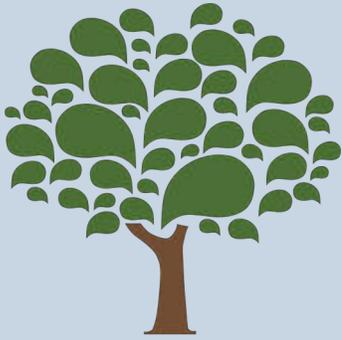


MERRILL ENRICHMENT CENTER

September 2021



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



ALL AGES WELCOME

Inside This Issue:

Classes	2
Fitness	3
Support Groups & Community	4
Brain Fitness	6
Activities.....	7
Craft Show & Craft Shop	9
Health & Wellness.....	10
Nutrition	11
Calendar.....	12

Mission Statement

Dedicated To Enhancing Lives and
Bringing Generations Together

Core Values
Include, Encourage,
Volunteer, Create



MEC Team

L to R: Tammie, Vicki, Stephanie

**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.



Join us as Randy Schultz makes his
delicious fish boil.
Meal includes fish, coleslaw, a roll,
boiled potatoes with onions, beans
and dessert.

Must Call to sign up.
715-536-4226

September 2nd at Noon
Cost is \$10.00

Please stop in and **prepay** before the meal.

ENRICHMENT CENTER COMMITTEE MEETING

September 16 at 2:15
MEC Conference Room

Community attendance via conference #

Phone: 570-415-1107 PIN: 428 782 670 #

*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.



Thank you to the following people for their generosity!

Tammy Williams

Jim Blair

Tina Scott

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: September 9th & 14th
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.

Tablets are available for use, but feel free to bring your own tablet or smartphone.

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 **YouTube, 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

Oil Painting w/ Dennis

Dennis has been painting for years, and looks forward to sharing what he has learned with others.

Sign up now to paint this
mystical forest!

Thursday, September 16th
9:00-1:30

(Bring lunch or snacks as we will
be taking a break)

Cost \$33

*Class minimum 3 people,
maximum 6*



Cricut Class- Learn, Make, & Take

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



September 21st at Noon
Cost \$10

Project this month We will be
learning how to use the
knockout technique

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.**

Snippet with Cricut (Open Cricut Craft Time)

Sept 30th

10am - 3pm

(Feel free to bring a snack or lunch)

Cost \$3

Bring your own projects and materials.
Karen will be available to answer questions.



Reverse Canvas

This class is great for any age
or ability!

Steph will be teaching us how to
create a fun picture like this.

September 8th at 1pm

There will be several options of sayings to choose from.
Customize it with your own color choices.

Cost is \$8

Call to register 715-536-4226



Paint & Sip with Amy!

Painting with Amy is Back!

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

September 17th
5:30 start time
Class minimum of 4

**Choices are a 12x16 canvas for \$18
or a 16x20 canvas for \$28**

Enjoy a glass of wine while you paint!

Friday
Evening
Offering



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

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 or use ours. Most begin with 2-3 pound size, others may work up to 5 pounds or more depending upon the exercise.



Evening Class!

YOGA MAT CLASS
LAST CLASS UNTIL 2022
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.

The class will run in the expo on **Tuesdays** from **5:30 - 6:30 pm**, for 8 consecutive weeks.
The class dates are **Sept. 7th - Oct. 26th**.

You can pre-pay \$64 for eight sessions. **Payments will be either cash or check and collected the first day of class.**
Drop-in for \$10 per session.



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: Current session 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 collected the first day of class.



**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: September 1 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**



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.

We've partnered with The Healthy Minds Coalition. We have medication lock boxes and drug deactivation units. Please stop in if you could use one.



