

May 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...

THE REAL TRUTH!

As the director of the Senior Center, whenever something good happens like growth, new programs, more activities and positive changes, I'm the one who gets the kind words, awards and wonderful compliments. I have to admit that I've never had a job, or should I say a mission, where there has been such instant gratification, and I know that I'm right where I'm supposed to be...

But, **the real truth is**, that I haven't done anything by myself. There hasn't been one new activity or program started here at the Center during my tenure, that has been an original thought from me...**It's all you, your ideas, your hard work, whatever it takes to get it done, you come through.**

And who exactly is YOU? You are the Senior Center, everyone of you who does something positive and good to make a difference here in the lives of the senior population in the Menomonie Community. **You know who you are. You are volunteers, board members, staff and other people from the community, who step up and goes that extra mile to be a part of something that closely resembles that old fashioned community spirit.**

Thank you for all of your hard work, ideas, positive words and support... **YOU DESERVE THE AWARDS**, YOU will still be making it all happen long after I'm gone...if not, then I didn't do my job!!

May highlights added to our regular activities...

Chair Yoga Mondays, Tuesdays & Thursdays, 8:30-9:15 a.m. \$2.50 ea.
May Classes...May 1,3,7,8,10,14,15,17,21,22,24,29,31. (no class on the 28th)

Rotary & Friendship Dinner Wed, May 30, 12 Noon \$4 members

@ **Senior Center** The Rotary Club of Menomonie is joining us for our Community Friendship Dinner on this Wednesday, to present the Center with a generous donation. Won't you please come and make them feel welcome!

Stronger Seniors Mon & Thu, 1:30-2:30 p.m. **FREE**
May Classes...May 3, 7, 10, 14, 17, 21, 24, 31 (no class on the 28th)

Senior Center Closed Memorial Day Monday, May 28

Senior Center Day Tours

Sign up early to reserve your seat and assure the tours success.

A good character is the best tombstone. Those who love you and were helped by you, will remember you when forget-me-not's have withered. Carve your name on hearts, not on marble.

- Charles H. Spurgeon

Until we meet again,
Shari



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

Grace Bahr
Rod Bahr
Shirley Bengston
Gert Bresson
Mary Buckley
Ruby Emerson
Jeanette Fremouw
Gretchen Goetsch
Elna Johnson
Helen Johnson
Jim Johnson
Jan Kufahl
Marv Kufahl

Sharon Moseler
Margaret Parker
Christie Pittman
Roger Pittman
Bea Proudlock
Mary Lou Schlough
Lois Shackleton
Avis Smithback
Annette Taylor
John Taylor
Berdena Weber
Rosalie Werner

Beware of Scams

Just a reminder to be aware of local scams.



Some of our seniors have reported receiving phone calls such as, "Grandma, I'm in (whatever country) and was arrested...I need you to wire money right away!"

We all think we wouldn't fall for it, but they're darn good at deception.

Insert Pages

- ❖ May Menu & Calendar
- ❖ ALH Free Lunch & Learn
- ❖ 2012 Tour Schedule
- ❖ Spaghetti Feed Pictures
- ❖ Donations / Crafters Cove

Personal Perspective



Article written by: *Rachael O'Mera*

The lights are on! As you read in the last newsletter the Senior Center is now heading up the Adult Day Learning (ADL) program. It was indeed a sad day to see the LSS leave, but what a joy to have the "Sunshine" folks back. Shari, backed by the Board of Directors has spent much time and effort to make this a reality.

Perhaps some of you have noticed that there are rooms here at the Center that have names—bridge players use the Sunshine Room, crafts are done in the Crafters Cove room, and just a few days ago, a name was designed for the ADL program. It is called Room for Hope. When the LSS program left it didn't look really great but plans were in the making. The folks were pretty devastated and I don't think they had much hope at the time. But, 'hope springs eternal' and no one gave in to despair.

I found this meaning of hope in Wikipedia. "Hope is the emotional state, opposite of which is despair, which promotes the belief in a positive outcome related to events and circumstances in one's life..." That definition quite well speaks of the atmosphere here, and the positive results of hope have again returned laughter, joy and happiness to the lives of those who so need it. Their joy I am sure, has more than repaid Shari and the Senior Center Board of Directors.

Hope is a big part of the Senior Center—offering positive outcomes in providing activities for socializing and being a part of the senior culture. Come visit us—you'll probably find friends and good times. The lights are on for you, too!

Senior Center Needs

Part-time Kitchen Volunteer

Do you like puttering around in the kitchen? We need you!

Our kitchen volunteers come every Tuesday and Wednesday to prep food for our Wednesday Community Friendship Dinners. If you enjoy joking around and laughing while you work, you're just the volunteer we need.

No experience needed, we'll show you what to do. Lunch included!

Kitchen Volunteer Time Schedule:

TUESDAYS 9-10:30 a.m. (approx.)
WEDNESDAYS 9 a.m.-12:30 p.m.

