MERRILL ENRICHMENT CENTER

July 2021

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

ALL AGES WELCOME

TAKE ME I'M FREE!

Inside This Issue:

Classes 2
Fitness 3
Support Groups & Community 4
Craft Shop 6
Activities 7
Brain Fitness 9
Health & Wellness 10
A Look Back 11
Calendar 12

COVID OPERATIONS UPDATE

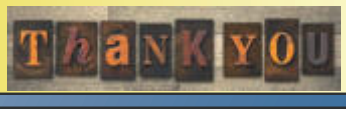
FULLY VACCINATED INDIVIDUALS ARE NOT REQUIRED TO MASK

FACEMASKS ARE STILL WELCOMED
PLEASE RESPECT INDIVIDUAL CHOICES
Thank you!
We will continue to maintain safe physical distancing and sanitizing practices.

Thank you to the following people for their generosity!

Jim Blair for his annual donation of tomato and pepper plants - some finding their way to the community garden.

Helena Anderson for the donation of items for our quilting room.



Mission Statement

Dedicated To Enhancing Lives and Bringing Generations Together

Core Values

Include, Encourage, Volunteer, Create

MEC Team
L to R: Tammie, Vicki, Stephanie

Slow and Steady, we'll be getting Lilly back out on the road.
(See page 7 for details)

ENRICHMENT CENTER COMMITTEE MEETING
July 15th at 2:15
MEC Conference Room
Community attendance via conference #
Phone: 216-930-0205 **PIN**: 252 577 206 #

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

Committee Members
Laura Bertagnoli (Chair), Paul Russell (Alderperson), Gene Bebel, Rose Akey, Sharon Harvey, Josh Jaeger, Sharon Anderson, Jennifer Clark - ADRC Rep.

Classes

Please call to register 715-536-4226
Spaces are limited

We are excited to welcome artist Lisa Krueger to the MEC's team of instructors!

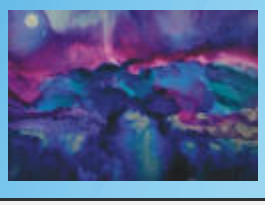
Join Lisa Krueger of **Oak View Studio**
ALCOHOL INK CLASS

July 27th
Two class offerings;
Cost $ 30 per class.
Class *minimum* of 4 participants.

9:00AM CLASS
Join Lisa for a morning of fun as you explore the vibrant colors of alcohol ink. Lisa will share techniques for creating whimsical and abstract art.

You will use substrates such as ceramic tile, plastic paper, and canvas panel.
Bring a box to carry your little pieces of "happy art" home.

1:00 PM CLASS
Join Lisa as she shares techniques that will help you create amazing land and waterscapes in brilliant colors. Alcohol ink is such fun to use! The afternoon will start by creating a couple abstract pieces. From there you will learn the secrets to creating beautiful art to "happy up" your day! All substrates (tile, plastic paper, canvas panel) and inking supplies are provided. Bring a box to carry your art home.



Sewing Class
Beginners welcome! In this class Karen will be teaching how to make/ sew a fabric bag. Two sizes available.

July 27th at 11am Cost $10

Please bring 2 fat quarters of your choice.
Space and sewing machines are limited. For more details, or to register call 715-536-4226 or stop in.

Cricut Class- Learn, Make, & Take at Noon
Cost $10 - call to sign up
Whether you have been using your Cricut for years or just beginning, this will be the class for you.

July 13th at Noon
Project this month
Design your own glass and review new Cricut updates

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.

Cricut Class - Beginning skill sets
New Users or Refresh your skills
July 6th Noon - 3pm Cost $10 pre pay required
Participants will need a device (laptop or iPad) with Cricut Design Space downloaded.
call to sign up - maximum of 4

Recipe/Art Tray Class
July 15th at 10am
Cost $10
Two sizes to choose from
5x7 or 9x12

How cute is this!
What a fun way to display your recipe while you cook.
Or display your artwork!
Great gift idea!

Oil Painting w/ Dennis Returns!
Dennis has been painting for years, and looks forward to sharing what he has learned with others.

