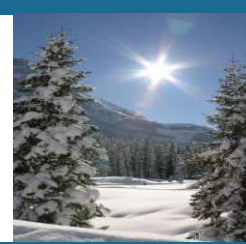


February 2012

SHIRLEY DOANE



SENIOR CENTER NEWSLETTER

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

NOTE FROM THE DIRECTOR

Thank You...to our members that have **278 MEMBERS YTD** renewed their Membership in **January 2012**

Dear Friends...

You know, as your Senior Center continues to grow, **from 195 members in 2006, to 450 in 2010, to 550 in 2011**, the programs and activities have also had to grow accordingly.

When we mentioned in the January Newsletter that the Senior Center Board of Directors voted to make some adjustments and put Rachael O'Mera on its payroll, **without being asked, you started sending in \$5, \$10, \$15 extra with your 2012 memberships marked 'donation'**.

The generosity and determination that you continue to show to keep your Senior Center an active and vital part of this Menomonie Community is overwhelming.

It reminds me of the dishwasher need a couple of years ago, you did the very same thing...and in the end, the need was met with \$20 to spare.

Thank you so much for continuing to show your support in the direction that your Senior Center is going...it seems to take 'a whole community' to get things done. Bless you!

Monthly highlights returns in March...

The impersonal hand of government can never replace the helping hand of a neighbor.

- Hubert H. Humphrey

Until we meet again,

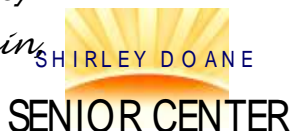
Shari

Ann & Archie Abbott
Donna Albrecht
William Anacker
Dorothy Baker
Geri Bates
Cindy & Steve Bates
Esther & Cyril Bauer
Shelby Bauer
Betty Beguhn
Della Bendtsen
Ed Berry
Phyllis Bjork
Ed Blomgren
June Bradford
Eileen Brantner
Edna Brierley
Margaret Breisch

Jo Ellen Broetzmann
Tim Broetzmann
Charles Brostrom
Margaret Brostrom
Loretta Burns
Eldon & Joan Burstad
Norma Canfield
Carl Casper
Dixie Chermack
Gale Chermack
Bonnie Christianson
Calvin Christianson
H R Cole
Irene Cotts
Audrey Cropp
Jane Culbert
Dorothy Dale
John Dale
Art & Flo Dana
Chuck Debee
Helenmae Debee
Jim & Susie Douglas
Marlene Edens
Allamae Edwards
Francis & Violet Eiseth
Alice Evenson
David & Janet Fassino
Velma Feyen
Jackie & Lyle Finder
Trudy Forester
Betty Frank
Glenn & Judy Frank
Muriel Frank
Doris Ford
Galen & Pat Fox
Marilyn Fruit
Bo & Orval Gabriel
Virginia Gierke
Janet Gifford
Erminia Gilbert
Bob Guptil
Jim & Katie Harrington
Beverly Halverson
Marlene Hayes
Judy Head
OK Hedlund
Roberta Hedlund
Eva Heintz
Kenneth Heintz
Ron Hemmy
Sharon Hemmy
Ruth J Hendrickson
Jerry Hillman
Don & Hazel Hintzman
Barbara Herman
Don & Rayola Herman

Phyllis Holt
Marge Holter
Dan & Shari Homstad
Marie Howe
Marlene Huley
Vada Husby
George & Marlys Jimos
Sandy & Wayne Johnson
Valerene Johnson
Kay Kelly
Bunny Kinney
Shirley Kistner
Jane & Scott Kingzett
Anita & Jack Kothlow
Dennis Kropp
Mark Larchez
Jane Larsen
Gene Larson
Jan Larson
Jerry & Marlys Laustad
Charlotte & Howard Lee
Gerry & Jeanne Leff
Janet Lemke
Gerald Lentz
Lauren Lidgerding
Mary Ellen Lidgerding
Diane & Robert Long
BJ & Forrest Lovett
Caroyl May
Ruth Morey
Joyce Marine
James McSweeney
LaWanna McSweeney
Ruby Miller
Margaret & Ron Melick
Grace Mertes
Betty & Ed Meyers
Penelope Michler
Betty & Maynard Moe
Betty Moldenhauer
Bill & Elinor Morlock
Barb Mousel
Gen Murphy
Sheri & Wayne Nero
Laurene Noble
Sharon Nordstrom
Dorothy Norton
Judy Ockler
Gerald Olson
Phlayne Olson
Naida Olson
Anna Pesek
Ruth Pickerign
Ruth & Bob Potter
Carmen Podoll
Lois Prochnow

