

April 2024

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

[LIKE US ON FACEBOOK](#)

NOTE FROM THE DIRECTOR

Hello Senior Center Friends!

Easter is officially over and now the real colorful time of the year begins! Hopefully all the early signs of Spring survived the brief reappearance of winter so that we will have the long awaited blooms and foliage! We don't have to complain about the long hard winter we endured, that is for sure. But that is not to say that it isn't important to make good use of the upcoming warmer months. It is good for everyone's mental health to switch gears and get out and enjoy the nice weather. And with that nice weather comes the nice company we can find when we put ourselves out there. It never ceases to amaze me how refreshing it is to spend time with others. Even if individual likes and dislikes are different, we all share that common bond of being human and usually being able to laugh about it! So again I wish you all a Happy Spring and Happy Socializing! That is a win-win or should I say HS-HS season? Enjoy! - Donna

Memberships Paid in March

* DENOTES NEW MEMBERS-WELCOME!!!

Arlene Ockwood	Lee & Elaine Villeneuve
Annika & Larry Koerth	Kenneth & Rose Keys
Barbara Laatsch	Lois Shackleton
Bea Bigony	Lorelei Sharbono
Becky Staiger	Luanne Dallman
Bobbette Tunnyhill	Maggie Foote
Burton Barnard	Mary Timm
Candy Jordan	Mark Amthor*
Chuck Tack*	Mark Migawa*
Corinne Milovich	Martha Brandly*
Diane Long	Mary Ann Wittig
Dianne Long	Mary Benson*
Doug & Donna Weber	Mickey Beghun
Edward & Susan Roethke	Mike Thibado
Eileen Vold*	Randy & Rita Knaack
Eldoris Toycen	Renee & Jim Krausie
Eric Edgeberg	Richard Sharbono
George Cassell	Roberta & Gerald Leff
Ginny & Stu Waller*	Scotty Sutiff
Gladys Earl	Shirley Mittlestadt
Hector & Betty Cruz	Sharon Smith*
Ingrid Rockwell*	Sheila Rahne
Irene Ronnander	Shirley Edgeberg
Janeene & Jim Gellerman	Stacy Wuchpfenning
Jayette & Larry Giere*	Steve Kochaver
Jean Fuhrman	Connie Weber
Jerry Bunson	Anna McClung
Jo Gust	Eileen Howe
Judy & Gary Hinrichs	Shirley Scammell
Julie Stratton	Judy Evenson

CALLING ALL 500 & HAND & FOOT CARD PLAYERS!!!-

We are looking for some players to join our Thursday 1pm 500 Card Group! Also calling all Hand & Foot Card Players. We are hoping to start a group again to play Hand & Foot (possibly Tuesdays!) Please call to sign up for either game!!!!

DID YOU KNOW...

The Senior Center has a Suggestion Box right inside the front office on the desk.

We would love to hear what your thoughts are!



Insert Pages

- ❖ MARCH CALENDAR / MENU
- ❖ DONATIONS & MEMORIALS
- ❖ DAY SERVICES/PROGRAMS
- ❖ APRIL -BAKED CHICKEN MEAL
- ❖ PROGRAMS /DAY SERVICES
- ❖ TWINS BREWERS DAY TRIP
- ❖ CHANHASSEN BEAUTIFUL DAY TRIP
- ❖ ST. PAUL SAINTS DAY TRIP
- ❖ CHANHASSEN WHITE CHRISTMAS
- ❖ ADRC PROGRAMS



PERSONAL PERSPECTIVE

Happy April! Get ready for rain! "April Showers bring May flowers." I love flowers in the spring. One of my favorite things to do is visiting greenhouses, especially when they have lots of new plants and flowers. I go with my older sister as often as we can.

Take a step outside! Go look for new flowers & plants. Enjoying nature always makes me happy.

Why shouldn't you tell ducks jokes on April Fool's Day? ... They'll quack up.

With Happy Thoughts,
Jaden Czysz



Groups you might enjoy...