Sign up now to make this gorgeous painting!

July 22nd
9:00-1:30
(Bring lunch or snacks as we will be taking a break)

Cost $33
Class minimum 3 people, maximum 6

Fitness

Zumba Gold is a low impact activity that inspires participants of all ages and fitness levels to have fun, let loose of your inner joy while dancing to all kinds of rhythms and music! Whether it's sassy salsa music or twistin' to Chubby Checker, you will gain endurance, balance and strength all in a party like atmosphere!

Tuesdays & Thursdays
9:30 am - 10:15am
$5 per class
(No class July 6th)

Strength & Balance
Every Wednesday 10 - 10:45 am
Instructor Gigi Heinz
$3 per class

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*:
Chair Yoga, Strength & Balance, Zumba Gold, Book Club, Cards & Mah Jongg

Punch cards available for all activities.
Inquire at our front desk.
Or call us at 715-536-4226

Chair Yoga
Instructor Gigi Heinz
Every Monday 10 – 10:45am
$3 per class

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!

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 July 7th—August 30th
Drop ins welcome. $12

Day Class!

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

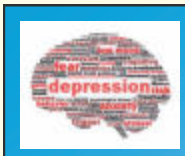
Wednesdays: Yoga Mixed Level
A mat-based, moderate level class, with options offered to increase or decrease amount of challenge. Modifications offered.
Please bring your own mat, blankets & weights.

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 & 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: July 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.

ASCENSION

HAVEN, INC.
HOUSEHOLD ABUSE VICTIMS EMERGENCY NETWORK

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

ADRC Aging & Disability Resource Center of Central Wisconsin

Senior Farmers' Market Nutrition Program 2021

The Senior Farmers' Market Nutrition Program (SFMNP) provides **$25** of vouchers to eligible seniors (age 60 and older) to purchase **WISCONSIN GROWN FRESH FRUITS, VEGETABLES, & HERBS** from approved markets and roadside stands.

Who is Eligible? An eligible person must meet **all** of the following requirements:

*is a resident of Lincoln, Langlade, Marathon or Wood Counties
*is 60 years or older, or a Native American 55 years or older,
AND - has a monthly household income that meets program eligibility guidelines

- 1-person household $1,986 per month
- 2-person household $2,686 per month
- 3-person household $3,386 per month
- 4-person household $4,086 per month

How Does the Program Work?
Eligible seniors will receive $25 in vouchers for the household. The vouchers can be used to purchase locally grown fresh fruits, vegetables, and herbs at approved farmers' markets or roadside stands. The vouchers are good through October 31, 2021.

How Do I Get The Vouchers?
The number of vouchers is limited, distributed on a first-come, first-served basis, June 1 through September 30 eligible seniors call the ADRC-CW 888-486-9545 and ask for the farmers' market vouchers.

Too much sun for you?
Take a break and read a book!
Too much rain for you?
Take a break and read a book!
Whatever the weather, take a break and read a book!
The T. B. Scott Library has lots of books just waiting for you. As an added incentive:

Tails & Tales Summer 2021 Adult READ Challenge continues: The Challenge continues through July 30 with prize drawings to take place on Friday, July 30. The reading challenge is once again being managed through the Beanstack online platform. There is still time to join the challenge online from a computer or through the Beanstack app on your mobile device. We also have a paper format for readers that are not comfortable with technology. Please contact the library for details should you wish to join the reading challenge through Beanstack.

As part of the **Tails & Tales Summer 2021 Adult READ Challenge,** Adult Services will hold an event at another area establishment in conjunction with this summer's library theme:

• Join us under the tent at The Sawmill Brewing Company for the showing of a wonderful PBS documentary, "Bottoms Up: Wisconsin's Historic Bars & Breweries @ the Sawmill." This event will take place on Wednesday, **July 28, @ 7 PM.**
• Attendees for the event must be 21 years or older.

The library is open to the public. Please contact us for current hours, or if you have any questions, at 715-536-7191 or www.tbscottlibrary.org.

