

# MERRILL ENRICHMENT CENTER



## February 2021

**Hours**  
Monday through Thursday 8am - 4:30pm  
303 N. Sales Street  
715-536-4226

**TAKE  
ME I'M  
FREE!**

**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 25 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.

### Mission Statement

Dedicated To Enhancing Lives and Bringing Generations Together

#### Core Values

Include, Encourage,  
Volunteer, Create



#### MEC Team

L to R  
Tammie, Vicki, Stephanie

### ENRICHMENT CENTER COMMITTEE MEETING

February 18th at 3:15

MEC Conference Room

Community attendance via conference #

Phone: 650-735-3309 PIN: 380 887 966 #

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

#### 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.**

Call 715-513-7252 for an appointment  
(weekdays 9am-1pm starting Jan.19th-March 26th)

This year will require 2 appointments.

**Location:** UW-Extension Bldg, 212 River Drive,  
Wausau, WI.

- Appointments will be Tues & Wednesday mornings starting Feb 2 - March 31st from 8am-Noon.
- People will receive a mailing to fill out before appointment.



# Volunteer Shout-outs



## Annual Christmas Joy Outreach

Our annual Christmas Joy outreach, as with so many other programs in 2020, looked quite different. We truly missed our large in house celebration with music, camaraderie, and of course Santa and Ms. Claus!

We were able to deliver Christmas boxes to 100 people in our community who were home alone for Christmas. These boxes included fresh produce, ham, rolls, cookies and candies, a gift bag full of goodies and a fleece shawl. Thank you to County Market for donating the bags for both our Thanksgiving and Christmas outreach, and to Gallenburg Farms in Antigo for the generous donation of potatoes!

### So grateful for our volunteers!

Annie Amenson for working with us to pack all of the food, gifts and bags to get out for delivery.

#### **Delivery volunteers:**

**Beth Pergolski**

**Shelly Storm**

**Laurie Natzke**

**Barbara Crapster-Pregont**

**Sharon & Marty Anderson**

**Mary Ann Vandergeest & Karen Akey**

**Kevin & Andrea McKenna**

**Grace Bernal & Sandra Bagley**

**Tom and Annie Amenson**

*We appreciate and are thankful for all of you!*

*Thank you for helping us enrich lives in our community!*



# Wellness

## How Coronavirus Affects the Brain

Five steps to build long lasting mental and physical health by *Sanjay Gupta, AARP, December 8, 2020*  
Full article <https://www.aarp.org/health/brain-health/info-2020/brain-health-risks-covid19/>

Four-fifths of patients hospitalized with COVID-19 have neurological symptoms, and although estimates vary, studies have found that at least half of people who recover from COVID-19 continue to suffer from neurological symptoms for months after. Brain scans of patients, compared with scans of those who've never been infected, show structural and functional changes to the brain. We don't know yet what that means for these patients' long-term prognosis, but the medical community is serious about figuring it out. A global consortium of research scientists has been established to study the relationship between COVID-19 and neurological dysfunction.

Among my fellow neuroscientists, there are big questions that remain unanswered: Do these conditions — and potential brain changes — set the stage for serious long-term cognitive decline and dementia later on? And, most important, what can we do about it? These are five approaches that may offer hope.



## 5 Ways to Build a Resilient Brain

### Maintain social connections

via phone calls or virtually

### Eat for resiliency

anti inflammatory diet - Mediterranean

### Move more

online exercise videos

### Get healthy sleep

### Learn something new

## Creamy Chia Greek Yogurt Pudding with Raspberry Puree

### **Chia Greek Yogurt Pudding**

- 1 cup non-fat vanilla Greek yogurt
- 1/2 cup coconut milk
- 1 teaspoon vanilla
- 3 tablespoons raw honey
- 1 tablespoon plus 2 teaspoons chia seeds



jeanetteshealthyliving.com

### **Raspberry Puree**

- 1 1/4 cups fresh raspberries
- 1 tablespoon organic sugar

### **Instructions-**

1. To make Chia Greek Yogurt Pudding, whisk together Greek yogurt, coconut milk, vanilla and honey in a medium bowl. Stir in chia seeds and mix well. Divide among serving glasses. Chill in refrigerator overnight.
2. Combine raspberries and sugar in a bowl. Smash together until raspberries are crushed. Spoon raspberry puree on top of Chia Greek Yogurt Pudding before serving.