Tai Chi—Mon 9-10:30 AM

Mah Jongg—Mon 1-3 PM

Euchre—Mon 1-3 PM

*Open Walking in Gym
Mon, Wed & Fri 12-3 PM*

Chair Yoga—Tue & Thu 8:30 AM

*Stronger Seniors/Intermediate
Tue & Thu 9:45-10:45 AM*

Cribbage—Tue 10 AM

*Stronger Seniors/Basic
Tue & Thu 11-11:45 AM*

Crafts—Wed 9 AM-2 PM

Duplicate Bridge—Wed 1 PM

500 Cards—Thu 1 PM

Bingo—Fri 1 PM

COMING IN MAY AT THE SENIOR CENTER

**AARP SMART DRIVER COURSE
WEDNESDAY,**

May 22nd, 2024

10:00 A.M.—2:30 P.M.

There will be a 1/2 hour break for our In-House Lunch this day! Be sure to sign up for our meal if you are attending the class.

**\$20.00 AARP MEMBERS \$25.00 NON-AARP MEMBERS
Please Sign Up in the Senior Center Office**



Foot & Nail Clinic

(EXPECT YOUR APPT TO LAST 1 HOUR)

Please call or email the Senior Center for an appointment at **715-235-0954**

The Foot Clinic will be held all 4 Wednesdays in April.

April Dates: Apr 3, 10, 17, 24, 2024

Time: 8:30—11:am.

Place: Senior Center Fee: \$20 per person

Becky Czysz, RN
Ruth Potter, Back-Up RN
Mickey Wolfe, Volunteer Foot Care Assistant
Lanna Laird Back-Up Assistant

Appointments are required as time is limited.



SENIOR VOLUNTEER OF THE MONTH TRUDY SCHOENING

CALLING ALL BRIDGE PLAYERS!



Trudy Schoening is a valued member of our senior center and in charge of the very informal and loose bridge game every Wednesday at 1pm. She has lived in Menomonie for the last 20 years and prior to that resided in Milwaukee where she taught 1st grade at the German Immersion School. In 1950, Trudy immigrated from Germany to the USA so it was the perfect fit for her to speak German to enthusiastic 1st graders. At first they didn't understand her, but it didn't take them long to catch on. Trudy does not profess to be a "Master Bridge Player," but she enjoys the game and thinks it keeps her "grey matter active." The Senior Center is always a good place to find good company for a game of bridge. If anyone is interested in learning to play this fascinating game, let Trudy know & she is more than willing to give you basic lessons to start you off!



HAPPY APRIL BIRTHDAYS!



Dennis Ciesielski..... 1	Flo Dana..... 8	Diane Piontek 17	Bernie Orfield..... 24
Sally Coy 1	Jeanne Maki..... 8	Marty Springer..... 17	Gerry Leff..... 25
Dianna McCormick 1	James Welch..... 8	Kathy Jenson 18	Richyne Meyer 25
Elmer Peterson 1	Jacque Wilman..... 8	Jean Savage 18	Michael Nicolai..... 25
Julene Sweeny 1	Judy Benze;..... 9	Joan Deml..... 19	Marlys Schultz..... 25
Cheryl Bean..... 2	Julie Eckert..... 9	Sheryl Grant..... 19	Joan Sinz 25
Rich Jeager..... 2	Karen Miller..... 9	Dick Quilling 19	Herbert White 25
Tammy Probst..... 2	Raymond Samuel 9	Betty Riek..... 19	Alice Droske..... 26
Betty Verdon..... 2	Ann Carlisle..... 10	Shirley Severson..... 19	Charlotte Lee 26
Lila Whitted..... 2	Debbie Conklin..... 10	Jim Lewerer 20	Cheryl Wyss 26
Pickney Hall 3	Ruth Morey..... 11	William Vinall..... 20	Darlene Britton 27
Kari Lueck..... 3	Willis Rubusch..... 11	Michael Weiss 20	Pat Gust 27
Glenn Gehring 4	Susan Hall 12	Jerry Bressler 21	Patricia Lange 27
Pam Lausted..... 4	Darlene LaBrec..... 12	Judy Hurd..... 21	Karen Siegl..... 27
Shirley Riedmann 4	Maxine Frey..... 13	Flo Perri 21	Jeff Erickson..... 28
Becky Rogers 4	Petty Blake..... 14	Beverly Spinti 21	Pat Erickson..... 29
Elaine Villeneuve..... 4	Kathleen Follendorf 14	Judi Edwards..... 22	Linda Tafel..... 30
Mary Jane Bauer..... 5	Christara Hormann 14	Valerene Johnson 22	Vernon Caturia 30
Melvin Beck..... 5	Joan Spagnoletti..... 14	Terri Krueger..... 22	Arlene Mork..... 30
Lynda Cockeram..... 5	Bill Stoll 14	Richard Sharbano..... 22	Tom Puljas 30
Ruth Potter..... 5	Judy Brantner..... 15	Mary Solberg..... 22	Laverne Werner..... 30
Carolyn Sullivan 5	Barb Davis..... 15	Mark Amthor 23	Don Austrum 30
Jim Kausie..... 6	Gail Palmisano..... 15	Gen Murphy..... 23	
Albert Madsen..... 6	Lee Brokaski..... 16	Denise Siler..... 23	
Annette Taylor..... 6	Joseph Felipe..... 16	Teresa Weiss..... 23	
John Wagner..... 6	Larry Jess 16	Barb Wood 23	
Deb Goss..... 7	Donna Lark..... 16	Donna Boerner 24	
Bill Mercer 7	Ruth Ruyle 16	Debbie Fisher 24	
Sharon Oebser..... 7	Mel Sundby..... 16	Rosemary Jacobson 24	
Richard Breen..... 8	Robert Langer..... 17	Eldon Larson 24	