Medication Safety Tips



- **Store all medications in a locked container** to prevent prescription drug abuse and young children from getting into it (this includes vitamins, eye drops and medicated creams).
- **Do not share your medication.**
- **Always follow your medical provider's instructions.**
- **Be a good role model with your own medication.**
- **Properly conceal and dispose of old or unused medication.**
- **Note how many pills are in a bottle or pill packet and keep track of refills.** If you find you have to refill a medication more often than expected, someone may be taking your medication without your knowledge.
- **Talk with your children about the risks of misusing prescription and over-the-counter medications.**



[Learn More](#)

<https://doseofrealitywi.gov/>

Free Medication Drop Boxes in Lincoln County



Merrill Police Department
1004 East First Street • 715-536-8311
Monday - Friday, 8:00am - 4:30pm

Marshfield Clinic—Merrill
1205 O'Day Street • 715-539-0101
Monday - Friday, 9:00am - 5:00pm
Located in pharmacy • No holiday drop off
Lincoln county residents only

Tomahawk Police Department
219 West Somo Avenue • 715-453-2121
Available 24/7 • Call to coordinate drop off
Located in lobby

Tomahawk Pharmacy
844 N. 4th Street • 715-453-6600
Monday-Friday, 8:30am - 6:00pm
Saturday, 8:30am - 12:00pm



Guidelines

- Bring medications in a Ziploc bag without any personal information on it.
- Do not bring needles, syringes, IV bags, or radioactive chemotherapy medications.



Happy Fall Y'all!

September brings cooler temperatures, golden harvests, and perfect nights to grab a good book and enjoy the moment. The T. B. Scott Library has great choices in books, audio books, music CDs and movies. Our friendly staff is ready to help you find the perfect item.

In these ever-changing times, the library is committed to serving our community. Our hours will change, our mask requirements will change, and our program availability will change, but we will always do our best to provide for our patrons.

To stay up-to-date please visit our website

www.tbscottlibrary.org or give us a call at 715-536-7191.



HAMBURGERS

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

Dr. Ronald J.
Piffa
Optometrist

1007 E 1st Street
Merrill WI 54452

715-536-2020



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.

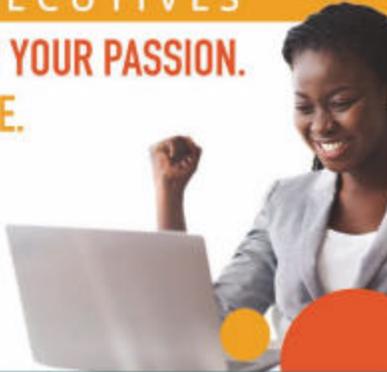
If interested call: Cindy or Jim at 715-539-1645

WE'RE HIRING

AD SALES EXECUTIVES

BE YOURSELF. BRING YOUR PASSION.
WORK WITH PURPOSE.

- Paid Training
- Some Travel
- Work-Life Balance
- Full-Time with Benefits
- Serve Your Community



Contact us at careers@4lpi.com
www.4lpi.com/careers



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 Guarantee
- Made and monitored in the 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
- Flood Detection
- Fire Safety
- Carbon Monoxide



Authorized Provider

SafeStreets

1-855-225-4251

SUPPORT OUR ADVERTISERS!

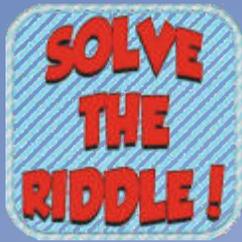


For ad info. call 1-800-950-9952 • www.lpicommunities.com

Merrill Enrichment Center, Merrill, WI

A 4C 01-1129

Brain Fitness



Answers on page 11.

Sudoku

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

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

©2018 Satori Publishing

DIFFICULTY: ★☆☆☆☆

©2018 Satori Publishing

DIFFICULTY: ★★☆☆☆

1. What rocks but does not roll?
2. What can be driven although it doesn't have wheels, sliced but stays whole?
3. Until I am measured, I am not known. Yet you miss me, when I have flown. What am I?
4. I can be short and sometimes hot. When displayed, I rarely impress. What am I?
5. A sundial has the fewest moving parts of any timepiece. Which has the most?
6. What runs all around a backyard, yet never moves?
7. Which tire doesn't move when a car turns right?
8. What can you keep after giving to someone?
9. What is cut on a table, but is never eaten?
10. What building has the most stories?
11. I can't be bought, but I can be stolen with a glance. I'm worthless to one, but priceless to two. What am I?
12. No matter how little or how much you use me, you change me every month. What am I?

