

April 2012

SHIRLEY DOANE



# SENIOR CENTER NEWSLETTER

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

## NOTE FROM THE DIRECTOR

Dear Friends...

*Have you ever wondered about the ebb and flow of how life works?*

Sometimes you're up, and sometimes you're down, and sometimes you've got a little of both going on at the same time.

In the last month here at the Center, we lost our LSS friends, and the D.C. Elderly Nutrition Program. And then we gained a new ADS program to bring our friends back to the Center...

It seems to me that the one thing in life that all of us can count on is change. *But what if we looked at these changes as opportunities, and then we focused all of these negative energies on finding our opportunities...just think of the possibilities.*

### April highlights added to our regular activities...

**Stronger Seniors** Mondays & Thursdays, 1:30-2:30 p.m. Free April Classes...Apr 2, 5, 9, 12, 16, 19, 23, 26, 30.

**Chair Yoga** Mon, Tue & Thur's, 8:30-9:15 a.m. \$2.50 ea. April Classes...Apr 3, 5, 9, 10, 12, 16, 17, 19, 23, 24, 26, 30. (no class on 2nd)

**ALH Free Lunch & Learn** Tue, April 3, 11:00 a.m. Post Operative Hip & Knee Rehab. Last chance to sign up.

**Senior Center's Easter Dinner** Wed, April 4, 11:45 a.m. Join us for a traditional family Easter dinner. Menu: Ham, Cheesy Potatoes, Vegetable, Salad, Dessert

**Spaghetti Feed at Senior Center** Thu, Apr 19, 4:30-6:30 p.m. April Fundraiser Menu: Authentic homemade Spaghetti & Meatballs, Garlic Bread, Salad and Dessert. Come and bring your family and friends and enjoy good food and fellowship. \$7 adults, \$6 S.C. members, \$3 child (<12)

**Life Story Exploration** Tue, April 17, 9:30-10:15 a.m. A Stout student is looking for 5-8 people to help with testing a new product to record your life stories.

*Wherever we are, it is but a stage on the way to somewhere else, and whatever we do, however well we do it, it is only a preparation to do something else that shall be different.*

- Robert Lewis Stevenson

*Until we meet again, Happy Easter!*  
Shari



Thank You...to our members who have renewed their Membership in **March 2012**

Pat Bade  
Mary & Tom Budd  
Barb &  
Hank Burdick  
Dorothy Carswell  
Vernon Degneau  
Doris Drinkman  
Carol Egan  
Tiki Einum  
Arlene & Dave Harvey  
Don & Nancy Heifner  
Georgette Hovind  
Dorothy Carswell  
Jean Keck  
Jim Knutson  
Pauline Knutson  
Gene & Gloria Kraemer  
Yvonne & Bill Kuesel  
Velma Lindow

Margaret Lowry  
Barb &  
Hank Luther  
Donna &  
Norman Mrdutt  
Debra Ostgard  
Agnes Patterson  
Diane Piontek  
Mary &  
Roger Schaefer  
Jane Schutz  
Diane Stehr  
Margie Straus  
Dick Toycen  
Jay & Linda Wagner  
Earlene Way  
Marie Wintgens  
Karen Wisemiller  
Rosemary Zachow

American Legion Annual Birthday Dinner at Senior Center March 20

### A great time was had by everyone...

Great food and fellowship was had by everyone at the American Legion's annual birthday dinner.

If you know of a group that would like to have the Shirley Doane Senior Center cater your event, please give us a call for details at 715-235-0954 and ask for Shari



## Insert Pages

- ❖ April Menu & Calendar
- ❖ ADS Opening / Fundraisers Insert
- ❖ 2012 Tour Schedule / Blood Sugar
- ❖ Spaghetti Feed / Donations Insert
- ❖ Dunn County ENP Insert
- ❖ Stronger Seniors-New Time Insert

## Personal Perspective



Article written by: Rachael O'Mera

One important characteristic I hope I have learned in my life is to be grateful. Gratitude is something that needs reviving in the present culture. It is so easy to focus on what one does not have and miss what one does have.