Presentation
A Journey through Grief
July 21st from 2 - 3:30 pm
Julie Jensen, MSW, LCSW
Peaceful Solutions Counseling

Julie Jensen, MSW, LCSW (Peaceful Solutions Counseling-Merrill) will be offering a presentation on grief on July 21st from 2:00pm-3:30pm.

This presentation will focus on the grief process, complications that may develop, and ways in which one can be of support to those grieving a significant loss.

Peaceful Solutions Counseling

CHiPS
HAMBURGERS
1203 E. Third St. | Merrill
715-536-6532
www.chipshamburgersmerrill.com

Dr. Ronald J. Piffl
Optometrist
1007 E 1st Street
Merrill WI 54452
715-536-2020

Family Owned & Operated
Rennes Health & Rehab Center
- 24-hour Nursing
- Physical,Occupational and Speech Therapies
- 1-to-1 Patient-to-Therapist
- State-of-the-art Therapy Rehab Equipment
- Inpatient or Outpatient
- Short-Term, Long-Term or Respite

www.rennesgroup.com
715-420-0728
1970 Navajo Street
Rhinelander, WI 54501

BE YOURSELF.
BRING YOUR PASSION.
WORK WITH PURPOSE.
LPi is Hiring Ad Sales Executives
Full-Time with Benefits | Paid Training
Expense Reimbursement | Travel Required
Contact us at: careers@4lpi.com
www.4lpi.com/careers

1105 East Main Street
Merrill, WI 54452
Phone: 715-539-3311
Koblitz Law Office, LLC
Dan C. Koblitz *Attorney & Counselor at Law*
Integrity • Compassion • Commitment
• Probate Avoidance, Wills, Trusts, Powers of Attorney
• Real Estate • Title Insurance
www.koblitzlawfirm.com • Email: dan@koblitzlawfirm.com

AVAILABLE FOR A LIMITED TIME!
ADVERTISE HERE NOW!
Contact Alex Nicholas
to place an ad today!
anicholas@lpicommunities.com
or (800) 950-9952 x2538

PROTECTING SENIORS NATIONWIDE
MEDICAL ALERT SYSTEM

$29.95/MO
BILLED QUARTERLY
- No Long-Term Contract
- Price Guarentee
- Made and monitored in the USA

PLUS SPECIAL OFFER
MADE IN USA
CALL NOW! 1.877.801.5055
WWW.24-7MED.COM

Are you ready to leave behind the hassle of owning a home?
AFFORDABLE INDEPENDENT LIVING

3 Convenient Locations
Park Place * Stonebridge
Jenny Towers
715-722-1081
1 & 2 Bedroom Floor Plans
Lots of Amenities
Smoke Free Property
Rent based on Income
www.merrillha.com

AUTO JOCKEYS
Full Automotive Sales, Service, Detailing & Rentals
715.536.1900
400 East 2nd Street
Merrill, WI 54452
www.autojockeys.com

ADT-Monitored Home Security
Get 24-Hour Protection From a Name You Can Trust
- Burglary
- Fire Safety
- Flood Detection
- Carbon Monoxide

ADT Authorized Provider | SafeStreets
1-855-225-4251

Foster Grandparents
Share Today. Shape Tomorrow.
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

SUPPORT OUR ADVERTISERS!

Craft Shop

Embroidered Journals
Benefits of journaling:

- ♥ Stress/anxiety reduction
- ♥ Boosts memory and improves cognitive function.
- ♥ Captures moments you don't want to forget.

Price Drop!

Swarovski Crystal Sun catchers

We have room for new crafters. Please contact us at 715-536-4226 if you are interested.

Check out our Facebook page for more pictures.
New items added weekly.
Hours M - Th. 8am-4:30pm

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
gwaar.org/senior-medicare-patrol
WisconsinSeniorMedicarePatrol

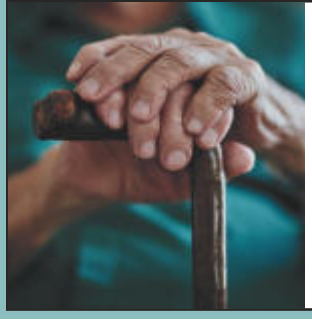
Wisconsin SMP
Empowering Seniors To Prevent Healthcare Fraud

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.

