

OCTOBER 2024

SHIRLEY DOANE SENIOR CENTER NEWSLETTER



1412 Sixth Street E • Menomonie, WI 54751

Phone 715.235.0954 • www.menomoneseniorcenter.org

LIKE US ON FACEBOOK @ Shirley Doane Senior Center

NOTE FROM THE DIRECTOR

Halloween Greetings!

We often use the phrase "Back In The Day...!"

Lately, "I think Back in the Day" is now "Pre Pandemic."

Most think life was less complicated before COVID than it is now. And to a certain extent they are probably correct. However, without the challenges that were experienced with COVID, I don't think we could appreciate how much freedom to socialize we want to have. I see our senior center members here enjoying each others company every day. What a wonderful thing that is! Not only is the friendship valuable but the encouragement we give each other is priceless! Not that we take this freedom for granted but we can always remember what life is like without it!

—Donna—

October Highlights:

Stronger Seniors Intermediate Tues. & Thurs—@ 9:45

Stronger Seniors Basic Tues. & Thurs—11:00-11:45am

Foot & Nail Clinic— Tuesdays, October 1, 8, 15, 22— 8:30am-11am

Foot & Nail Clinic— Wednesdays, October 2, 9, 16, 23— 8:30am-11am

White Christmas at the Chanhassen Dinner Theater Day Trip -

Wednesday, October 9th 9:00am— 6:00pm

PLEASE NOTE: LEAVING FROM AND COMING BACK TO MARKETPLACE FOODS!

CVLR—Cooking w/Monica - Monday, October 14- 12:30pm

Flu Shot Clinic Tuesday, October 29 10:00am— 12:00 NOON RSVP Please

In House Meal— Wednesday, October 23- 11:30am— 12:30pm

AARP Smart Driving Class - Wednesday, October 23 -10am-2:30pm

ADRC "Exploring Dementia Caregiving"- Monday October 29-10:30am-12pm

ADRC "Bingosize"- Mondays & Thursdays in October 12:30—1:30pm

ADRC "Purple Perk"- Monday October 21 - 10:00—11:30 am

ADRC "Artful Expressions"- Monday October 21 - 11:00—noon

JOYFUL NOISE CONCERT - Tuesday October 22nd at the United Methodist Church from 6:00pm to 7:00pm

SNOWBIRDS

PLEASE notify the Senior Center of your address change while you are away, or to temporarily take you off the mailing list.
Thanks for your help and have a wonderful winter!

Thank you to our
New and Renewed Members
Who paid in September, 2024
**Denotes New Members, Welcome!*

Cheryl Huenink*
Julie Doughty*
Cheryl Stoeklen*
Merlyn & Shirley Jones*
Larry Feiler*
Susan Girolamo
Kathy Dial
Dana Templeman
Leanne Bartz
Dave & Susan Zuberbuehler*
Rita Ulesich*
Gloria Szymoniak*
Kari Dahl*
Mary Erickson
Linda Knegendorf
Charles Holst*

**PLEASE NOTE:
NO BLOOD SUGAR -
BLOOD PRESSURE SCREENING
TUESDAY OCTOBER 8, 2024**

Insert Pages

- ❖ *October Calendar & Menu*
- ❖ *Memorials & Donations*
- ❖ *October Meal*
- ❖ *Aveanna Health Presentat*
- ❖ *Flu Shot Clinic*
- ❖ *"Grease" at the Chanhassen*
- ❖ *AARP SAFE DRIVING*
- ❖ *Facebook / Day Trip Pictures*



Personal Perspective with Jaden!

October is here!! It is now "Spooky Season." Halloween is a fun holiday. Everyone dresses up in silly costumes. Everyone loves candy. What's not to love about Halloween? Are you going to hand out candy this Halloween??

With a Spooooky Attitude, Jaden Czysz



AARP SMART DRIVER COURSE SIGN UP

WEDNESDAY October 23, 2024

10AM-2:30 PM (with 1/2 hour lunch break)

(Note: Senior Center Hamburger Stroganoff Lunch @ 11:30—Only \$8.00 per meal)

DON'T MISS THIS OPPORTUNITY TO SHARPEN YOUR DRIVING SKILLS

AND POSSIBLY HAVING A DISCOUNT TO YOUR INSURANCE PREMIUM!

