

# MERRILL ENRICHMENT CENTER

## August 2021



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

TAKE  
ME I'M  
FREE!

**ALL AGES WELCOME**

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**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!  
**Tammy Williams** for her donation of crochet hats, mittens and blankets to our outreach programs.  
**Laura Bertagnoli** for her donation to our memorial fund.

### Mission Statement

Dedicated To Enhancing Lives and Bringing Generations Together

#### Core Values

Include, Encourage,  
Volunteer, Create



#### MEC Team

L to R: Tammie, Vicki, Stephanie



**You have never been to the Enrichment Center?!  
Lets change that!**

**Newcomers**, stop in and participate in one of the following activities and *get entered into a surprise drawing!*

**Current participants** can bring or refer a friend to one of the following activities and *get entered into a surprise drawing* as well. Stop by the front desk or call us for more details!

- Cards
- Chair Yoga with Gigi
- Strength & Balance with Gigi

#### ENRICHMENT CENTER COMMITTEE MEETING

August 19th at 2:15

MEC Conference Room

Community attendance via conference #

Phone: 402-761-0259 PIN: # 952 141 000 #

*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, Josh Jaeger, Sharon Anderson, Jennifer Clark - ADRC Rep.

# Classes

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



**Generations on Line®**  
Great Programs to Help Older  
Adults Get Connected

**Sip & Swipe Café®**  
Call to register 715-536-4226  
Classes starting up again!



**Dates: August 17th & 26th**  
**9:30 am**

**Seating limited to 8 participants**

The Merrill Enrichment Center is excited to be offering this program through Generations on Line, a 19-year-old grant-funded, national nonprofit.

## What is a Sip & Swipe Café®?

It is a place where older adults can get **free** self-paced lessons on how to use a **tablet** and **smartphone**. Each participant will have a coach who works with learners to provide support and answer questions as you navigate through tutorials.

## PROGRAM TEACHES

\***The basics** - Tapping a touchscreen, enlarging and shrinking a page, scrolling up and down, where icons/buttons are located, how to get keyboard to appear and disappear.

\***ZOOM and FaceTime calls**

\**Communicating – texting, video-calling, email*

\*How to use **You Tube, the camera, attaching photo to email, apps** (what are they, how to download them and how to delete).

\***Internet Safety and Searching**

**Volunteers needed to help Coach these sessions.**  
**Please call 715-536-4226**

## Sewing Class

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



**Aug 10th 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

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



**August 24th at Noon**  
**Cost \$10** - You'll need to bring a shirt or other article of clothing that is made of polyester  
**Project this month- Infusible ink**

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*  
**August 19th 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

## Macramé Plant Hanger Class

**August 17th at 11:00am**  
**Cost \$10**

This class is a beginner class, we will be learning and working with some basic knots. To make a simple plant hanger.

*Class Maximum of 4*



## 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!

**August 25th**  
**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 with Pam 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**

**Please see back calendar for scheduled August dates**

## Strength & Balance



**Every Wednesday**  
10 - 10:45 am  
**Instructor Gigi Heinz**  
**\$3 per class**  
*No class on the 11th*

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.



## 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**  
*No class on the 9th*



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 12th - Sept. 1st**  
**Next sessions: Sept 6 - Oct. 27th &  
Nov. 1st to Dec. 15th**

Drop ins welcome. \$12



### 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**



**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:** August 4th at 1pm

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

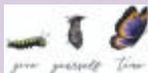
**Ashley Miller MS, Mental Health Specialist**

**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**



## alzheimer's association®

"Understanding Alzheimer's Disease  
and Other Forms of Dementia"

Presented by **JoAnn Janikowski | Outreach Coordinator  
Wisconsin Chapter**

### Understanding Alzheimer's and Dementia

Alzheimer's disease is not a normal part of aging. Join us to learn about the impact of Alzheimer's, the difference between Alzheimer's and dementia, stages and risk factors, current research and treatments available, and Alzheimer's Association resources.

**Monthly support group  
August 5th 3pm**

*Meets the first Thursday of every month from 3-4pm*

Support Groups are a safe, open environment where people share their feelings, thoughts and experiences in a combined effort to better cope with and manage the shared challenges of dementia. The goal of Alzheimer's Association support groups is to provide emotional, social and/or educational support to group members.

**24/7 Helpline:** 1(800) 272-3900



### 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.



As the summer cruises on, the T. B. Scott Library is getting ready for a fun fall!

