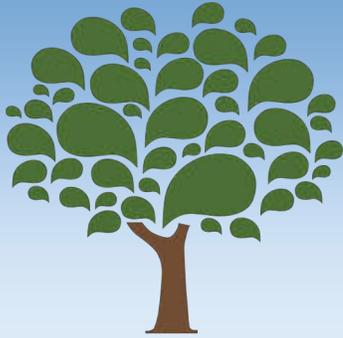


MERRILL ENRICHMENT CENTER

April 2021



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



ALL AGES WELCOME

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Mission Statement

Dedicated To Enhancing Lives and
Bringing Generations Together

Core Values

Include, Encourage,
Volunteer, Create

MEC Team

L to R
Tammie, Stephanie, Vicki



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



ENRICHMENT CENTER COMMITTEE MEETING

April 15th at 2:15

MEC Conference Room

Community attendance via conference #

Phone: 530-832-8068 PIN: 606 742 942 #

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.

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.

PUNCH CARDS AVAILABLE !

Punch cards available for the following activities:

Chair Yoga & Strength & Balance

Stop by the front desk to purchase your card!



Activity fees

\$2 activity fee for playing cards
\$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



Thank you to Char Seetan & Ardis Marquis for their donations and support

Classes

Guitar Lessons



8 weeks
April 6th-May 25th
Tuesday evenings
5:30pm – 6:30pm
Cost \$40

Ages 12 and up.
Need to bring your own guitar

Call to sign up!
715-536-4226

Sewing Class

Beginners welcome! In this class Karen will be teaching how to make/ sew fabric baskets. You choose the size you'd like to make and the fabric you'd like to use.

April 6th
at 11am or 4pm

Cost \$10, if bringing your own fabric.
\$15, if using fabric from the Center.



For more details, or to register call 715-536-4226
Space and sewing machines are limited.

Painted Glass Your Choice...

In-Class Project or Take Home



No experience necessary

Do you have a favorite quote or verse?
In this class we can turn that into a piece of art! We'll be using oil paint markers and acrylic paint.

April 21st at 1:00pm
Cost \$10

We will have limited seats and limited amounts for take home.
Please call **715-536-4226** to reserve your spot in class or your take home kit, for pickup during business hours.

NEW EVENING CLASS OFFERING!

Cricut Club

Tuesday April 20th

Come in anytime between 4-6:30pm

Cost \$10

Please call and let us know if you are planning to attend.



Karen will be available to help you with any questions or help you need with your current project. Please bring all materials along with your device.

Beginning to advanced users are welcome!

Karen has 10+ years experience and is looking forward to sharing techniques on how to use your Cricut machine! Participants will need a device (laptop or iPad) with Cricut Design Space downloaded.

Cricut Class

Learn, Make, & Take

April 20th at Noon

Cost \$10

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



Project this month is
Paper and Fabric Flowers

Join Karen for Cricut Class where you will make a craft using a Cricut cutting machine. Participants will need a device (laptop or iPad) with Cricut Design Space downloaded.

Call the Center 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

Painting with Amy Acrylic Paint on Canvas

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

Returning in May

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.

Walk at the MEC/Expo!

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.

Yoga Mat Class:

Mixed-level class open to everyone, modifications will be offered.

This is a mat-based yoga class.
Participants should have mobility to move from floor positions to standing.

Evening Class!

The class will run Tuesdays from 5:30 - 6:30 pm, for 4 consecutive weeks.

The class dates are April 13th, 20th, 27th and May 4th.

You can pre-pay \$32 for the four weeks or drop-in for \$8 per session.

Please bring your own yoga mat.

MAT CLASS OFFERINGS WITH GIGI

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

8 week sessions available

DATES March 1st - April 21

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.

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: April 7th 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.



Spring is in the air!
Have you ever thought about making a patio garden? The T. B. Scott Library is hosting a virtual event planned for April with just that in mind!

GARDEN PIZZA FUN!! -- VIRTUAL EVENT
Tuesday, April 13, from 6 – 7:30 pm

Call to register and join us for a fun night of all-things pizza for this virtual event! Advance registration is encouraged so that a PIZZA GARDEN FUN KIT is ready and available for you.

The virtual event will begin with a brief introduction to patio gardening. With the supplies that will be provided by the Library in the "PIZZA GARDEN FUN" KIT, virtual attendees will plant their own pizza garden seeds -- tomatoes, green peppers, oregano, and sweet basil. We will discuss transferring plants from the starter container and how to take care of them. The evening will end with a demonstration on how to make your own pizza from what you have grown. Yum! Yum! Might we suggest you enjoy a pizza for dinner before or after the event!