Many years ago I had a lesson in gratitude when two of my sisters contracted polio. My older sister had to use braces and crutches...I had my legs and could do things she could not. I have not taken mobility for granted since then.

All around me I note individuals who have less than I have and it causes me to consider myself very fortunate. I wonder sometimes if it would be helpful to simply sit down and begin to reiterate what I have that would stir gratitude within me. My list would start with three essentials: a roof over my head, clothes to wear, and food to eat. Already I am blessed. Now I move on to health...I was able to get up this morning, check in the mirror to get my laugh for the day, able to maneuver quite well and face a new day to enjoy some opportunities. (I do have a few aches and pains but in view of the above, no gripes.) I can still drive and be independent, I am able to hold a job and actually, my mind is still in fair working order! My list could continue but you have the gist of what I want to convey.

To you who might have stumbled on to this article, let me suggest if you need some uplift, some cheer in your day, why not come to the Center and take opportunity of some of the programs. I promise you, we will pamper you a bit, provide you with friends and give you a taste of just how valuable you are!

I want you to know we are grateful for you, and possibly when you make your "Grateful List," the Senior Center will appear on it as well. It won't hurt to give us a try.



### Senior Center's Easter Dinner

Wednesday, April 13, 11:45 a.m.

Menu to include: **\$4 members**  
**\$5 non-members**

Ham

Cheesy Potatoes

Vegetable

Salad

Dessert

Come and enjoy  
the food, music  
and fellowship.

### 'Life Story Exploration' Tue, April 17, 9:30-10:15 a.m.

Clay Reimer, a Stout student senior, is looking for 5-8 people to participate in the testing of a new product he is creating to be used to help people share their stories and knowledge to pass on to family members. It seems only natural to listen and to learn from our elders. My product will help you do this. On April 17, I'm looking for 5-8 people who will give me input on my solution. Hope to see you there. Questions 715-505-4842

### Healthy Snacks Ideas for Seniors

Two Thursdays, April 5 & 12, 3-3:45 p.m.



This presentation will include ideas about fun and tasty ways to incorporate healthy snacks into an everyday diet. The importance of drinking more water, including add-in ideas for water to make it easier to drink. Healthy snack ideas and recipes will be handed out.

Healthy snacks and flavored water samples will be included for those who attend.

Sponsored by: UW Stout Dietetic Students



### Foot & Nail Clinic

Please call the Senior Center for an appointment at 235-0954. The Foot Clinic will be held the 1st 2nd and 3rd Wednesday of this month.

Next Dates: Apr 4, 11, 18, 2012 Time: 8:30 - 11 a.m.  
Place: Senior Center Fee: \$10 per person

Arby Brown, LPN, Muriel Wolf, Volunteer foot care assistant.  
Ruth Potter, RN, Backup Nurse

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



### Alzheimer's Support Group

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

at the

Shirley Doane Senior Center  
Next support group meeting April 18,  
2012 questions call Jo Gust at 232-4006

**Senior Nutrition Meal**  
**Site Only** at the Shirley  
Doane Senior Center  
**Closed March 30, 2012**

**Call Bobbette**  
**with questions/concerns at**  
**715-232-4006**

# April 2012 Community Events...

April 3...**FREE BLOOD PRESSURE/BLOODSUGARS CLINICS BY ALH @ Shirley Doane Senior Center-9-10:30AM**

April 2, 9, 16, 23, 30...**CERAMICS @ Shirley Doane Senior Center-Mondays, 10:00 a.m.-2:30 p.m.**

April 2,5, 9, 12, 16, 19, 23, 26, 30...**STRONGER SENIORS @ Shirley Doane Senior Center- 1:30-2:30 p.m., FREE**

April 3...**ALH LUNCH & LEARN @ Shirley Doane Senior Center - 11 a.m.-12:30 p.m. FREE Must Reserve 235-0954**

April 3, 10, 17, 24...**EUCHRE@ Shirley Doane Senior Center-1PM**

April 3, 10, 17, 24...**CRAFTS @ Shirley Doane Senior Center - Tuesdays, 8:30 a.m-2:00 p.m.**

