

The Enrichment Center

A gathering place for boomers and seniors!



400 Chapple Avenue, Ashland, WI 54806

A Note from the Executive Director

Happy Easter to All!

Spring is in the air, I can feel it. Oh wait, there calling for another blizzard tomorrow. That's right I forgot we live in Wisconsin and it is only March! Love our great state!

On April 1st, we will be starting our 13th year at the Bargain Hut. How can that be, wasn't it just yesterday that we opened the doors. It has become something even better than our wildest dreams could of ever imagined and we have all of you to thank for that so thank you!

April 17th, 2022 through April 23rd is National Volunteer Week and we are the luckiest people on earth as our volunteers are the best. They are willing to help out where ever needed and do what ever needs to be done . When we are in a pinch they are right there to help us out. There are not enough words to say how grateful the Board, Hope and I are to have you on our team and we thank you from the bottom of our hearts.

Cardio drumming started here this month at the center and what fun that has been. We have already added a second class as the first one filled so fast and are looking to start a few more. If you are interested or would like more information please stop in the office today or better yet join us.

We are currently looking for volunteers to help run the front hostess desk. Duties would include answering phones, greeting and directing people as they come in and handling the loan closet. If this is something you may be interested in helping us out with please stop in the office and talk to Danielle or call her at 1-715-682-2776.

I hope you all have the best Easter ever and eat lots of jelly beans and chocolate bunnies. 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
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—Laura Nagro

Administrative Assistant—Mary Westlund

Clerical Assistant—Corey Nabozny

Benefit Specialist—Amy Janecek

Faith In Action Coordinator

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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.

Hint of Spring

Although it is almost mid-March, we still have huge winter snow banks on our landscape. But in a strange way, there was a hint of spring in the air today. Perhaps it was warm threads on the south wind (like a Chinook breeze), or the morning sunlight that sparkled on the snow. The birds were singing, and it was hard to stay in the house.

Today I happened to stop at Ellis School Copy Center to pick up some old photos. Walking up those familiar stairs caused me to remember those first spring days in elementary school when the sidewalks were finally clear of snow. We would waste no time getting out balls to bounce and jump ropes to share. We played with the joy that winter was soon over. Today I also noticed how each classroom had so many big windows. No wonder we had trouble listening in class as we looked out on spring and dreamed of riding bikes, and flying kites. Often this “dreamy look” was described as Spring Fever by adults. But it was real and it felt real today.

Yes, snow banks will soon give way to green grass, perky robins, rushing streams, and gusty winds combing our hair. In grade school, we were often scolded for taking off jackets and running through puddles, but it was SPRING! And this is what we do!

Yup, it is easy to romanticize the arrival of spring, but we feel the sap of hope “in our bones” and we are ready to celebrate! At age 72, I don’t anticipate jumping rope, or even flying kites, but I am eager to celebrate. So, folks, let us tune our lives to hear the music of hope...

For spring is the new page of imagination.

Sing it out....people...

Spring has sprung!

In me...in you. Sing it out!

-A. Ellis (final lines in *Sing Spring* poem)



Fun at the Center!

Greeting Cards with Megan

I am so excited to announce a new activity coming to the center. We will be making greeting cards. This month's card will of course be an Easter Card with this cute little bunny! The fun begins on April 7th at 12:30pm. All materials will be supplied! If you haven't had the chance to meet our new Gerontology Intern yet, now will be your chance as she will be making the cards with you!



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.



Embroidery on Cards

Classes will continue the month of April and run through April 25th, 2022 on Monday afternoons from 1:00 to 4:00. To sign up or for more information please contact Lois or Joe at 1-715-812-1170.



Game Time Fun

I was thinking it would be fun to start having some games here at the center in the afternoon. We love having fun and laughter back in the building. We will start with Yahtzee and Farkle. All the fun starts the week of March 14th, 2022. If there is something else that you would like to add please let Danielle know. I will be very happy to get it up and running.

Easter Bingo Party

On Thursday April 14th, 2022 at 12:30 pm, we will be having a Easter Bingo Party. Bring something that reminds you of this fun holiday and receive two extra bingo cards. And as always, refreshments will be served.



Yahtzee
Mondays
12:30pm

Farkle
Thursdays
12:30pm



Happy Birthday!

April 7th Sheila Urling
 April 8th Karen Bayliss
 April 9th Walter Koleski
 April 11th Margie Weaver
 April 12th David Pocernich
 April 13th Rosemary Anderson
 April 17th David Nelson
 Mary Emmert
 April 19th Larry Lee
 April 20th Kris Merila
 April 22nd Mary Liebenthal
 April 28th Patti Jellish
 Reggie Holmes



Thank You

The Enrichment Center & the Bargain Hut would like to say a huge thank you to Sharon Manthei for coming in and taking care of the office for me. It is such a big help and I thank you from the bottom of my heart.