If you have any questions, please call us at 715-536-7191, or visit our website to check out all the events we are planning at www.tbscottlibrary.org.



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

WHY HOBBIES ARE GOOD FOR YOUR MENTAL HEALTH

Hobbies offer an unparalleled level of engagement

They reduce stress

Hobbies can improve feelings of anxiety or depression

Hobbies can help you rediscover your interests and strengths

You can benefit from the power of participation

It's not always easy to find free time from day to day. Yet, these precious hours where you're disengaged from your usual obligations can offer an opportunity to indulge in activities you genuinely enjoy. Having a hobby is more than just doing something fun — it's about dedicating time and energy to something that brings you joy and ignites your passions. There are many reasons to get a hobby — and for lots of people, the health benefits top the list. We've put together five compelling reasons why hobbies are good for your mental health (see list to the left).

Hobbies come in all shapes and sizes. They can be creative, academic, physical or just plain relaxing. Some of the most popular options include: Sports and Exercise, Music, Painting, Reading, Journaling, Gardening, Fishing.

The main difference between doing a hobby and just doing something fun is your level of engagement. Binging a TV series is enjoyable, but that kind of activity seldom feeds your need for meaning or purpose. When you fully

engage yourself in something you love, it serves as a healthy distraction from anything you're not doing.

In addition to the obvious benefits of staying physical, engaging in a group activity with others provides incredible advantages to your mental health by: Increasing your social connections, Teaching you how to deal with setbacks and challenges in a healthy way, and Improving your sleep.

For the full article go to: <https://7summitpathways.com/blog/2020/09/>

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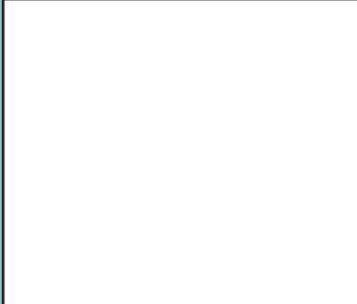
Some amenities may include a stove, refrigerator, dishwasher, laundry, trash removal service, heat cable & Wi-Fi available at a reduced rate and off-street parking.

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

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

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715-536-6244

Craft Shop & Craft Show

Check out this Rock art!



Curb-side pickup available.
Check out our Facebook page for more pictures.

New items added weekly.
Hours M - Th. 8am-4:30pm

Call 715-536-4226



Beautiful Towels



New stained glass items!



Spring Craft Show

May 1st, 9am-2pm

Face masks are required

We are excited to have a wide variety of arts, crafts and a few vendors at this show. Stop on in and take a look, and support your local crafters, don't forget to swing by the Ed & Sharon's food truck before you go!

Concerned about Medicare fraud? Give us a call...

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DETECT suspected fraud, abuse, or errors

REPORT suspicious claims or activities

Toll-free Helpline:
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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

B 4C 01-1126

Activities

Guys Group

Newcomers Welcome!

The guys meet **Tuesdays & Thursdays at 10am**
Join them for coffee & conversation.



BINGO

Join us on **APRIL 15th at 10:00am**
for some Bingo!
Cost \$5, includes a treat bag to-go.

Please call 715-536-4226
to register, space is limited.



WE ARE EXCITED TO OFFER A NEW ACTIVITY!



Put your thinking caps on and join us for a fun filled game of trivia.

A variety of topics will be covered including music, history, sports, movies, and more!

APRIL 22ND AT 10AM

COST IS \$3

Prizes will be awarded.

Individuals welcome, teams (up to 4) encouraged.

Please call 715-536-4226 to register.

Ping Pong - Excellent Game for the Brain!

(Studies show improved cognitive function, and lower risk of cardiovascular disease. Ref: *(Memory Rescue, Dr. Amen, 2017)*)

MEC now has a Ping Pong table!

We are excited to be able to offer some more physically distanced fun.

No activity fee for playing.

Times will be available on

Monday and Wednesday afternoon and
all day on Tuesday.

(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

April 20th at 1:00pm

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

Upcoming Books

April– You Suck At Cooking– Susannah Felts

May– The Book of Last Names– Kristin Harmel

June– Looking For Miss America– Margo Mifflin

July– The Jesus Cow– Michael Perry

Newcomers always welcome!

Quilting, Tying & Sewing

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

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

NEVER MISS A NEWSLETTER !

Sign up to have our
newsletter emailed to you at
www.ourseniorcenter.com



Brain Fitness

Test your smarts with these rebus puzzles

Rebus puzzles, also known as word picture puzzles or picture riddles, use images or words to convey a phrase or message, typically a common idiom or expression. To help you solve them, make sure to look at word placement, size, color, and quantity. Take your time and don't give up. These can be pretty tricky.

