webb
Carol Knops	Jim Welch
Marvin Kufahl	Cheryl Welch
Jan Kufahl	Lila Whitted
Sharon Lowry	Nancy Wilson
Lamont Meinen	Korlee Witzel
Sally Meinen	David Wynveen
Bill Morlock	Rosalind Wynveen

Insert Pages

January Menu/Calendar

Memorials-Donations/

Christmas Dinner Pictures

Volunteer Dinner

Annual Meeting Invite

Donut-Bake Sale/Pictures

"Wicked" Spring Day Tour

2017 Fundraisers

NDC Lunch & Learn/Foot/Nail

Foodshare Bingo

ADRC Healthy Aging Event

Membership Drive



Article written by: Lynda Cran

A GRATEFUL HEART

Everyday that we wake up healthy, we're grateful. When the sun is shining, we are grateful, and so on. Or at least we should be.

The following is from Woman's World Magazine:

You are rich beyond measure, cash flow may vary, but life brings us a constant stream of blessings, possibilities and opportunities. Every single sunrise gives us something more precious than any jackpot: a brand new day, and the best things in life are still free.

Have a wonderful New Year!

American Legion Annual Dinner

Tuesday, January 17, 2017 — 12 Noon

Served at the Shirley Doane Senior Center
again this year. There will be a great dinner
with a short program afterward.



Call the Senior Center at
715-235-0954
to reserve your meal.

SHIRLEY DOANE

SENIOR CENTER

SAYS 'THANK YOU'
TO ALL OF OUR INVALUABLE VOLUNTEERS
WITHOUT YOU WE COULD NOT HAVE THE
ENJOYABLE AND SUCCESSFUL PROGRAMS
OFFERED HERE AT THE CENTER.

SAVE THE DATE: JAN. 26, 2017 – 11:45AM
VOLUNTEER APPRECIATION DINNER

ADRC OF DUNN COUNTY
60 Plus Nutrition
CELEBRATES HEALTHY AGING
Thursday January 12th
@ The Shirley Doane Senior Center
FREE TO THOSE OVER 60
Luncheon Included
Reservations Required as
Space is Limited
See Insert for Details



Alzheimer's Caregiver's Support Group

**3rd Wednesday of every
month 10-11:30am**

**at the
Shirley Doane
Senior Center**

**Next support group
meeting January 18th**
questions
call Lynn Shaffer at 231-2713.

**IF INTERESTED IN VOLUNTEERING,
PLEASE CALL THE SENIOR CENTER
AT 235-0954**

QUOTE OF THE MONTH:

**AS YOU GROW OLDER, YOU WILL-
DISCOVER THAT YOU HAVE TWO
HANDS-ONE FOR HELPING YOUR-
SELF, THE OTHER FOR HELPING
OTHERS.**

—Audrey Hepburn

FREE MASSAGE IS BACK !!!!!!!

**INTERIM HEALTHCARE IS SPONSORING
A FREE MINI MASSAGE CLINIC ON THE
FIRST THURSDAY OF THE MONTH @
9:15 AM**

With JANET KADLEC, LMT

Next Massage Clinic Date: January 5th, 2017

SAVE THE DATE!!!

FOODSHARE BINGO
MONDAY FEBRUARY 6TH, 2017
FREE & OPEN TO EVERYONE!
JOIN IN FOR FUN, LAUGHS
& GREAT PRIZES
See Insert for More Details

CONGRATULATIONS!
SHIRLEY DOANE
SENIOR CENTER
2016
CHRISTMAS
RAFFLE
DRAWING
WINNERS

**CROCHETED
THROW-
TIIU FERN**



**FLEECE NATIVITY
THROW-
JIM WELCH**



**QUILTED TABLE -
TOPPER
& APRON
LA MONT MEINEN**



**THANK YOU TO EVERYONE WHO JOINED US ON OUR
 SENIOR CENTER TOURS IN 2016!
 HOPE YOU JOIN US ON ONE OF OUR TOURS THIS YEAR!**



HAPPY JANUARY BIRTHDAYS!

Betty Beguhn 1
 Elmer Bentz2
 Don Heifner2
 Janet Rhodes2
 Dan Sembach.....2
 Richard Metzger3
 Linda Ramirez.....3
 Janet Spina3
 Toni Best5
 Bonnie Bartel6
 Deb Haugrose6
 Sharon Lowry.....6
 Curtis Peterson.....6
 Janet Mangette.....7
 Velma Feyen8
 LaRae Owens8

Elaine Makis9
 Velma Wilbur 10
 Marge Bartlett 11
 Arlene Billmeyer 12
 Deb Wesolek..... 12
 Larry Madsen 13
 Susan Thibado..... 13
 Tiiu Feirn..... 14
 Phil Lockwood..... 14
 Joanne Cowley 15
 Marge Gustman 15
 Ken Larrabee 15
 Paula Meixner 16
 Bill Neverdahl 16
 Joyce Quilling 16
 Sharon Connors..... 17
 Jeanette Fremouw ... 17

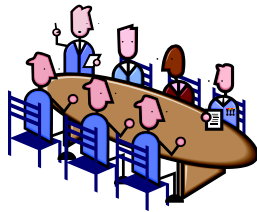
Lorelei Sharbono 17
 Arby Brown..... 18
 Mavis Cornellier.....18
 Helenmae Debee 18
 Gail Meehan 18
 Nancy Polzer..... 18
 Rudine Karczewski ..20
 Carol Gartmann 20
 Maggie White.....20
 Dawn Steinmeyer21
 Kenneth Brown.....21
 Shirley Edgeberg.....22
 Tawni Kind22
 Jonell Palmer.....23
 Fran Smestuen.....23
 Audrey Keck24
 Kathleen MeyersWelsh24
 Donna Nygard.....24

Susan Thurin24
 Jane Kingzett.....26
 Donna Tietz26
 Dorothy Enger27
 Jerry Hillman.....27
 Forrest Lovett.....27
 Lorraine Wilson.....27
 Pat Eggert28
 James Ley28
 Glinda Mouille28
 Ed Olson28
 Terry Siebold29
 Charlotte Hamilton.30
 Larry Hostettler30
 Carol Squires30
 David Wood30
 Leona Hulverson.....31

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
 Julie Stratton
 Gladys Waller
 Barb Welch
 Muriel Wolf



Senior Center Director: Donna Collins
Asst to the Dir/Bookkeeper: Lynda Cran
Office Assistant/Server: Jennifer Steinmeyer
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

MISSION STATEMENT

SHIRLEY DOANE

SENIOR CENTER

MENOMONIE SENIOR CENTER MISSION STATEMENT

- ♦ To provide a channel through which members can engage in meaningful community service activities.
- ♦ To help foster equality of opportunity for older Americans by promoting their continued growth and development, self respect, self-confidence and usefulness; by encouraging their participation in contemporary life and by stimulating a dynamic public interest in the aging population and recognition of its potential.
- ♦ To identify experiences which will further the growth and development of senior citizens and lead to new, useful and creative roles in their lives.
- ♦ To devote the energies of the Center in furthering its goals of prolonging and improving the mental, physical and spiritual well-being of senior citizens.
- ♦ To aid senior citizens generally in their social, physical, economic and intellectual needs.
- ♦ To aid developmentally disabled and handicapped senior citizens generally in their social, physical, economic and intellectual needs

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.

LABEL



Menomonee, WI 54751

1412 6th Street East

SHIRLEY DOANE
SENIOR CENTER

January Newsletter

Return Service Requested

Non-Profit Org.
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