April 5, 9, 10, 12, 16, 17, 19, 23, 24, 26, 30...**CHAIR YOGA @ Shirley Doane Senior Center- 8:30-9:15 a.m., \$2.50 per time-members, \$5 per time-non-members, (NEW-MONDAYS)**

April 4...**SENIOR CENTER'S EASTER DINNER & BINGO — Wednesday, 11:45 a.m.**

April 4, 11, 18...**FOOT AND NAIL CLINIC @ Shirley Doane Senior Center - 8:30 a.m. Fee: \$10.00, Appointments required 235-0954.**

April 4, 11, 18, 25...**SENIOR CENTER'S WEDNESDAY COMMUNITY FRIENDSHIP DINNER & BINGO — Every Wed. 11:45 a.m.-1:30 p.m. cost: \$4 members, \$5 non-members. Bingo 25 cents. This is our weekly Community Friendship Dinner, all homemade food made by volunteers right here at the Center. Call 235-0954 with questions. No reservations needed.**

April 5, 12...**HEALTHY SNACKS PRESENTATION @ Shirley Doane Senior Center —3-4PM**

April 6...**SENIOR CENTER CLOSED FOR GOOD FRIDAY**

April 9...**CVLR COOKING WITH JENNY @ Shirley Doane Senior Center —1:30-3PM**

April 11...**JANE LARSEN'S HOMEMAKERS GROUP @ Shirley Doane Senior Center - 10:00-11:30 a.m.**

April 13, 20...**CVLR MILLENNIAL GENERATION @ Shirley Doane Senior Center \*10-12pm**

April 18...**BETTY BEGUHN'S HOMEMAKERS GROUP @ Shirley Doane Senior Center - 12:45 a.m.**

April 18...**LADY BUGS @ Shirley Doane Senior Center —8:30**

April 18...**ALZHEIMER'S SUPPORT GROUP @ Shirley Doane Senior Center —10:00-11:30 a.m. (3rd Wednesday of every month)**

April 19...**SPAGHETTI FEED FUNDRAISER @ Shirley Doane Senior Center—4:30-6:30p. m. \$7 adults, \$6 Senior Center members, \$3 children under 12—Everyone of all ages welcome!**



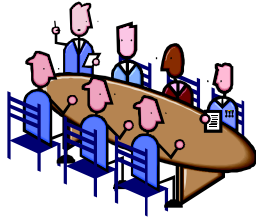
## HAPPY APRIL BIRTHDAYS!

Jim Douglas ..... 1	Ruby Miller ..... 9	Archie Abbott..... 19	Joan Sinz.....25
April Chryst..... 1	Dallas Chryst ..... 9	Joann Deml..... 19	Helen Salow .....26
Elmer Peterson..... 1	Gordon Galoff..... 9	Doris Wold..... 19	Chris Karis .....26
Wes Johnson ..... 2	Raymond Samuel..... 9	Flo Perri..... 21	David McDonough...26
Rita Whitted ..... 2	George Jimos..... 11	Bev Spinti..... 21	Rebecca Chamberlin26
Pinckney Hall ..... 3	Ken Batchelder..... 11	Juleen Tiller ..... 22	Charlotte Lee .....26
Dorothy Carswell ..... 4	Susan Hall ..... 12	Valerene Johnson..... 22	Darlene Britton.....27
Rebecca Rogers ..... 4	Adeline Cummings.. 12	Barbara Wood..... 23	Pieter Edens .....27
Margaret Chastan..... 5	Maxine Frey ..... 13	Gen Murphy..... 23	Marion Heitkamp.....28
Ruth Potter ..... 5	Ann Abbott..... 13	Donna Boerner ..... 24	Lorraine Olson .....29
Carolyn Sullivan..... 5	Fran Lucking..... 13	Eldon Larson ..... 24	Pat Erickson.....29
Carolyn Hemming..... 6	Laurane Wendt..... 13	Hazel Engeldinger ... 24	Vernon Caturia .....30
Annette Taylor ..... 6	Nancy Diller ..... 15	Debbie Fisher ..... 24	Jeanne Kruger.....30
Virgil Robinson..... 7	Lee Brokaski..... 16	Rosemary Jacobson. 24	Ruth Morey .....31
Shady Szalai..... 7	Mel Sundby ..... 16	Gerry Leff..... 25	
Elda Marvin..... 8	Diane Piontek..... 17	Richyne Meyer ..... 25	
Flo Dana..... 8	Kathy Jenson..... 18	Florence Schwingle. 25	