RD.COM

1.



2.



3.



4.



5.



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9.



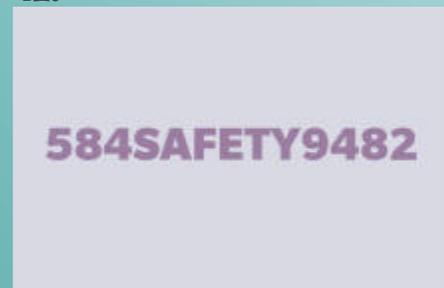
10.



11.



12.



Answers are on page 11

Wellness



Mind & Body Wellness Course *Instructor Tammie Mrachek - MEC Director* **April 15th, 22nd, 29th from 9am-Noon**

Call now to sign up. 715-536-4226 (Maximum of 8)
There is no cost for this Course.
Funding provided by Security Health Plan.

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

Security Health Plan.

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.

7 Best Food Pairings That Fight Inflammation

Full article can be found on Prevention.com

Check out a few of our favorite power pairs below, and learn why two is always better than one.



Leafy greens + olive oil

Research shows that combining vegetables and a source of healthy fat enhances absorption of antioxidants like lutein and beta-carotene. Lutein, an antioxidant in leafy greens, is known to diminish inflammation in the eyes, therefore helping prevent neurodegenerative disorders like age-related macular degeneration. Beta-carotene, another antioxidant, has been shown to lower all-over inflammation in older adults. Drizzle some olive oil over your next salad to ensure you get more bang for your buck.

Spinach + blueberries

Whip up a smoothie with spinach and blueberries and drink it before and after your workout. In one study, athletes who ate blueberries every day for 6 weeks reduced post-workout inflammation, while other research shows spinach can improve breathing and the flow of oxygen during a workout. The nitrate present in spinach helps muscles work more efficiently during exercise, while blueberries help decrease muscle soreness after exercise. Bring on the smoothie!

Lentils + lemon

If you're a premenopausal woman, you're at risk for iron deficiency anemia (having too few healthy red blood cells due to too little iron in the body). According to the Iron Disorders Institute, this reaction results from an inflammatory response, and it can limit the amount of iron available to the rest of your body. Eating iron-rich foods, such as lentils and beans, together with citrusy foods high in ascorbic acid and carotenoids, like lemon, substantially increases the amount of iron absorbed.

Sweet potatoes + cayenne pepper

Spicy sweet potato fries can do more than satisfy a craving. Sprinkling some cayenne pepper or chili powder on orange foods rich in beta-carotene, like sweet potatoes and butternut squash, enhances vitamin A absorption. Vitamin A has been found to be beneficial in inflammatory skin conditions, such as acne, as well as bronchopulmonary dysplasia.

Raspberries + grapes

Raspberries and grapes are both high in antioxidants, and science shows that when it comes to antioxidants, two are better than one. Raspberries contain ellagic acid, which is known to enhance the ability of quercetin, found in grapes. When combined, they are inflammation-fighting machines. Studies say this combination can also reduce the risk of cardiovascular disease, osteoporosis, and lung cancer.

Almonds + kefir

Add some chopped almonds to a bowl of kefir for a happy, healthy gut. Like yogurt, this dairy product provides tons of beneficial bacteria and probiotics to the belly. To boost the friendly stomach bacteria, eat almonds with your kefir. Research shows the fiber in almond skin acts as a prebiotic, which feed the probiotics found in kefir, and creates protective intestinal bacteria that fights off chronic intestinal inflammation (and diseases like Crohn's disease, ulcerative colitis, and chronic pouchitis).

Garlic + onion + brown rice

Garlic and onion may give you bad breath, but they're a great addition to whole grains, such as brown rice and wheat pasta: Together, they can more than triple the body's absorption of zinc. In one study, elderly people who took zinc supplements decreased their risk of chronic inflammation-related diseases (think atherosclerosis, cancer, neurodegeneration, and immunologic disorders) by 66 percent.

Did You Know?

10 Red-Hot COVID Scams Vexing Older Americans

Full article can be found <https://www.aarp.org>

With the demand for COVID-19 vaccines outpacing the supply, appointments are difficult to make. The conundrum has prompted scammers — hard at work throughout the pandemic — to seek new ways to steal money and personal information from older Americans, federal officials warned on Feb. 23 during an hour long “COVID-19 Scams and Older Adults” webinar.