## At Home Exercises



It's best to start off with a simple balance exercise for seniors. Here's how you do this one: stand behind a steady, solid chair (not one with wheels), and hold on to the back of it. Lift up your right foot and balance on your left foot. Hold that position for as long as you can, then switch feet.



This strength training exercise for seniors makes your bottom and your lower back stronger. Stand behind a chair. Slowly lift your right leg straight back – don't bend your knees or point your toes. Hold that position for one second, then gently bring your leg back down. Repeat this ten to 15 times per leg.

Stand behind the chair with your feet slightly apart. Slowly lift your right leg to the side. Keep your back straight, your toe facing forward, and stare straight ahead. Lower your right leg slowly. Repeat this exercise ten to 15 times per leg.



# 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:** FEB. 3rd at 1pm

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

**Ashley Miller MS, Mental Health Specialist  
For more information call the MEC**

**at 715-536-4226.** 



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*



## ALZHEIMERS ASSOCIATION Wisconsin State Advocacy Day

Make your voice heard! Join advocates from across Wisconsin at the only advocacy day devoted entirely to promoting legislative priorities that impact Alzheimer's and dementia. While our 2021 Alzheimer's Advocacy event will look a little different than years past as we go virtual, you will still have the opportunity to learn about the Alzheimer's Association's 2021 legislative priorities, hear from key policy makers about their efforts to address the impacts of Alzheimer's, and meet fellow advocates from across Wisconsin. Following an informative training session, you will have the opportunity to meet virtually with your legislators to share your personal stories, and ask for their support of Alzheimer's Association priorities.

For more information and statistics please follow this link: [https://alzimpact.org/fact/state\\_profile/state/WI#advocacyday](https://alzimpact.org/fact/state_profile/state/WI#advocacyday)



## Love is in the air!

The T. B. Scott Library has hundreds of romance books in paperback, hardcover, and large print formats. We also have great music CDs to set the mood, and plenty of romance movies to enjoy!

The **Adult 2021 WinterREAD Challenge** is in full swing. The READ runs through February 26 with the final drawing on February 26. There is still time to join in. We are once again offering patrons an online option as well as paper format for those not comfortable with the online version. Details can be found on the library website [www.tbscottlibrary.org](http://www.tbscottlibrary.org) or you may call the library for details. If you are a paper format participant, you may call the library to schedule a pickup of the Challenge Entry Form.

The **Adult Take & Make** continues. The January/February kit is available for curbside pickup until they are gone. There are a limited number of kits so be sure to call in to reserve one for you.

This kit will focus on fabric, fiber, and texture.

Get ready to get your baking on as The **Virtual Great Scotty Bake-Off** returns online Thursday, February 11, just in time for Valentine's Day. Stay tuned for details as the date gets closer.

**Chad Lewis is back and he's gone virtual!** T.B. Scott Free Library will be hosting this incredible online event!

**Tuesday, February 2, @ 7pm**

### Wisconsin Lumberjack Legends and Lore

From Paul Bunyan to the Hodag, this program is filled with all of the Lumberjack traditions, superstitions, and legends. Filled with tall tales of mysterious creatures lurking in the woods, boasts of supernatural feats, and every yarn told in-between, this program celebrates our lumberjack history.

#### Learn:

How Paul Bunyan met Babe the Blue Ox.

The strange creatures living in the Northwoods

Why you should never change wet clothes

The antidote from a bite from a snow snake

Call the Library for virtual event details and how you can join Chad online as he entertains viewers with Lumberjack traditions and more!!



## Have you been looking for....?

### Heating Assistance

The Energy Assistance Program is available through Lincoln County Social Services.

**Call 715-539-1344 to get an appointment.** This is heating assistance for the up-coming heating season. St. Vincent de Paul Outreach and the CAP program both assist with heating bills/WPS bills, too. Call the office at 715-539-2666 for details.

**Caring for the entire family.**

**715.539.5600**

**Merrill Clinic**  
3333 E. Main St.



**ASPIRUS™**

**Dr. Ronald J. Piffa**  
Optometrist

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**715-536-2020**




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

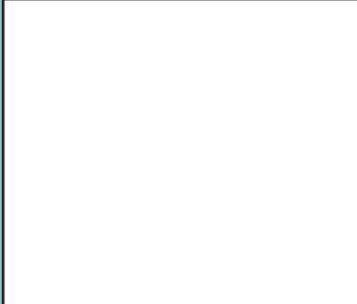
Some amenities may include a stove, refrigerator, dishwasher, laundry, trash removal service, heat cable & Wi-Fi available at a reduced rate and off-street parking.

