

January 2012

SHIRLEY DOANE

SENIOR CENTER NEWS



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

NOTE FROM THE DIRECTOR

Happy New Year...

I don't know about you, but I feel like this whole last year was just a 'blink of the eye' and it was gone. Does time go faster as we grow older?

Maybe it's all the busyness in life today that makes it seem to go faster, but I was reminded during this last month with the loss of two of our dear friends, Tom Larsen and Bea Batchelder, what life is really all about...**THE LOVE**. In each of their own way, they exemplified the meaning of that word.

I believe that I read somewhere, 😊 that you can have all things, believe all things, know all things, and even give all things...but if you don't have love, you have nothing.

So here is my **New Years resolution...to have more LOVE**. I'm pretty sure that in the end, that's the only thing we take with us. Thanks for being an example to me of what this kind of love is really all about!

January highlights in addition to our regular activities...

Senior Center Closed Monday, January 2 **Holiday**
In observance of the New Years Holiday (No activities or programs)

American Legion Holiday Dinner Tuesday, January 17, 12 p.m.
The Senior Center is honored to host this annual dinner again this year for the American Legion. Please RSVP to your Legion contact.

Chair Yoga Mon's, Tue's & Thu's, 8:30-9:15 a.m. \$2 ea. members
January Classes...Jan 3,5,9,10,12,16,17,19,23,24,26,30,31 (no Jan 2 class)
Ongoing classes, start anytime (\$4 each time for non-members)

Stronger Seniors Mondays & Thursdays, 1-2:50 p.m. **FREE**
January Classes...Jan 5,9,12,16,19,23,26,30 (no Jan 2 class)
Ongoing classes, start anytime

Volunteer Appreciation Dinner Friday, Jan 27, 11:45 a.m. **FREE**
If you've ever volunteered for the Center in 2011, you're invited. RSVP req.

Senior Center Annual Meeting Friday, January 27, 12:30 p.m.
Come see what YOUR Senior Center has been up to in 2011. This is your Senior Center and we care about what you think.

Love takes off masks we fear we cannot live without and know that we cannot live within.

- James A. Baldwin

*Until we meet again,
Shari*



2012
Membership Drive
Only \$5 per
calendar year
See insert for details...

2012 Paid Members in December...

| | |
|--------------------|------------------|
| Donna Boerner | Dan Homstad |
| Joe Boerner | Shari Homstad |
| Corrine Cassellius | Genny Huftel |
| Jerry Casselius | Stan Huftel |
| Margaret Chastan | Barb Hulback |
| Ruth Caturia | Ace McMahon |
| Vernon Caturia | Margaret McMahon |
| Jacq Collins | Barb Morrison |
| Lyn Collins | Phyllis Robelia |
| Connie Crussel | Eva Rogers |
| Bob Dahlke | Lloyd Rogers |
| Barb Dahlke | Lois Schultz |
| Lois Debee | Grace Solum |
| Arlene Eiseth | Scotty Sutliff |
| Don Eiseth | Bernie Sutliff |
| Wilma Erickson | Jeanne Young |
| Lyman Franzwa | John Young |
| Myrna Franzwa | Gloriene Wahl |
| Betty Gesche | Harold Wahl |
| Jim Hintzman | Goldie Wolfe |
| Evelyn Hintzman | |

Insert Pages

- ❖ January Menu/Calendar
- ❖ Christmas Tour Pictures
- ❖ Volunteer Apprec. Dinner Annual Meeting Invite Donut/Bake Sale Pictures
- ❖ Membership Drive
- ❖ ADD LIFE Conference
- ❖ Dementia Education
- ❖ Memorial Gifts / ALH Insert

American Legion Holiday Dinner

Tuesday, January 17, 12 Noon

At the Shirley Doane Senior Center.
Dinner with a short program after.

Call the Legion to reserve or with
any questions at 715-232-1646



Rachael O'Mera is staying...

After many voices were heard, the decision was made
at the last Senior Center Board of Directors
meeting to make some adjustments, and to
hire Rachael on through the Senior Center.