## Shirley Doane Senior Center 2012 Board of Directors

**Board President:** Steve Wood  
**Board Vice President:** Mike Brandt  
**Board Secretary:** Mary Budd  
**Backup Secretary:** Nancy Weber  
**Memorial Fund Treasurer:** Katie Harrington

Deb Haugrose  
Julie Stratton  
Mary Turri  
Jacq Collins  
Lorraine Manor  
Carmen Podoll  
Ruth Potter



**Senior Center Director:** Shari Homstad  
**Admin Assistant/Accountant:** Kathy Stewart  
**Office Assistant/Server:** Rachael O'Mera  
**Kitchen Prep/Library Assist:** Georgia Nord  
**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](http://menomonieseniorcenter.org)  
**Email address:** [seniors@wwt.net](mailto:seniors@wwt.net)  
**Phone:** 715.235.0954 **Fax:** 715.235.1346

ANNOUNCEMENTS

### EASTER DINNER @ SENIOR CENTER

**Wednesday, April 4, 2012 11:45 a.m.**  
*Menu: Ham Dinner*

### SPAGHETTI FEED FUNDRAISER

**Tuesday, April 19, 2012 4:30-6:30 p.m.**  
*Menu: Homemade Italian Spaghetti and Meatballs, Salad, Garlic Bread, Dessert & Coffee*

### SENIOR CENTER CLOSED

**Friday, April 6, 2012**  
**Good Friday Holiday – NO BINGO**

### ALH FREE LUNCH & LEARN

**Tuesday, April 3, 2012 11 a.m.-12:30 p.m.**  
**Post Operative Hip & Knee Rehab**  
*Call 715-235-0954 to Reserve*

## 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.*

## April Newsletter

Return Service Requested

Non-Profit Org.

U.S. Postage Paid

Menomonie, WI 54751

Permit No. 345

## SHIRLEY DOANE SENIOR CENTER

1412 6th Street East  
Menomonie, WI 54751  
715-235-0954 [seniors@wwt.net](mailto:seniors@wwt.net)  
Web: [menomonieseniorcenter.org](http://menomonieseniorcenter.org)



# ANNOUNCEMENT!!

## SENIOR CENTER A.D.S. PROGRAM OPENING IN APRIL...



Diane Piontek  
Program Manager

It is with great joy to announce that the Menomonie Area Senior Center dba Shirley Doane Senior Center will officially be opening an Adult Day Services (ADS) program on April 4, 2012.

We've hired Diane Piontek as our Program Manager. Diane was born and lived in Green Bay for 29 years before moving to the Menomonie area. She's married to Steve, has two children, Jesse and Nicole, one grandson, Alex, and one more that's due in July. Diane has worked for

Lutheran Social Services for seven years with the program that's been right here in the Senior Center. Diane previously worked ten years at Oakwood Villa Nursing Home in Altoona as a Certified Nursing Assistant. Diane's interests are camping, sewing, crafts, gardening and grandchildren.

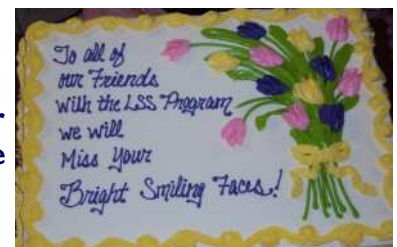
Please help us to welcome Diane Piontek. We feel very fortunate to have hired her!

Our ADS program will be open Wednesday, Thursday and Fridays from 10 a.m.-2:30 p.m. and several of our friends will be coming back to the Senior Center.

For the most part, you won't even notice any changes...but to our dear friends that had to leave the Senior Center on March 16, you, the Senior Center, has given them the opportunity to come back to the place and the people where they have had so much joy!

