

# The Enrichment Center

## A gathering place for boomers and seniors!



400 Chapple Avenue, Ashland, WI 54806

### A Note from the Executive Director

Happy Valentines Day!

Boy, is winter here or what. It is so cold out there. But I will take the cold and snow any day over the tornadoes, hurricanes and all the other crazy weather going on in this world. Prayers out to all dealing with these difficult times.

Just a quick reminder that the Enrichment Center, Ashland County Aging Unit and Bargain Hut are closed due to weather when the School District of Ashland is closed.

Our Memory Café meets the 3rd Tuesday of every month. The theme for the month of February is "Be Mine" Valentine's Day Celebration complete with cookie decorating and flower arranging.

Starting March 1st, 2022 the Exercise Room will be turned into a computer lab. Our members will have access to this throughout the day. More details will be available in the next issue of the newsletter. Stay tuned.

I am so excited to be starting Cardio Drumming here at the center. I think this will be so much fun and we will even get in our exercise for the day.

We are looking to add some new programming and would love to hear what you guys would like to see here at the center. Stop in and talk to Danielle with your suggestions .

I hope you all have a wonderful month and stay warm. Until next time.....

Danielle

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The Enrichment Center  
400 Chapple Avenue Ashland, WI 54806  
Phone: 1-715-682-2776 Fax: 1-715-682-0190  
E-mail: [dlgreene745@yahoo.com](mailto:dlgreene745@yahoo.com)  
Hours:  
Monday—Friday 8:00am to 4:30pm  
The Bargain Hut  
1-715-682-8522

### Mission Statement

The Enrichment Center provides a home away from home atmosphere for people 50 or older to meet new friends, participate in activities, exercise and find a comforting and caring environment.

#### Executive Director

Danielle Greene

#### Bargain Hut Supervisor

Hope Engen

#### Janitor

Kevin Greene

#### Tenants of the Enrichment Center

##### **Ashland County Aging Unit - 1-715-682-4414**

Executive Director—Mel Harvey

Administrative Assistant—Mary Westlund

Clerical Assistant—Mallory Jolma

Benefit Specialist—Amy Janecek

Faith In Action Coordinator

### **Board of Directors**

Vicki Galik	Chairperson
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Mary Bartol	Secretary

Carlyln Dulitz	Mark Mountain
Tammy Kurtz	Glenn Samuelson
Dawn Homich	Ryan Long
Kristy Ledin	John Manno

**Our meetings are bi-monthly and held on the third Wednesday of the month at 1:30pm.**

**Everyone is invited to attend.**

**If you would like to become a member of the Board of Directors, please contact Danielle at 1-715-682-2776.**

### **Oops, I Goofed**

Occasionally there may be an error in days, times, registration dates or fees in the newsletter. When such errors occur, we will do everything possible to correct the situation promptly. We thank you for your patience and understanding when these situations arise.

### **We Are On Facebook**

The Enrichment Center and the Bargain Hut are on Facebook, so check us out. When you like our pages, you will be able to see photos of our recent events and updates on our activities.

### **Membership**

Anyone who is 50 or older can become a member of the Enrichment Center, Inc. for a membership fee of \$20.00 a year.

### **Check out our Website**

Check out our new and improved website at  
**[www.ashlandenrichmentcenter.org](http://www.ashlandenrichmentcenter.org)**

# **Cardio Drumming!**

Thursday Mornings starting  
February 17th, 2022  
9:00am to 10:00am

All equipment provided. All you need is a water bottle, towel and ready for fun.

Fun for all ages and levels.

For more information, please stop in the office and talk to Danielle.



# Prentice Park in the Winter

By: Alice Ellisd

When winter temperatures are not bitter cold, I like to visit Prentice Park. There is something special about this untamed park that is nourished by artesian wells. Water birds are also attracted to this fresh water supply that supports an open pond for most of the winter. Today was no exception.

