

MERRILL ENRICHMENT CENTER

January 2021



Hours
Monday, Tuesday, Thursday 8am - 4:30pm
Wednesday 8am - 7pm
303 N. Sales Street
715-536-4226
ALL AGES WELCOME



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It's that time of the year... We ask everyone to be cautious of snow sliding off the roof along the east side of our building.

Please keep an eye on the roof and avoid parking and walking close to the building when snow is built up.

We will *continue* to allow a maximum of 50 participants in our Expo area in a given timeframe. We are fortunate to have two spaces to work in; the MEC space will allow a smaller number of people for activities.

Please note this could change at any time

If you have ANY symptoms of COVID-19 you should not be in the building or anywhere in public.



PLEASE WEAR A FACEMASK TO PROTECT YOURSELF AND OTHERS
You are required to wear a facemask at all times. If you do not have a facemask, we will have them available at our front desk.

We will consistently maintain safe physical distancing and sanitizing practices.

Most activities and classes will require sign up by calling the Center at 715-536-4226.

We will have limits on class sizes.

Gigi's Exercise classes

No sign up required for Chair Yoga or S&B
10am Mon. & Wed.

POUND with Lindsey is back on Wednesday nights at 6pm!
Come when your schedule allows,
No sign up needed! See pg. 11 for more info.

Mission Statement

Dedicated To Enhancing Lives and Bringing Generations Together

Core Values

Include, Encourage,
Volunteer, Create

MEC Team

L to R:

Vicki, Tammie, Stephanie



HAPPY NEW YEAR

Make the MEC one of your New Year's Resolutions!

ENRICHMENT CENTER COMMITTEE MEETING

January 21st at 3:15

MEC Conference Room

Meetings will be held the 3rd Thursday of each month unless otherwise noted.

Community attendance via conference #

Committee Members

Laura Bertagnoli (Chair), Paul Russell (Aldersperson),
Gene Bebel, Rose Akey, Sharon Harvey,
Jennifer Clark - ADRC Rep.

AARP FOUNDATION TAX-AIDE

We are sorry to inform you that Merrill will not be a tax-aide site this year.

Please check our February newsletter and Facebook page for the phone number.

This year will require 2 appointments.

Days will be Tues-Wed, 9-12

Locations: Wausau, Antigo, Medford

People will receive a mailing to fill out before apt.



Volunteer Shout-outs

Volunteer Shout Out's!

Our annual Thanksgiving meal, as with so many other programs in 2020, looked quite different. **For the first time in over 25 years, there was no sit down meal at the church.**

Together, the MEC and St. Stephens UCC provided 350 delicious meals to people in our community! We are thankful for our many community individuals and organizations who support this outreach through donations of both food and money.



A HUGE Thank you to St. Stephens United Church, Coordinator Cheryl Buck, and the 30 church volunteers for cooking and packing the Thanksgiving Meals! With your help, the MEC staff of 3 and one dedicated volunteer, Anne Amenson, coordinated 175 pick-up orders and 175 delivery orders!

Grateful for our Volunteers

Annie Amenson

Delivery volunteers:

Beth Pergolski

Dana & Christi Stellingworth

John Loesel & Lynn Little

Jerry Lynn

Kristy Nuemann

Kristen, Jacob & Caleb Novitch

Chester & Rebecca Kwiesielewicz
and Sam Merrill

Russ & Carol Mancl

Karen Akey & Nancy Dewer

Cheryl Wenzel

Rita Wiechman

Jessica Anderson

Denise, Logan, Sierra & Alicia Humphrey

Vicky & Corrie Rice

Sharon & Marty Anderson



Thank you for helping us enrich lives in our community!



The MEC donates a quilt each year to the church hosting the meal.

This gorgeous quilt was created by our very talented volunteer quilters, Roselyn Hagedorn, Annie Amenson, Carol Holz, and Barb Wendt.

Positivity Page



2020 was a terribly difficult year for all of us. It was hard to not be absorbed by all of the bad news. A simple way to combat those negative thoughts is to *challenge them!* Below is a simple worksheet to get your started. 2021 will be a better year!