Parade.com

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



*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

Mental Health & Substance Abuse Care & Support

North Central Health Care
 Person centered. Outcome focused.

**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.org | 877-376-6113



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

Merrill Enrichment Center, Merrill, WI

B 4C 01-1126

Activities



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

Lunch Bus
September 23rd at 10:30
Pizza Ranch - Weston
Cost \$5

SEPTEMBER TRIP

September 15th at 10:00am
Brigadoon Winery & lunch at
the Tilted Loon
Cost \$20



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

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

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

Opportunities	Time Commitment
* 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
September 21st at 1:00pm
The group meets the *third Tuesday* of each month at 1:00pm.
Newcomers always welcome!

Upcoming Books

September	Anxious People - Fredrik Backman
October	The Midnight Library -Matthew Haig
November	Mrs. March - Virginia Feito
December	Christmas book of your choice

NEVER MISS A NEWSLETTER!

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



Craft Show & Craft Shop



MEC's Fall Craft & Market Event

**Saturday, October 2nd
9am-2pm**

**Merrill Enrichment Center/Expo
303 N Sales Street, Merrill, WI.**

We have room for new crafters.

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
if you are interested.



Blank note cards,
for any occasion



Beautiful pottery &
decorative towels



Handmade
wooden chest



Unique
Bird houses &
feeders



Health & Wellness

Daily Exercises You Can Do in 10 Minutes for Better Balance

Full article can be found at aarp.org

Just like strength, balance declines with age. And with a loss of balance comes an increased risk of injury and loss of mobility. But strength and balance training can improve your ability to stay centered and stable on your feet.

"There's a huge relationship between balance and strength," says Mary Helen Bowers, founder of New York City-based Ballet Beautiful and a professional ballerina who offers balance, strength and flexibility training.

Bowers recommends four exercises you can do in less than 10 minutes a day. "Do them three to four times a week for a few weeks and you'll notice a difference," she says.



Toe Tap

Stand with one hand on a wall for stability. Keeping both legs straight, lift one leg and stretch it in front of you until it's at a 45-degree angle to your body, toes pointed. Now touch your toes to the ground, hold a moment and return to the starting position. Do 2 sets of 8 reps with each leg.



Knee Bends With Heel Raises

Stand with one hand on a wall for stability, your other arm at your side. Keeping your feet together and torso straight, bend your knees. Next, lift your heels off the floor as you straighten your legs and raise your free arm above your head. Hold for a moment. Perform 2 sets of 8 reps.



Toes Up

Lie on your back, hands under your hips, and lift your legs straight in the air. Now pull in with your stomach to raise your hips slightly off the mat; point your toes. Hold for 2 counts; then, keeping your legs perpendicular to you, lower your hips back to the mat. Do 2 to 4 sets of 8 reps.



Arabesque

Get on your hands and knees. (Use a pillow under your knees, if you wish.) Pull in your abdomen and lift your right leg straight back, keeping your abdomen tight, with your knee straight and toes pointed. Don't arch your back. Hold for a moment, then lower and repeat with your left leg. Do 2 sets of 8 reps.

MIND Diet: Best Foods to eat to Keep Your Brain Young

Full Article can be found on eatingwell.com

Eating these healthy foods on the MIND diet can help reduce your risk of Alzheimer's disease and dementia.

The MIND diet is based on the Mediterranean diet and the DASH diet—two healthy eating plans in their own right. The MIND diet focuses specifically on foods that can help your brain and reduce your risk of Alzheimer's and dementia. Over decades of research, nutritional epidemiologist Martha Clare Morris, Sc.D., and her colleagues at Rush University Medical Center identified 10 key foods associated with better brain function and a lower risk of Alzheimer's disease. Each of these foods is rich in compounds that have been shown to protect and nourish the brain. **Here's what to eat more of each week on the MIND diet.**

Whole Grains—Brown Rice, oats and other whole grains are high in magnesium, which helps brain cells use energy.

