

November 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

NOTES FROM THE DIRECTOR

Thanksgiving is fastly approaching and many of us have Turkey Dinner on our minds, but this holiday month reminds us to be grateful! Many studies show multiple positive impacts of supporting the expression of gratitude and it goes without saying that November is definitely not the only month to express appreciation for what you are grateful for. If each of us were asked what we are grateful for, many of us would have similar replies. Our Senior Center is right up at the top of my list of reasons to be grateful. I try to be mindful to express my appreciation for everything that goes into having the Senior Center here in the Leisure Services building. Recently I spoke before the Menomonie City Council and expressed gratitude for the support and the venue they have bestowed on us. The city enables us to have the opportunity to have programs and activities here for seniors at all levels of the aging process. A big benefit is socialization which is crucial to opening the window for the cycle of gratitude to continue. So please join me in fostering this beneficial action and at the same time include the City Of Menomonie as a recipient of sincere thanks for what we have in our Senior Center. The city deserves our thanks and we can be grateful to each other for being here to appreciate each other and all the good things in our lives!

Have a Happy Thanksgiving!
Donna



- **Senior Center will be closed on Election Day**
Tuesday November 5th
- **Christmas Raffle 2024!!!!** Please buy your raffle tickets for a chance to win some beautiful handmaid treasures made by our Crafters! \$1 each or 6 for \$5
- **“Grease” Day Trip at The Chanhassen—Wednesday**
March 19th - third bus just added!
- **Thanksgiving Meal- Wednesday, November 20th @**
11:30am RSVP Please!

Thank You to our members that are new or have renewed their Membership in October 2024
**Denotes New Members—Welcome!*

2025

Pat Erickson
Kevin & Julie Hintzman*
Saskia Nichols*

2024

Charol Karnick
Kathy Hanson*
Paul Ebel
Jerry Anderson*
Marlys Ossman

Insert Pages

- ❖ *November Calendar & Menu*
- ❖ *Memorials & Donations*
- ❖ *Activities and Notices*
- ❖ *Thanksgiving Dinner*
- ❖ *Veteran’s Day At The Center*
- ❖ *White Christmas Pictures*
- ❖ *Grease at the Chanhassen*

Senior Center Closed for the Thanksgiving Holiday

Thursday & Friday,

Nov. 28th & 29th

HAPPY THANKSGIVING!

HAVE A WONDERFUL HOLIDAY!

VOLUNTEER OF THE MONTH

Kevin Tharp



Kevin is married to Tina Tharp, and as such is often called to duty volunteering for the various things she has going on. He calls it being “Voluntold” but really enjoys the opportunities it provides to interact with people.

Several Tuesdays each summer you will find him with his head in the popcorn machine making the “best popcorn in Menomonie” at the Ludington Guard Band performances. In his spare time, he is a Professor at UW-Stout where he teaches things related to Digital Marketing Technology (no, he can’t fix your computer). This has given him the opportunity to do research into Virtual Reality. His focus in Virtual Reality is on Virtual Cinematography where he combines movie making with Virtual Reality art creation.

You can view his videos on his YouTube channel at:

<https://www.youtube.com/@KevinVTharp> (check out the “Peace” or “VR Music Videos” playlist to see his best work).

Kevin enjoys most things outdoors and shares the hobbies of camping, biking and kayaking with Tina. Kevin also loves to fish, but he does this without her help. He has never been a goal-oriented person, but he currently has the goal of retiring in a few years.

We are so thankful for Kevin and all the help he has given us!!



Foot & Nail Clinic

*(EXPECT YOUR APPOINTMENT
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 Tuesday & Wednesday of every month.

November Dates:

Nov. 6, 7, 12, 13, 19, 20, 26, 27

Time: 8:30 – 11 a.m.

Place: Senior Center

Fee: \$20 per person

WED: Becky Czysz, RN, Foot Care Nurse

TUE: Ruth Potter, RN, Foot Care Nurse

Mickey Wolfe, Volunteer Assistant

Janet Spina, Volunteer Assistant

Lanna Laird, Volunteer Back-up Assistant

***Appointments are required
as time is limited.***

EXPLORING DEMENTIA CAREGIVING

If you are caring for someone with dementia, join us for helpful care strategies, resources and support.