Shirley Doane Senior Center 2024 Board of Directors

Board President: Tina Tharp
 Board Vice President: Karen Martinson
 Board Secretary: Bonnie Christianson
 Board Treasurer: Shari Homstad
 Backup Secretary: Rosalie Werner

Carla Berscheit
 Jane Kingzett
 Jan Pejsa
 Bill Arndt
 Bill Mercer
 Karen Siegl

Senior Center Director: Donna Collins
 Front Office: Karen Snyder & Sara Amen
 Office Assistant: Jaden Czynsz
 Day Services Manager: Heather Jerrie
 Day Services Staff: Fran Frank, Barb Welch
 Carol Bergelin & Sharon Zachow
 Webmaster: Joe Hagaman

The April Board meeting will be held on
 April 9th, 2024. at 8:30am If you are
 interested in attending a meeting please let
 us know one week in advance. via email
 or phone: seniors@wwt.net
 715.235.0954

Board meeting minutes are
 available upon request.

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SAVE THE DATE

***Caring for Your
Loved One At Home***

***May 9th 8am-3pm
@ Jacob's Well in Chippewa
715-839-4735 to register***

SAVE THE DATE!

May 23rd 1pm

Snack & Chat with Visiting Angels

"Adult Proofing Your Home"

Sign Up Requested



SAVE THE DATE!

AARP DRIVING CLASS

WEDNESDAY MAY 22, 2024

10:00AM—2:30PM

(WITH 1/2 HOUR LUNCH BREAK)

\$20 FOR AARP MEMBERS

SIGN UP REQUESTED

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: memomonieseniorcenter.org

**SHIRLEY DOANE
 SENIOR CENTER**

April Newsletter

Electronic 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 2024**

**Thank you for
your overwhelming
generosity!**



Donations Received :

Monetary Donations:

**Sheila Rahne
Arlene Ockwood
Bruce & Candy Jordan**

**Katherine McEwen
Craft Supplies**

**Lois Sipple
Cribbage boards**

**Menomonie Lions Club
Grant for New Laptop**

Memorial Donations:

**Katherine McEwen
IMO Tony Schlemm**

**Katherine McEwen
IMO Larry Drinkman**

**Berta & Tom Kuehn
IMO Larry Plaszczyk**

**Charlotte & Howard Lee
IMO Sandy White**

**Shari Homstad
IMO Sandy White**

**Darlene Britton
IMO Darwin Berends**

**Jacklyn Gerth
IMO Neva Fiege**

**THANK YOU TO ALL OF YOU WHO ARE VOLUNTEERING AT THE SENIOR CENTER
WE CAN'T DO IT WITHOUT YOU!**

**VOLUNTEERING IS AN AWESOME WAY TO SHOW YOUR SENIOR CENTER SUPPORT &
TO MEET NEW PEOPLE!**

**IF YOU ARE EVER WONDERING HOW YOU CAN HELP, GIVE US A
CALL AT 715-235-0954. THERE ARE LOTS OF WAYS TO VOLUNTEER!**

**IT TAKES A VILLAGE TO MAKE ALL YOUR ACTIVITIES, PROGRAMS AND
MEALS A SUCCESS. WE CURRENTLY NEED VOLUNTEERS IN THE
DAY SERVICES PROGRAMS! PLEASE LET US KNOW IF YOU'RE INTERESTED!!**





ADULT DAY SERVICES

Comfortable, Loving Atmosphere

CARING FOR A LOVED ONE AND FINDING IT HARD TO GET THOSE LITTLE ERRANDS RUN, OR JUST NEED SOME PERSONAL TIME TO YOURSELF?