CALL NOW TO SPEAK TO THE PROPERTY MANAGER AT 715-722-1081 PRESS 2 or visit our website at [www.merrillha.com](http://www.merrillha.com)

Certain Income Restrictions Apply



This institution is an equal opportunity provider and employer



1105 East Main Street  
Merrill, WI 54452

**Phone: 715-539-3311**



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➤ Reach the Senior Market

**ADVERTISE HERE**

**CONTACT**

Contact Alex Nicholas to place an ad today!  
[anicholas@lpiseniors.com](mailto:anicholas@lpiseniors.com) or (800) 950-9952 x2538

**Merrill Area Housing Authority**  
**JENNY TOWERS**  
**AFFORDABLE UNITS FOR RENT**

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](http://www.merrillha.com)

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You could be the one that makes a difference in a youth's life!

If you enjoy offering:

- One-to-One Guidance and Companionship to Youth in a Supervised Setting.
- Making a Difference in your Community. • Building mutually beneficial friendships.

If you are age 55 or older, meet income criteria, and able to maintain 15 to 28 hours of service per week. **Then you are exactly what we are looking for!**

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**

**Taylor-Stine**  
FUNERAL HOME & CREMATION SERVICES



Serving the community since 1934

Richard A. Stine | Leah D. Reist  
903 East Third St. | Merrill, WI 54452  
**715-536-6244**

# Craft Shop

Shop Local for your sweetheart!  
Happy Valentines Day!



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



**Concerned about Medicare fraud?**  
**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](mailto:smp-wi@gwaar.org)  
[gwaar.org/senior-medicare-patrol](http://gwaar.org/senior-medicare-patrol)  
WisconsinSeniorMedicarePatrol



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Merrill Enrichment Center, Merrill, WI

B 4C 01-1126

# 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

Cost \$20

Wednesdays from 10-11am or 4-5pm.

**February 3rd, 10th, 17th, 24th**

**Instructor Mr. John Heckendorf**

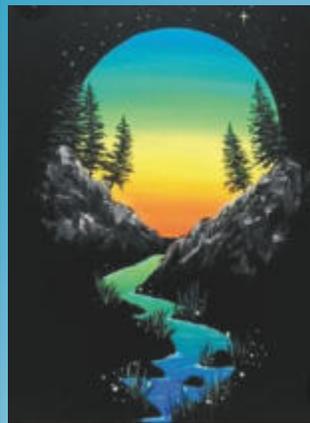


**Class size is limited to 6 people**  
**Class is for beginners age 15 and up**  
**Please bring your own Ukulele**  
**Call to sign up!**  
**715-536-4226**

## Painting with Amy Acrylic Paint on Canvas

Amy is an acrylic painting instructor.  
Her business is Create A-Way Paint Parties and  
Therapeutic Arts

**Feb. 16th at 8:30am**



Choices are a 12x16 canvas for \$18 or a 16x20 canvas for \$28  
(Price includes MEC activity fee)

Class Minimum of 4, no experience necessary.  
Please call the Center to register.

**Additional color choices available.**

## Cricut Class

**Learn, Make, & Take**

**Feb. 23rd at Noon**

**Cost \$ 10**

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



Learn how to bring in fonts and iron onto a hot pad.

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

# NEVER MISS A NEWSLETTER !

Sign up to have our  
newsletter emailed to you at  
*[www.ourseniorcenter.com](http://www.ourseniorcenter.com)*



# Brain Fitness

## Sudoku

Fill in the grid so that every row, column and 3x3 box contains the numbers 1 through 9.

6	8			7			5	
			1					
	7	1	8			2		
8		9						
	2	4		5	9			
			2					
			5					8
				9	6			
4	5	2	7	1				9

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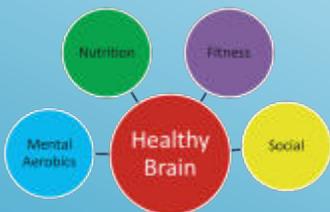
DIFFICULTY: ★☆☆☆☆

There are 5 sisters in the room:  
Ann is reading a book,  
Margaret is cooking,  
Kate is playing chess,  
Marie is doing laundry.  
What is the fifth sister doing?

