

May 2024

MENOMONIE AREA

SENIOR CENTER NEWSLETTER



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

OPEN MONDAY THROUGH FRIDAY

[LIKE US ON FACEBOOK](#)

This “May” be the best month so far in 2024! I am so excited to be getting closer to all these wonderful Day Trips we have planned. The Chanhassen trips are always wonderful but based on how many of you have signed up for the Ball Games I am concerned you might not be aware of how much fun going to watch the Twins play the Brewers or the “Wild & Crazy” St. Paul Saints can be! Our seats for these games are in the shade, the games are delightful to watch and the food is perfect for the occasion! So let’s get our ball caps out of storage and have some fun outside at the ballparks! Just think—you can have fun and support your Senior Center at the same time. Looking forward to hearing from you!.....

Donna

Please Note The Following:

- ◆ **HOW DO YOU SPELL FUN????**
ST. PAUL SAINTS!!!!
Please call today to reserve your June 19th Day Trip seats! We need more company to make the trip! Guaranteed to be fun!!!!
- ◆ **Stronger Seniors Spring Session will end May 23, 2024.**
- ◆ **Delicious Turkey ala King Meal**
Wednesday, May 22nd 11:30 am-12:30 pm
See insert. Still Only \$8 per meal.
- **AARP Driving Class Wednesday May 22nd**
10:00am—2:30pm See Page 2
- ◆ **SNACK & CHAT!!** Sponsored by Visiting Angels
Thursday May 23 1:00 pm
Is your home ADULT proof? Come listen to an “Angel” tell you some tips and tricks to make your home safe! RSVP Requested!

Thank You to our members who have renewed their Membership or Joined the Center in April, 2024 **712 Paid to Date**
**Denotes New Members - WELCOME!!!!*

Jim Bahr
 Steve Schrantz
 Kathy Schrantz
 Linda Lenz*
 Sandy Traun
 Dennis Beety
 Shirley Beety
 Janet Harvey
 Peggy Forester*
 Lynda Paulson
 Dan Paulson
 Ron Mikesell
 Pat Mikesell
 Don Roberts
 Sally Dix*
 Loretta Farrell
 Charles Winters*
 Paula Winters*
 Ellen Anderson
 Richard Damro*

Joyce Borman
 Darlene La Brec
 June Mueller*
 Rundi Myklebust
 Robin Zelm*
 Gary Barnett
 Sue Barnett
 Janice Gehring
 Doreen Watkins
 Nancy Rud
 Bui Tuat
 Meg Mangin*
 Tom Mangin*
 Aleta Millin
 Bruce Millin
 Donna Weix
 Ellen Anderson
 Judy Helgeson
 Linda Dahlke*
 Dale Dahlke*

If you have not already renewed your 2024 Senior Center membership or joined the Senior Center
PLEASE Do So Today! Thank You!

Insert Pages

- ❖ **May Calendar & Menu**
- ❖ **Memorials & Donations**
- ❖ **Popcorn at Wilson Park Band Concerts**
- ❖ **Turkey ala King Lunch May 22**
- ❖ **Exploring Dementia for Caregivers**
- ❖ **Senior Center Tours**
- ❖ **ADRC Programs**



Personal Perspective



Happy May! I am excited to say it is almost summer! For me, May means I have finals week, then the academic year is over! This means I am extra excited for the upcoming summer break. I am excited to see new faces this summer as we engage in Senior Center Summer fun!

I love how the members here are so thrilled to do Popcorn In the Park, go on fun day trips, and just talk about how nice it is outside. We are all looking forward to the warm & sunny days ahead!

This summer at the Menomonie Senior Center I ask one thing of you all. Bring your friends and enjoy some fun activities we have here at the Senior Center! AND HAVE FUN!!



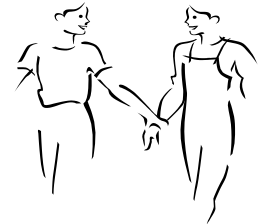
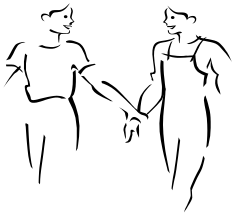
Can February March?

No, but April May!