Advertiser of the Month

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Hut Happenings

Bargain Hut Gives Back Sale Friday, April 29th, 2022 9:00am to 4:00pm Saturday, April 30th, 2022— 9:00am to 1:00pm

Due to the generous amount of donations we have received, the Bargain Hut is giving back to the community by giving select clothing & merchandise to take at no charge. After 3 months, we are further rotating the merchandise back into the community. Whether you are a family struggling with today's economy or are just out looking for a great bargain, we have something for everyone.

This event will be held on the last Friday & Saturday of every month!



Accomplishments for February 2022

The sales for the month of February were \$9,477.92 and we had 16 volunteers who worked approximately 272 hours.

Monthly Specials

Yellow Tag Sale—All tags with a yellow mark on them are 50% off April 11th, 2022 through April 22nd, 2022.

Shoe Sale

All shoes are 50% off the week of April 11th, 2022 through April 16th, 2022.



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Tuesdays and Thursdays from 9:00 am -10:20 am

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Limited exercise equipment available for participant use



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- ◆ Bone density
- ◆ Ability for daily physical activity

Questions? Contact your local FoodWise Coordinator

Bridget: 715-635-4444, bridget.rongner@wisc.edu - Burnett, Sawyer & Washburn County

Julie: 715-395-1427, julie.montgomery@wisc.edu - Douglas County

Stephanie: 715-682-7017, stephanie.bakker@wisc.edu - Ashland, Bayfield, Iron County

Offered as a free service by UW-Madison, Division of Extension, FoodWise

FoodWise education is funded by the USDA Supplemental Nutrition Assistance Program—SNAP and Expanded Food and Nutrition Education Program - EFNEP. The University of Wisconsin-Madison Division of Extension provides affirmative action and equal opportunity in education, programming and employment for all qualified persons regardless of race, color, gender, creed, disability, religion, national origin, ancestry, age, sexual orientation, pregnancy, marital or parental, arrest or conviction record or veteran status. Requests for reasonable accommodations for disabilities or limitations should be made prior to the date of the program or activity for which it is needed. Please do so as early as possible prior to the program or activity so that proper arrangements can be made. In certain situations, information related to requests may be shared with staff or units necessary to help coordinate an appropriate accommodation.



Proven Effective

Developed and researched at the University of Wisconsin-Madison, participants who completed the Stand Up program decreased their sitting time by **68 minutes per day!**

Find and register for Stand Up and Move More!

There's a Stand Up & Move More workshop starting soon near you!

Dates: Tuesdays, May 4th, 11th, 18th & 25th with a Refresher Course on June 22nd, 2022

Times: 12:30am to 2:30pm
Cost: - Free

To Sign-Up: - Call Danielle at 1-715-682-2776.

Reservations are due by April 30th, 2022.

Classes are limited so make sure to get your spot today!

How much is too much time sitting during the day? Find out and learn strategies to help you...

Stand Up and Move More!

On average, older adults spend more than 60% of their waking hours in sedentary activities — mostly sitting. Research shows that too much sitting is bad for your health.

The Stand Up and Move More program helps you add more standing time into your day so you feel better and improve your health.

Join a Stand Up and Move More class to learn:

- ◆ The consequences of too much sitting time and the benefits of more standing time
- ◆ Strategies for incorporating more standing time into your day
- ◆ To set achievable goals and address problems or barriers



wihealthyaging.org/standup

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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National Card Playing Day Word Search

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National Card Playing Day

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

Word List:

ACE
BRIDGE
CUT
DIAMOND
FOLD
JOKER
PACK
RAISE
SOLITAIRE
WHIST

BID
CANASTA
DEAL
DISCARD
HAND
KING
PINOCHLE
RUMMY
SPADE

BLACKJACK
CARD
DECK
FAME
HEART
KNAVE
POKER
RUN
SUIT

BLUFF
CLUB
DEUCE
FLUSH
JACK
MELD
QUEEN
SHUFFLE
TRUMP

Laughter is the Best Medicine

The Art Collector

An artist asked the gallery owner if there had been any recent interest in his paintings which happened to be on display.

"I have good news and bad news," the gallery owner replied. "The good news is that a gentleman inquired about your work and wondered if it would appreciate in value after your death."

"What did you say?" questioned the artist.

"When I told him that it would, he bought all 15 of your paintings."

"That's wonderful!" the artist exclaimed. "What's the bad news?"

"The gentleman was your doctor."



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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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Ashland Senior Community Center, Ashland, WI D 4C 01-1320

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Senior Nutrition Programs: Senior Dining & Meals on Wheels