SIGN UP REQUESTED IN THE SENIOR CENTER OFFICE

COST IS \$20.00 FOR AARP MEMBERS (PLEASE BRING YOUR AARP CARD)

\$25.00 FOR NON AARP MEMBERS (FEE PAYABLE TO AARP INSTRUCTOR)

WEATHER CONDITIONS THAT CLOSE THE SENIOR CENTER

Just a reminder that the Shirley Doane Senior Center will be closed for the day when the Menomonie Schools are closed because of weather.

Most of the local television and radio stations announce these school closings.

WEAU will note the Setwo Dnior Center closings on their Web Page.

Foot & Nail Clinic Now Two a Week Four Weeks a Month!!!!

Please call the Senior Center for an appointment at 235-0954.

The Foot Clinic will be held the 1st, 2nd, 3rd and 4th

Tuesdays & Wednesdays of every month.

Next Dates: Tuesdays October 1, 8, 15, 22

And Wednesdays October 2, 9, 16, 23

Time: 8:30 – 11 a.m.

Place: Senior Center Fee: \$20 per person

(EXPECT YOUR APPT TO LAST 1 HOUR)

Becky Czysz, RN, Foot Care Nurse

Ruth Potter, RN, Foot Care Nurse

Mickey Wolfe, Volunteer Assistant.

Janet Spina, Volunteer Assistant.

Lanna Laird, Volunteer Backup Asst.

Appointments are required as time is limited.



Exploring Dementia Caregiving

***4th Monday
of every month***

10-11:30 am

at the

**Shirley Doane
Senior Center**

**Come meet
others who walk
the same path.**

**Please call
715-235-0954
to RSVP**

**Next Meeting:
October 28th**

**JOYFUL
NOISE
CONCERTS
TUESDAYS-
OCTOBER 22
AND
DECEMBER 17TH
6:00 TO 7:00 PM
At the
Menomonie
United
Methodist Church
Call Linda Bark
715-308-6883
for more info**

**ALWAYS
FUN!!!**

Comfortable, Loving Atmosphere

OUR ADULT DAY HABILITATION (ADS) IS OPEN and welcoming new friends! Do you need a little help finding time away from a loved one you are caring for? This day program provides the respite you might need to get some errands taken care of, or just a little time to yourself. Come on in and check us out any time Wednesday through Friday 10am—2:30 pm. Sharon Zachow, Fran Frank & Barb Welch with the ADS program are working on fun and exciting things to keep your loved one entertained!

ADULT DAY HABILITATION (SERVICES) Wednesdays, Thursdays, & Fridays 10am-2:30pm *Serving adults of all ages needing caregiving. We accept new people any day or days and any combination of hours during these 3 days a week.*



Call 715-235-0954 to reserve your spot!

HAPPY OCTOBER BIRTHDAYS!

- Donna Albrecht..... 1
- Ernie Bates 1
- Jan Gerhing..... 1
- Jan Link 1
- Patricia Prichard 1
- Jim Tennesen..... 1
- Corrine Cassellius.. 2
- Maria Varsho 2
- Sharon Moritz 3
- Ellen Anderson..... 3
- Becky Evans 4
- Jessica Grutt 4
- Ben Schlosser 4
- Eric Edgeberg 5
- Richard Damro..... 5
- Linda Nielsen..... 5
- Barbie Byler..... 6
- Helen Speidel 6
- Bobbette Tunnyhill 6
- Richard Werner 6
- Randy Knaack..... 7
- Barb Morrison 7
- Keith Stainer 7
- Penne Freyberger... 7
- Carol Gendlach..... 10
- Jim Harmer..... 10

- Kathy Lausted 10
- Dennis McCabe.... 10
- Nancy Ponto..... 10
- Gabrielle Velez 10
- Andre Kraft..... 11
- Barbara Rice..... 11
- Betty Frank 12
- Shirely Prochnow 14
- Christine Oest..... 15
- Mary Ensworth..... 16
- Joanne Madsen 16
- Peggy Santee..... 16
- Lynn Vinall..... 16
- Roger Wieman 17
- Laurie Litomsky... 17
- Pat Higgins 18
- Kathleen Kelley.... 18
- Barb Welch 18
- Karen Meehan..... 19
- LaVerne Webber.. 19
- Rhondalyn Whiteman 19
- Shirley Kistner 20
- Jim Krave..... 20
- Maxine Berger 21
- Laila Davis 21
- Kathy Schrantz ... 21