Vivian Puddicombe
Beverly Ray
Mary Richards
Elizabeth Robinson
Rebecca Rogers
Bobbie Romanzak
Dick & Pam Rueckl
Art & Shirley Scammell
Betty Schlough
Barb & Tom Schmelzle
Ruth Ann Schoenoff
Virginia Schober
Helene & Bill Schoch
Reinhardt Schoening
Trudy Schoening
Doris Schrantz
Ed & Marlene Sabelko
Lorelei Sharbono
Harriet Shervey
Terri Siebold
Joan & Larry Sinz
Don & Dorothy Skillings
Helen & Lee Smalley
Clyde Smith
Avis Smithback
Delima Sorenson
Helen Speidel
Brenda Steinberger
Ocille Steinmeyer
Dorothy Stratton
Julie & Dennis Stratton
Robert Stratton
Brenda Swannack
Alan & Faye Swenson
Jerri Theide
Susan Thurin
Twila Tiller
Millie Timm
Mary Turri
Betty Utpadel
Yvonne Vaughn
Gladys Waller
Linda & Tom Walsh
Ted Wiehe
Emma Wiehe
Roger & Arlene Wieman
Velma Wilbur
Barb Williams
Karen Williams
Lucille Whittier
Dan & Nancy Weber
Doris Wold
Mickey Wolfe
David Wynveen
Rosalind Wynveen
Bill & Julie Zinsli





The American Legion Holiday Dinner took place at the Senior Center in January.



Archie Abbott cooked Saur Kraut & Spaetzle here at the Senior Center in December. It was delicious Archie!

His partners in crime were Bruce Schmiling, Chuck Debee, and Betty Beguhn...it was truly a skit right out of the 3 Stooges!!

EUCHRE GROUP INTEREST

We are looking for interest to start a new Euchre group here at the Senior Center every Tuesday at 12:45 p.m.

If interested please call 235-0954 to be put on the schedule. With enough interest this group will start in March.



Thank You CVLR...

In December 2011, Chippewa Valley Learning in Retirement gave a generous donation of \$500 to the Shirley Doane Senior Center. The partnership and the office we share here at the Center is truly a two-fold blessing.

The three stooges...or was it four?



Betty Beguhn

Celebrated her birthday with the 500 card group in January. Happy Birthday Betty!



Happy Birthday
Dear Betty!



Alzheimer's Support Group

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

at the
Shirley Doane Senior Center
Next support group meeting February 15, 2012 questions call Jo Gust at 231-2713.

IF INTERESTED IN VOLUNTEERING, PLEASE CALL THE SENIOR CENTER

AT 235-0954

THANK YOU!



Quote of the month...

I nod to a passing stranger, and the stranger nods back, and two human beings go off, feeling a little less anonymous.

- Robert Brault



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: Feb 1, 8, 15, 2012 Time: 8:30-11:00 a.m.
Place: Senior Center Fee: \$10 per person

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

Appointments are required as time is limited.

Archie's Beginners Bridge Classes

By Appointment Only... Call 235-0954

Wednesdays Prayer Blessing:

We've been asked to share this blessing in the Newsletter so you can remember it on Wednesdays at the Community Friendship Dinner.



We thank thee Father for this food, and all thy blessings for our good, help us to truly grateful be, and always bring our thanks to thee. Amen.

February 2012 Community Events...

February 1, 8, 15...**FOOT AND NAIL CLINIC @ Shirley Doane Senior Center** - 8:30 a.m. Fee: \$10.00, *Appointments required 235-0954.*

February 1, 8, 15, 22, 29...**SING-A-LONG @ Shirley Doane Senior Center** — Every Wed. 10:15-11:45 a.m.

February 1, 8, 15, 22, 29...**SENIOR CENTER WEDNESDAY LUNCHESES & 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.

February 2, 6, 9, 13, 16, 20, 23, 27...**STRONGER SENIORS EXERCISE @ Shirley Doane Senior Center** - 1 p.m. *Every Monday and Thursday.*

February 3,10,17,24...**FRIDAY BINGO @ Shirley Doane Senior Center**-1pm

February 3,10,17,24...**Basic Computer Classes @ Shirley Doane Senior Center** - 9:30-11 a.m. **(Free) RSVP required.** Call 235-0954 to reserve your spot, only 10 computers available. Sponsored by the Menomonie Public Library.