**Next Meeting:
November 25, 2024
10:30 to Noon**

Where: The Shirley Doane Senior Center
Please RSVP @ 715-235-0954
For More Information Contact the ADRC
At 715-232-4006

CRAFTER'S COVE RAFFLE & NEWS!

The Christmas season is coming and our wonderfully "Crafty" Crafters have been sewing in the Crafter's Cove. The Crafter's Cove volunteers have made many items which are for sale for your shopping and gifting enjoyment and for our

Senior Center Christmas Raffle!

Some of the items now for sale are:

Beautiful Doll Clothes, Bed Quilts, Lap Quilts, Aprons, Gifts for Baby, Embroidered Dish Towels, Stuffed Toys, Tote Bags ... And many other items! Come In and Browse!



And don't forget to buy your Raffle Tickets!

Tickets are \$1/Each
or 6 for \$5.00

**Raffle Sales Open:
October 23rd
Drawing on
December 18th**



HAPPY NOVEMBER BIRTHDAYS!

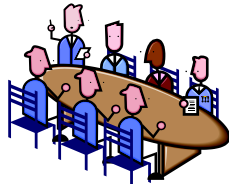
Yaja Mallory 01	Rundi Myklebust 10	Nancy Buss..... 17	Eileen Vold 27
Cynthia Scharf . 01	Marlys Nusberger.10	Margo Hecker...17	Thomas Corr ... 28
Tom Walsh 01	Rosalind Christianson 11	Josephine Hensley 17	Gerald Meyer ... 28
Phyllis Alf..... 02	David Cook..... 11	Marlys Ossman .17	Jan Pejsa 28
Charles Brostrom 02	Kimberly Cropp 11	Janice Fonk..... 18	Susan Miller..... 29
Frank Rivas..... 02	Kari Dahl..... 11	Annette Nelson 18	Don Sipple..... 29
Lavonne Solem 02	Lois Fisher 11	Sandy Schlemm 18	Kate Anderson. 30
Sue Vasey 02	Theresa Tiffany 11	John Mago 19	Rita Knaack 30
Mickey Beghun. 03	Delima Sorenson..12	Jane Sneesby 19	Judy Marquardt 30
Linda Meyer 03	Allen Wintrone 12	Jeanne Ellig 20	Margaret Melick 30
Scott Sebion..... 03	Marie Aakre..... 13	Sharon Thiede..20	Mary Turri..... 30
Jayette Giere.... 04	Mary Gale 13	Joan Cushing.....21	
Kim Kropp..... 04	Carolyn Stamper..13	Linda Young.....21	
Linda Vivoda 04	Joann Brinkman 14	Rose Jensen22	
Tiki Einum 05	Karen Graf..... 14	Marge Wellstein 22	
Judy Frank 05	Steve Jackson ... 14	Diane Werner ..22	
Loyd Donnelly 07	Barb Thomas.... 14	Nancy Rud.....23	
Shirley Scammell .07	Diane Engeldinger 15	Elaine Boardman. 24	
Linda Uetz..... 07	Joe Kettner 15	Robert Dotseth 24	
June Mueller 08	Marlys Lausted . 16	Lauren Lidgerding 24	
Roger Schaefer 08	Janeen Miland ... 16	Dona Hasse25	
Jane Slupe 08	Pat Simon 16	Sharon Giroux ..26	
Susan Foxwell .. 09	Diane Simon..... 16	Elinor Johnson ..26	
Shirley Browning..10	Alan Swenson... 16	Robert Deutsch 27	
Anita Klamm.... 10	Nancy Wilson... 16	Judy Jones.....27	



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

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



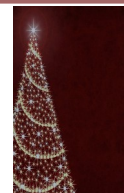
Senior Center Director: Donna Collins
 Assistant to Director: Nichole Manson
 Office Assistants: Jaden Czysz & Karen Snyder
 Day Services Staff: Sharon Zachow
 Fran Frank, Barb Welch, Carol Bergelin
 Webmaster: Joe Hagaman
 Board meetings are held the second
 Tuesday of each month at 8:30a.m.
 If you 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.

I M P O R T A N T !

LOOKING AHEAD...