- Toby Ellison 22
- Polly Englehorn 22
- Sarah Tennesen.... 22
- Patricia Price 23
- Rita Slinden..... 23
- Walt Gerth 24
- Sue Beety..... 25
- Irene Bertram 25
- Herbert Bias 25
- Virginia Ellis..... 25
- Janice Holzer 25
- Charol Karnick 25
- Glenn Heiberg..... 26
- Marv Lansing..... 26
- Korlee Witzel 26
- Betty Biondich..... 27
- Sue Kolek..... 27
- Sam Warp..... 27
- Jake Bostrom..... 29
- Kathleen O'Sullivan 29
- Deborah Stone 29
- Barbara Wood..... 29
- Jill Chase..... 30
- Margaret Miller 30
- Pat Culbert 31
- Diane Long..... 31



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

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



Senior Center Director:

Donna Collins

Office Assistants: Karen Snyder & Jaden Czysz

**Day Services Staff: Sharon Zachow
 Fran Frank, Barb Welch, Carol Bergelin**

Webmaster: Joe Hagaman

Board meetings are held the second Tuesday of each month at 8:30a.m. If you are interested in attending, please let us know one week in advance.

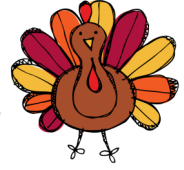
Phone: 715.235.0954

Email address: seniors@wwt.net

Board meeting minutes are available upon request.

**LOOKING AHEAD...
 SAVE THESE DATES!!!!**

Thanksgiving Meal
Wednesday, November 20, 2024
Sign Up Requested—limit 150 Meals
RSVP by Friday, November 15th



Senior Center Christmas Meal

Wednesday December 18, 2024

Reservations needed by

Friday, December 13

Sign Up Requested—limit 150 Meals

Thank you for supporting these fundraisers!

AARP Smart Driver Course
Wednesday October 23, 2024

10:00 am to 2:30 pm

(with 1/2 hour lunch break)

Sign Up Requested

Shirley Doane Senior Center is a 501 (C) (3) non-profit organization

LABEL



of Dunn County



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

SENIOR CENTER

SHIRLEY DOANE

October 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 SEPTEMBER 2024**



Thank you for your kind generosity!

MEMORIALS :

Dick & Lynn Quilling
IMO Ocille Steinmeyer

Shari & Dan Homstad
IMO Betsy Ciccarelli

Pat Fox
IMO Mary Jane Singerhouse
IMO Arlene Wieman
IMO Vicki Brandt

Nancy & Leroy Buss
IMO Irene Cotts

Donna Boerner
IMO Jerry Richartz

Jon & Martha Hove
IMO Jerry Richartz

LeRoy & Nancy Buss
IMO Jerry Richartz

Janet Fassino
IMO David Casper

Harry & Barbara Stai
IMO Rowena Buckley

Dave & Nancy Ponto
IMO Jerry Richartz

DONATIONS:

Michael & Lucy Nicolai
Monetary Donation

Marie Koch
Craft Items

Cindy Quilling
Craft Supplies

Jeanne Leff
Craft Supplies

THANK YOU FOR DONATING CORN THIS YEAR!



Gary Buckley always remembers our Senior Center when it comes to sharing his Harvest with the Community. We appreciate his delicious corn and his generous spirit. Thank You Gary, and we hope to have you join us for the Christmas Dinner on December 18th when we will be serving the sweetest corn ever!

**MANY THANKS TO THE
NEW LIFE LUTHERAN CHURCH
FOR SPONSORING OUR SEPTEMBER 18TH
COMMUNITY FRIENDSHIP LUNCH**



**Sponsors for our meals are so appreciated and help
make our luncheons possible.
Sponsorships for 2025 are now available!**

Senior Center October Lunch— Hamburger Stroganoff

**Everybody
LOVES
Stroganoff!!**

October 23, 2024

11:30am

12:30pm

\$8 per ticket

Meal Includes:

**Hamburger
Stroganoff over
Noodles
Salad
Fresh Bread
Dessert**

**PLEASE RSVP BY
OCTOBER 18TH!**



**Sponsored by:
A Generous Donor
Who Wishes to
Remain
Anonymous**



Healthy Meal Planning: Tips for Older Adults

Eating habits change
throughout the life span.

Learn how the foods and drinks
chosen each day help you meet
daily nutrient needs,
maintain a healthy body weight,
and reduce the risk
of chronic disease.

Date: November 6th, 2024

Location: Shirley Doane

Senior Center

Room: Dining Room

Light snack will be provided.



FLU SHOT CLINIC



AT THE SENIOR CENTER

TUESDAY, OCTOBER 29TH
10:00-NOON

HIGH DOSE & REGULAR DOSE

Insurance paperwork to be filled out will
be available at the Senior Center Clinic
when you come for your appointment.
Please bring a copy of your Insurance card.