### LSS & Senior Center friends enjoyed a Celebration Party at the Shirley Doane Senior Center in March.

Lutheran Social Services has been a great group of people to work with, and we will especially miss Becky Berg who has been the 'heart' of LSS's adult day services program here at the Senior Center for many years. We love you Becky, and we wish you all the best life has to offer!



**SPECIAL DONATIONS &  
MEMORIALS GIVEN TO  
THE SENIOR CENTER  
IN MARCH 2012**

**Thank you for  
your overwhelming  
generosity!**



*Memorial Donations Received:*

*Steve & Barb Wood*

**Memorial gift in memory of  
Tom Larsen.**

*Barb Williams*

**Memorial gift in memory of  
Travis Williams.**

*Margie Stauss*

**Memorial gift in memory of  
Bea Batchelder.**

*As of March 27, 2012 ~ Donations  
Received Toward Matching Funds:*

*\$1,165 You did it, it's matched!!*

*Anonymous*

*Tom & Mary Budd*

*Yvonne Burton*

*Jacq & Lyn Collins*

*Tiki Finum*

*Jim & Katie Harrington*

*Jean Keck*

*William Kuesel*

*Lanna Laird*

*Margaret Lowry*

**Thank you so much ~ the total with the matched dollars is \$2,165**

**Senior Center Receives Grant  
from Dunn Energy Cooperative**



The Senior Center applied for and received a special grant in March through Dunn Energy Cooperative's 'Operation Round Up'

The grant was given to the Center to purchase more batting and materials to make the Senior Center's famous quilts. Thank you Dunn Energy Cooperative!

**Walk With Ease**

Arthritis Foundation Class Offered  
Take Control, One Step at a Time

Are you looking to walk more this summer? Do you want relief from arthritis pain or just want to be more active? **Starting May 1, 2:30-3:30pm**, the Dunn County ADRC in Partnership with the Shirley Doane Senior Center will offer the Arthritis Foundation *Walk With Ease* class which will teach participants how to safely make physical activity part of their everyday life. The evidence-based program is designed for people with or without arthritis – young and old, male and female, fit and not-so-fit. Based on research and tested programs in exercise science, behavior change and arthritis management, *Walk With Ease* is shown to:

- Increase balance, strength, & walking pace
- Reduce pain and discomfort of arthritis
- Improve overall health and build confidence to be physically active

The *Walk With Ease* Program will be led by Certified *Walk With Ease* Leaders Bobbette Tunnyhill and Lori Turcotte. **First class will be held at the Government Center in Menomonee at 800 Wilson Ave room 122/124. Classes will meet every Tuesday and Friday from 2:30pm – 3:30pm for 6 weeks.** The class is offered for free and includes incentives, *Walk With Ease* book and a party at the end of the six weeks. Attend 10 out of 12 classes and receive a free drawstring bag. For more information or to register before Friday, April 27<sup>th</sup>, please contact Dunn County ADRC at (715) 232-4006.



# SHIRLEY DOANE SENIOR CENTER

1412 Sixth Street • Menomonie • 715.235.0954  
All profits go towards the Senior Center of Menomonie.

## PRESENTS: 2012 DAY TOURS

**MN Centennial  
Showboat Cruise  
'Mark Twain's  
Mississippi'**

**\$70**

**Friday, May 18, 2012  
9:00 a.m. - 6:30p.m.**

The Minnesota Centennial Showboat Cruise located at Harriet Island in St. Paul, *features 'Mark Twain's Mississippi'* a new musical based on Mark Twain's book, "Life on the Mississippi." *Lunch is included* (chicken breast, garlic potatoes, vegetable, mixed greens, dinner roll, assorted bars, cookies and coffee.



**Turtle Lake  
Casino Runs**

**Free**

**Mon June 11 & Mon, Sep 10, 2012  
12:30 - 7 p.m.**

Depart from and return to the Menomonie Senior Center. You're on your own until boarding the bus for the return trip. *\$5 will be given to each passenger when you arrive at the casino.*



**Old Log  
Theatre 'The  
Fox on the  
Fairway'**

**\$65**

**Thursday, July 26, 2012  
9:30 a.m. - 6p.m.**

*"The Fox on the Fairway"* an hilarious romp of rival country Clubs. *Lunch is included. (specify choice of entrée at booking)* Chicken Breast, Pork Chop, Walleye Pike, Beef Stroganoff or Vegetarian lasagna. All entrées include mixed green salad, cheesy garlic scalloped potatoes, veggies, buns, apple crisp, coffee, tea or milk.