The Best Service Makes All The Difference

WAID FUNERAL AND CREMATION SERVICE
301 Eagle Drive, Merrill, Wisconsin 54452
Phone (715) 536-4646 • www.WaidFuneral.com

MERRILL CENTER OUTPATIENT COUNSELING
715.536.9482



"It's my life and they respect that."

Local long-term care supports and services delivered with a focus on Life. Defined by you.

INCLUSA
Life. Defined by you.

inclusa.org | 877-376-6113

Activities

LILLY IS READY TO HIT THE ROAD!
BUS TRIPS ARE BACK!

LUNCH BUS TRIPS
Departure time - 10:30am sharp
Call to sign up - Limited seating
Cost is $5 plus the cost of your meal

WEDNESDAY, JULY 14TH
Billy Bobs Sports Bar & The Windmill Ice Cream Shoppe

THURSDAY, JULY 29TH
Milwaukee Burger Company - Wausau
Briqs Soft Serve

Guys Group

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

Self-Directed Volunteer Teams

New!

A Self-Directed Volunteer Team™ is a multi-skilled group of volunteers who share responsibilities for addressing an opportunity or challenge in their community. Through time, the team is empowered to take full responsibility for its own functioning and for results.
Adapted from National Council on Aging (2008)

*Teams will initially work closely with The MEC Director and Staff for training and direction.

Opportunities

- Craft show
- Outdoor floral and plant arrangements
- Party organization
- Event set up and cleaning
- Newsletter delivery (volunteers/sub list)
- Thanksgiving Dinner
- Christmas Joy

Please call or stop in to sign up. 715-536-4226

CARD GAMES ARE BACK!

Scheduled Card Games & Times

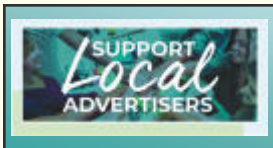
Hand & Foot	Mondays at 12:00pm
Bridge	Mondays at 12:00pm
(bring your team of four or call to get on a sub list)	
Sheephead	Tuesdays at 1:00pm
Cribbage	Wednesdays at 10:00am
Mah Jongg	Wednesdays at 1:00

Book Club

July 20th at 1:00pm
The group meets the *third Tuesday* of each month at 1:00pm.
Newcomers always welcome!

Upcoming Books

July	The Jesus Cow - Michael Perry
August	The Four Winds - Kristin Hannah
September	Anxious People - Fredrik Backman
October	The Midnight Library -Matthew Haig
November	Mrs. March - Virginia Feito
December	Christmas book of your choice



Thank you to our advertisers who support the MEC and make our newsletter possible. We appreciate you.

NEVER MISS A NEWSLETTER!

Sign up to have our newsletter emailed to you at *www.mycommunityonline.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.

www.rd.com

1

2

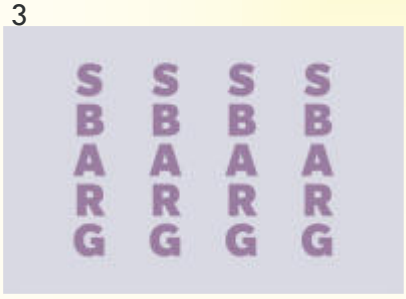
Independence Day

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

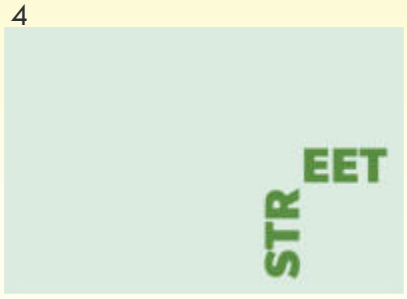
Word List:

AMERICA	BARBECUES	BLUE	BRITAIN
CELEBRATE	COLONIES	DECLARATION	FIREWORKS
FLAG	FOURTH	FREEDOM	HOLIDAY
HOMEOFTHEBRAVE	INDEPENDENCE	JULY	LANDOFTHEFREE
LIBERTY	OLDGLORY	PARADE	PATRIOTIC
PHILADELPHIA	PICNICS	RED	REVOLUTION
SPARKLERS	STARS	STRIPES	SUMMER
UNCLESAM	UNITED	USA	WHITE

3



4



5

Answers– 1. Sitting on top of the world 2. Head for cover 3. Up for grabs 4. Street corner 5. Go up in smoke

WELLNESS

6 SUMMER SAFETY TIPS FOR ADULTS

1. Apply Sunscreen. As we age, skin usually becomes thinner and more fragile. That puts adults (especially seniors) at higher risk for sunburn. Remember to apply and reapply sunscreen when spending any time outdoors or riding in a car. Sunscreen with an SPF of 30 to 50 should be applied every two to four hours, more frequently when swimming.

2. Wear Sunglasses. Sunglasses are more than just a fashion statement. They are also essential for protecting your eyes from the sun's harmful rays. Research shows that routinely wearing a quality pair of sunglasses aids in preventing cancerous growths and cataracts.

3. Protect your Feet. Flip-flops and sandals may not be the best choice if you'll be outside for any length of time. Instead wear shoes that cover the fragile skin on the top of the foot, as well as those that have a sturdy sole to protect against cuts and falls.

4. Shield the Face and Neck. The face and back of the neck are two of the first places on the body where skin cancer develops. Augment your sunscreen by wearing a hat with a brim wide enough to shield both.

5. Stay Hydrated. Taking extra precautions to stay hydrated is vital. Medication side effects and some health conditions, like chronic obstructive pulmonary disease, diabetes, and heart disease, can increase risk of dehydration.

6. Invest in Bug Spray. Insects that make their return during the warmer months are more than just pests. Some carry with them Lyme disease and West Nile virus. Wear bug spray when you are outdoors. Long sleeves and pants offer another layer of protection. Also be sure to check your clothing, skin, and hair for ticks.

We hope these tips help you enjoy a safe summer. Please be sure to share them with loved ones in your life!

SWEET CHERRIES: YOUR ON-THE-GO, HEALTHY SUMMERTIME SNACK

Summer is peak vacation season. While vacations are fun, traveling can be hectic, making it that much more important to have healthy on-the-go snacks to keep you energized throughout your trip.

Sweet cherries are an ideal grab-and-go summer snack, with high concentrations of nutrients and bioactive components like fiber, polyphenols, carotenoids, vitamin C, and potassium. Long praised for their many health benefits, they can help tackle several chronic health issues, according to a review of nearly 30 published studies. Read on to learn how this snack can help you manage five common health concerns.

Oxidative stress
Oxidative stress occurs when free radicals and antioxidants are out of balance in your body. Under normal conditions, free radicals help the body by fighting off pathogens that can lead to infection or disease. But when antioxidants are far outnumbered, free radicals can go rogue and attack the body's fatty tissue, protein, or even DNA. Once compromised, the body becomes more susceptible to various diseases over time, such as heart disease, diabetes, and hypertension, to name a few.

Sweet cherries are rich in polyphenols and vitamin C, which have powerful antioxidant properties. Studies have shown that eating sweet cherries can increase antioxidant capacity and reduce oxidative stress, bringing the body back into a healthy balance.

Inflammation
If you're among the 54 million Americans who suffer from arthritis or another rheumatic disease, sweet cherries may be able to provide some relief. Research shows that their anti-inflammatory properties can have the same effect as ibuprofen.

Gout
Gout is a form of arthritis, and sufferers tend to experience severe pain, redness, and tenderness in their joints. The condition is associated with elevated levels of uric acid in the blood, levels that have been reduced with a diet incorporating sweet cherries. A recent study with gout patients found a 35% lower risk of gout attacks among those who consumed the fruit over two days. When that was combined with their prescribed medicine, specifically allopurinol, the risk of a gout attack was 75% lower.