We can help...

ADULT DAY SERVICES

Monday, Wednesday, Thursday & Friday
10 A.M.—2:30 P.M.

We are reaching out to meet the need for affordable respite care in our community.

If you, or someone you know needs this extra help, please stop by any of these days and times to see how we interact with those entrusted to our care.

PLEASE NOTE: THE DAY SERVICES PROGRAM ON TUESDAY IS NO LONGER TAKING PLACE. IF RESPITE IS NEEDED FOR THOSE WITH DEMENTIA PLEASE CALL AHEAD TO RESERVE A DAY & TIME THOSE NEEDING CARE. THANK YOU!

For more information call: 715-235-0954

Or email: seniors@wwt.net



ADULT DAY SERVICES INITIAL VISIT COUPON

REDEEMABLE FOR 4 HOURS OF CARE

SEE WHAT WE ARE ALL ABOUT!

SHIRLEY DOANE
SENIOR CENTER



EXPLORING DEMENTIA CAREGIVING

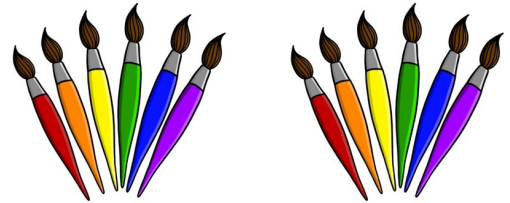
Fourth Monday of the Month
April 22nd 2024
10:30 AM

@ Shirley Doane Senior Center

If you are caring for someone with dementia you are invited to join us at the Senior Center for care strategies, resources and support. Day Services available for a nominal fee for those being cared for.



Artful Expressions



Second Monday of the Month
April 8th 2024
10:30am-Noon
@ Shirley Doane Senior Center

This Free Program is for individuals with Dementia & their care partners. Explore the arts and find your creative spark!

\$8 per ticket

SHIRLEY DOANE
SENIOR CENTER

No Take Outs

Baked Chicken Meal

April 17th 2024

11:30am-12:30pm

At the Menomonie
Senior Center

*Enjoy a delicious meal
with us!*

Menu:

Baked Chicken
Mashed Potatoes
Gravy
Vegetables
Dessert



Seats are Limited.

If you make a reservation and
cannot make it, please call & let
us know.

Call 715-235-0954 To Reserve



This meal is sponsored by
Board Member Karen Siegl
THANK YOU!!



SHIRLEY DOANE
SENIOR CENTER

1412 Sixth Street • Menomonie • 715.235.0954

LET YOUR SENIOR CENTER
TAKE YOU OUT TO A BALLGAME!

TWINS vs BREWERS

AT TARGET FIELD

Sunday, July 21st, 2024

10:00 am-5:30 pm



ITINERARY:

10:00 a.m.	Depart Marketplace Foods, Menomonie
11:30 a.m.	Arrive Target Field
11:30—1:00 p.m.	On your own to have lunch, buy snacks or just go to your seat and relax and enjoy the view!
1:10 p.m.	GAME TIME!!!!
2:30 p.m.	Seventh Inning <i>STRETCH</i> (Approximate Time)
4:00 p.m.	Depart Target Field (Approx. Time)
5:30 p.m.	Arrive back at Marketplace Foods, in Menomonie (Approx. Time)

Senior Center Tour
\$110 per person
Call 235-0954 to reserve today!

Description: Join us for a “Summer Fun-Day on a Sunday!” What better way to enjoy the warmer weather than to take in a major league Ball Game! Whether you are a Twins or a Brewers Fan this promises to be a delightful day at Target Field. Our excellent seats are in the SHADE for this game.