Welcome Rachael, we have truly been
blessed...and a big thank you to the Sen-
ior Center Board of Directors!



New Beginners Bridge Class (Sunshine Room)
Every Wednesday in January
Starting Wed, January 4, 9 a.m. with Archie

If you like cards, you'll like bridge. Archie will go over basic
rules — no experience needed — just your interest. If in-
terested, please sign up at the Senior Center office.



BASIC COMPUTER CLASSES

Friday mornings in
FEBRUARY at the
Senior Center

DATES: Fridays, February 3, 10, 17, 24
HOURS: 9:30—11 a.m.

CLASSES COVERED

1. Basic Computer
2. Internet Searching
3. Emailing

Only 10 slots

No computer? You always have access to com-
puters at the Menomonie Public Library when
open.

Call 715-235-0954 with any questions.

Co Sponsored by: Menomonie Public Library

Clyde Smith, Mary Turri & Viv Puddicombe
Celebrated their birthdays with the 500
card group in December. Happy Birthday!



**Alzheimer's
Support Group**
3rd Wednesday of every
month 10-11:30 am

at the
Shirley Doane
Senior Center
Next support group
meeting January 18,
2012 questions call Jane
Mahoney at 232-4006

IF INTERESTED IN VOLUNTEERING,
PLEASE CALL THE SENIOR CENTER

AT 235-0954

THANK YOU!

Quote of the
month...



Nobody has ever measured, not
even poets, how much the heart
can hold.

- Zelda Fitzgerald



Foot & Nail Clinic

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

Next Dates: Jan 4, 11, 18, 2012 Time: 8:30—11:15 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.

SHIRLEY DOANE SENIOR CENTER PRESENTS:
ANNUAL CHRISTMAS RAFFLE WINNERS



Ceramic Post Office:
Embroidered Dish Towers:
Crocheted Afghan:
Hug Sack (cozy blanket):

Bonnie Bosben
Robert Barber
Steve Wood
Mary Severson

Congratulations to all of you!

January 2012 Community Events...

January 3,5,9,10,12,16,17,19,23,24,26,30,31...CHAIR YOGA @ *Shirley Doane Senior Center*- 8:30-9:15 a.m., \$2 per time-members, \$4 per time-non-members. 8:30 a.m. every Monday, Tuesday and Thursday.

January 3,10,17,24,31...CRAFTS @ *Shirley Doane Senior Center* - Tuesdays, 8:30 a.m-2:00 p.m.

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

January 4,11,18,25...SENIOR CENTER WEDNESDAY LUNCHES — Every Wed. 11:45 a.m., cost: \$4 members, \$5 non-members. (membership \$5 per person, per calendar year)

January 5,9,12,16,19,23,26,30...STRONGER SENIORS EXERCISE— @ *Shirley Doane Senior Center* 1 p.m. every Monday and Thursday.

January 9,16,23,30...CERAMICS @ *Shirley Doane Senior Center*-Mondays, 10:00 a.m.-3:00 p.m.

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

January 17...AMERICAN LEGION HOLIDAY DINNER @ *Shirley Doane Senior Center* - 12:00 p.m. Call Duane Bauer with any questions. 232-1646

January 18...ALZHEIMER'S SUPPORT GROUP @ *Shirley Doane Senior Center* —10:00-11:30 a.m.

January 18...BETTY BEGUHN'S HOMEMAKERS GROUP @ *Shirley Doane Senior Center* - 11:45 a.m.

January 18...LADY BUGS @ *Shirley Doane Senior Center* - 8:30-11:30am

January 27...VOLUNTEER APPRECIATION DINNER @ *Shirley Doane Senior Center* - 11:45 a.m.

January 27...SENIOR CENTER'S ANNUAL MEETING @ *Shirley Doane Senior Center* - 12:30 p.m. All Senior Center members are invited and encouraged to come.

January...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 JANUARY BIRTHDAYS!