Thanksgiving 2024 Meal
Wednesday November 20th
11:30 AM—Dine In Only
Limited Reservations

Christmas 2024 Meal
Wednesday December 18th
11:30 AM-Dine In Only
Limited Reservations



Save The Date!
Our House Senior Living
Breakfast @ Senior Center
December 4th!
RSVP Requested.

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 Sixth Street E
 Menomonie, WI 54751
 715-235-0954 seniors@wwt.net
 Web: memonomieseniorcenter.org

**SHIRLEY DOANE
 SENIOR CENTER**

November Newsletter

Electronic Service Requested

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

**SPECIAL MEMORIALS & DONATIONS GIVEN IN
OCTOBER 2024 TO THE SENIOR CENTER**



Thank you for your generosity!

Memorials:

Dan & Shari Homstad

IMO Jack Smith

Lori Hanson

MEAL SPONSORSHIP

IMO Jack Lampman

Julie Karnick

MEAL SPONSORSHIP

IMO Jack Lampman



Happy Veteran's Day

We thank our Veterans for their service to our country!

Veterans and Spouses are welcome to attend a

Salute Ceremony to Veterans

at Shirley Doane Senior Center

Monday, November 11th, 2024, 11:15 AM

Spouses Welcome—Refreshments Provided—Sign up Requested

Please see Insert Page!

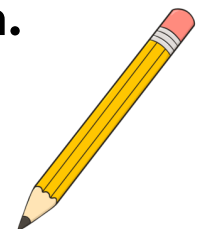
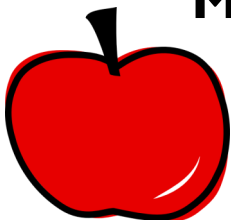
DUNN COUNTY AREA RETIRED EDUCATORS ASSOCIATION

MEETING: MONDAY NOV 11TH @ 12:00 NOON

Retired public school employees, preschool through university, are invited to attend the meeting at the Menomonie Moose Lodge, 12:00 noon.

Please call Jean at 715-505-8285

by Nov. 7th, 2024 to reserve.





The Center for Independent Living of Western Wisconsin is Offering FREE Blood Pressure & Sugar Screenings



The second Tuesday of every month! 10am—Noon



Upcoming Dates: November 12th & December 10th 2024



Comfortable, Loving Atmosphere



OUR ADULT DAY SERVICES (ADS) programs are welcoming new friends!

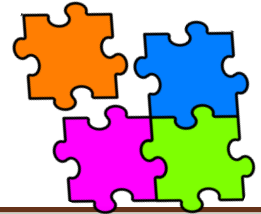
Serving adults of all ages needing caregiving.

We accept new people any day or days and any combination of hours during these 3 days a week.

ADULT DAY SERVICES (ADS) Wednesdays, Thursdays, & Fridays 10 am-2:30 pm

Interested in Volunteering? Contact us!

For more information call @715-235-0954 or email the senior center at seniors@wwt.net



FUN EXERCISE PROGRAMS AT THE SENIOR CENTER

Chair Yoga (\$3.00-members, \$5-non) Every Tue & Thu 8:30-9:15am

This excellent class teaches the benefits of yoga as we age.



Stronger Seniors (FREE) Tues & Thu, at 9:45 a.m. & 11:00 a.m. An excellent strength training program you don't want to miss! Registration Requested (LAST CLASS - Dec 19th until 2025)

Note: No Stronger Seniors November 26th & 28th

Tai Chi (Free) Every Monday, 9:00-11:00 a.m.

This excellent class teaches balance and other benefits of Tai Chi as we age.



Open Walking In Gym Every Monday, Wednesday & Friday Noon to 3:00 pm.

Enjoy taking your walks in a safe & comfortable environment! Everyone Welcome!



Joyful Noise Choir

SAVE THE DATE

Christmas Sing-A-Long

Tuesday, December 17th from 6-7pm

@ United Methodist Church



The Shirley Doane Senior Center will be closed for the day because of weather when the Menomonie Schools are closed **DUE TO BAD WEATHER.**



Most of the local TV and radio stations announce these school closings. Only WEAU lists the Senior Center Closing Online. No programs or activities are held at the Senior Center when schools are closed due to bad weather!