If interested please call 715-235-0954



Alzheimer's Support Group

3rd Wednesday of every month
10-11:30 am at the Shirley Doane Senior Center
Next support group meeting May 16, 2012
questions call Jo Gust at 715-232-4006

**IF INTERESTED IN VOLUNTEERING,
PLEASE CALL THE SENIOR CENTER
AT 235-0954
THANK YOU!**



Quote of the month...



A man begins cutting his wisdom teeth the first time he bites off more than he can chew.
- Herb Caen

See June 5th Lunch & Learn Insert!

Sponsored by:
American Lutheran Homes / Autumn Village Assisted Living



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: May 2, 9, 16, 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.

MISSPELLING CORRECTION NOTICE!

MARY KUF AHL please forgive our misspelling of your first name on the front page under April membership renewals.

May 2012 Community Events...

- May 1...**FREE BLOOD PRESSURE/BLOODSUGAR CLINICS BY ALH @ Shirley Doane Senior Center-9-10:30AM**
- May 3...**CVLR BUILDING A SCHOONER @ Shirley Doane Senior Center—10-11:30 a.m.**
- May 10...**CVLR BUILDING A SCHOONER @ Shirley Doane Senior Center—11 a.m.-3 p.m.**
- May 14...**CVLR COOKING WITH JENNY @ Shirley Doane Senior Center—1:30-3pm**
- May 7, 14, 21, 28...**CERAMICS @ Shirley Doane Senior Center-Mondays, 10:00 a.m.-2:30 p.m.**
- May 3, 7, 10, 14, 17, 21, 24, 31...**STRONGER SENIORS @ Shirley Doane Senior Center- 1:30-2:30 p.m., FREE**
- May ...**NO EUCHRE UNTIL SEPTEMBER @ Shirley Doane Senior Center-1PM (SUMMER BREAK)**
- May 1, 8, 15, 22, 29...**CRAFTS @ Shirley Doane Senior Center - Tuesdays, 8:30 a.m-2:00 p.m.**
- May 1, 3, 7, 8, 10, 14, 15, 17, 21, 22, 24, 29, 31...**CHAIR YOGA @ Shirley Doane Senior Center- 8:30-9:15 a.m., \$2.50 per time-members, \$5 per time-non-members,**
- May 2, 9, 16...**FOOT AND NAIL CLINIC @ Shirley Doane Senior Center - 8:30 a.m. Fee: \$10.00, Appointments required 235-0954.**
- May 2, 9, 16, 23, 30...**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.**
- May 9...**JANE LARSEN'S HOMEMAKERS GROUP @ Shirley Doane Senior Center - 10:00-11:30 a.m.**
- May 15, 22...**CVLR TRIO OF POETIC TYPES @ Shirley Doane Senior Center - 10:00-11:30 a.m.**
- May 16...**BETTY BEGUHN'S HOMEMAKERS GROUP @ Shirley Doane Senior Center - 12:45 a.m.**
- May 16...**LADY BUGS @ Shirley Doane Senior Center -8:30**
- May 16...**ALZHEIMER'S SUPPORT GROUP @ Shirley Doane Senior Center—10:00-11:30 a.m. (3rd Wednesday of every month)**
- May 21st...**CVLR NUTRITIONIST @ Shirley Doane Senior Center—10-11:30am**
- May 24th...**CVLR PORTUGAL @ Shirley Doane Senior Center—10-11:30am**
- May 28...**SENIOR CENTER CLOSED FOR MEMORIAL DAY**
- May 30...**ROTARY/COMMUNITY FRIENDSHIP DINNER @ Shirley Doane Senior Center - 12 p.m. Rotary presents Senior Center with a donation check. Please join us for dinner to thank the Rotarians for their support of the Senior Center.**



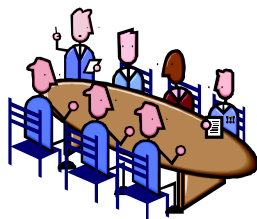
HAPPY MAY BIRTHDAYS!