Day tour price includes your ticket to the game and transportation only. Food, beverages and snacks at the ballpark are **NOT** included. *There are many delicious food choices to be had at Concession areas located close to your seats!*

Elevators available and minimal stairs at our seat locations but plan to do some walking. Hope you will join us on this FUN-DAY!

Final payment due: June 15, 2024

Snacks on the bus are provided courtesy of:

American Lutheran Communities, Menomonie ~ Thank You!!

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



SHIRLEY DOANE
SENIOR CENTER



**Chanhassen Dinner
Theatres Presents:
Beautiful**

The Carole King Musical

Wednesday, August 21st, 2024

Senior Center Tour
\$115 per person
Call 235-0954 to reserve

Itinerary

**9:00 a.m. Bus Departs For The Theater from Marketplace Foods,
Menomonie**

10:30 a.m. Arrive Chanhassen Dinner Theaters, Chanhassen, Minnesota

**11:00 a.m. Dinner Choices: Chicken Chanhassen, Orange Roughy, Vegetable
Lasagna, Vegan Imposs-Loaf, Chicken Tenders, Cranberry Pear Salad,
Cajun Pasta Primavera, Grilled Cheeseburger**

1:00 p.m. Curtain Time: Beautiful

3:45 p.m. Depart From Chanhassen Dinner Theater (approximate time)

6:00 p.m. Return to Senior Center (latest approximate time)

ABOUT BEAUTIFUL:

The soundtrack of a generation inspired this **BROADWAY SMASH HIT!** For nearly six years, *Beautiful: The Carole King Musical* thrilled Broadway audiences with the inspiring true story of Carole King’s remarkable journey from teenage songwriter to Rock & Roll Hall of Fame music legend. As a woman in the music industry, King broke barriers and became one of the most prolific songwriters of our time!

Carole King wrote hits for the biggest music acts from The Shirelles to The Righteous Brothers – then recorded her Grammy-winning masterpiece, *TAPESTRY*. The musical takes you on a joy-filled, emotional ride of a lifetime! Featuring over two dozen hits including “One Fine Day,” “The Locomotion,” “So Far Away,” “Natural Woman,” “You’ve Lost That Lovin’ Feelin,’” and “Will You Love Me Tomorrow,” this Tony and Grammy Award-winning musical is filled with the songs you remember and a story you’ll never forget. A huge cast of singers and dancers bring more than 24 of her greatest hits to life in a triumphant celebration!

Chanhassen Dinner Theater is known for its delicious food and wonderful performances. Ticket price includes dinner, tickets, transportation and all taxes and gratuities except voluntary driver gratuity.

FINAL PAYMENT DUE JULY 15, 2024

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

All Menu’s and exact times are subject to change

**LET YOUR SENIOR CENTER
TAKE YOU OUT TO A BALLGAME!**



**CHS FIELD
ITINERARY**

ST. PAUL SAINTS vs TOLEDO MUD HENS

AT CHS FIELD

Wednesday, June 19, 2024

10:00 a.m. - 5:30 p.m.

**Senior Center Tour
\$85 per person
Call 235-0954 to reserve today!**

- 10:00 a.m. Depart Senior Center**
- 11:30 a.m. Arrive CHS Field**
- 11:30am-1:00 pm On your own—\$20 in Saints Bucks are included for your convenience to enjoy lunch and beverages at any of the vendors.**
- 1:07p.m. GAME TIME!!!!**
- 4:00 p.m. Depart CHS Field (Approx. Time)**
- 5:30 p.m. Arrive back at Senior Center (Approx. Time)**

Description:

Join us for our second annual trip to see the Saint Paul Saints play the Toledo . Heading into their 28th season and fifth at CHS Field, the Saints are known for its “Fun Is Good” motto! Just read the testimonial below from a guest on a previous trip. You can’t miss spending a summer afternoon enjoying a ballgame in SHADY SEATS right behind home plate! Your trip includes \$20 in Saints Bucks to be used for any food or beverage at any of the many delicious vendors. The price is right for a ballgame outing in the summer.

CHS Field is a great ballfield and we promise to have a lot of fun!

“My first visit to a St. Paul Saints game and I was pleasantly surprised! Great seats, lots of food options, great venue and The City of Baseball Museum was interesting. Zany announcers and games. A lot more fun than your typical ballgame! I’ll definitely go again!