Many of you already know that we extended our hours. We are open Monday through Thursday 10am to 6pm, Friday 10am to 5pm, and Saturday 10am to 1pm. While the heat rises outside, we are cool and comfortable inside! We invite you to come visit us.

Our comfy chairs and reading nooks are back!

We also brought back the community puzzle table! Enjoy quiet contemplation while putting a puzzle together. You will find it waiting for you in the Carnegie Wing. We have plenty of puzzles you can take home with you too!

Our adult programs will start again this fall, so check next month's article for more information.

As always, we are happy to answer your questions about books, technology, and events. We have a great website available at [www.tbscottlibrary.org](http://www.tbscottlibrary.org) or you can call us at 715-536-7191.



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Merrill WI 54452

715-536-2020



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Phone: 715-539-3311



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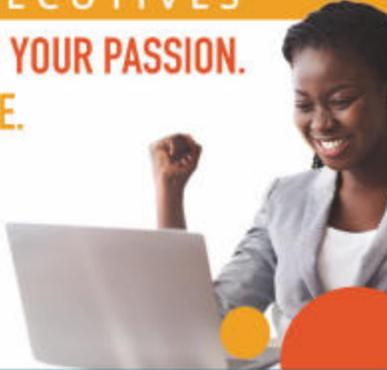
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  - Making a Difference in your Community. • Building mutually beneficial friendships.
- If you are age 55 or older, meet income criteria, and able to maintain 15 to 28 hours of service per week. **Then you are exactly what we are looking for!**

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!



For ad info. call 1-800-950-9952 • [www.lpicommunities.com](http://www.lpicommunities.com)

Merrill Enrichment Center, Merrill, WI

A 4C 01-1129

# Craft Shop



Macramé hangers... buy one in our shop *or* sign up to make your own on the 17th



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



Stained glass sun catchers

Hand painted fine art



Cute and Cuddly



BEST Seller Restocked

We have room for new crafters.  
Now accepting Fall items!  
Help us fill the Craft Shop with beautiful art!  
Craft Shop will be open during our Fall Show.  
Questions, please contact us at 715-536-4226

## 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



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



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



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# Activities

## AUGUST BUS TRIPS Marieke Gouda in Thorp

Wednesday, August 11<sup>th</sup>  
Leave old Piggly Wiggly parking lot at 10:15am.  
**Cost: \$20.00 (includes bus trip and tour)**

We'll be eating lunch at Café DUTCHess.  
Shopping the Marieke Gouda Store prior to Tour.

**LILLY IS ON THE ROAD!  
BUS TRIPS ARE BACK!**  
Call to sign up 715-536-4226



**Lunch Bus**  
*By popular demand....*  
Billy Bobs and The Windmill in Tomahawk

**August 18th at 10:30**  
**Cost \$5**  
(plus your meal cost)

### September Trips

*Details in Sept. newsletter*

- \* Quilters Outing - date TBD
- \* Brigadoon Winery - Sept 15th
- \* Lunch Bus Pizza Ranch - date TBD

## Guys Group

Newcomers Welcome!

The guys meet **Tuesdays & Thursdays**  
at 10am

Join them for coffee & conversation.



## CARD GAMES ARE BACK! Scheduled Card Games & Times



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

## Self-Directed Volunteer Teams



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

<u>Opportunities</u>	<u>Time Commitment</u>
* Craft show	1-4 hours
* Outdoor floral and plant arrangements	1-2 hours
* Party organization	1-3 hours
* Event set up and cleaning	1-3 hours
* Newsletter delivery (full route or sub list)	.5 -1 hour
* Thanksgiving Dinner	1-4 hours
* Christmas Joy	1-6 hours

## Book Club

**August 17th at 1:00pm**

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

**Newcomers always welcome!**



### Upcoming Books

<b>August</b>	The Four Winds - Kristin Hannah
<b>September</b>	Anxious People - Fredrik Backman
<b>October</b>	The Midnight Library -Matthew Haig
<b>November</b>	Mrs. March - Virginia Feito
<b>December</b>	Christmas book of your choice

# NEVER MISS A NEWSLETTER!

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



# Brain Fitness

1. Can you tell which scooter will reach the gas station?



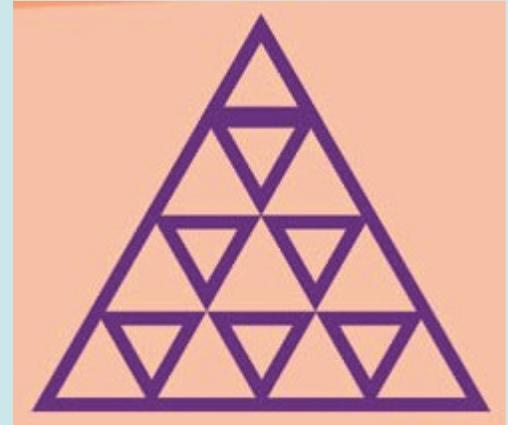
www.mentalup.co

Challenge Your brain!