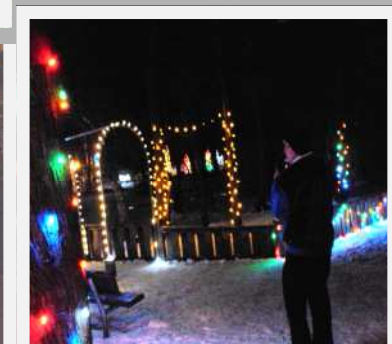
| | | | |
|------------------------|---------------------------|--------------------------|----------------------------|
| Betty Beguhn..... 1 | Paul Neville..... 11 | Gail Meehan 18 | Jerry Hillman.....27 |
| Peggy Weimer..... 1 | Arlene Billmeyer 12 | Jean Wulf..... 19 | Dorothy Enger..... 27 |
| Janet Rhodes2 | Janet Lemke..... 12 | Rosella Blakley..... 19 | Lorraine Wilson..... 27 |
| Rich Metzger.....3 | Larry Madsen 13 | Marion Johnson.....20 | Forrest Lovett..... 27 |
| Linda Ramirez3 | Berdena Weber..... 13 | Rudine Karczewski.....20 | Pat Eggert 28 |
| Ardes Alexander4 | Marge Gustman..... 15 | Dawn Steinmeyer.....21 | Ed Olson 28 |
| Toni Best.....5 | Ken Larrabee..... 15 | Shirley Edgeberg22 | Terry Siebold 29 |
| Deb Haugrose.....6 | Bill Neverdahl..... 16 | Tawni Kind22 | Charlotte Hamilton30 |
| Sharon Lowry6 | Sharon Connors 17 | Kathleen Meyers.....24 | Carol Squires 30 |
| Eric Youngquist8 | Lorelei Sharbono..... 17 | Susan Thurin.....24 | David Wood..... 30 |
| Velma Feyen8 | Jeanette Fremouw 17 | Audrey Keck24 | James Harrington..... 31 |
| Harold Halfin9 | Arby Brown..... 18 | Homer Schwingle.....24 | Leona Hulverson 31 |
| Elaine Makis9 | Mavis Cornellier 18 | Susan Thurin.....24 | |
| Elaine Weber.....9 | Helenmae Debee 18 | Herb Cole.....26 | |
| Velma Wilbur 10 | Galen Fox 18 | Jane Kingzett.....26 | |

It's A Wonderful Life Christmas Tour

*What a wonderful way to bring
in the Christmas spirit with
this radio play of
'It's A Wonderful Life'.*

*We had a great dinner at
Olde Towne and saw the Christ-
mas lights in Chippewa Falls!*

Thank you for the joy!!



A SPECIAL INVITATION TO:

2011 Senior Center Volunteers

IF YOU HAVE VOLUNTEERED DURING 2011 at any of our many events, activities or programs, you are cordially invited to a *Volunteer Appreciation Dinner*, and you don't even have to cook it! This is our thanks to you, because you do make a difference in the lives of the seniors that your giving reaches out to. RSVP required, call 235-0954.

DATE: FRIDAY, JANUARY 27, 2012
TIME: 11:45 A.M.
PLACE: SHIRLEY DOANE SENIOR CENTER



OFFICIAL NOTICE OF ANNUAL MEETING SHIRLEY DOANE SENIOR CENTER

DATE: Friday, January 27, 2012

TIME: 12:30 p.m.

Directly following the Volunteer Appreciation Dinner

HOPE TO SEE YOU ALL THERE!

Donut & Bake Sale

THANK YOU



"THANK YOU" to all of you who volunteered to make or sell donuts, 51 batches were made this year...and thank you to all of you who baked and donated all of those delicious looking baked goods for our December Fund Raiser. We cleared around \$525. Great job everyone!!



\$5 per calendar year



SENIOR CENTER

2012 Membership Application

Name _____ Date _____
Spouses Name _____ Phone _____
Address _____
City/State _____ Zip _____
Phone _____ E-mail: _____
Emergency Contact _____ Phone _____
Birthday ____/____/____ Spouses Birthday ____/____/____
month / day / month / day /

If you enjoy the activities, programs and services here at the Shirley Doane Senior Center, we invite you to join as a member. The low membership fee remains at \$5 per calendar year.