Negative → Positive Thoughts

⊖ Negative Thought	Negative Thought
❓ Why It Might Not Be True	Why it might not be true..
⊕ Can you change it into a positive thought?	Can you try to change it into a positive thought?
💬 If someone you cared about had this thought, what would you say to them?	If someone you cared about had this thought, what would you say to them?
⊖ Negative Thought	Negative Thought
❓ Why It Might Not Be True	Why it might not be true..
⊕ Can you change it into a positive thought?	Can you try to change it into a positive thought?
💬 If someone you cared about had this thought, what would you say to them?	If someone you cared about had this thought, what would you say to them?

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MAKE A MEMORY JAR

Here's a fun idea for New Year's Eve: Decorate a "Memory Jar" to keep over the next 12 months.



Every time something memorable happens, write about it on a piece of paper and put it in the jar. You can even include mementos like ticket stubs and cards. On New Year's Eve 2022, you can open the jar and take a walk down memory lane.

NEW YEARS RESOLUTIONS?? Bah Humbug!

How many of us have made resolutions each new year only to fall short of achieving them? So why do we continue to set ourselves up for failure?

Try something different in 2021!

Here's a list we started.... Feel free to add these to your list or use it as a guide to begin yours.

Use the word '*practice*' as it means 'repeat'... to do better (not to win or lose)

- * Practice **gratitude**
- * Practice **being kind to yourself**
- * Practice **finding the beauty in all things**
- * Practice **focusing on positives**, not negatives
- * Practice **accepting 'what is'**; not allowing it to consume you
- * Practice **giving**
- * Practice **loving more**
- * Practice **understanding**
- * Practice **forgiving yourself and others**



Support Groups & Community



**Feeling empty? Like no one gets it?
Not interested in things
you once were?
Overwhelmed with life?**

A support group is a gathering of individuals who share a common goal. In a group setting, individuals are able to express how they feel and what they do to cope.

Come join this group to give and receive support in dealing with depression.

Where: Merrill Enrichment Center
303 N. Sales Street Merrill, WI 54452

When: No meeting this month,
call number below if in need of support.

Who: Anyone seeking support in dealing with depression
Cost: FREE

**For more information contact
Ashley Miller MS, Mental Health Specialist
at 715-804-7509.**



Serving adults and children who experience domestic violence, sexual assault, elder abuse, child abuse, harassment, stalking and human trafficking.

**24 hour crisis/support line
715-536-1300**

Toll free: 1-855-888-9272

*Your journey is yours...we are here to
walk with you*



Protect Wisconsin's Seniors, Report Elder Abuse.



Elder Abuse can be verbal, physical, emotional, sexual or financial. It can also be intentional or unintentional neglect.

Unfortunately, Elder Abuse is a growing problem in Wisconsin, negatively impacting the lives of our senior citizens and their families.



If you feel that you are victim of Elder Abuse or you believe it has been inflicted upon someone you know or love, REPORT IT!

Call the Wisconsin Elder Abuse Hotline
1-800-586-0107
or visit **ReportElderAbuseWI.org**



Happy New Year!

Does your New Year's resolution involve reading more?
Have we got a deal for you!

"Books Like Us" in a Winter Wonderland:
#AdultWinterRead2021

1/1/2021-2/26/2021

The new year is a time for reflection and reinvigoration. What better way to do that than to cozy up with inspiring books this winter? This Winter's Adult READ encourage readers to choose books and stories from an array of diverse authors and topics & celebrate the transformative power of seeing oneself reflected in a book. What does that mean for you, our T.B. Scott Free Library readers? Well, it means check out books you normally would not read. Find authors that offer you new perspectives on life and how others see it. We have been working diligently to provide our readers with just the right book to help you step out of your comfort zone.

Challenge participants will be able to read any books they like during the challenge and will be provided with recommendations from Simon & Schuster's featured authors along the way.