Answers can be found on page 11

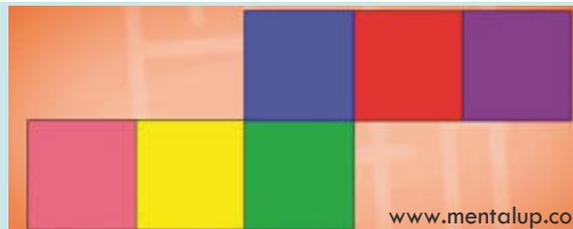


2. How many triangles do you see?



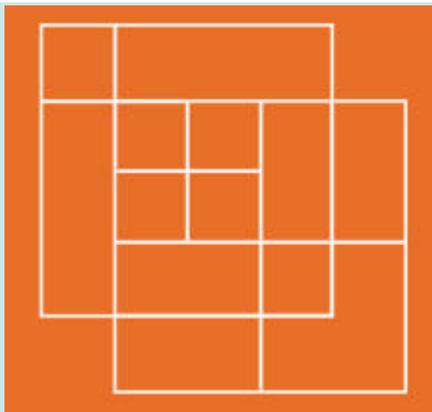
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3. When the shape below is folded into a cube, what colors will the opposite faces be?



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4. How many squares do you see?  
This riddle is challenging your mind!



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5. There is a blue single story house and everything is blue, the doors are blue, the windows are blue and the TV is blue. What color is the stairs?



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# Health & Wellness

## IT'S NOT TOO LATE! ...to make big health and wellness changes *Prevention.com July 2021*

Age, it seems, is **not** an obstacle to starting new habits, getting healthier, or even making big life and career shifts to improve your emotional well-being. Read on to see what we mean.

- ♥ **Start Exercising.** Simply begin walking. One report found that formerly inactive 45- to 64-year-olds who increased their exercise to at least 30 minutes four to five days a week had improved oxygen uptake and reduced cardiac stiffness.
- ♥ **Up your fiber intake.** Changing to a healthier lifestyle in middle age including eating more fiber-rich nuts, whole grains, and produce—reduced women's long-term total risk of stroke by up to 25% and their risk of ischemic stroke by up to 36%.  
“And consuming 25 g to 38 g of fiber daily in midlife can help control blood pressure, cholesterol, blood sugar, and abdominal weight,” says Michelle Routhenstein, R.D., a preventive cardiology dietitian and author of *The Truly Easy Heart Healthy Cookbook*. “If you aren't used to consuming a lot, start slowly and work your way up with water to avoid GI distress.”
- ♥ **Bolster your bones.** “Since muscles are attached to bones, any time you build muscle, you're building bone as well,” says Jo. Moreover, the National Osteoporosis Foundation (NOF) says daily weight-bearing and muscle-strengthening exercise is essential for bones, right up there with getting adequate calcium and vitamin D. As for what to eat, if you're a woman over 50 or a man over 70, you need 1,200 mg of calcium daily. “If you don't hit that mark, your body takes the calcium from your bones, which makes you more susceptible to osteoporosis and bone fracture,” says Andrea J. Singer, M.D., chief medical officer of the NOF. To get enough, reach for calcium-rich almonds, tofu, sardines, broccoli, kale, dairy, and fortified milk alternatives. Sources of vitamin D include mushrooms, fatty fish, and fortified dairy, OJ, and breakfast cereals.
- ♥ **Boost your Brainpower.** For three months, researchers had people ages 58 to 86 take three to five classes concurrently on subjects like Spanish, photography, and how to use an iPad. Midway through, students had already bolstered their cognitive abilities to levels similar to those of adults 30 years younger, a 2020 study found. Not up for a return to school? Engage your brain in crosswords or number puzzles like sudoku. Research shows that people ages 50 to 93 who involve themselves in these kinds of games regularly have superior problem-solving skills and short-term memory compared with folks who don't and their brain function is equivalent to that of those up to 10 years younger.
- ♥ **Reimagine your Relationship.** As we age, “we often begin focusing on friends who meet more of our emotional needs,” she says. This means we naturally cut back on friendships (and, frankly, all relationships) that drain us and foster ones that feed us. “We finally have the room to reflect on who we are and what we need in our lives in terms of people and relationships,” says Deges-White.