What can you see once in a minute, twice in a moment, and never in a thousand years?

What goes through cities and fields but never moves?

Solutions/answers on page 10



### Mind & Body Wellness Course

Instructor Tammie Mrachek - MEC Director

March 4th, 11th, 18th & 25th 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 March. due to Covid we will plan for April.

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.

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.



## VALENTINE'S BINGO



**FEBRUARY 11TH**

10AM - NOON

COST \$5

CALL TO REGISTER

SEATING LIMITED

715-536-4226

CASH PRIZES

TAKE HOME SNACK BAG



## Book Club

**February 16th at 1:00pm**

Newcomers always welcome.

The group meets the *third*  
Tuesday of each month at 1:00pm.



## Upcoming Books

**Feb** - Anxious people– Fredrick Backman

**March** - The Mapmaker's children– Sarah McCoy

## CORNHOLE / BEAN BAG TOSS

Great exercise activity which allows for safe distancing! We have the rules available if needed.  
Must call to schedule a time. **No activity fee for playing.**  
715-536-4226



## 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!**



## Answer to Sudoku

6	8	3	9	7	2	4	5	1
2	4	5	1	6	3	9	8	7
9	7	1	8	4	5	2	3	6
8	6	9	4	3	7	1	2	5
1	2	4	6	5	9	8	7	3
5	3	7	2	8	1	6	9	4
3	9	6	5	2	4	7	1	8
7	1	8	3	9	6	5	4	2
4	5	2	7	1	8	3	6	9

Answers—  
1. Playing chess with Kate 2. The letter M 3. The road

## 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.

# 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.

## **PUNCH CARDS AVAILABLE !**

Punch cards *available* for the following activities:

**Yoga, Strength & Balance, Zumba, and Cards/Book Club**

Stop by the front desk to purchase your card!



### **Activity fees**

**\$2 activity fee for playing cards or attending book club**  
**\$3/day fee**

This fee allows you to take advantage of multiple activities in one day rather than paying a separate fee for each.

***If a craft class meets multiple days, the cost is only \$3***

## **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.**

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



Call to schedule a time. One hour blocks. Please see back calendar for available days.

**No activity fee for walking**

We have pedometers for you to track your steps. There are approximately 2000 steps in a mile.

**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.





# February



# 2021



Monday	Tuesday	Wednesday	Thursday	Friday
<b>1.</b> Mat-based Yoga Strength 8:15 <b>Chair Yoga</b> 10:00 Walking in Expo 12:00 - 4:00	<b>2.</b> Walking in Expo All Day	<b>3.</b> Mat-based Yoga Mixed Strength & Balance 8:15 <b>10:00</b> <b>Grief Support Ukulele lessons</b> 1:00 pg. 7	<b>4.</b> Walking in Expo All Day	<b>CENTER CLOSED FRIDAYS</b>  <b>Feb. 14th</b> Happy Valentines Day
<b>8.</b> Mat-based Yoga Strength 8:15 <b>Chair Yoga</b> 10:00 Walking in Expo 12:00 - 4:00	<b>9.</b> Walking in Expo All Day	<b>10.</b> Mat-based Yoga Mixed Strength & Balance 8:15 <b>10:00</b> <b>Ukulele lessons</b> pg. 7	<b>11.</b> Walking in Expo All Day  <b>VALENTINES BINGO</b> <b>10am-Noon</b>	
<b>15.</b> Mat-based Yoga Strength 8:15 <b>Chair Yoga</b> 10:00 Walking in Expo 12:00 - 4:00	<b>16.</b> <b>Paint w/ Amy</b> 8:30 <b>Book Club</b> 1:00 Walking in Expo All Day	<b>17.</b> Mat-based Yoga Mixed Strength & Balance 8:15 <b>10:00</b> <b>Ukulele lessons</b> pg. 7	<b>18.</b> Walking in Expo All Day  <i>Committee meeting</i> 3:15	
<b>22.</b> Mat-based Yoga Strength 8:15 <b>Chair Yoga</b> 10:00 Walking in Expo 12:00 - 4:00	<b>23.</b> <b>Cricut</b> 12:00 Walking in Expo All Day	<b>24.</b> Mat-based Yoga Mixed Strength & Balance 8:15 <b>10:00</b> <b>Ukulele lessons</b> pg. 7	<b>25.</b> Walking in Expo All Day	

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