Some low cost or no cost opportunities offered to members...

- ◆ Day Trips
- ◆ No-Impact Exercise Programs
- ◆ Meals (five days a week)
- ◆ Card Games
- ◆ Bingo
- ◆ Ceramics
- ◆ Crafts
- ◆ Health Care Issues Presentations
- ◆ Health Screening Clinics
- ◆ Foot & Nail Clinics
- ◆ Website (menomonieseniorcenter.org)

Thank you for your generous and continued support!

Check Box : Return form to Shirley Doane Senior Center in this envelope

- \$5 Single Membership \$10 Couple Membership Memorial \$ _____
 Other Donation \$ _____ Interested in Volunteering

The Shirley Doane Senior Center is a private, non-profit 501(c)(3) organization.
All contributions are tax-deductible to the extent allowed by law.

JANUARY 2012 Dunn County Office On Aging & Wednesday Senior Center Menu

Menu subject to change

| MONDAY | TUESDAY | WEDNESDAY'S SENIOR CENTER Friendship Dinners | THURSDAY | FRIDAY |
|---|--|--|---|--|
| <p>2</p> <p>SENIOR CENTER CLOSED</p> <p>NEW YEARS HOLIDAY!</p> | <p>3</p> <p>Roast beef and gravy, Rice pilaf, California blend, Wheat dinner rolls, Fruit crisp</p> | <p>4 ↓</p> <p>HOT DISHES VEGETABLE SALAD DESSERT</p> | <p>5</p> <p>Porcupine meatballs, Cabbage and carrots, Wheat bread, Baked apples</p> | <p>6</p> <p>Fish filet on a bun, Macaroni & cheese, Peas, Tartar sauce, Fruit cocktail</p> |
| <p>9</p> <p>Beef tips in gravy, Egg noodles, Carrot coins, 12 grain bread, Orange</p> | <p>10</p> <p>Baked chicken, Whipped potatoes & gravy, Broccoli, Wheat dinner roll, Chilled peaches</p> | <p>11</p> <p>PORK LOIN POTATOES/ GRAVY VEGETABLE SALAD DESSERT</p> | <p>12</p> <p>Sloppy Joe on a bun, Corn nibbles, Creamy coleslaw, Rainbow parfait geletin</p> | <p>13</p> <p>Turkey divan casserole, Parsley cauliflower, Wheat dinner roll, Chilled apricot halves, Fruit pie</p> |
| <p>16</p> <p>Hot roast beef, Mashed potatoes & gravy, 3 bean salad, Wheat bread, Banana</p> | <p>17</p> <p>Baked fish and tarter sauce, Potato wedges, Carrot coins, Multi-grain bread Chilled pineapple</p> | <p>18</p> <p>OVEN BAKED CHICKEN POTATOES/ GRAVY VEGETABLE SALAD DESSERT</p> | <p>19</p> <p>Lasagna, California blend, Mixed green salad & dressing, Garlic toast, Pudding</p> | <p>20</p> <p>Chicken salad on rye bread, Potato chowder, Broccoli cheese salad, Frosted cake</p> |
| <p>23</p> <p>Beef pizza casserole, Corn, Caesar salad, Breadstick, Orange</p> | <p>24</p> <p>Hot turkey, Whipped potatoes & gravy, Squash, Wheat dinner roll, Pineapple tidbits</p> | <p>25</p> <p>MEATLOAF BAKED POTATOES VEGETABLE SALAD DESSERT</p> | <p>26</p> <p>Chicken breast with stuffing and herbed cream sauce, Vegetable blend, Wheat bread, Mandarin oranges, Rainbow parfait</p> | <p>27</p> <p>Senior Center VOLUNTEER APPRECIATION DINNER Served at 11:45 a.m. Call 235-0954 for reservation</p> |
| <p>30</p> <p>Turkey & noodles, Squash, Wheat bread, Fruit crisp</p> | <p>31</p> <p>Sweet & sour pork, Seasoned rice, Steamed cabbage, Breadstick, Chilled peaches</p> | | | |



Shirley Doane Senior Center
Presents: Dementia Education Opportunity

January 9th, 2012
9:30 a.m. - 10:30 a.m.