I arrived at the park about 2 pm and there were no other cars there. The paths are not plowed, but walkers pack the trails to make access to the pond easy. Sure enough, there was a raft of energetic ducks swimming, and diving in the water. I was able to capture some of their tricks with my camera. Sometimes, I walk the side-trails, but not today. This winter it is precarious if a trail is open and safe, as many trees are bent over from a heavy-weight snowstorm in November.

As I was looking around, I started to remember "Girl Scout Day Camp" held at Prentice Park each summer (for a week) when we were young girls; I would estimate there were one-hundred girls or more. I first went to this camp when I was a Brownie Scout in the early 1950's and continued for a couple more years. What happened at Prentice Park during camp week was so much more than what we could appreciate as youngsters. The camp schedule was full of games, crafts, educational walks, campfires, folding the American flag at closing, and most of all "singing" together. I still remember some of the songs: *Kookaburra Sits in the Old Gum Tree*, *Are you Sleeping?* *White Coral Bells*, and others. How we loved to sing as a choir of girls, and as a bonus some of the songs were sung as a "round." The park air carried the delight of our voices.



Yes, Prentice Park hosts many human and creature memories: reunions, church picnics, campers, hikers, bikers, birders, youth groups, Girl Scouts, watermelon slices, baseball games, swings, a slide, deer yard, perched eagles, cowslips in the spring, cool-clear water, swans, roasted hot dogs, potato salad, s'mores and so much more. I think what surprised me today is how beautiful the park is in the winter. You could say it is a combination of magical and mysterious: the silence, whispered bird calls, happy ducks, and pure sound of flowing water.

Dear Readers, Prentice Park has been a place where four-season memories helped to build our lives and our community. We are grateful for our collective story and Prentice Park's sweet-water hospitality.



## Happy Birthday!

Feb. 4th Sue Newago  
 Feb. 6th Dan Dulitz  
 Feb. 7th George Ryberg  
 Feb. 8th Herb Reiten  
 Don Vollmer  
 Denise A. Marincel  
 Feb. 10th Sue Miller  
 Feb. 14th Pat Provost  
 Feb. 17th Donna Maday  
 Feb. 19th Steve Yoshikane  
 Feb. 25th Robin Whittaker  
 Feb. 26th Jack Snow  
 Feb. 27th Cheryl Tveit  
 Feb. 28th Gene Defoe



## Thank You

The Enrichment Center and the Bargain Hut would like to say a big thank you to Amy Janecek for being the rockstar that she is. We would be lost without her! Thank you Amy!



### Advertiser of the Month

This month we are spotlighting  
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# COVID Policy

## Effective July 1st, 2021

The Enrichment Center and the Ashland County Aging Unit serves a large population of seniors in Ashland and surrounding communities. The health and safety of our participants and staff has been the top priority throughout the pandemic and many factors were considered when determining the best procedures to help meet the needs of all of our visitors. Our participants are socially, ethnically and spiritually diverse, and some have medical disabilities, religious beliefs, or other issues that prevent them from getting vaccinated. We understand that we serve the older adult population who are at greater risk for COVID-19. We will be following guidance from Ashland County Public Health Department and will be staying up to date with the most recent recommendations and guidelines from the CDC.

The following are safety precautions we will be following at the center:

- ◆ If you are **fully vaccinated** you are not required to wear a mask when at the center. If you **have not been fully vaccinated** we ask that you wear a mask when in the building.
- ◆ Any known case of COVID-19 at the center will be reported to the Public Health Department to seek guidance and to determine further actions. Participants who may have been exposed will be contacted. If you have been **vaccinated** you will not be asked to quarantine unless you start to develop symptoms. **Unvaccinated** people will be asked to quarantine for 10 days.
- ◆ Our coffee pot is not available for use at this time and participants are asked to bring their own beverages. Participants are also asked to not bring in snacks to share at this time.
- ◆ Hand washing/sanitizing immediately before and after any activity.
- ◆ Individuals with COVID-19 symptoms will be asked to stay home and consult their doctor or local health department on recommendations on when to return.
- ◆ Hand sanitizers, masks, Clorox wipes and Kleenex will be provided at the entrance for participant's use. Of course hand washing is always your best defense against disease.
- ◆ Social distancing of 6 feet is recommended when participating in center activities.
- ◆ The center will keep track of all people attending the center each day (date, name & activity) in case there is a need for future contact tracing. If you are not a member, we ask that you leave a phone number so we have some way to get a hold of you. This will be done when you walk in the door at the sanitizing station/check in station. Attendance records will be retained for 30 days.