Sleep
Vacation and travel can throw off your sleep patterns, and a good night's sleep is essential in a great vacation. With sweet cherries, you have a reliable source of tryptophan, serotonin and melatonin. Tryptophan is necessary to the development of serotonin, which, in turn, plays an important role in regulating sleep, mood, and appetite. Adequate levels of serotonin can contribute to feelings of well-being, while depression has been linked to low measures. Additionally, melatonin helps maintain your body's internal clock, regulating your sleep and wakefulness patterns.

Studies show that along with this enhanced sleep quality and quantity, mood and anxiety also display improvement. Researchers say enjoying the fruit about an hour before bedtime can help stabilize your sleep cycle.

Blood pressure
Finally, studies point to a link between the consumption of sweet cherries and lower blood pressure, both systolic and diastolic measures. Prolonged consumption correlates with a decrease in a potent vasoconstrictor, a compound that narrows blood vessels and restricts blood flow. The fruit is also associated with increased effectiveness of vasodilators, which help widen blood vessels and reduce blood pressure.

The addition of sweet cherries to your diet can reduce common health concerns and minimize the risk for developing illnesses such as cardiovascular disease and diabetes. Best of all, they are delicious! They are only in season for a short time, so grab them while they're at their freshest, then freeze, dry or preserve them to enjoy throughout the year.

Drink To Your Health

Tea has many health benefits, however, all teas are not equal. The content of beneficial polyphenols and other antioxidants as well as color, depends on the amount of processing and oxidation it undergoes. Generally, the less oxidized a tea is the lighter its color and the more antioxidants it has.

1. **Pu-erh;** dark, bold, earthy. May help lower cholesterol and reduce heart disease risk.
2. **Black;** range from nutty, spicy, to fruity and flowery. Earl Grey and Darjeeling most popular. May help lower risk of heart disease and fight colon cancer.
3. **Green;** rich in polyphenol called EGCG, most research type. May help prevent a host of cancers, lower cholesterol, reduce inflammation and enhance immunity! Popular right now is **Matcha**, a Japanese green tea powder made from finely powdered dried tea leaves. Try it iced or hot with milk of choice; almond and oat milks are delicious.

Full article prevention magazine June '21

A Look Back…

THIS DAY IN HISTORY

JULY 1, 1979: Sony introduced the Walkman.

JULY 2, 1962: Wal-Mart Discount City opened in Rogers, Arkansas. It was the first Walmart store in the country.

JULY 3, 1922: "Fruit Garden and Home" magazine was introduced but was later renamed "Better Homes and Gardens."

JULY 4, 2004: In New York, the cornerstone of the Freedom Tower (One World Trade Center) was laid on the former World Trade Center site.

JULY 5, 1975: Arthur Ashe became the first black man to win a Wimbledon singles title when he defeated Jimmy Connors.

JULY 6, 1948: Frieda Hennok became the first woman to serve as the commissioner of the Federal Communications Commission.

JULY 7, 1981: Ronald Reagan appointed Sandra Day O'Connor to the U.S. Supreme Court, the first woman to be appointed to the highest court in the U.S.

JULY 8, 2011: Space Shuttle Atlantis was launched for the last time.

JULY 9, 1962: Andy Warhol's iconic Campbell's Soup Cans made their debut at the Ferus Gallery in Los Angeles, California.

JULY 10, 1991: Boris Yeltsin took the oath of office, becoming the first popularly elected president in Russia's thousand-year history.

JULY 11, 1914: Babe Ruth made his MLB debut with the Boston Red Sox.

JULY 12, 1967: Race riots break out in Newark, New Jersey, killing 26 people and injuring several others.

JULY 13, 1985: Held simultaneously in London and Philadelphia, the Live Aid concert raised millions in benefit of those affected by famine in Ethiopia.

JULY 14, 1789: The fall of the Bastille occurred at the beginning of the French Revolution.

JULY 15, 1973: Nolan Ryan of the California Angels became the first pitcher in two decades to win two no-hitters in a season.

JULY 16, 1935: Oklahoma City became the first city in the U.S. to install parking meters.