Irene Cotts 1	Phyllis Lane 12	Eileen Brantner..... 17	Scott Kingzett26
Jan Kufahl..... 1	Larry Wiatr..... 12	Coral Sinex..... 17	Dorothy Skillings.....26
Ruth Schutz..... 1	Arlene Harvey..... 13	Mary Buckley..... 18	Gilbert Christenson.27
Mary Labs 2	Yvonne Vaughn 13	Lynn Fekete..... 19	Bob Dahlke27
Jeanne Leff..... 3	Rod Bahr 14	Maybel Kadinger 19	Wayne Johnson 28
Barb Luther..... 4	Rosella Blakley..... 14	Robert Barber..... 20	Gladys Waller28
Esther Jeatran 5	Judy Burns..... 14	Merlin Canon 20	Carol Sorsoleil.....29
Ralph Bosben 6	Peter Hovind 14	Jerry Gerasimo 20	Kenneth Drake.....30
Helen Gabert 6	Bunny Kinney..... 14	Janet Harvey..... 21	Lyle Kuester.....30
Betty L Pickerign..... 7	Barbara Williams..... 14	Barb Stearns 21	Muriel Borchert..... 31
Arlene Wieman..... 7	Mickey Wolfe..... 14	Pat Burrridge..... 22	Mary Budd.....31
Jim Knopps 8	Lorraine Grutt..... 15	Betty Schlough..... 23	Carlyle Gilbertson....31
Inez Sipple 8	Lillian Hilson 15	Celia Laustad..... 24	Judy Harmon31
Mary Erickson 9	Sylvester Hilson 15	Elizabeth Robinson.. 24	Jay Wagner31
Marvin Kufahl 9	Ron Melick 16	Gloriene Wahl 24	David Wynveen.....31
Ken Erickson 11	Jan Traxler 16	Marion Ellison 25	
Kathy Werner..... 11	Jerry Traxler 16	Tom Harris..... 25	
Donald Hintzman 12	Paul Axelsen 17	Dixie Chermack..... 26	

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

ELECTION DAYS

Governor Primary — Tuesday, May 8, 2012
Governor Election — Tuesday, June 5, 2012

SENIOR CENTER CLOSED

Monday, May 28, 2012
MEMORIAL DAY – NO PROGRAMS

ROTARY DINNER—CHECK PRESENTATION

Wednesday, May 30, 2012 **12 p.m.**

The Rotary Club of Menomonie will join the Community Friendship Dinner at the Center on Wednesday, May 30 at 12 p.m.

Please join us in showing our appreciation of their generous funding of the Center's programs.

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.

May 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



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

**Thank you for
your overwhelming
generosity!**



Memorial Donations Received: Special Donations Received:

*Steve & Barb Wood (Feb donation)
Honoring the 25th Anniversary of
Darlene & Leonard Britton.*

Rosalie Werner

Avis Smithback

*Darlene & Len Britton
Memorial gift in memory of
Jerry Hinzman.*

*Knaack Advertising
Huge discount on volunteer shirts.*

Bless you all for your creative ways to support the Senior Center!

CRAFTERS COVE



**Come in and browse!
New gift items are added weekly.**

Some interesting items for sale are:

**Quilts of all sizes ~ Afghans ~ Chair
Cozies ~ Dish Cloths ~ Tea Cozies ~
Embroidered Dish Towels ~ Wheelchair
Caddies, etc.**



**All Items are reasonably priced and purchases can be made in
the Senior Center office between 9 a.m. and 3:30 p.m.**





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~~ **\$70**

Price change due to increased bus charge!

**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)**



**History Theatre's
'Christmas of Swing'**

\$75

**Saturday, December 8, 2012
12 - 7:30 p.m.**

Located in St Paul, MN. **The Christmas of Swing is a joyful celebration of music, family and patriotism featuring real life letters from WWII soldiers, and favorite swing versions of holiday songs. Dinner is Included after the play before returning home.**



***All Tours Include Senior Center Director**

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

FREE LUNCH & LEARN

High Blood Pressure-The Silent Killer

@ SENIOR CENTER
TUESDAY, JUNE 5
11 AM-12:30 PM

Sponsored by:

American Lutheran

Homes, Autumn Village and Rehab



Roast Pork Loin Dinner

RESERVATIONS REQUIRED:

CALL SENIOR CENTER 235-0954
BEFORE FRIDAY, JUNE 1

Come learn more about high blood pressure and the importance of making sure it's under control.

Did you know that ALH sponsors a first Tuesday of every month 'Blood Pressure / Blood Sugar' Clinic at the Senior Center. 9:15-10:30 a.m.

We hope you will plan to join us. Come early to get your blood pressure checked.

Easter Dinner April 4th Pictures



Spaghetti Feed April 19 Pictures





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

MAY 2012 Wednesday Senior Center Dinners & Special Fundraisers

Menu subject to change

MONDAY	TUESDAY	WEDNESDAY'S SENIOR CENTER Friendship Dinners 11:45 a.m.	THURSDAY	FRIDAY
	1	2 ↓ Ham Potatoes Vegetable Salad Dessert	3	4
7	8	9 Hamburger Gravy Mashed Potatoes Vegetable Salad Dessert	10	11
14	15	16 Baked Chicken Potatoes/Gravy Vegetable Salad Dessert	17	18
21	22	23 Spaghetti & Meat- balls Garlic Bread Salad Dessert	24	25
28 <u>Memorial</u> <u>Day</u> <u>Center</u> <u>Closed!</u>	29	30 ROTARY DINNER Roast Pork Oven Fried Chicken Potatoes/Gravy Glazed Carrots Salad Dinner Roll Dessert	31	