

March 2012

SHIRLEY DOANE

SENIOR CENTER NEWSLETTER



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

NOTE FROM THE DIRECTOR

Dear Friends...

The Senior Center is NOT closing it's doors on March 16.

This rumor started when a letter went out to the group homes of participants in the Lutheran Social Services Senior Adult Day Services program housed in the Senior Center. That letter said that LSS would be closing their program in our Senior Center on March 16.

Your Senior Center plans to be around for many years to come, because you are the Senior Center...every single one of you. If we took the 'you' out of the Center, it would be a useless building.

The people who participate in the LSS program have been a part of this Center for the last 25 years, and they have contributed much just as all of the rest of you have.

It is our hope that we will find a way to keep these wonderful friends active in the Senior Center for at least another 25 years to come.

March highlights added to our regular activities...

Stronger Seniors Mondays & Thursdays, 1-1:50 p.m. Free
March Classes...Mar 1, 5, 8, 12, 15, 19, 22, 26, 29

Chair Yoga Mon, Tue & Thur's, 8:30-9:15 a.m. \$2.50 ea.
March Classes...Mar 1, 5, 6, 8, 12, 13, 15, 19, 20, 22, 26, 27, 29

Senior Center's St. Patrick's Dinner Wed, Mar 14, 11:45 a.m.
Corned Beef & Cabbage, Vegetable, Salad and Dessert

American Legion Annual Birthday Party Tue, Mar 20 at 12 p.m.
The Senior Center is proud to host the annual birthday dinner again this year here at the Center.

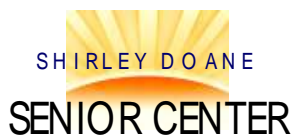
New Euchre Group at Center Every Tuesday, 1-3:30 p.m. \$1
By request this new group started here on Tuesdays in February. It has grown to three or four tables every week. Everyone's welcome!

Being unwanted, unloved, uncared for, forgotten by everybody, I think that is a much greater hunger, a much greater poverty than the person who has nothing to eat.

- Mother Teresa

Until we meet again,

Shari



Thank You...to our members that have renewed their 383 MEMBERS YTD Membership in February 2012

Arden & Ardes Alexander
Bea & Paul Axelsen
Toni Best
Gladys Bignell
Nancy Bjornson
Rosella Blakley
Bonnie & Ralph Bosben
Mildred Brezina
Darlene Britton
Leonard Britton
Pat Burridge
April & Dallas Chryst
James Colvin
Ann Cook
Don & Marcy Corn
Adeline Cummings
Joan Deml
Cynthia Early
Shirley Edgeberg
Thor Edgeberg
Lottie Einum
Marian Ellison
Leonard Ellison
Earl Ferry, Jr.
Ethel Frank
Jean Geissler
Janeene & Jim Gellerman
Clarice Groepper
Lorraine Grutt
Merlin Grutt
Ernie & Marge Gustman
Charlotte Hamilton
Betty Hazen
Charles Hazen
Rosemary Jacobson
Joe & Joyce Kettner
Anita Klamm
Mary Ann Knee
Mary & Roger Klukas
Ardella Knutson
Wallace Knutson
Lanna & Larry Laird

Barb Laatsch
Sharon Lowery
Lorraine Manor
Ruth Martinson
Shirley Melrose
Gene Moy
George Murphy
Alfred Olson
Margaret Olson
Marge Osowski
Flo & John Perri
Elmer Peterson
Donna Piersall
Donna Price
Gordon Rasmussen
Iva Ristau
Jim Ritzer
Margaret Ritzer
Dorothy Rhodes
Robert Schmutz
Leona Schultz
Linda Seeley
Lois Sipple
Carol Skouge
Gordon Skouge
Tom Slupe
Margie Smith
Kathy Stewart
Elva Suckow
Florence Schwingle
Homer Schwingle
Milo & Ruth Tappan
Lauri Tiala
Sally Tiala
Robert Tronrud
Norma Webb
Lorraine Wilson
Robert Wilson
Barb Wood
Steve Wood
Jean Wulf
Marjorie Zeilinger

Insert Pages

- ❖ March Menu & Calendar
- ❖ Add Life Pictures / Donations
- ❖ ALH Lunch & Learn / Fundraisers
- ❖ Cooking Class / Listening Session

Personal Perspective

Article written by: Rachael O'Mera

The longer I live the less I like change especially when it disrupts my life. As you probably know, change has taken place at the Center in the form of the loss of the Adult Day Services program. I feel the loss greatly.