We want everyone coming into The Enrichment Center & Ashland County Aging Unit to be comfortable doing so. Therefore, if you are not ready, please stay home until you are.

We also want to strongly encourage an atmosphere of respect and tolerance for each other's personal beliefs and choices.



# Matching Funds Drive

We have been given the incredible opportunity of another Matching Funds Drive. Steve & Jean Yoshikane have generously agreed to match up to \$400.00 for the month of February. No donation is too small. Every little bit helps. \$1.00 equals \$2.00, \$10.00 equals \$20.00 and so on. Donations need to be received by Monday, February 28th, 2022 to be included in the matching funds drive. Thank you from the bottom of our hearts to Steve & Jean Yoshikane for this incredible opportunity and thank you in advance to every donation that comes in for the drive.



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# 2022 The Enrichment Center Membership Application

**2022 Memberships valid January 1st, 2022 through December, 31st 2022**

To join the Enrichment Center or to renew your membership, please complete this application and return it to the Enrichment Center. Membership is on-going throughout the whole year.

**Please make check payable to the Senior Center.**

<b>Name(s) (both, if couple)</b>	
<b>Address</b>	
<b>City, State, Zip</b>	
<b>Phone Number</b>	
<b>Birthdate</b>	
<b>Emergency Contact Person</b>	
<b>Phone Number</b>	
<b>E-Mail (absolutely confidential)</b>	

- \_\_\_\_\_ **\$20.00 – Single**
- \_\_\_\_\_ **\$30.00 – Couple**
- \_\_\_\_\_ **\$50.00 Fantastic Member**

Join or Renew by January 1st, 2022 and be eligible for a chance to win a \$25 Gift Certificate to the Bargain Hut!

Thank you for your support of the Enrichment Center. This special membership helps with the day to day operations of the center and is very much appreciated. Your fantastic membership includes your single or couple membership along with the donation for the operations of the center.

**\$\_\_\_\_\_ Utility Donation**

The Enrichment Center is asking for your help with the cost of utilities here at the center. Last year we spent approximately \$14,500.00 in utilities We are asking for anyone willing to help, to give a donation of \$25.00 or whatever you can to help with the cost of the utilities. Your donation is optional but very much appreciated.

Because the Enrichment Center is a 501(C)(3) non-profit organization, your contribution is tax deductible.

For Office Use Only

New Member \_\_\_\_\_ Renewal \_\_\_\_\_ Date Paid \_\_\_\_\_ Cash \_\_\_\_\_

Check \_\_\_\_\_ Check # \_\_\_\_\_

Utility Donation \$ \_\_\_\_\_ Fantastic Membership \$ \_\_\_\_\_

## Loan Closet

The Enrichment Center's Loan Closet serves people of all ages with physical or developmental disabilities who are in need of an item for any of the following reasons:

- A person would like to try out an item before purchasing the equipment.
- A person who has a short-term need for the equipment such as a knee or hip replacement.
- A person who needs an item not covered by Medicare or Medical Assistance or private insurance and cannot afford to purchase the needed equipment at this time.

We have walkers (with or without wheels), canes (regular and 4-Prong), wheelchairs, shower chairs, bath transfer benches, raised toilet seats, commodes, crutches and extension grabbers.

Call the Enrichment Center for availability. If the item is available for rent, stop in and fill out the rental agreement and then take the equipment home with you. Please note all equipment must be returned in the condition it was rented in. The equipment is available for rent on a monthly basis for a fee of \$10.00 a month for as long as you need. For more information or to rent equipment, please call 1-715-682-2776.



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# Fun at the Center!