February 6, 13, 20, 27...**CERAMICS @ Shirley Doane Senior Center** - Mondays, 10:00 a.m.-2:30 p.m.

February 6,7,9,13,14,16,20,21,23,27,28...**CHAIR YOGA @ Shirley Doane Senior Center** - 8:30-9:15 a.m. *Every Monday, Tuesday and Thursday.* \$2.50 per time members or \$5 non-members.

February 6, 13, 20, 27...**MAH JONGG @ Shirley Doane Senior Center** - Mondays, 1 p.m.

February 7, 14, 21, 28...**CRAFTS @ Shirley Doane Senior Center** - Tuesdays, 8:30 a.m-2:00 p.m.

February 7...**Free Blood Sugar/Pressure Clinics @ Shirley Doane Senior Center** - Tuesday, 9:00-10:30 a.m.

February 8...**Jane Larsen's Homemakers Group @ Shirley Doane Senior Center** - 10:00-11:30 a.m.

February 15...**Lady Bugs @ Shirley Doane Senior Center** - 8:30-11:30 a.m. Craft Room.

February 15...**Betty Beguhn's Homemakers Group @ Shirley Doane Senior Center** - 12:30 p.m.

February 15...**ALZHEIMER'S SUPPORT GROUP @ Shirley Doane Senior Center** — 10:00-11:30 a.m. *(3rd Wednesday of every month)*

February 23...**Add LIFE Conference @ Shirley Doane Senior Center** - Tue, 9-1:30 p.m. MP 1 & 2, \$5 registration, Soup & Salad Bar lunch included at this educational one day mini conference. Co-sponsored by: Dunn County Nutrition Program and Shirley Doane Senior Center.

February...**OFFICE ON AGING MEALS @ Shirley Doane Senior Center** - Monday, Tuesday, Thursday & Friday-11:30 a.m., ENP will serve meals at the Senior Center and distribute the Meals on Wheels from the Senior Center five days a week. Suggested donation \$3.25 age 60 and over. **Call 715-556-0266 for required reservations.**



HAPPY FEBRUARY BIRTHDAYS!

Linda Back..... 1	Peggy Baskin..... 7	Cindi Wieman..... 13	Kenneth Heintz.....20
Mary Ann Knee..... 1	Sandy Johnson 7	Barb Herman 14	Jan Larson.....20
Steve Knutson..... 1	Dutch Luther 8	Doug Holzhueter..... 14	Rachel Selchow20
Michael Steinmeyer 1	Tom Slupe..... 8	Janice Miller 14	Jerry Lentz.....21
Jean Algiers 2	Lauri Tiala..... 8	Dennis Stratton..... 14	Joe Hagaman.....22
Erminia Gilbert..... 2	Mildred Brezina..... 9	Dan Werner 14	Vickie Jess22
Judy Ockler 2	Grace Bahr..... 9	Pauline Beskar..... 15	Lloyd Rogers.....22
Linda Walsh 2	Barb Dahlke..... 9	Mrs. Roy Christenson.. 15	Pollie Evans.....23
Mabel Indermuehle 3	Mary Ellen Lidgerding..... 9	Ruth Gilbertson..... 15	Sue Roethke24
Katie Harrington..... 3	George Murphy 9	Joanne Natwick..... 15	Joan Bisson.....25
Annie Lewis..... 3	Wayne Nero 9	Gordon Skouge 16	JoAnn Harris.....25
Melvin Maves..... 3	Ruth Thomas..... 9	Becky Berg..... 17	Marlene Canon.....25
Helene Schoch..... 3	Mrs. Roy Cropp 11	Gene Hagen..... 17	James Colvin.....25
LeRoy Buss..... 4	Donna Biederman..... 11	Carl Casper..... 18	Laurel Madsen.....25
Nancy Bjornson 5	Larry Ford..... 12	Bonnie Stouff..... 18	Eva Rogers.....25
Francis Eiseth..... 5	Betty Moe..... 12	Judy Helgeson..... 19	Gladys Bignell.....27
Gene Kraemer..... 5	Bob Spinti..... 12	Gerald Olson 19	Marion Sylte28
Millie Timm..... 5	Rory Slocumb 13	Bonnie Anderson 20	

66 ATTENDED THE SENIOR CENTER'S VOLUNTEER APPRECIATION DINNER ON JANUARY 27TH. THANK YOU, OUR WONDERFUL FRIENDS, FOR ALL YOU DO... IT MAKES A 'HUGE' DIFFERENCE! WE LOVE YOU.