Leafy Greens— Greens contain antioxidants including beta carotene and folate, and they are also rich in vitamin K which is used to make brain cell membranes

Berries— Berries contain flavonoids, which strengthen connections between neurons, making it easier for them to communicate.

Nuts— Almonds are high in Vitamin E, an antioxidant that absorbs damaging free radicals surrounding brain cells, while walnuts contain anti-inflammatory omega-3 fats

Beans— Many beans, including chickpeas, navy beans and pinto beans, are rich in magnesium, which helps brain cells use energy.

Vegetables— Veggies are full of vitamins, such as folate. In a 2012 study, women with Alzheimer's plaques and higher folate levels had fewer dementia symptoms.

Wine— It's still unclear why one serving of wine a day is good for the brain, but take note: more than one glass a day seems to do more damage than good.

Fish—Oily fish are excellent sources of omega-3 fats, which reduce inflammation and are used to build the brain's solid matter.

Poultry— Poultry is rich in choline, a B vitamin that is important for brain development and, according to a 2011 study, could protect against dementia.

Olive Oil—(Used as your primary cooking oil) Olive oil is rich in oleo-canthol, a compound that calms the inflammatory -enzymes COX-1 and COX-2.

Nutrition

Baked Ziti With Vegetables Serves 2

Dietitian's tip: For an alternative to spaghetti with meat sauce, try baked ziti, a tubular-shaped pasta dish, loaded with fresh vegetables. Serve with mixed-grain bread and a side of sliced strawberries and bananas.



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

1. 2/3 cup uncooked ziti (about 2 ounces)
2. 1 can (14 ounces) low-sodium tomatoes, drained (reserve 1/2 cup of the juice)
3. 1/2 cup sliced carrots
4. 1 cup chopped broccoli
5. 1/2 cup diced green bell pepper
6. 1/4 cup sliced mushrooms
7. 2 garlic cloves, minced
8. 1 teaspoon dried basil
9. 1 teaspoon dried oregano
10. 1/2 teaspoon ground black pepper
11. 1/2 cup reduced-fat shredded mozzarella cheese
12. 1/2 cup grated Parmesan cheese

www.mayoclinic.org

Directions

Heat the oven to 375 F. Lightly coat a baking dish with cooking spray.

Fill a large pot 3/4 full with water and bring to a boil. Add the pasta and cook until al dente (tender), 10 to 12 minutes, or according to the package directions. Drain the pasta thoroughly.

In a nonstick frying pan over medium heat, add the reserved juice from the canned tomatoes. Stir in the carrots, broccoli and green pepper. Sauté the vegetables until tender, about 5 minutes. Add the mushrooms and garlic and cook for another 5 minutes. Add the tomatoes, basil, oregano and black pepper to the vegetable mixture. Cook over low heat for 3 to 5 minutes.

Transfer the cooked vegetables to a large bowl. Add the cooked pasta and shredded mozzarella cheese. Toss gently to mix. Spoon the mixture into the prepared baking dish. Sprinkle with the grated Parmesan cheese. Cover with aluminum foil and bake until the mixture is hot and bubbly, about 30 minutes. Remove the aluminum foil after 15 minutes. Divide the pasta among warmed individual bowls. Serve immediately.



Sausage and White Bean-Stuffed Spaghetti Squash Serves 2

Ingredients:

- 1 large Spaghetti Squash (about 3 lbs.)
- Kosher salt
- 2 table spoons olive oil
- 8 ounces sweet Italian sausage, casing removed and crumbled
- 1 pint cherry tomatoes, halved
- 2 teaspoons fresh thyme leaves, chopped
- 1/4 teaspoon red pepper flakes, plus more for serving, optional
- 2 cloves garlic, thinly sliced
- 1/2 cup dry white wine
- 1/2 cup heavy cream
- One 15.5-ounce can white beans, drained and rinsed
- One 5- ounce package baby spinach
- 2 tablespoons grated parmesan

Directions

1. Preheat the oven to 425 degrees F. Cut the squash in half lengthwise using a serrated knife and remove the seeds with a spoon. Brush the flesh of both halves with 1 teaspoon oil and season with 1/2 teaspoon salt and a few grinds of pepper. Put the halves flesh-side down on a baking sheet and cook until tender, the flesh can easily be flaked with a fork and the edges just turn brown, about 45 minutes. Separate the strands of squash by scraping the flesh with a fork. Leave the scraped strands inside the squash.