Join #AdultWinterRead2021 and log your reading to earn badges and help bring virtual events to your Library! Call Laurie @ 715-536-7191 for details.

Do you find it difficult to get to the library? Do you have a friend or family member who likes to read, but can't make it to the library? The library can come to you! We can set up monthly visits to bring books, music CDs, movies, and whatever else the library offers. Just give Donna a call at 715-536-7191.

You can also check out our website at
tbscottlibrary.org

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715.539.5600

Merrill Clinic

3333 E. Main St.



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Owners

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1,2,3 & 4 bedroom units income based for individuals and families.

Some amenities may include a stove, refrigerator, dishwasher, laundry, trash removal service, heat cable & Wi-Fi available at a reduced rate and off-street parking.

CALL NOW TO SPEAK TO THE PROPERTY MANAGER AT 715-722-1081 PRESS 2 or visit our website at www.merrillha.com

Certain Income Restrictions Apply



This institution is an equal opportunity provider and employer

Dr. Ronald J. Piffa
Optometrist

1007 E 1st Street
Merrill WI 54452

715-536-2020



1105 East Main Street
Merrill, WI 54452

Phone: 715-539-3311



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1 bedroom apartments, 2 bedroom duplexes and 3 bedroom homes for rent for elderly, disabled and families. Some amenities may include stove, refrigerator, laundry, trash removal service, on site beauty salon, heat, water, electric, Dish available at a reduced rate, garages and off-street parking.

CALL NOW TO SPEAK TO THE PROPERTY MANAGER AT 715-722-1081 PRESS 3 or visit our website at www.merrillha.com

Certain Income Restrictions Apply



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 - Making a Difference in your Community. • Building mutually beneficial friendships.
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For your generous donation of time and talents, we provide Free Lunches, TAX FREE MONEY, and additional incentives.

If interested call: Cindy or Jim at 715-539-1645

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&

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715-536-6244



For ad info. call 1-800-950-9952 • www.lpi seniors.com

Merrill Enrichment Center, Merrill, WI

A 4C 01-1129

Craft Shop

OUR CRAFT SHOP WILL BE CLOSED FOR INVENTORY FROM JANUARY 4th - 7th THERE WILL BE NO INTAKE OR TAKE-OUT UNTIL JANUARY 11th. THANK YOU TO ALL CUSTOMERS WHO SUPPORTED OUR CRAFTERS IN 2020!



SAVE THE DATE
SPRING CRAFT SHOW
SATURDAY MAY 1ST
9AM - 2PM
REGISTRATION OPEN!



Rice Bags



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Give us a call...

PROTECT your personal information

DETECT suspected fraud, abuse, or errors

REPORT suspicious claims or activities

Toll-free Helpline:
888-818-2611

Email: smp-wi@gwaar.org

gwaar.org/senior-medicare-patrol

WisconsinSeniorMedicarePatrol



This project was supported, in part by grant number 90MPPG0041-01-00, from the U.S. Administration for Community Living, Department of Health and Human Services, Washington, D.C. 20201.

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Merrill Enrichment Center, Merrill, WI

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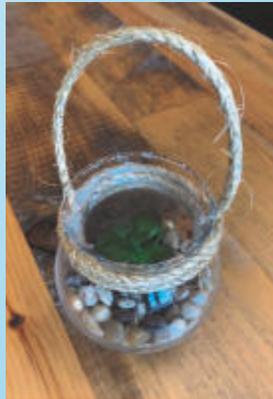
Classes

TAKE HOME ARTS AND CRAFTS

We are offering take home art and craft kits!

How cute and easy these crafts are for all ages.

Limited amounts of each so call before they are gone!



Glass vase with twine, a succulent and rocks....
Only \$8



Wooden snowman with fleece hat, scarf, and buttons. Colors will vary.
Only \$5



Ukulele Lessons

Wednesdays from 10-11am or 4-5pm.
February 3rd, 10th, 17th, 24th
Instructor Mr. John Heckendorf



Class size is limited to 6 people
Class is for beginners age 15 and up
Please bring your own Ukulele
Call to sign up!
715-536-4226

January Craft Project January 21st at 10:00 am

We are hopeful that this will be an in person class!