Final Payment due May 15th, 2024

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



SHIRLEY DOANE
SENIOR CENTER



**Chanhassen Dinner
Theatres Presents:**
Irving Berlin's

WHITE CHRISTMAS

Wednesday, November 13, 2024

Senior Center Tour
\$120 per person
Call 235-0954 to reserve

Itinerary:

9:00 a.m. Bus Departs For the Chanhassen Dinner Theater

10:30 a.m. Arrive Chanhassen Dinner Theaters, Chanhassen, Minnesota

11:00 a.m. Dinner Choices: **Chicken Chanhassen, Grilled Top Sirloin, Vegetable Lasagna, Cajun Pasta Primavera, Vegan Imossi-Loaf, Orange Roughy, Boneless Fried Chicken Tenders, Cranberry Pear Salad, Cheeseburger**

1:00 p.m. Curtain Time: White Christmas

3:45 p.m. Depart From Chanhassen Dinner Theater (approximate time)

6:00 p.m. Return to Marketplace Foods (latest approximate time)

Veterans Bob Wallace and Phil Davis have a successful song-and-dance act after World War II. With romance in mind, the two follow a duo of beautiful singing sisters en route to their Christmas show at a Vermont lodge, which just happens to be owned by Bob and Phil's former army commander. With a dazzling score featuring well-known standards including "Blue Skies," "I Love A Piano," "How Deep Is the Ocean" and the perennial title song, White Christmas is an uplifting, wholesome musical that will delight audiences of all ages.

Chanhassen Dinner Theater is known for its delicious food and wonderful performances. Ticket price includes dinner, tickets, transportation and all taxes and gratuities except voluntary driver gratuity.

FINAL PAYMENT DUE October 10, 2024

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

All Menu's and exact times are subject to change

COMING May 22, 2024
AT THE SHIRLEY DOANE SENIOR CENTER:
AARP SMART DRIVER COURSE
Wednesday May 22, 2024
10:00AM -2:30PM



A FOUR HOUR COURSE PROVIDING A REVIEW OF NEW ROAD SIGNS, LAWS, DRIVING SKILLS AND MORE. TAUGHT BY BOB BANGSTON, THIS COURSE DOES NOT AFFECT YOUR LICENSE BUT MAY QUALIFY YOU FOR A DISCOUNT ON INSURANCE UPON COMPLETION.

CERTIFICATES ARE PROVIDED AFTER COMPLETING COURSE AND TAKING AN EXAM. PLEASE SIGN UP TO RESERVE A SEAT!

COST IS:

\$20.00 FOR AARP MEMBERS (PLEASE BRING AARP CARD)
\$25.00 FOR NON AARP MEMBERS

INCLUDES A 30 MINUTE LUNCH BREAK
FROM 11:30-NOON
COMMUNITY FRIENDSHIP MEAL AVAILABLE
AT SENIOR CENTER!
FULL COURSE LUNCH - \$8 -TURKEY ALA KING
OVER BISCUITS
CLASS LIMITED TO 25 PARTICIPANTS
PLEASE CALL TO SIGN UP!

Women Connected

A SUPPORT GROUP
FOR WOMEN CAREGIVERS

Menomonie Senior Center
1412 6th St. E., Menomonie, WI

11:30 a.m. 2nd Wednesday of the month 2024

Jan. 10	May 8	Sept. 11
Feb. 14	June 12	Oct. 9
March 13	July 10	Nov. 13
April 10	Aug. 14	Dec. 11

Gain a sense of empowerment and reduce
the feelings of loneliness and social isolation.
Share tips and improve or learn new, healthy coping skills.

For more information, contact the
ADRC at (715)232-4006.

Relatives Raising Children Support Group

1st Monday 10-11:30 a.m.
MENOMONIE SENIOR CENTER
1412 SIXTH STREET EAST
MENOMONIE WI

Feb 5	May 6	Aug 5	Nov 4
Mar 4	Jun 3	Oct 7	Dec 2
Apr 1	Jul 1		

A confidential space for grandparents and other
relatives raising children. Meet and connect with
other caregivers, develop a network of support,
and be heard by others with shared experiences.

Option to attend virtual or in person. Contact Dunn
County ADRC for information (715)232-4006.