With Happy Thoughts,

Jaden Czysz

Exploring Dementia Caregiving



4th Monday of Every month

10:30 am-12 pm

at the Menomonie Area Senior Center

Next support group meeting May 22, 2024

Day Services at the Senior Center available for those being cared for during meeting

Please call to sign up for Day Services @ 715-235-0954

Foot & Nail Clinic

(EXPECT YOUR APPT TO LAST 1 HOUR)



Please call the Senior Center for an appointment at 715-235-0954. The Foot Clinic will be held the 1st, 2nd, 3rd, 4th Wednesday of May.

Next Dates: May 1, 8, 15, & 22, 2024

Time: 8:30-11:00 a.m.

Place: Senior Center Fee: \$20 per person

Nurse: Becky Czysz, RN

Back Up Nurse: Ruth Potter, RN

Mickey Wolfe, Volunteer foot care assistant

Lanna Laird, RN, Backup foot care assistant

Appointments are required as time is limited.

Caring for Your Loved One at Home A Skills Fair for Family Caregivers

Thursday May 9th 2024

8am-3pm—This is a FREE event!

Jacob's Well Church

989 22nd St

Chippewa Falls

Call 715-839-4735

Registration required by May 2nd 2024

The Family Caregiver Fair will help you learn practical skills with hands-on demonstrations by a RN and physical, occupational, and speech therapists. Caregivers will learn how to provide everyday care for their loved ones.



PERSON OF THE MONTH **GLADYS WALLER**



Gladys has been volunteering for the Senior Center for many years. She has given her excellent service on the Board of Directors as well as helping out in many other capacities. We are grateful to her for her excellent service and honor her here with this nomination. Thank you Gladys for how much you have offered to help with over the years!

After her retirement, Gladys was an occasional visitor at the Senior Center. This gave Tom Larsen and Archie Abbott the opportunity to approach Gladys and ask if she would

volunteer in the Center office on Friday for a couple hours to answer the phone. She agreed to the task and tallied and balanced the weekly funds collected, prepared the bank deposit, made and distributed popcorn for the bingo players and occasionally called back the numbers. Oh yes, she did answer the phone too. It was truly different here at the Center then but as enjoyable as it is today! Gladys enjoyed all of it! When asked to be the volunteer of the month here at the Senior Center Gladys did not understand why she was being asked. She said she felt completely taken aback but at the same time completely honored. Thank You Gladys for all your years of service!

🎉 HAPPY MAY BIRTHDAYS! 🎉

Gene Krueger..... 01	Ann Thibado..... 10	Barbara Giesking..... 18	Marian Ellison..... 25
Jan Kufahl 01	Sharon Eisenhuth..... 11	Ann Larson..... 18	Tom Harris..... 25
Reinhard Shoening 01	Vivian Erickson 11	Marilyn Dehnert..... 19	Bonnie Trimble 25
Eino Maki..... 02	Kathy Werner..... 11	Diane Duberke 19	Ron Welsch 25
Cindy Anderson..... 03	Bill Harmon..... 12	Lynn Fekete 19	Dixie Chermack..... 26
Wendy Arneson..... 03	Larry Wiatr..... 12	Eldora Ondrus 19	Marlene Evan..... 26
James Fruehling..... 03	Luann Dallman 13	Mary Richardson..... 19	Jeanne Rothaupt 26
Jeanne Leff..... 03	Nancy Davis 13	Dale Seppa 19	Bob Dahlke 27
Roseann Lewerer 03	Diane Light..... 13	Wayne Thibado..... 19	Les Kuesel..... 27
Becky Iverson..... 05	Yvonne Vaughn..... 13	Robert Barber..... 20	Jill Smith..... 27
Allan May..... 05	Rod Bahr 14	Becky Iverson..... 20	Opal Thibado 27
Irene Ronnander..... 05	Rosella Blakey..... 14	Rick Jenson 20	Rocky Kizer..... 28
Roswitha Von Andersheim05	Judy Burns..... 14	Cheryl Ninneman 20	Michael Lorenzen..... 28
Marie Freeland 06	Linda Gardener..... 14	Betty Lou Fuhrman 21	Ingrid Rockwell 28
Helen Gabert..... 06	Pete Hovind..... 14	Jan Harvey 21	Gladys Waller 28
Myrtle Green 06	Dixie Walter..... 14	Kathy Scheuffele 21	Carol Sorsoleil..... 29
Marluce Patterson..... 07	Mickey Wolfe..... 14	Barb Stearns 21	Neil Weber..... 29
Theresa Reidt..... 07	Margaret Hastings..... 15	Leo Vipond..... 21	Cheryl Welch 29
Vicky Stromgren..... 07	Pat Mikesell..... 15	Pat Burridge..... 22	Rita Donicht 30
Arlene Wieman 07	Norman Slaymaker..... 15	Mary Busalacchi..... 22	Norm Ellig..... 30
Gail Merk..... 08	Sandy Weber..... 15	Sam Hintzman..... 22	Dolly Hayden..... 30
Michelle Molczan..... 08	Julia Gauvin 16	Gary Moss..... 22	Jan Morlock 30
Eldoris Toycen 08	Ron Melick..... 16	Bonnie Johnson..... 23	Dave Rasmussen 30
Jim Bade..... 09	Sherry Nimmo 16	Lisa Maves 23	Mary Budd 31
Mary Erickson..... 09	Jan Traxler..... 16	Beth Jacobs..... 24	Joy Dock..... 31
AnnMaria Hanson 09	Jerry Traxler 16	Aleta Millin..... 24	Judy Harmon..... 31
Marvin Kufhal..... 09	Linda Lorenzen 17	Elizabeth Robinson 24	Val Miller..... 31
Nancy Carlsen..... 10	Martin Ondrus 17	Debbie Sinz..... 24	
Naomi Cummings..... 10	Barb Stai..... 17	Sandy Traun 24	
Vickie Kuester 10	Mary Buckley..... 18	Pete Edstrom..... 25	