Guest Speaker:
Saint Jude Hospice
Dementia Education:

This education will define Dementia and Alzheimer's disease and examines the disease process. Topics include medical complications of dementia as well as typical behavior changes. This education is very beneficial to anyone working with patients with a diagnosis of Alzheimer's and/or Dementia.

Located @ the Senior Center
1412 Sixth Street E
Menomonie, WI 54751



*1 Contact CEU offered for attendees.

Presented by

**SPECIAL DONATIONS &
MEMORIALS GIVEN TO
THE SENIOR CENTER
IN DECEMBER 2011**

**Thank you for
your overwhelming
generosity!**



Mike Brandt

Memorial gift in memory of
his sister, Francoise (Fran) Yehle.

Lorene Vedder

Memorial gift in memory of
Francoise (Fran) Yehle.

Katie Harrington

Memorial gift in memory of
Francoise (Fran) Yehle.

Mary Budd

Memorial gift in memory of
Francoise (Fran) Yehle.

Darlene & Leonard Britton

Memorial gift in memory of
Vera Helgeson.

Darlene & Leonard Britton

Memorial gift in memory of
Betty Bartka.

Jacq Collins

Memorial gift in memory of
Francoise (Fran) Yehle.

Mike Brandt

Memorial gift in memory of
Tom Larsen.

Julie Stratton

Memorial gift in memory of
Tom Larsen.

Kathy Stewart

Memorial gift in memory of
Tom Larsen.

Mary & Roger Schaefer

Memorial gift in memory of
Tom Larsen.

Shari & Dan Homstad

Memorial gift in memory of
Tom Larsen.

Jan & Marv Kufahl

Memorial gift in memory of
Tom Larsen.

Ann Cook

Memorial gift in memory of
Tom Larsen.

Lorraine Manor

Memorial gift in memory of
Tom Larsen.

Eva & Lloyd Rogers

Memorial gift in memory of
Wally Brunn.

Shari & Dan Homstad

Memorial gift in memory of
Bea Batchelder.

Erma Brown

Donated yarn and material to the
Senior Center craft room.

Chippewa Valley Learning in Retirement

Made a sizable donation to the
Senior Center in December.

Add **LIFE**SM to your Years

CONFERENCE

At the
Shirley Doane Senior Center

Tuesday, February 21, 2012

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

Registration: \$5

(Soup & Salad Bar Included)

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

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

**Conference for people
55 and better**

Are You Missing Senior Americans Day This Year? Enhance and Enrich your life at this quality mini senior day...SAVE THE DATE!

Opening Message: **“Laughter is the Best Medicine,”** Pam VanKampen
Nutrition Specialist/OAA Consultant,
Greater Wisconsin Agency on Aging Resources, Inc

Two Sessions: **“Body, Mind & Spirit,”** and **“Motivation for Life,”**
A positive approach to a fulfilling and balanced life

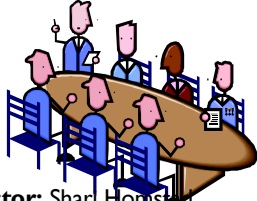
Look for a detailed itinerary in the February Newsletter.
Call (715-232-4006-Lori or Bobbette) or (715-235-0954-Shari) with questions.

Co-Sponsored by **Dunn County ENP and Shirley Doane Senior Center**

Shirley Doane Senior Center 2011 Board of Directors

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

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



Senior Center Director: Shari Hornsby
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

AMERICAN LEGION HOLIDAY DINNER

Tuesday, January 17, 12 p.m.
Senior Center hosting meal.
RSVP to your Legion contact

VOLUNTEER APPRECIATION DINNER

Friday, January 27, 11:45 a.m.
Anyone who has volunteered during 2010, come let us celebrate you.
RSVP requested 235-0954

SENIOR CENTER ANNUAL MEETING

Friday, January 27, 12:30 p.m.
Members are encouraged to come.
Coffee and treats will be served.

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.

January 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
Web: menomonieseniorcenter.org