**Minnesota State  
Fair**

**\$33**

**Monday, August 27, 2012  
7:30 a.m. - 4:30p.m.**

Again this year, we'll board the Motorcoach at the Menomonie Senior Center and head out to the Minnesota State Fair. This is always a fun day for the hearty souls who love the excitement, attractions and of course, the wonderful food vendors at the Great Minnesota Get-Together! The motor coach will be parked within the Fairgrounds for your convenience.



**Mid-Continent 1st  
Class Train Ride &  
Amish Shopping Tour**

**\$65**

**Friday, October 12, 2012  
8am-6:30pm (Maximum 40 passengers)**

Located in North Freedom, WI, *this 55 minute train ride includes four courses of appetizers, both hot, cold and sweet, also included is soda, beer & wine. We will take some time on our own in Tomah on our return trip to browse the Amish shops, or rest in the "Burnstad's Restaurant & Pub" There are many Amish shops within a 3 block area. (train space limited to 40)*



**Christmas tour is still  
being planned...**

**To be announced soon!**



**\*All Tours Include Senior Center Director**

**\*Snacks are always included on the Shirley Doane Senior Center tour buses.**

# What Is The Normal Range For Blood Sugar Levels, And What Blood Sugar Level Constitutes A True Emergency?

Edward S. Horton, M.D.

Section Head, Clinical Research at Joslin Diabetes Center; Professor of Medicine, Harvard Medical School

August 14, 2008

**Question:** What is the normal range for blood sugar levels, and what blood sugar level constitutes a true emergency?

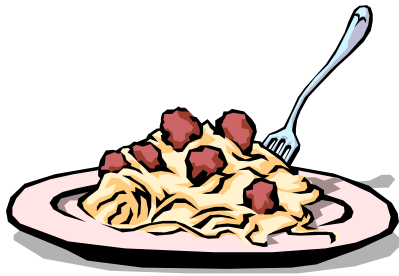
**Answer:** Now, in a normal individual we measure blood sugar under different circumstances. What we call fasting blood sugar or blood glucose levels is usually done six to eight hours after the last meal. So it's most commonly done before breakfast in the morning; and the normal range there is 70 to 100 milligrams per deciliter.

Now when you eat a meal, blood sugar generally rises and in a normal individual it usually does not get above a 135 to 140 milligrams per deciliter. So there is a fairly narrow range of blood sugar throughout the entire day.



Now in our diabetic patients we see both low blood sugar levels that we call hypoglycemia, or elevated blood sugars, hyperglycemia. Now, if the blood sugar drops below about 60 or 65 milligrams per deciliter, people will generally get symptoms, which are some shakiness, feeling of hunger, maybe a little racing of the heart and they will usually be trenchant or if they eat something, it goes away right away. But if blood sugar drops below 50 and can get down as low as 40 or 30 or even 20, then there is a progressive loss of mental function and eventually unconsciousness and seizures. And of course that is very dangerous and a medical emergency.

On the other side, if blood sugar gets up above 180 to 200, then it exceeds the capacity of the kidneys to reabsorb the glucose and we begin to spill glucose into the urine. And if it gets way up high, up in the 400s or even 500s, it can be associated with some alteration in mental function. And in this situation, if it persists for a long time, we can actually see mental changes as well. So either too low or very exceedingly high can cause changes in mental function.