## Tai Chi Fun

The Enrichment Center is offering a slot for individuals interested in coming in to do their Tai Chi exercises. The room will be available on Monday, Wednesday & Fridays for the month of February from 10:00am to 11:00am. If you are interested please stop in the office and talk to Danielle. We are hoping all of the participants from the class will be excited about this. Max of 9 per class.



## Cribbage

Join our Cribbage group every Tuesday at 1:30 p.m.



## Pool League

Join our Pool League every Monday and Thursday afternoon at 12:30 p.m.



## BINGO

◆ Bingo on Wednesdays & Fridays at 12:30 p.m.



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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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- Memory Care Unit (Court Manor only)

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911 W Third St. | Ashland, WI 54806  
715-682-8172 | [courtmanorhs.com](http://courtmanorhs.com)





# February 2022


SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		<b>1</b> 1:00—Knitting Club 1:30—Cribbage	<b>2</b> 10:00—Tai Chi Fun 12:30—Bingo <b>1:00pm—Enrichment Center Board Meeting</b> <b>2:00pm—Annual Meeting</b>	<b>3</b> 12:30—Pool League	<b>4</b> 10:00—Tai Chi Fun 12:30—Bingo 5:30pm—Zumba	<b>5</b>
<b>6</b>	<b>7</b> 10:00—Tai Chi Fun 12:30—Pool League	<b>8</b> 1:00—Knitting Club 1:30—Cribbage	<b>9</b> 10:00—Tai Chi Fun 12:30—Bingo	<b>10</b> 12:30—Pool League	<b>11</b> 10:00—Tai Chi Fun 12:30—Bingo 5:30pm—Zumba	<b>12</b>
<b>13</b>	<b>14</b> 10:00—Tai Chi Fun 12:30—Pool League	<b>15</b> 1:00—Knitting Club 1:30—Cribbage	<b>16</b> 10:00—Tai Chi Fun 12:30—Bingo	<b>17</b> 12:30—Pool League <b>9:00—Cardio Drumming</b>	<b>18</b> 10:00—Tai Chi Fun 12:30—Bingo 5:30pm—Zumba	<b>19</b>
<b>20</b>	<b>21</b> <b>Closed for the Holiday!</b>	<b>22</b> <b>9:30 to 11—Memory Cafe</b> 1:00—Knitting Club 1:30—Cribbage	<b>23</b> 10:00—Tai Chi Fun 12:30—Bingo	<b>24</b> 12:30—Pool League <b>9:00—Cardio Drumming</b>	<b>24</b> 10:00—Tai Chi Fun 12:30—Bingo 5:30pm—Zumba <b>The Bargain Hut “Gives Back Sale” 9:00am to 1:00pm</b>	<b>25</b> <b>The Bargain Hut “Gives Back Sale” 9:00am to 1:00pm</b>
<b>26</b>	<b>27</b> 10:00—Tai Chi Fun 12:30—Pool League	<b>28</b> 1:00—Knitting Club 1:30—Cribbage				