Here's what officials said are among today's red-hot COVID-19 scams:

- 1. Vaccine scams.** You can't pay to skip the line, reserve an appointment spot or join a clinical trial. Be wary of inbound calls or texts that ask for your Social Security number, financial details or insurance information to reserve your spot. There also have been reports of scammers impersonating local health departments and vaccine providers. Never share personal, financial or medical information with people you don't know. If your pharmacy sends you a text, don't respond; instead reach out with a phone number you know is legit.
- 2. Vaccine-for-sale scams.** Ignore ads touting vaccine for sale from an online pharmacy or elsewhere. It is not.
- 3. Contact tracing scams.** Genuine contact tracers will not ask for money or your Social Security number, bank account or credit card number. Nor will you be asked to disclose your immigration status.
- 4. At-home test kit scams.** While the Food and Drug Administration (FDA) has authorized at-home diagnostic tests for COVID-19, scammers are posing as Medicare representatives and asking for Social Security numbers in exchange for what they purport is a free test kit. Some promise overnight delivery. Don't believe it. Instead check with your health department to find a legitimate testing site.
- 5. Government payment scams.** Government agencies will not ask you for payments via cash, gift cards, wire transfers or crypto currency.
- 6. Air filter scams.** Fraudsters are emailing, texting, calling and sending letters claiming they have air filters that “will remove COVID-19 from the air in your home.” The claim is false.
- 7. Charity scams.** Any emergency or disaster leads to a spike in fraudulent charities, so do your homework before giving, especially if the request arises on social media.
- 8. Errand scams.** Bad actors will offer to go to the store for you or do another errand, but run off with your money without delivering the goods or performing the task. Instead of paying a stranger, ask for help from a trusted neighbor or friend.
- 9. Package scams.** Last fall leading up to the holidays, there was a rise in text messages with links that led to websites impersonating legitimate delivery companies. Victims were asked for money or personal information for the delivery of bogus packages or goods they never ordered.
- 10. Peer-to-peer (P2P) mobile payment scams.** Exercise caution if you are asked for a fast digital payment. The Venmo app, for example, points out that it is intended for use only between friends and others they trust. The same applies to similar apps.

People who wonder if the
glass is half empty or half full,
miss the point.
The glass is refillable.



did you know?-

On April Fool's Day, 1976, the BBC announced that Pluto would soon pass behind Jupiter and reduce Earth's gravity, which would cause listeners to feel like they were floating if they jumped into the air at exactly 9:47am. It was meant as a joke, but hundreds of people called in claiming they'd felt the 'Jovian-Plutonian gravitational effect'.

Brain Fitness Answers

1. Split pea soup
2. Try to understand
3. Green house
4. What goes up must come down
5. Travel over seas
6. In between jobs
7. Split level
8. Metaphor
9. Trail mix
10. Win with ease
11. Forgive and forget
12. Safety in numbers

APRIL

2021



Monday	Tuesday	Wednesday	Thursday	Friday
<div style="border: 1px solid black; padding: 5px; text-align: center;"> Walking in the Expo is available most days. Please call to schedule your one hour time slot. </div>			1. Guys Group 10:00 Walking in Expo All Day	 CENTER CLOSED FRIDAYS
5. Mat-based Yoga Strength 8:15 Chair Yoga 10:00	6. Sewing Class 11:00am OR 4:00pm Guys Group 10:00 Mat-based Yoga Mixed 5:30 Guitar lessons 5:30	7. Mat-based Yoga Mixed 8:15 Strength & Balance 10:00 Depression Support 1:00	8. Guys Group 10:00 Walking in Expo All Day	
12. Mat-based Yoga Strength 8:15 Chair Yoga 10:00	13. Guys Group 10:00 Mat-based Yoga Mixed 5:30 Guitar lessons 5:30	14. Mat-based Yoga Mixed 8:15 Strength & Balance 10:00	15. BINGO 10:00 Guys Group 10:00 <i>Committee meeting</i> 2:15	
19. Mat-based Yoga Strength 8:15 Chair Yoga 10:00	20. Guys Group 10:00 Cricut 12:00 Book Club 1:00 Cricut Club 4:00 Mat-based Yoga Mixed 5:30 Guitar lessons 5:30	21. Mat-based Yoga Mixed 8:15 Strength & Balance 10:00 Painted glass class 1:00	22. TRIVIA 10:00 Guys Group 10:00 	
26. Mat-based Yoga Strength 8:15 Chair Yoga 10:00	27. Guys Group 10:00 Mat-based Yoga Mixed 5:30 Guitar lessons 5:30	28. Mat-based Yoga Mixed 8:15 Strength & Balance 10:00	29. Guys Group 10:00 NO ACTIVIES OR WALKING	



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