**SHIRLEY DOANE  
SENIOR CENTER**

1412 Sixth Street • Menomonie • 715.235.0954

All profits go towards the Senior Center Programs

**Everyone  
of ALL AGES  
Welcome**

**SPAGHETTI FEED  
Thur, April 19, 2012  
4:30-6:30 P.M.**

A Shirley Doane Senior Center's  
Annual Fundraising Event

*Come and Enjoy!*

Menu Includes:

**HOMEMADE SPAGHETTI & MEATBALLS,  
SALAD, GARLIC BREAD, DESSERT AND COFFEE**

**Bring your  
family  
&  
friends!**

**Tickets**

\$7 Adults

\$6 Senior Center Members

\$3 Children (under 12)

**Everyone  
of ALL AGES  
Welcome**





1412 Sixth Street Menomonie WI 54751 715.235.0954  
 Website: [menomonieseniorcenter.org](http://menomonieseniorcenter.org)

## 2012 FUNDRAISER EVENTS

MONTH	EVENT	DATE	TIME
JANUARY	American Legion Annual Din.	Tuesday, January 17, 2012	12:00 PM
FEBRUARY	None		
MARCH	American Legion Birthday Din.	Tuesday, March 20, 2012	12:00 PM
APRIL	Spaghetti Feed	Thursday, April 19, 2012	4:30-6:30 PM
MAY	Rotary Dinner <i>(tentative date)</i>	Wednesday, May 30, 2012	12-2 PM
JUNE	ALH Lunch & Learn	Tuesday, June 05, 2012	
	Strawberry Fest	Thursday, June 28, 2012	4:30-6:30 PM
JULY	Bingo In The Park	Wednesday, July 04, 2012	12-3:30 PM
	Picnic In The Park	Wednesday, July 18, 2012	11:30-2 PM
JUN 7-AUG 2	Popcorn In The Park (Wilson Pk)	June 5-August 7, 2012	7-9 PM
AUGUST	No Fundraiser		
SEPTEMBER	United Way Drive		
	ALH Lunch & Learn	Tuesday, September 25, 2012	
OCTOBER	United Way Drive		
NOVEMBER	Thanksgiving Dinner	Wed, November 14, 2012	11:45 AM
	Pie Sale-Pre-Thanksg	Wed, November 21, 2012	8:00 AM
DECEMBER	Donut & Bake Sale	Thurs, December 6, 2012	9-11 AM
	Christmas Dinner & Raffle	Wed, December 12, 2012	11:45 AM

Senior Dining



## Meal Site Temporary Closing

The Elderly Nutrition Program will be temporarily closing operations at the Shirley Doane Senior Center due to low number of meals being served during congregate dining. Our last day at the Senior Center is Friday, March 30<sup>th</sup>. We regret any inconvenience this may cause anyone and we would value any ideas, comments or criticism you have about the change.

There are still two options in Menomonie for senior dining. Tantara apartments have a beautiful dining room and lots of seating. Please join us there anytime. Call ahead to reserve your meal at 715-556-0266.

The Hosford Rich Apartments is always a fun meal site to visit. The participants and volunteers are warm and welcoming. Please call ahead to reserve your meal at 715-235-4047 or 715-232-4006.

If transportation is an issue for you to get to a different location please call the Aging and Disability Resource Center and ask for the transportation coordinator. 715-232-4006

Bobbette Tunnyhill

Nutrition Program Coordinator



**Aging & Disability  
Resource Center of Dunn County  
808 Main Street P.O. Box 470  
Menomonie, WI 54751  
715-232-4006**

**APRIL 2012      Wednesday Senior Center Dinners & Special Fundraisers**

Menu subject to change

MONDAY	TUESDAY	<i>WEDNESDAY'S SENIOR CENTER Friendship Dinners 11:45 a.m.</i>	THURSDAY	FRIDAY
2	3 <i>Election Day</i>  <i>Lunch &amp; Learn 11 a.m. FREE</i>  <i>Call Center at 235-0954 to reserve.</i>	4 ↓ <b>EASTER DINNER</b>  Ham Cheesy Potatoes Vegetable Salad Dessert	5	6 <u>Good Friday</u>
9	10	11  Meatloaf Mashed Potatoes Gravy Vegetable Salad Dessert	12	13
16	17	18  Hot Dishes Bean Soup Vegetable Salad Dessert	19  <i>Senior Center's Spaghetti Feed</i>  <i>4:30-6:30pm</i>	20
23	24	25 Sauer Kraut & Spaetzle Hot Dish Vegetable Salad Dessert	26	27
30				