# Ashland County Aging Unit Inc.

400 Chapple Avenue Suite 100 \* Ashland, WI 54806  
715-682-4414 x. 0 \* www.ashlandaging.org

Senior Nutrition Programs: Senior Dining & Meals on Wheels

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MONDAY All 5 Sites	TUESDAY Ashland Only	WEDNESDAY All 5 Sites	THURSDAY All 5 Sites	FRIDAY Ashland Only
<b>\$3.25/meal suggested donation for age 60+. Actual cost/guest fee for people under 60 unless accompanied by their senior spouse is \$7.00</b>	<b>1 Chicken Dumpling Soup</b> Egg Salad Sandwich on Whole Wheat Bread Pickled Beets Sliced Peaches	<b>2 Groundhog Day "Ground" Beef Spanish Rice Casserole</b> Corn Niblets Fresh Orange 'Groundhog Dirt Pie'	<b>3 Meatloaf in Brown Gravy</b> Herb Sliced Potatoes Mixed Vegetables Lemon Fruit Salad Chocolate Chip Bean Muffin	<b>4 Turkey Noodle Casserole</b> Sweet Peas Orange Juice Red Jello w/banana
<b>7 Baked Hawaiian Ham</b> Steamed Potatoes Wax Beans Pineapple chunks Frosted Black Bean Brownie	<b>8 Chicken Cacciatore</b> Over Garlic Buttered Egg Noodles Green Beans Fruit Cocktail  	<b>9 Baked Chicken</b> Au Gratin Potatoes California Veggies Apple Crisp WW Roll w/butter	<b>10 Salisbury Steak w/gravy</b> Mashed Potatoes Glazed Carrots Peach Delight Dessert Whole Wheat Bread w/butter	<b>11 California Burger on a buttered Bun w/Lettuce, Tomato &amp; Onion</b> Tater tots Romaine & Iceberg 7-Layer Salad Cantaloupe
<b>14 Valentine's Day</b> Cranberry Glazed Pork Cutlet Candied Yams Sweet Peas Applesauce Valentine Cookie	<b>15 Hot Beef Tips</b> Over Mashed Potatoes & Gravy Steamed Broccoli Peaches WW Bread w/butter	<b>16 BBQ'd Chicken</b> Potato Salad Baked Beans Fresh Apple Whole Wheat Roll w/butter	<b>17 Birthday Meal</b> Spaghetti with Meat Sauce Corn Niblets Shredded Lettuce Salad Chocolate Birthday Cake	<b>18 Brunch for Lunch</b> Scrambled Eggs & Sausage Links Company Hashbrowns Tomato Juice Banana Raspberry Coffee Cake
<b>21</b> <b>CLOSED</b> In observance of President's Day	<b>22 Beef Stir Fry</b> over Brown Rice Diced Peas & Carrots Cherry Crisp	<b>23 Cheeseburger on a buttered bun</b> Lettuce, tomato, & onion Tomato Spoon Salad Whipped Fruit Salad	<b>24 Baked Chicken</b> Mashed Potatoes & Gravy Steamed Red Cabbage Pears Whole Wheat Bread w/butter	<b>25 Tuna Salad Sandwich</b> on Whole Wheat Bread Broccoli Cheese Soup 3-Bean Salad Mandarin Oranges

**28 Chicken & Bean Tamale Pie**  
Shredded Lettuce,  
Diced Tomatoes, Sour Cream & Mild Picante Sauce  
Pineapple Tidbits

**Reservations/Cancellations required by 2:00 pm the serving day before.**  
**Please call your local meal site OR Ashland Co. Aging Unit Main Office**  
  
**Meals served Monday thru Friday @ Ashland Kitchen serves 11:30 a.m.—12:05 p.m., Dining Room open until 12:30 p.m.**

All meals served with 1% milk. - All meals contain at least 1/3<sup>rd</sup> of the RDA for older adults **WW = Whole Wheat**

# Valentine's Day Puzzle

## Valentine Words

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

### Word List:

ADORE	AFFECTION	AMOROUS	ARROW
BELOVED	BEMINE	BOUQUET	CANDLELIGHT
CANDY	CARDS	CHERISH	CHERUB
CHOCOLATE	CUPID	DARLING	DEAR
DESIRE	DEVOTION	EMBRACE	ENDEARMENT
FEBRUARY	FLOWERS	FOURTEENTH	FRIENDS
HEART	HONEY	HUGS	KISSES
LOVE	LOVEBIRDS	PINK	POEM
RED	ROMANCE	ROSES	SECRETADMIRER
SWEETHEART	SWEETS	TEDDYBEAR	TENDERNESS



# THE MEMORY CAFÉ

*A place for family, friends and fun!*

---

The Memory Café is an opportunity for fellowship for people living with memory loss, Alzheimer's & other related dementias, and their care partners, to enjoy regular social-interaction with others going through similar experiences; to laugh, to learn, and create community.

**3rd Tuesday of every month**

**9:30 AM - 11:00 AM**

**The Enrichment Center**

**400 Chapple Ave. Ashland, WI**

**QUESTIONS? CALL ELLIE:**

**715-682-7004 X 153**