We will also offer this as a take home class.

You will create a wreath like the one shown.
The center piece will be interchangeable for each season!



Cost is \$25 which includes all supplies to make the wreath *minus* the center piece which you will bring to class.

Call 536-4226 to register or for a pick-up.

Cricut Class Learn, Make, & Take



We will be working on glass etching.
January 12th at Noon
Cost \$10

Whether you have been using your Cricut for years or just beginning, this will be the class for you.

Join Karen for Cricut Class where we will make a craft using a Cricut cutting machine. They each have 10+ years experience and are looking forward to sharing ways to use your Cricut machine!

Give the Center a call if you have any questions about this class or any of our offerings or activities.
Please call to register, space is limited.
715-536-4226

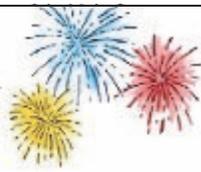
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www.ourseniorcenter.com



Brain Fitness

HAPPY NEW YEAR



X L F A U M T V S G V L
 R F B E G I N N I N G O
 F J S F A D F A M I L Y
 I A F R X N W C A C P U
 R N Q I M I G L W L A L
 E U O E S G R O S G R L
 W A J N F H J C I C A E
 O R B D Q T F K V P D C
 R Y B S A P A R T I E S
 K N E W Y E A R A A S T
 S C O U N T D O W N N X
 C E L E B R A T I O N J

FIREWORKS
 COUNTDOWN
 CELEBRATION

JANUARY
 CLOCK
 NEW YEAR

MIDNIGHT
 FAMILY
 BEGINNING

FRIENDS
 PARTIES
 PARADES

www.AllFreePrintable.com

Free Printable Word Search

No brain drain needed... there are many *simple* 'exercises' to keep your brain healthy!

Read aloud. Yes, simply reading out loud helps your brain. How? The dual effect of speaking and hearing helps us helping to retain the information. In addition word pronunciation helps the brain; especially when we encounter a new word!

Cook one new brain healthy dish each week. The right food helps our brain. In addition when we cook, many of our senses are at work... sight, taste, smell, touch, which aids in memory. New ingredients, instructions and measurements also challenges our brain!

Say the Color of each Word!

(Don't read the word)

How Fast can you say it?

black white yellow green red blue
 yellow red black green white red
 white green red black yellow green
 black white yellow green red blue
 white green red black yellow green
 yellow red black green white red
 white green red black yellow green

www.TheCraftyClassroom.com

Mind & Body Wellness Course

Instructor Tammie Mrachek - MEC Director

Feb. 3rd, 10th, 17th & 24th from 9am-Noon

Call now to sign up. 715-536-4226 Seats are limited

There is no cost for this Course.

Funding provided by Security Health Plan.

If we are not able to meet in Feb. due to Covid we will plan for March.

The MEC with the financial support of Security Health Plan is excited to offer Mind & Body Wellness!

The goal of this program is to provide participants with educational material and activities designed to promote brain health; ultimately empowering people to lead a healthy lifestyle and remain independent.

*Where are my glasses?
 Oh, on my head!
 I lost my keys....again!
 Sound familiar?
 We can help you with that!*

Emphasis will be placed on the growing evidence that lifestyle choices like *nutrition, exercise, mental and social activities* can positively impact your brain health and reduce the risk of dementia.

The program will combine fun and educational mind games to challenge participants to keep their brains active.

In addition, we will learn how easy it is to make healthy meals, snacks, and desserts.

Finally, we will participate in 10 minute exercises that are easy to incorporate into your daily routine, including yoga, meditation, walking, and strength exercises.

Security Health Plan

Activities

Beat the Winter Blues!

Don't let the winter blues get you down!
 Keeping your mind and body active keeps your brain sharp as well.
 Try something new this year!



Ping Pong

MEC now has a Ping Pong table!
We are excited to be able to offer some more physically distanced fun.