Insurance accepted:

Medicare and Most Private Insurances

REGISTRATION REQUIRED

CALL 715-235-0954 OR STOP IN FOR APPT

SHIRLEY DUANE
SENIOR CENTER



**Chanhassen Dinner
Theatres Presents:**

Grease

Senior Center Tour
\$110 per person
Call 235-0954 to reserve
Good seats still available!

Wednesday, March 19th, 2025

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, Grilled Top Sirloin, Vegetable Lasagna, Quinoa Salad, Chicken Tenders, Macro Salad, CDT Pasta, Cheeseburger**

1:00 p.m. Curtain Time: Grease

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

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

Really Great Center Front Seats!

ABOUT GREASE:

Greased-back hair and leather jackets, ponytails and poodle skirts, fast cars and rock'n'roll, *Grease* is back at Chanhassen Dinner Theatres! Experience the nostalgia of high school in the '50s – peer pressure, love, and teenage life set against the campy backdrop of Rydell High! Discover the drama, comedy, and pop-culture satire that has made *Grease* one of the most popular productions of all time! Don't forget the music, with songs like "Summer Nights," "We Go Together," "Greased Lightnin'," "Beauty School Dropout" and so many others, including the hits you love from the movie. Have fun as you groove and bop along!

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 FEBRUARY 14, 2025

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

All Menu's and exact times are subject to change



On August 21st, we took a day trip to the Chanhassen Dinner Theatres in MN and saw Beautiful! Day trips are a great opportunity to spend time with friends & make new ones. Stay tuned! We have more day trips coming up!



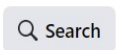
**Want to stay informed?
Connect with us on
Facebook!**

**Keep up with
activities,
announcements,
and upcoming events!!**



Shirley Doane Senior Center

337 likes • 370 followers



facebook



**October 2024 Elderly Nutrition Program & OCTOBER 23RD
SENIOR CENTER DINNER Menu subject to change
 ENP located at Tantara Apt's Mon through Fri.**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 Cornflake chicken, Roasted vegetable rice pilaf, Creamy cucumber salad, Tropical fruit	2 Roast beef, Mashed potatoes with brown gravy, Country blend vegetables, Dinner roll, Blueberry crisp	3 Barbecued spareribs, Baked beans, Spiral pasta salad, Fresh banana	4 Tuna salad sandwich on wheat, Lettuce leaf, Hearty vegetable soup, Peachy pudding
7 Open face hot turkey sandwich with gravy, Mashed potatoes, Turkey gravy, Broccoli, Fresh apple	8 Baked ham & pineapple, Scalloped potatoes, Pinto beans & bacon, Creamy frosted white cake	9 Old fashioned meatloaf, Baked potato, Sour cream, Creamy corn casserole, Apricots	10 Deluxe chicken pot pie, Herbed baby carrots, Dinner roll, Cherry cobbler	11 Breaded baked fish, Side winder fries, Colorful coleslaw, Frosted pumpkin bar
14 Pork chops with apples, Cheesy hash browns, Winter squash, Wheat bread, Sugar cookies	15 MEALSITES CLOSED FOR TRAINING	16 Barbecue glazed chicken, Au gratin potatoes, Whole kernel corn, Wheat bread, Watermelon	17 Ham & cheese on a bun, Bean with bacon soup, Crackers, Diced pears	18 Italian meat sauce, Spaghetti noodles, Spinach cranberry salad, Garlic bread sticks, Iced brownie
21 Salisbury steak, Gravy, Parslied potatoes, Stewed tomatoes, Wheat bread, Pineapple tidbits	22 Roast turkey, Mashed potatoes, Turkey gravy, Sliced carrots, Perfect peach cobbler	23 <u>SENIOR CENTER MEAL</u> BEEF STROGANOFF OVER NOODLES BREAD SALAD DESSERT	24 Sweet and sour chicken, Steamed rice, Broccoli cuts, Chilled pears	25 Breaded baked fish, Baked potato, Sour cream, Monte Carlo blend vegetables, Rice pudding with raisins
28 Breaded pork chop, Buttered new potatoes, Dilled carrots, Wheat bread, Grapes	29 Herb baked chicken, Oven roasted sweet potatoes, Spinach salad, Apple crisp	30 Baked spareribs, Sauerkraut, German potato salad, Perfect pinto beans, Pumpkin bread	31 Roast beef, Mashed potatoes, Brown gravy, Whole kernel corn, Cherry torte bar	