The "Sunshine Gang" as I dubbed them, have been a joy to my workdays. I have greeted them daily with humor and fun, receiving a warm cheerful response. It is so uplifting to have folks such as these who are caring, giving, easily pleased, honest and eager to help. They are such a benefit to the atmosphere of the Center. I have been made aware that life isn't always fair, but one needs to accept life as it is and keep on going. I need to remember and recognize that each one of us has only the present day to make every opportunity count. There isn't enough space here to recount all of the lessons learned through these humble, precious folks. I'm sure they are devastated by the change in their lives, but there has been no complaining.

On March 20, I will come in to the Center to start my work week and walk down the hallway to a dark room once filled with the joy of life. My friends won't be there, nor will the Center be the same without them. Change. I don't like it. But rather than be negative, I'll learn from my Sunshine Gang to hope for a change that will be positive and fill this place again with laughter, joy and love.



Senior Center's St. Patrick's Day Dinner

\$4 members
\$5 non-members

Wed, Mar 14, 11:45 a.m.

Here's the Menu: 

Corned Beef & Cabbage,
Vegetable, Salad, Dessert



Come and enjoy a great time together while we dine on a traditional St. Patrick's Day dinner. Don't forget to wear green if you're Irish, or just want to pretend. 😊



Alzheimer's Support Group

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

at the

Shirley Doane
Senior Center

Next support group
meeting March 21, 2012
questions call Jo Gust at 232-
4006

IF INTERESTED IN VOLUNTEERING,

PLEASE CALL

THE SENIOR CENTER

AT 235-0954

THANK YOU!



Quote of the month...

Those who bring Sunshine to the
lives of others cannot keep it from
themselves.

- Sir James Matthew Barrie



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: Mar 7, 14, 21, 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.

2012 Bus Tours (planned to date)



MN Centennial Showboat Cruise - Friday, May 18, \$70

Turtle Lake Casino Runs, (two) — Mondays, Jun 11 & Sep 10 Free

Old Log Theatre 'The Fox on the Fairway' - Thurs, July 26, \$65

Minnesota State Fair—Monday, August 27, \$33

Fall and Christmas trips to be announced later!

March 2012 Community Events...

March 1, 5,8,12,15,19,22,26,29...**STRONGER SENIORS EXERCISE @ Shirley Doane Senior Center** - 1 p.m. every Monday and Thursday.

March 1,5,6,8,12,13,15,19,20,22,26,27,29 ...**CHAIR YOGA @ Shirley Doane Senior Center**- 8:30-9:15 a.m., \$2.50 per time-members, \$5 per time-non-members. Every Monday, Tuesday & Thursday.

March 1,8,15,22 ...**CVLR FOREIGN AFFAIRS - @ Shirley Doane Senior Center**—10-11:30am

March 5,12,19,26 ...**CERAMICS @ Shirley Doane Senior Center**-Mondays, 10:00 a.m.-3:00 p.m.

March 6,13,20,27 ...**CRAFTS @ Shirley Doane Senior Center** - Tuesdays, 8:30 a.m-2:00 p.m.

March 6,13,20,27 ...**EUCHRE @ Shirley Doane Senior Center** - Tuesdays, 1-3:00 p.m.

March 7, 14, 21...**FOOT AND NAIL CLINIC @ Shirley Doane Senior Center** - 8:30 a.m. Fee: \$10.00, **Appointments required 235-0954.**

March 7, 14, 21, 28...**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.

March 2, 9 ...**CVLR FUTURE OF DEMOCRACY—@ Shirley Doane Senior Center** 10-11:30 a.m.

March 14...**JANE LARSEN'S HOMEMAKERS GROUP @ Shirley Doane Senior Center** - 10:00-11:30 a.m.

March 20...**AMERICAN LEGION BIRTHDAY DINNER @ Shirley Doane Senior Center** - 12-1:30 p.m.

March 21...**LADY BUGS @ Shirley Doane Senior Center** - 8:30 a.m.

March 21...**BETTY BEGUHN'S HOMEMAKERS GROUP @ Shirley Doane Senior Center** - 12:30 a.m.