**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

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



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

Board meetings are held the second Tuesday
 of each month at 8:30 a.m. If you are
 interested in attending, please let us know one
 week in advance. Phone: 715.235.0954
 Email address: seniors@wwt.net

SENIOR CENTER CLOSED
MEMORIAL DAY Monday, May 27, 2024
No PROGRAMS OR ACTIVITIES

Turkey ala King—Dine-In Meal \$8!!
Wednesday, May 22, 2024 ~ 11:30 am-12:30 p.m.
RSVP By Friday, May 17th. See Insert!
Thank you for supporting these delicious fundraisers!

SALE **ST. JOSEPH'S PCCW**
SPRING THRIFT SALE
THURSDAY May 16th: 9AM—5PM
FRIDAY May 17th 9AM—5PM
Located in the Lower Level of the Church

Visiting Angels Sponsoring:
Snack & Chat Thursday May 23 @ 1:00 PM
Come listen to an "Angel" tell you some tips
to make your home safe as you age in place!
RSVP 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.*

LABEL



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

**MEMONONIE AREA
 SENIOR CENTER**

May 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 April 2024**

**Thank you for
your overwhelming
generosity!**



Memorial Donations:

*Lynda & Dan Paulson
IMO Lloyd & Eva Rogers*

*Lynn & Dick Quilling
IMO Sandy White*

*Larry & Joan Sinz
IMO Deloris Cropp*

*Shari Homstad
IMO Teresa Gallman*

*Donna Boerner
IMO Neva Feige*

Donations:

*Brenda Harrison
Greeting Cards*

*Jeanne Larson
Craft Room Supplies*

*Fleet Farm
Crafts Supplies for
Day Services*

*Tainter Methodist Church
Quilting Fabric*

*Donna Holst
Craft Supplies*

*Janet Harvey
Cash Donation*

*Don Roberts
Cash Donation*

*Winnie Wolf
Card Donation*



**Dunn County Area Retired Educators' Association
May 13, 2024 Meeting**

The Dunn County Area Retired Educators' Association will meet
on May 13th, 2024 at 12:00 Noon.

A travel specialist from Holiday Vacations will be the guest speaker
during the meeting. Travel destinations, as well as packing and
safety tips will be discussed.

Retired public school employees, preschool through university, are invited to
attend the May 13th Noon meeting at the
Menomonie Moose Lodge,
720 19th Ave. East, Menomonie
Lunch will be served.



Please call Jean at 715.505.8285 by May 9th to RSVP.



STAY FIT THIS SUMMER

YOUR SENIOR CENTER WILL BE HOSTING

CHAIR YOGA, Tuesday and Thursday @ 8:30 am \$3.00 per Class

TAI CHI, Mondays @ 9:00

OPEN WALKING IN THE GYM, Every Mon, Wed, Fri, Noon - 3 pm



POPCORN IN THE PARK at the Ludington Guard Band Concerts! Your Senior Center pops popcorn at this event in Wilson Park throughout the summer.