SENIOR CENTER IN-HOUSE THANKSGIVING MEAL



NOVEMBER 20TH

11:30AM-12:30PM

**Please RSVP by
November 15th**

**Come
have a
festive &
delicious
meal
with us!**



Menu:

Turkey

**Mashed Potatoes
& Gravy**

Green Bean Casserole

Salad

Rolls

Dessert

\$8/Ticket

Limited

Seating!!

**HAPPY
THANKSGIVING**

SHIRLEY DOANE

SENIOR CENTER

**Anonymous
personal
sponsorship**

Call 715-235-0954 to RSVP



VETERANS DAY HONOR CEREMONY

**SALUTE CEREMONY TO
VETERANS AND THEIR SPOUSES**

At the Shirley Doane Senior Center

Monday, November 11th, 2024 @ 11:15am

Presented by:

Greg Quinn,

Director of Dunn County Veteran's Services,

Nick Lange & John Miller,

American Legion Post 32,

and Larry Feiler,

American Legion Post 207.

REGISTRATION REQUESTED

**Please call or come in to the Senior Center
to register for this event.**

**1412 6th St E
Menomonie WI**

715-235-0954

**SHIRLEY DOANE
SENIOR CENTER**

WHITE CHRISTMAS Day Trip

October 9th, 2024



FUN FUN FUN!!!!





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

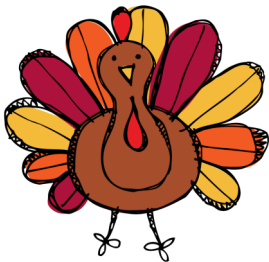


All Menu's and exact times are subject to change

There are now THREE busses going on this trip!

This means there is more room for reservations. Call 715-235-0954 if you are interested.

November 2024 Elderly Nutrition Program & **IN HOUSE THANKSGIVING SENIOR CENTER MEAL**

Menu subject to change ENP located at Tantara Apt's Mon through Fri.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 Crumb topped baked fish, Basil garlic potatoes, Broccoli, Fruit ambrosia salad
4 Beef stroganoff, Noodles, Seasoned peas, Fresh banana	5 Roast turkey, Mashed potatoes, Turkey gravy, Herbed baby carrots, Wheat bread, Applesauce	6 Shepard's pie, Stewed tomatoes, Bread pudding with raisins, Vanilla butter sauce	7 Baked fish fillet, Lemon butter sauce, Twice baked potatoes supreme, Broccoli cuts, Wheat bread, 24 hour fruit salad	8 Three bean chili with canned beans, Mixed green salad, Cornbread, Mixed berries
11 Open face hot turkey sandwich with gravy, Mashed potatoes, Turkey gravy, Broccoli, Fresh apple	12 Baked ham & pineapple, Scalloped potatoes, Pinto beans & bacon, Creamy frosted white cake	13 Old fashioned meatloaf, Baked potato, Sour cream, Creamy corn casserole, Apricots	14 Deluxe chicken pot pie, Herbed baby carrots, Dinner roll, Cherry cobbler	15 Breaded baked fish, Side winder fries, Colorful coleslaw, Frosted pumpkin bar
18 Pork chops with apples, Cheesy hash browns, Winter squash, Wheat bread, Sugar cookies	19 Beef pot roast with brown gravy, Mashed potatoes, Brown gravy, Carrots with parsley, Whole wheat rolls, Banana cake	20 SENIOR CENTER THANKSGIVING MEAL Join us for a classic Thanksgiving Lunch @ the Senior Center!	21 Ham & cheese on a bun, Bean with bacon soup, Crackers, Diced pears	22 Italian meat sauce, Spaghetti noodles, Spinach cranberry salad, Garlic bread sticks, Iced brownie
25 Salisbury steak, Gravy, Parslied potatoes, Stewed tomatoes, Wheat bread, Pineapple tidbits	26 THANKSGIVING MEAL: Roast turkey, Mashed potatoes w/ turkey gravy, Stuffing, Sliced carrots, Cranberry sauce, Pumpkin pie	27 Meat lasagna, Romaine and onion salad, Garlic bread, Mandarin oranges	28 SENIOR CENTER AND MEAL SITES CLOSED 	29 SENIOR CENTER AND MEAL SITES CLOSED