March 21...**ALZHEIMER'S SUPPORT GROUP @ Shirley Doane Senior Center**—10:00-11:30 a.m. (3rd Wednesday of every month)

March...**OFFICE ON AGING MEALS @ Shirley Doane Senior Center** - Monday, Tuesday, Thursday & Friday-11:30 a.m., OOA 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.**



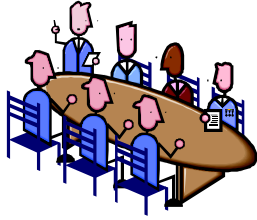
HAPPY MARCH BIRTHDAYS!

Charlotte Berry 3	Robert Schmutz..... 9	Ron Kind 16	Marilyn Waldbuesser ..26
Peter Raphael 3	Arlene Eiseth..... 10	Kathy Block 17	Debra Ostgard27
Jeanne Young 3	Marlene Huley..... 11	Judy Head 18	Loretta Burns.....27
Dan Weber..... 3	Margie Smith..... 11	John Hitz..... 20	Lowell Laughlin27
Bonnie Bosben 3	Velma Lindow 12	Connie Crussel..... 21	Marie Wintgens.....27
Ernest Gustman..... 4	Bev Oebser 12	Ginny Anderson..... 21	Harold Bauer28
Sally Tiala 4	John Perri..... 12	Rosemary Wiatr 21	Pat Fox28
Bonnie O'Meara..... 5	Shirley Bostrom 13	Otto Waldbuesser... 22	Maynard Moe.....28
Steve Spletter 5	Vic Rhodes 13	Della Bendtsen..... 23	Sue Rhodes28
Barb Laatsch 5	Anita Larson 14	Mary Severson 23	Loren Wyss.....28
Willard Mathis 6	Phyllis Bjork..... 14	James Gellerman 23	Gene Kizer30
Alfred Olson..... 7	Ann Cook..... 14	Ron Hemmy 24	Ray Gabert.....30
Larry Sinz 7	Steve Wood..... 14	LaWanna McSweeney 24	Ed Roethke.....30
Donna Chaudoir 7	Denise Sedlak 15	Norman Mrdutt..... 24	Lyn Collins31
Geneva Haase 7	Marlys Galoff..... 16	Mary Sheppard..... 24	Sharon Hemmy.....31
Dorothy Blakely..... 7	Dan Homstad 16	Linda DeZurik..... 25	
Nancy Sandborg 7	Jim Hatch 16	Jerry Cassellius..... 25	
Jerry Laustad..... 7	Laura Wahl..... 16	Mildred Packer..... 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
Email address: seniors@wwt.net
Phone: 715.235.0954 **Fax:** 715.235.1346

ANNOUNCEMENTS

TWO EXERCISE PROGRAMS

Every Monday & Thursday 1 p.m.
Stronger Seniors, strength training
Every Mon, Tue & Thu, 8:30-9:15 a.m.
Chair Yoga, balance and mobility
Both are great for maintaining balance and flexibility. Give it a try!

American Legion Annual Birthday Dinner

Tuesdays, Mar 20, 2012 12 p.m.
Call 235-0954 to reserve.

ST. PATRICK'S DAY DINNER @ CENTER

Wednesday, Mar 14, 2012 11:45 a.m.
Menu: Corned Beef & Cabbage Dinner

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.

March 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



THANK YOU TO ALL OF YOU WHO PARTICIPATED IN THIS FIRST ANNUAL 'ADD LIFE' CONFERENCE HERE AT THE SHIRLEY DOANE SENIOR CENTER IN FEBRUARY.

THERE WERE GREAT SPEAKERS WHO COVERED MANY TOPICS INCLUDING LAUGHTER, BODY, MIND AND SPIRIT, ACTIVE AGING...JUST KEEP MOVING, AND YOUR MEDICATIONS AND YOU. A GREAT SOUP AND SALAD BAR LUNCHEON WAS INCLUDED.

This conference was a joint effort co-sponsored by: Dunn County Senior Nutrition Program, and the Shirley Doane Senior Center.

Thanks also to all the wonderful staff and volunteers who worked so hard to make this happen.