2. Meanwhile, heat the remaining oil in a large skillet over medium-high heat. Add the sausage and cook, breaking it up with a wooden spoon and taking care to keep some larger chunks, until it just starts to brown and crisp up, 5 to 6 minutes. Add the tomatoes, thyme, red pepper flakes and garlic and cook, stirring, until just fragrant, about 1 minute. Pour in the wine and cook until reduced by half, 2 to 3 minutes. Add the heavy cream and 1 teaspoon salt and bring to a boil. Lower the heat to medium and simmer until the sauce reduces by half, 3 to 4 minutes. Add the white beans and spinach to the skillet and cook, stirring frequently, until the spinach just wilts and is still vibrant green, 1 to 2 minutes. Divide the sausage mixture between the 2 squash halves and mix with the squash strands until well combined. Sprinkle each squash half with 1 tablespoon Parmesan and serve with more red pepper flakes, if using.

www.foodnetwork.com

Riddle Answers– 1. A rocking chair 2. A golf ball 3. Time 4. Temper 5. An hourglass, with thousands of grains of sand 6. A fence 7. A spare tire 8. Your word 9. A deck of cards 10. The library 11. Love 12. A calendar



2021



Monday	Tuesday	Wednesday	Thursday	Friday
		1. Mat-based Yoga Mixed 8:15 Strength & Balance 10:00 Cribbage 10:00 Mah Jongg 1:00 Depression Support 1:00	2. Zumba Gold 9:30 Guys Group 10:00 Fish Boil 12:00	
6. Center is closed 	7. Zumba Gold 9:30 Guys Group 10:00 Sheepshead 1:00 Mat-based Yoga Mixed 5:30	8. Mat-based Yoga Mixed 8:15 Strength & Balance 10:00 Cribbage 10:00 Mah Jongg 1:00 Reverse canvas 1:00	9. Sip & Swipe 9:30 Zumba Gold 9:30 Guys Group 10:00	Friday Offering! 
13. Mat-based Yoga Strength 8:15 Chair Yoga 10:00 Bridge 12:00 Hand & Foot 12:00	14. Sip & Swipe 9:30 Zumba Gold 9:30 Guys Group 10:00 Sheepshead 1:00 Mat-based Yoga Mixed 5:30	15. Mat-based Yoga Mixed 8:15 Brigadoon Bus Trip 10:00 Strength & Balance Cribbage 10:00 Mah Jongg 1:00	16. Oil Painting 9:00 Zumba Gold 9:30 Guys Group 10:00 Committee meeting 2:15	17. Painting W/ Amy 5:30pm
20. Mat-based Yoga Strength 8:15 Chair Yoga 10:00 Bridge 12:00 Hand & Foot 12:00	21. Zumba Gold 9:30 Guys Group 10:00 Cricut Class 12:00 Sheepshead 1:00 Book Club 1:00 Mat-based Yoga Mixed 5:30	22. Mat-based Yoga Mixed 8:15 Strength & Balance 10:00 Cribbage 10:00 Mah Jongg 1:00	23. Zumba Gold 9:30 Guys Group 10:00 Lunch Bus 10:30 Pizza Ranch	
27. Mat-based Yoga Strength 8:15 Chair Yoga 10:00 Bridge 12:00 Hand & Foot 12:00	28. Zumba Gold 9:30 Guys Group 10:00 Sheepshead 1:00 Mat-based Yoga Mixed 5:30	29. Mat-based Yoga Mixed 8:15 Strength & Balance 10:00 Cribbage 10:00 Mah Jongg 1:00	30. Sip & Swipe 9:30 Zumba Gold 9:30 Guys Group 10:00 Snippet w/ Cricut 10:00	

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.