1412 Sixth Street Menomonie WI 54751 715.235.0954
 Website: 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

Add **LIFE**SM to your Years

CONFERENCE

Tuesday, February 21, 2012

9 a.m. - 1:30 p.m.

Registration: \$5 (*Soup & Salad Bar Included*)

To register Call 715-235-0954

Registration deadline Wed, Feb 15

**Conference for people
55 and better at the
Shirley Doane Senior Center
Menomonie**

Add **LIFE**SM to your Years

Laughter
Laughter makes you feel alive!

Independence
Live life on your own terms.

Friends
Opportunities to build relationships.

Energy
Health & vitality are within your reach.

Enhance Your Life
& the Lives of
Others!

Find Out How
Aging Unit Name
Phone Number

copyright©2005Add LIFE Campaign SM Add LIFE is a service mark of the Wisconsin Aging Network's Add LIFE Campaign

- 9 - 9:30** **Registration check-in** — *coffee and snack*
- 9:30 - 10:00** **Opening Message: “Laughter is the Best Medicine,”**
Pam VanKampen, Nutrition Specialist/OAA Consultant
- 10:00 - 11:00** **Session I - “Aging Well in Body, Mind & Spirit,”**
Rev. Dr. Bob Salt, Dept Chair of the Human Development and Family Studies at UW-Stout
- 11:00 – 11:45** **Vendor Displays and Craft Room** (*enjoy the Vendors and Crafters Cove*)
- 11:45 – 12:30** **Soup and Salad Bar Luncheon** (*included in registration fee*)
- 12:30 – 1:00** **Session II – “Active Aging, Just keep moving”** Dennis Kropp
- 1:00 – 1:30** **Session III – “Your Medications and You”** *Ralph Varsho, Pharmacist*
Time for questions *Erickson’s Pharmacy*

Co-Sponsored by Dunn County Nutrition Program and Shirley Doane Senior Center

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

**Thank you for
your overwhelming
generosity!**



Archie & Ann Abbott
Memorial gift in memory of
Marge Olson.

Leonard & Darlene Britton
Memorial gift in memory of
Marge Olson.

Chuck & Helenmae Debee
Memorial gift in memory of
Tom Larsen.

Diann & Ron Pribyl
Memorial gift in memory of
Tom Larsen.

Galen & Pat Fox
Memorial gift in memory of
Tom Larsen.

LeRoy & Nancy Buss
Memorial gift in memory of
Tom Larsen.

LeRoy & Nancy Buss
Honoring the 25th Anniversary of
Darlene & Leonard Britton.

Velma Wilbur
Honoring the 25th Anniversary of
Darlene & Leonard Britton.

*Donations Received
with Membership Payments:*

Gerí Bates

Ester & Cyril Bauer

Herbert Cole

John Dale

Mrs. William Forster

Erminia Gilbert

O.K. & Bobbie Hedland

Barbara Herman

Vada Husby

Gene & Jan Larson

Bill & Elinor Morlock

Barbara Romanzak

Lee & Helen Smalley

Faye Swenson

Juleen Tiller

Thank you for your overwhelming thoughtfulness.