**Add LIFESM to your Years
Conference Pictures
at Senior Center Feb 21**



Add LIFESM to your Years



**Two morning speakers:
Pam VanCamp,
Rev Dr Bob Salt**



**Two afternoon speakers:
Mike Brandt,
Ralph Varsho**

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

**Thank you for
your overwhelming
generosity!**



Memorial Donations Received:

Archie & Ann Abbott
**Memorial gift in memory of
Bea Miller.**

Eva & Lloyd Rogers
**Memorial gift in memory of
Bea Miller.**

Steve & Barb Wood
**Memorial gift in memory of
Tom Larsen.**

*Donations Received
With Membership Payments:*

Thor & Shirley Edgeberg
Ralph & Bonnie Bosben
Lanna & Larry Laird
Kathryn Bates

*Donations Received
With Membership Payments
continued:*

Ann Cook
Donna Piersall

*As of February 20, 2012
Donations Received
Toward Matching Funds:*

\$520

Archie Abbott
Jane Larsen
Joan Polasky
Ira Slocomb
William Wiese
Anonymous

And thank you for your thoughtfulness.

FREE LUNCH & LEARN

Post Operative Hip & Knee Rehabilitation

@ SENIOR CENTER
TUESDAY, APRIL 3
11AM-12:30PM

*Sponsored by:
American Lutheran
Homes, Autumn Village*



Roast Pork Loin Dinner

RESERVATIONS REQUIRED:

**CALL SENIOR CENTER 235-0954
BEFORE FRIDAY, MARCH 30**

*Are you, a family member,
or a friend considering hip
or knee surgery? Are you
apprehensive about the
post operative recovery?
What is rehab therapy?
What does it involve? The
presentation will answer
these questions and more.*

We hope you will join us.



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

MARCH 2012 (ENP) Elderly Nutrition Program & Wednesday Senior Center Menu

Menu subject to change

MONDAY	TUESDAY	WEDNESDAY'S SENIOR CENTER Friendship Dinners	THURSDAY	FRIDAY
		↓	¹ Sloppy Joe on a bun, 3-bean salad, Creamy coleslaw, Rainbow parfait gelatin	² Turkey divan casserole, Parsley cauliflower, Wheat dinner roll, Chilled apricot sauce, Fruit pie
⁵ Hot roast beef, Mashed potato & gravy, Green bean almandine, Wheat bread, Orange	⁶ Baked fish, Potato wedges, Carrot coins, Multi-grain bread, Chilled pineapple	⁷ Lasagna Tuna Casserole French Bread Vegetable Salad Dessert	⁸ Lasagna, California blend, Mixed green salad & dressing, Garlic toast, Pudding	⁹ Chicken salad on rye bread, Potato chowder, Broccoli cheese salad, Frosted cake
¹² Beef pizza casserole, Corn, Caesar salad, Breadstick, Cinnamon applesauce	¹³ Hot turkey, Whipped potatoes & gravy, Squash, Wheat dinner roll, Orange	¹⁴ <u>St. Patrick's Dinner</u> Corned Beef & Cabbage with Vegetable Salad Dessert	¹⁵ Chicken breast on a bun, Mayo, Vegetable soup, Chilled mandarin oranges, Rainbow parfait	¹⁶ Tator tot casserole, Cauliflower, Wheat bread, Chilled peaches, Frosted brownie
¹⁹ Turkey & noodles, Squash, Wheat bread, Fruit crisp	²⁰ Sweet & sour pork, Seasoned rice, Steamed cabbage, Breadstick, Chilled peaches	²¹ Oven Baked Chicken Potatoes / Gravy Vegetable Salad Dessert	²² Chicken enchilada casserole, Mexican corn, 12-grain bread, Banana	²³ Egg salad sandwich on wheat bread, Tomato basil soup, Chilled fruit cocktail, Angel food cake
²⁶ Baked ham, Au Gratin potatoes, Glazed carrots, Wheat dinner roll, Strawberry shortcake	²⁷ Meatloaf, Roasted red potatoes, Spinach, Wheat bread, Peach cobbler	²⁸ Beef Tips & Egg Noodles Mac & Cheese Vegetable Salad Dessert	²⁹ Rotini & meat sauce, Mixed green salad & dressing, Green beans, Breadstick, Gelatin jewels	³⁰ Salmon patty, Sour cream potatoes, Creamed peas, Cornbread, Chilled peaches