### Walk in our Expo!



Full article available online at [prevention.com/health](https://prevention.com/health) and in the July magazine.

## Mind your B's and D's - two vitamin supplements that may make sense for older adults.



Even if you're eating a perfect diet, you may still be coming up short in *two* essential nutrients: vitamin **B12** and vitamin **D3**. And you may want to consider supplements. Now, it's true that most vitamin supplements fail to deliver a measurable benefit. “When you take things out of the food matrix and you put a single ingredient into a pill, it doesn't have the same effect,” says Katherine Tucker, director of the Center for Population Health at the University of Massachusetts Lowell. That's why it's better to think plants, not pills.  
**But B12 and D3 are different, for two reasons. First, you can't really get them from plants. And second, as we get older, we begin to develop difficulty absorbing them in their natural form.**

**B12** plays an essential role in **nerve function**; a shortfall of B12 is associated with depression, dementia and decreased cognitive function, as well as anemia. The federal dietary guidelines call for a daily intake of 2.4 micrograms of B12 for all adults. *But* discuss your diet and your underlying health issues with your doctor before deciding on a B12 supplement.

Nearly 1 in 4 people in the U.S. have inadequate blood levels of **Vitamin D**. That's a problem: As vitamin D levels decline, the risk of [Parkinson's](#), Alzheimer's and cognitive impairment rises. Vitamin D also serves as an air traffic controller for calcium, essential for bone health. In one study of adults 50 and older, all of whom had recently fractured bones, 43 percent were deficient in both calcium and vitamin D. Before you pick up a vitamin D supplement, it makes sense to have a conversation with your doctor. Vitamin D can interact with heart medications, including statins and diuretics. **Full article in [AARP Bulletin](#) June 2021**

# Nutrition

## Loaded Quinoa Breakfast Bowl

TOTAL TIME: Prep: 15 min. + soaking Cook: 15 min. **YIELD: 1 serving.**

### Ingredients

3/4 cup water, divided  
1/4 cup tri-colored quinoa, rinsed  
2 tablespoons dried goji berries or dried cranberries  
1 small banana  
1/4 cup unsweetened almond milk  
1 tablespoon maple syrup  
1/8 teaspoon ground cinnamon  
1/8 teaspoon vanilla extract  
1/4 cup fresh or frozen unsweetened blueberries  
1 tablespoon chopped walnuts  
1 tablespoon slivered almonds  
1 tablespoon fresh pumpkin seeds

If desired, serve with additional almond milk and maple syrup.

Chantale Michaud, Guelph, Ontario  
© 2021 RDA Enthusiast Brands, LLC

**Meals for one and two**  
By popular demand! Each month we will share healthy meals portioned for one or two servings.



### Directions

1. In a small saucepan, bring 1/2 cup water to a boil. Add quinoa. Reduce heat; simmer, covered, until liquid is absorbed, 12-15 minutes. Meanwhile, soak berries in remaining water for 10 minutes; drain. Halve banana crosswise. Slice 1 banana half; mash the other.
2. Remove quinoa from heat; fluff with a fork. Mix in mashed banana, almond milk, maple syrup, cinnamon and vanilla. Transfer to an individual bowl; add blueberries, walnuts, almonds, pumpkin seeds, banana slices and goji berries.



## Creamy Cucumber and Tomato Salad

(Serves 6) Recipe can be found [theblondcook.com](http://theblondcook.com)

Pick up your produce at your local Farmer's Market!

### Ingredients-

- 4 cups sliced English cucumber (1 1/2 to 2 cucumbers)
- 1/2 cup sliced red onion
- 1 pint grape or cherry tomatoes sliced in half
- 1/3 cup sour cream
- 3 tablespoons mayonnaise
- 1 tablespoon olive oil
- 1 tablespoon apple cider vinegar
- 3/4 teaspoon granulated sugar
- 1 1/2 teaspoons chopped fresh dill (or 1/2 teaspoon dried)
- 1/4 teaspoon garlic powder
- 1/4 teaspoon kosher salt

1. Toss together sliced cucumbers, onion and tomatoes in a large bowl. Set aside.
2. Whisk together sour cream, mayonnaise, olive oil, vinegar, sugar, dill, garlic powder, salt and pepper in a large measuring cup or small bowl.
3. Drizzle dressing over vegetables and gently stir to coat as evenly as possible. Season with additional salt and pepper, if desired.