JULY 17, 1950: The television show "The Colgate Comedy Hour" debuted featuring Dean Martin and Jerry Lewis.

JULY 18, 1985: At the age of 23, Jack Nicklaus II made his playing debut on the pro golf tour at the Quad Cities Open in Coal Valley, Illinois.

JULY 19, 1946: Marilyn Monroe acted in her first screen test.

JULY 20, 1969: A global audience watched on television as Apollo 11 Astronaut Neil Armstrong took his first step onto the moon.

JULY 21, 1899: Ernest Hemingway was born in Oak Park, Illinois.

JULY 22, 1934: Bank robber John Dillinger was shot and killed by FBI agents in Chicago.

JULY 23, 1952: Egyptian army officers launched a revolution changing Egypt from a monarchy to a republic.

JULY 24, 1956: Dean Martin and Jerry Lewis ended their team after a decade together.

JULY 25, 1943: Mussolini was deposed two weeks after the Allied attack on Sicily.

JULY 26, 1856: Irish playwright George Bernard Shaw was born in Dublin, Ireland.

JULY 27, 1953: The Korean War ended with the signing of an armistice by U.S. and North Korea.

JULY 28, 1998: Monica Lewinsky received immunity from prosecution to testify before a grand jury about her relationship with U.S. President Clinton.

JULY 29, 2005: Astronomers announced that they had discovered a new planet, Xena, in orbit around the sun.

JULY 30, 1956: The phrase "In God We Trust" was adopted as the U.S. national motto.

JULY 31, 1928: MGM's Leo the lion roared for the first time.

JULY | 2021

©LPI

2021

MEC

Monday	Tuesday	Wednesday	Thursday	Friday
			1. **Zumba Gold 9:30** Guys Group 10:00	**CENTER CLOSED FRIDAYS**
5. **Closed** **4th of July federal observation day** 	**6.** Guys Group 10:00 Cricut skills 12:00 Sheepshead 1:00	**7.** Mat-based Yoga Mixed 8:15 Strength & Balance 10:00 Cribbage 10:00 Mah Jongg 1:00 **Depression Support 1:00**	**8.** **Zumba Gold 9:30** Guys Group 10:00	
12. Mat-based Yoga Strength 8:15 Chair Yoga 10:00 **Bridge 12:00** **Hand & Foot 12:00**	**13.** **Zumba Gold 9:30** Guys Group 10:00 Cricut 12:00 Sheepshead 1:00	**14.** Mat-based Yoga Mixed 8:15 Strength & Balance 10:00 Cribbage 10:00 **LUNCH BUS 10:30** Mah Jongg 1:00	**15.** **Zumba Gold 9:30** Recipe/Art Tray class 10:00 Guys Group 10:00 Committee meeting 2:15	
19. Mat-based Yoga Strength 8:15 Chair Yoga 10:00 Bridge 12:00 Hand & Foot 12:00	**20.** **Zumba Gold 9:30** Guys Group 10:00 Sheepshead 1:00 **Book Club 1:00**	**21.** Mat-based Yoga Mixed 8:15 Strength & Balance 10:00 Cribbage 10:00 Mah Jongg 1:00 **Grief Presentation 2:00**	**22.** **Oil Painting 9:00** **Zumba Gold 9:30** Guys Group 10:00	
26. Mat-based Yoga Strength 8:15 Chair Yoga 10:00 Bridge 12:00 Hand & Foot 12:00	**27.** **Alcohol Ink Class 9:00** **Zumba Gold 9:30** Guys Group 10:00 **Sewing Class 11:00** **Alcohol Ink Class 1:00** Sheepshead 1:00	**28.** Mat-based Yoga Mixed 8:15 Strength & Balance 10:00 Cribbage 10:00 Mah Jongg 1:00	**29.** **Zumba Gold 9:30** Guys Group 10:00 **LUNCH BUS 10:30**	

facebook **FOLLOW US ON FACEBOOK**

Also find our **Newsletter online** at our City Website,
http://www.ci.merrill.wi.us/
Click on City Government/Departments/ Enrichment Center.