Times will be available on
 Monday and Wednesday afternoon and
 all day on Tuesday and Thursday
 (unless otherwise noted on the back calendar)



If you are interested in coming in to play Ping Pong give us a call at 715-536-4226 to reserve a time.

Book Club

Jan. 19th at 1:00pm
 Newcomers always welcome.
 The group meets the *third*
Tuesday of each month at 1:00pm.



Upcoming Books

Jan - The Giver of the Stars—Jojo Moyes
Feb - Anxious people— Fredrick Backman
March - The Mapmaker's children— Sarah McCoy

Quilting, Tying & Sewing

We are currently working on a number of quilts for outreach and would welcome volunteers to help.
 Call for details.

Anyone need to unload *unused* fabric? We need clean fabric for backing quilts.

We welcome any other ideas to help out our community!

Call us (715-536-4226) or stop in to learn how you can give back to your community!



Snowing? Freezing? Icy? Come to the MEC to Walk!

Walk anytime Monday - Thursday
 8am - 4:30pm in our Expo area!
Please check in at the front desk.

No activity fee for walking.
FOR YOUR SAFETY, PLEASE BRING WALKING SHOES to change into when you enter the building. The floor can be slippery when wet. Thank you for your cooperation.



Scheduled Card Games & Times

We miss all of our card players and look forward to seeing you all again.

All of the following games will resume at a later date. Thank you for your understanding.

Hand & Foot	Mondays at 12:00pm
Bridge	Mondays at 12:00pm
(bring your team of four or call to get on a sub list)	
Sheephead	Tuesdays at 1:00pm
Cribbage	Wednesdays at 10:00am

Volunteer opportunities



Call us (715-536-4226) to learn how you can give back to our community.

Keeping your brain in shape is another important reason for volunteering, and a healthy brain is vital for healthy aging. Volunteering not only engages your mind and body, but it can actually help you age well and reduce the risk of age-related diseases such as dementia and Alzheimer's disease.

<https://alzheimer.ca/en/Home/About-dementia/Brain-health/Volunteering-tips>

♥ **Newsletter Delivery** - Be a part of our volunteer marketing team! Marketing is significant in making the community aware of all the MEC has to offer. Delivery routes take place on the second or third week of each month and take only 20-30 minutes. Call today.

Fitness



Chair Yoga

Instructor Gigi Heinz

Every Monday 10 – 10:45am

Our \$3 daily activity fee covers class cost.

Yoga can reduce pain for people with arthritis, back and neck pain, and other chronic conditions like fibromyalgia. Yoga can reduce stress through breath and relaxation which helps lower blood pressure, and heart rate, improve digestion, ease symptoms of anxiety, depression, fatigue, and insomnia. Yoga helps increase strength in both muscles and bones, improves circulation for better brain and heart health and improves mobility & flexibility to help you enjoy more activities. Gigi is a certified Yoga Therapist with over 20 years experience leading group health, fitness, and yoga. Join Gigi for 45 minutes of gentle stretching, breathing, and relaxation.

All yoga will be supported with a chair. You will be encouraged to listen to your body and only move in ways that make your body happy!

Every Wednesday

10 - 10:45 am

Instructor Gigi Heinz

Our \$3 daily activity fee covers class cost.

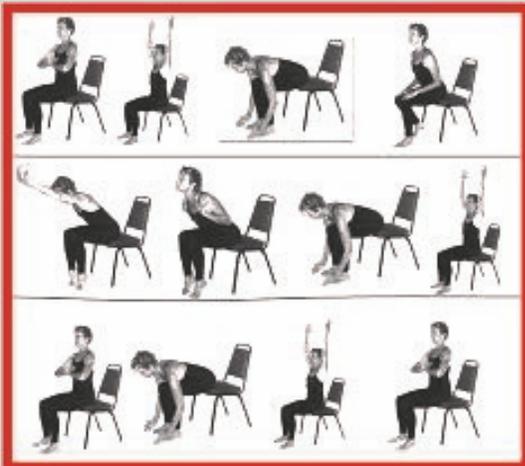


Join Gigi for a Strength & Balance class where *all exercises will be supported by or with a chair*. We will begin class with a warm-up, move into strength and balance for all major muscle groups, and end with stretching.