Come and enjoy the music and the popcorn! Just \$1 a bag

2024 Schedule:

Ludington Band Concerts

June 4, 11, 18, 25

July 2, 9, 16, 23,30

August 6



Volunteers needed, please call 715-235-0954 if you can help at the Senior Center's popcorn stand! Thank you for your help!!

American Red Cross

BLOOD DRIVE

American Red Cross



Menomonie Senior Center

Friday May 24th 2024

9am-3pm



Please Call 1-800-REDCROSS (1-800-733-2767) or visit RedCrossBlood.org and enter: leisurecenter to schedule an appointment

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.

For more information call: 715-235-0954



ADULT DAY SERVICES INITIAL VISIT COUPON



REDEEMABLE FOR 4 HOURS OF CARE
SEE WHAT WE ARE ALL ABOUT!





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

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

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

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)

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!



ST. PAUL SAINTS vs TOLEDO MUD HENS

AT CHS FIELD

Wednesday, June 19, 2024

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

ITINERARY

- 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)

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

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

**MENOMONIE AREA
SENIOR CENTER**

**715-235-0954
to reserve your spot!**

1412 Sixth Street • Menomonie • 715.235.0954

All profits go towards the Senior Center's Operating Expenses

**TURKEY ALA-KING DINNER!
Thursday, May 22, 2024**

11:30am-12:30pm

Menomonie Area Senior Center

Please RSVP by May 17, 2024



**Menu Includes:
Turkey Ala-King
Biscuit
Salad
Vegetable
Dessert**

Seats are Limited.

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

\$8.00

Per ticket

715-235-0954

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 ON SHEET BELOW

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
SIGN UP BELOW



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.



May 2024 Elderly Nutrition Program & WEDNESDAY MAY 22ND SENIOR CENTER MEAL



Menu subject to change ENP located at Tantara Apt's Monday through Friday

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 Roast pork with gravy, Mashed potatoes with gravy, Seasoned peas, Wheat bread, Sweet cherries	2 Meat lasagna, Mixed green salad, Garlic bread, Cantaloupe	3 Crumb topped baked fish, Pan fried potatoes, Carrots with parsley, Wheat bread, Strawberry cheesecake
6 Traditional meat loaf, Baked potato with sour cream, Scalloped corn, Blueberries	7 Marinated chicken breast, Herbed red potatoes, Carrots with parsley, Wheat bread, 24 hour fruit salad	8 Shredded pork sandwich, Baked beans, Creamy coleslaw, Pineapple tidbits	9 Baked fish, Cheesy hash browns, Romaine and onion salad, Dinner roll, Apple slices	10 Hamburger gravy, Mashed potatoes, Stewed tomatoes, Cranberry orange muffins
13 Crumb topped baked fish, Buttered new potatoes, Spinach cranberry salad, Peanut butter cookies	14 Cornflake chicken, Roasted vegetable rice pilaf, Creamy cucumber salad, Tropical fruit	15 Roast beef, Mashed potatoes with brown gravy, Country blend vegetables, Dinner roll, Blueberry crisp	16 Barbecued spareribs, Baked beans, Spiral pasta salad, Fresh banana	17 Tuna salad sandwich on wheat, Lettuce leaf, Hearty vegetable soup, Peachy pudding
20 Italian meatballs with sauce, Rotini, Parslied cauliflower, Garlic bread, Mandarin oranges	21 Barbecue glazed chicken, Baked beans, Marinated cucumber salad, Wheat bread, Melon medley	22 SENIOR CENTER IN-HOUSE MEAL TURKEY ALA KING BISCUIT SALAD VEGETABLE DESSERT	23 Breaded baked fish, Baked potato with sour cream, Carrots with parsley, Strawberry shortcake	24 Salisbury steak, Mashed potatoes with brown gravy, Whole kernel corn, Rhubarb crumble
27 CLOSED  MEMORIAL DAY	28 Bratwurst on a bun, Baked beans, Coleslaw, Chocolate chip cookie	29 Herb baked chicken, Baby bakers, Peas and carrots, Wheat bread, Blueberries	30 Hamburger on bun with lettuce/onion/pickle, Potato salad, Red gelatin with mandarin oranges	31 Baked fish with lemon butter sauce, Baked potato w/sour cream, Broccoli, Buttered rye bread, Fresh strawberries