### Notes-

- Cucumber can be peeled or unpeeled.
- 2 cups chopped or diced tomatoes can be substituted for grape or cherry tomatoes.
- White onion can be substituted for red onion.
- Feel free to adjust seasonings to your personal preference.

**Brain Fitness Answers— 1.** The answer is B! If you follow the road path, you will see that only B can reach the gas station.

**2.** The number of triangles forms of 1 unit: 16, The number of triangles forms of 4 units: 7, The number of triangles forms of 9 units: 3  
The number of triangles forms of 19 units: 1-**The answer is 27 triangles.**

**3.** Reciprocal squares will be: Yellow-Red / Blue-Purple / Green-Pink **4.** There are 17 squares in total. This includes 6 small squares (1x1 unit squares), 6 medium squares (2x2 unit squares), 3 large squares (3x3 unit squares), and 2 very large squares (4x4 unit squares).

**5.** There are no stairs in a single story house.



# 2021



Monday	Tuesday	Wednesday	Thursday	Friday
<b>2.</b> Mat-based Yoga Strength 8:15 Chair Yoga 10:00  Bridge 12:00 Hand & Foot 12:00	<b>3.</b> <b>Zumba Gold 9:30</b> Guys Group 10:00  Sheepshead 1:00	<b>4.</b> Mat-based Yoga Mixed Strength & Balance 8:15  10:00 Cribbage 10:00 Mah Jongg 1:00  <b>Depression Support 1:00</b>	<b>5.</b> <b>Zumba Gold 9:30</b> Guys Group 10:00  <b>Alzheimer's support group 3:00 - 4</b>	<b>CENTER CLOSED FRIDAYS</b>
<b>9.</b> <b>No Activities in Expo</b>  Bridge 12:00 Hand & Foot 12:00	<b>10.</b> <b>No Activities in Expo</b>  <b>Sewing Class 11:00</b>  Sheepshead 1:00	<b>11.</b> <b>Fair</b>  Craft Shop open  <b>Marieke Gouda Bus Trip 10:15</b>	<b>12.</b> <b>Fair</b>  Craft Shop open	
<b>16.</b> Mat-based Yoga Strength 8:15 Chair Yoga 10:00  Bridge 12:00 Hand & Foot 12:00	<b>17.</b> <b>Zumba Gold 9:30</b> <b>Sip &amp; Swipe 9:30</b>  Guys Group 10:00 <b>Macramé class 11:00</b> Sheepshead 1:00 <b>Book Club 1:00</b>	<b>18.</b> Mat-based Yoga Mixed Strength & Balance 8:15  10:00 Cribbage 10:00 <b>Lunch Bus 10:30</b> Mah Jongg 1:00	<b>19.</b> <b>No Activities in Expo</b>  <b>Cricut Skills 12:00</b>  <b>Committee meeting 2:15</b>	
<b>23.</b> Mat-based Yoga Strength 8:15 Chair Yoga 10:00  Bridge 12:00 Hand & Foot 12:00	<b>24.</b> <b>Zumba Gold 9:30</b> Guys Group 10:00 <b>Cricut 12:00</b> Sheepshead 1:00  <b>Community Night Out 4-7 pm</b>	<b>25.</b> Mat-based Yoga Mixed Strength & Balance 8:15  <b>Oil Painting 9:00</b> 10:00 Cribbage 10:00 Mah Jongg 1:00	<b>26.</b> <b>Zumba Gold 9:30</b> <b>Sip &amp; Swipe 9:30</b>  Guys Group 10:00  <b>Alzheimer's Presentation 1:00</b>	
<b>30.</b> Mat-based Yoga Strength 8:15 Chair Yoga 10:00  Bridge 12:00 Hand & Foot 12:00	<b>31.</b> <b>Zumba Gold 9:30</b> Guys Group 10:00 Sheepshead 1:00	<b>Annual Community Night Out</b> Come on out to the Merrill Expo and join the Merrill Fire Department, Merrill Police Department and numerous other service organizations that take care of your community Rain or Shine August 24th from 4-7pm		


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