Many exercises can be done with the resistance of your own body weight, but if you would like to add weight you can bring your own set of hand held weights. Most begin with 2-3 pound size, others may work up to 5 pounds or more depending upon the exercise. **All levels are welcome**, Gigi will offer modifications as needed.

CHAIR YOGA STRETCHES

Listen to your body and only do what feels comfortable.



NEW CLASS OFFERINGS WITH GIGI THROUGH DECEMBER

Mondays 8:15-9:30 Yoga Strength
Wednesdays 8:15-9:30 Mat-based yoga mixed level

8 week sessions available
 Jan 4th - Feb 24th

Mondays: Yoga Strength

A mat-based yoga practice designed to build strength, improve flexibility and balance. Strong focus on proper alignment. Modifications offered.



Wednesdays: Yoga Mixed Level

A mat-based, moderate level class, with options offered to increase or decrease amount of challenge. Modifications offered.

Please bring your own mat, blankets, & weights.

Student fees

8 week session, one class per week is \$80, two classes per week is \$144, carry over only at discretion of Gigi. Drop- ins are \$12.

Registration & payments handled by Gigi.
Register via text or call 715-297-6540.

Payments will be either cash or check and collected the first day of class.

Strike Zone POUND with Lindsey

POUND is a full body workout that combines cardio, conditioning and strength training with yoga and Pilates inspired moves. With use of Ripstix, or lightly weighted drumsticks, POUND transforms drumming into an incredibly fun way to work out! Designed for all fitness levels, provides an atmosphere for letting loose, getting energized, tonin' up & rockin' out!

Instead of watching the clock during a workout, your mind will be distracted to focus on rhythm and volume.

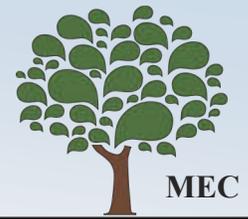
The distraction is responsible for the addictive-ness, making you come back for more!!



Wednesday nights
 6:00pm
 \$5.00 per class



2021



MEC

Monday	Tuesday	Wednesday	Thursday	Friday
4. Mat-based Yoga Strength 8:15 Chair Yoga 10:00 Walking in Expo 12:00 - 4:00	5. Walking in Expo All Day	6. Mat-based Yoga Strength 8:15 Strength & Balance 10:00 POUND w/ Lindsey 6:00	7. Walking in Expo All Day	
CRAFT SHOP CLOSED FOR INVENTORY				
11. Mat-based Yoga Strength 8:15 Chair Yoga 10:00 Walking in Expo 12:00 - 4:00	12. Cricut 12:00 Walking in Expo All Day	13. Mat-based Yoga Strength 8:15 Strength & Balance 10:00 POUND w/ Lindsey 6:00	14. Walking in Expo All Day	CENTER CLOSED FRIDAYS 
18. Mat-based Yoga Strength 8:15 Chair Yoga 10:00 Walking in Expo 12:00 - 4:00	19. Book Club 1:00 Walking in Expo All Day	20. Mat-based Yoga Strength 8:15 Strength & Balance 10:00 POUND w/ Lindsey 6:00	21. Wreath making Class 10:00 Walking in Expo All Day Committee meeting 3:15	
25. Mat-based Yoga Strength 8:15 Chair Yoga 10:00 Walking in Expo 12:00 - 4:00	26. Walking in Expo All Day	27. Mat-based Yoga Strength 8:15 Strength & Balance 10:00 POUND w/ Lindsey 6:00	28. Walking in Expo All Day	

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Merrill Enrichment Center

Also find our **Newsletter online** at our City Website

<http://www.ci.merrill.wi.us/>

Click on City Government/Departments/ Enrichment Center. Scroll to the bottom of our page and click on the month. You will need Adobe Acrobat Reader to view the newsletter.