CAREGIVER SUPPORT GROUP

3rd Thursday
2:30-4:00 p.m.

Jan 18	May 16	Sep 19
Feb 15	Jun 20	Oct 17
Mar 21	Jul 18	Nov 21
Apr 18	Aug 15	Dec 19

The caregiver support group is a safe and confidential
gathering of people who are in a similar situation. They
meet to give and receive help, advice, friendship and
emotional support. Participants also gain knowledge of
local resources and other issues related to their situation.

Dunn County Government Center
3001 US Hwy 12 E.
Menomonie, WI 54751
Call Dunn County ADRC at
(715)232-4006.

CAREGIVER COFFEE HOUR

1st Wednesday of the month
9:30 a.m.-11:00 a.m.

Dunn County Government Center
3001 US Highway 12 E, Menomonie WI

Jan 3	Jul 3
Feb 7	Aug 7
Mar 6	Sep 4
Apr 3	Oct 2
May 1	Nov 6
Jun 5	Dec 4



A support group for caregivers.
Join us for coffee and conversation in
a safe and confidential space to
connect with other caregivers.

For more information, contact
ADRC at (715)232-4006.



THE PURPLE PERK



AT THE MENOMONIE SENIOR CENTER
1412 Sixth Street E, Menomonie WI

THE 3RD MONDAY OF THE MONTH
10:00-11:30 A.M.



Feb. 19
March 18
April 15
May 20



June 17
July 15
Aug. 19



Sept. 16
Oct. 21
Nov. 18
Dec. 16

A welcoming place for individuals, families, and friends of those living with memory changes. Come join us for coffee, conversation, and activities in a safe and inclusive space.



For more information, call the ADRC at (715)232-4006.



April 2024 Elderly Nutrition Program **WEDNESDAY APRIL 17TH**
 Menu subject to change **ENP MON-TUE-THU-FRI** **SENIOR CENTER MEAL**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Ham, Scalloped potatoes, Green bean casserole, Dinner roll, Cheesecake	2 Marinated chicken breast, Herbed red potatoes, Carrots with parsley, Wheat bread, 24 hour fruit salad	3 Shredded pork sandwich, Baked beans, Creamy coleslaw, Pineapple tidbits	4 Baked fish, Cheesy hash browns, Romaine and onion salad, Dinner roll, Apple slices	5 Hamburger gravy, Mashed potatoes, Stewed tomatoes, Cranberry orange muffins
8 Crumb topped baked fish, Buttered new potatoes, Spinach cranberry salad, Peanut butter cookies	9 Cornflake chicken, Roasted vegetable rice pilaf, Creamy cucumber salad, Tropical fruit	10 Roast beef, Mashed potatoes with brown gravy, Country blend vegetables, Dinner roll, Blueberry crisp	11 Barbecued spareribs, Baked beans, Spiral pasta salad, Fresh banana	12 Tuna salad sandwich on wheat, Lettuce leaf, Hearty vegetable soup, Peachy pudding
15 Italian meatballs with sauce, Rotini, Parslied cauliflower, Garlic bread, Mandarin oranges	16 Barbecue glazed chicken, Baked beans, Marinated cucumber salad, Wheat bread, Melon medley	17 SENIOR CENTER IN-HOUSE MEAL: Baked Chicken Mashed Potatoes Gravy Vegetables Dessert	18 Breaded baked fish, Baked potato with sour cream, Carrots with parsley, Strawberry shortcake	19 Salisbury steak, Mashed potatoes with brown gravy, Whole kernel corn, Rhubarb crumble
22 Roast beef with brown gravy, Mashed potatoes with brown gravy, Sliced beets, Raisin oatmeal cookies	23 Baked ham, Apple sweet potato bake, Parslied cauliflower, Cherry crisp	24 Herb baked chicken, Baby bakers, Peas and carrots, Wheat bread, Blueberries	25 Hamburger on bun with lettuce/onion/pickle, Potato salad, Gelatin with mandarin oranges	26 Baked fish with lemon butter sauce, Side winder fries, Broccoli, Buttered rye bread, Fresh strawberries
29 Roasted turkey breast, Boiled potato with turkey gravy, Seasoned Brussel sprouts, Dinner roll, Grapes	30 Orange chicken, Steamed rice, Broccoli, Raisin sour cream bars, Tomato juice			