FEBRUARY 2011 (ENP) Elderly Nutrition Program & Wednesday Senior Center Menu

Menu subject to change

MONDAY	TUESDAY	WEDNESDAY'S SENIOR CENTER Friendship Dinners	THURSDAY	FRIDAY
		<p>1</p> <p style="text-align: center;">↓</p> <p>Hot Dishes Vegetable Salad Dessert</p>	<p>2</p> <p>Chicken taco pizza, Mexican corn, 12-grain bread, Banana</p>	<p>3</p> <p>Egg salad sandwich on wheat bread, Tomato basil soup, Fruit cocktail, Angel food cake</p>
<p>6</p> <p>Baked ham, Au gratin pota- toes, Glazed carrots, Wheat dinner roll, Strawberry shortcake</p>	<p>7</p> <p>Meatloaf, Roasted red po- tatoes, Spinach, Wheat bread, Peach cobbler</p>	<p>8</p> <p>Brats Baked Beans Potato Salad Dessert</p>	<p>9</p> <p>Rotini & meat sauce, Mixed green salad & dressing, Green beans, Breadstick, Gelatin jewels</p>	<p>10</p> <p>Salmon patty, Sour cream potatoes, Creamed peas, Cornbread, Chilled pineap- ple tidbits</p>
<p>13</p> <p>Salisbury steak, Seasoned noo- dles, Creamed corn, Wheat bread, Chilled mandarin or- anges</p>	<p>14</p> <p>Roast turkey, Sweet potato casserole, Green bean al- mandine, Wheat dinner roll, Tropical fruit mix</p>	<p>15</p> <p>Oven Baked Chicken Potatoes / Gravy Vegetable Salad Dessert</p>	<p>16</p> <p>Roasted pork loin, Whipped potatoes & gravy, Stewed tomatoes, 12-grain bread, Banana</p>	<p>17</p> <p>Baked chicken, Baked potato & sour cream, Broccoli, Wheat bread, Fruit pie</p>
<p>20</p> <p>Chicken chow mein, White rice, Chow mein noodles, Carrot coins, Bread stick, Chilled pineapple, For- tune cookie</p>	<p>21</p> <p>Roast beef & gravy, Rice pi- laf, California blend, Wheat dinner roll, Fruit crisp</p>	<p>22</p> <p>Swedish Meatballs Egg Noodles Vegetable Salad Dessert</p>	<p>23</p> <p>Porcupine meatballs, Cabbage & carrots, Wheat bread, Baked apples</p>	<p>24</p> <p>Fish filet on a bun, Tartar sauce, Maca- roni & cheese, Peas, Chilled fruit cocktail</p>
<p>27</p> <p>Beef tips in gravy, Egg noo- dles, Carrot coins, 12-grain bread, Orange</p>	<p>28</p> <p>Baked chicken, Whipped pota- toes & gravy, Broccoli, Wheat dinner roll, Chilled peaches</p>	<p>29</p> <p>Ham Cheesy Potatoes Vegetable Salad Dessert</p>		

FREE Basic Computer Training

Free basic computer classes for people 55 and older are being offered in Menomonie by Senior Citizens Employment and Training (SCET). **The program is intended for seniors with little or no experience in using a computer.** In addition to basic skills—how to use a mouse, research a topic and use email, the course emphasizes internet safety.

Using a specialized training website, students meet for two hours, twice a week, with a trained peer coach. The Menomonie coach is Carol Belch, of Boyceville, “I really like working with people, and if I don’t know the answer, I know where to find it.” Groups are small, the atmosphere is friendly, and learners work at their own pace. According to Stewart Crenshaw, SCET’s technology coordinator, “Once people understand that they can work at their own pace, and that the coach is always there to answer questions, they relax and start learning.” And you are never too old! The oldest GOL graduate so far was 89 when she took the course, and there have been plenty of people in their 60s, 70s and 80s.

Classes meet every Monday and Wednesday at Autumn Village on Menomonie’s northside. Most students finish the class in six to eight weeks. For more information call SCET at (888) 772-4337. All SCET programs are operated under a U.S. Department of Labor grant in cooperation with Senior Service America, Inc. and are equal op-



Computer Coach Carol Belch with Mary Smith

FREE

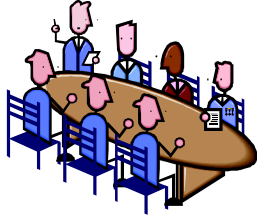
Basic Computer Training

(888) 772-4337

Shirley Doane Senior Center 2012 Board of Directors

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

Deb Haugrose
Julie Stratton
Mary Turri
Mary Budd
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
Email address: seniors@wwt.net
Phone: 715.235.0954 **Fax:** 715.235.1346

INTRODUCING YOUR 2012 BOARD OF DIRECTORS



Left to right: Shari Homstad, Ruth Potter, Mike Brandt, Deb Haugrose, Julie Stratton, Mary Turri, Katie Harrington, Steve Wood, Mary Budd, Carmen Podoll, Jacq Collins.

Missing in photo: Lorraine Manor, Nancy Weber, Kathy Stewart.

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.

February Newsletter

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SHIRLEY DOANE SENIOR CENTER

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