	MONDAY All 5 Sites	TUESDAY Ashland Only	WEDNESDAY All 5 Sites	THURSDAY All 5 Sites	FRIDAY Ashland Only
A P R I L 2 0 2 2 M E N U	<p>Reservations/Cancellations required by 2:00 pm the serving day before. Please call your local meal site OR Ashland Co. Aging Unit Main Office</p> <p>Meals served Monday thru Friday @ Ashland Kitchen serves from 11:30 a.m.—12:05 p.m., Dining Room open until 12:30 p.m.</p>		<p>\$3.25/meal suggested donation for age 60+.</p> <p>Actual cost/guest fee for people under 60 unless accompanied by their senior spouse is \$7.00</p>		<p>1—Brunch for Lunch</p> <p>Vegetable Egg Frittata Tater Tots Roasted Tomato Wedges Fresh Kiwi W. W. Bread w/butter</p>
	<p>4 Bacon Baked Beans & Beef Franks</p> <p>Broccoli Stem Slaw Steamed Carrots Wheat Roll w/butter Granny Smith Apple</p>	<p>5 Chicken Chop Suey</p> <p>Asian Blend Vegetables Brown Rice Mandarin Orange Sections</p>	<p>6 Lemon Rosemary Chicken</p> <p>Thyme Roasted Potatoes Diced Peaches Oatmeal Raisin Cookie</p>	<p>7 Garlic Herb Pork Loin</p> <p>California Blend Vegetables Baked Potatoes w/butter & sour cream Apple Crisp W.W. Hamburger Bun</p>	<p>8 Lemon Dill White Fish w/tartar sauce</p> <p>Rice Pilaf Steamed Green Beans Wedged Tomatoes Pears</p>
	<p>11 Green Split Pea & Ham Soup</p> <p>Turkey Sandwich on W.W. Bread w/Lettuce, Tomato & Onion Mustard & Mayo Pineapple Tidbits</p>	<p>12 Garlic Herb Meatloaf & Brown Gravy</p> <p>Sliced Beets Mashed Potatoes Canned Pears W. W. Dinner Roll w/butter</p>	<p>13 Herb Citrus Chicken</p> <p>Broccoli Cuts Rice Pilaf Mixed Green Salad with cucumber & Salad Dressing Orange Sugar Cookie</p>	<p>14 Ham with Cranberry Glaze</p> <p>Glazed Yams Mixed Vegetables Peaches & Cream Gelatin W.W. Dinner Roll w/butter</p>	<p>15</p> <p>Closed in observance of Good Friday</p>
	<p>18 Mustard Crusted Pork Loin</p> <p>Steamed Brown Rice Peas & Carrots Pineapple Chunks Applesauce</p>	<p>19 BBQ Chicken</p> <p>Vegan Mashed Sweet Potatoes Mandarin Orange Sections Tomato Cucumber Salad W.W. Dinner Roll w/butter</p>	<p>20 Beef Stew</p> <p>Garden Salad with Cucumber & Salad Dressing Peaches W. W. Bread w/butter</p>	<p>21 Lemon Oregano Chicken</p> <p>Baked Potato w/Sour Cream Seasoned Carrots Fruit Cocktail W.W. Dinner Roll w/butter</p>	<p>22 Deluxe Hamburger on Wheat Bun w/lettuce & Tomato</p> <p>Tater Tots Black Bean & Corn Salad Apple</p>
	<p>25 Bourbon Chicken</p> <p>Herbed Steamed Brown Rice Mixed Vegetables Banana Blush Pears</p>	<p>26 Chicken Cacciatore</p> <p>W.W. Penne Pasta Italian Vegetables Cantaloupe</p>	<p>27 Kielbasa & Sauerkraut on W.W. Hot Dog Bun</p> <p>Red Roasted Potatoes Steamed Green Beans Blueberry Buckle</p>	<p>28 Braised Beef Tips</p> <p>Over Mashed Potatoes Broccoli Cuts Tomato Juice W.W. Dinner Roll w/butter</p>	<p>29 Shepherd's Pie</p> <p>Broccoli Slaw Pears W.W. Dinner Roll w/butter</p>

All meals served with 1% milk. - All meals contain at least 1/3rd of the RDA for older adults

WW = Whole Wheat

April 2022

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1 9:00—Yoga 10:00—Tai Chi Fun 12:30—Bingo 5:30pm—Zumba	2
3	4 9:00—Yoga 10:00—Tai Chi Fun 12:30—Pool League 12:30—Yahtzee 1:00—Embroidery on Cards	5 10:00—Cardio Drumming 1:00—Hooks & Needles 1:30—Cribbage 5:30—Zumba	6 9:00—Yoga 10:00—Tai Chi Fun 12:30—Bingo	7 10:00—Cardio Drumming 12:30—Pool League 12:30—Easter Cards with Megan	8 9:00—Yoga 10:00—Tai Chi Fun 12:30—Bingo 5:30pm—Zumba	9
10	11 9:00—Yoga 10:00—Tai Chi Fun 12:30—Pool League 12:30—Yahtzee 1:00—Embroidery on Cards 5:00—Book Club @ Aroma	12 9:00—Aging Unit Board Meeting 10:00—Cardio Drumming 1:00—Hooks & Needles 1:30—Cribbage 5:30—Zumba	13 9:00—Yoga 10:00—Tai Chi Fun 12:30—Bingo	14 10:00—Cardio Drumming 12:30—Pool League 12:30—Easter Bingo Party 12:30—Farkle	15 Closed for the Holiday!	16
17 Happy Easter!	18 9:00—Yoga 10:00—Tai Chi Fun 12:30—Pool League 12:30—Yahtzee 1:00—Embroidery on Cards	19 9:30 to 11—Memory Café 10:00—Cardio Drumming 1:00—Hooks & Needles 1:30—Cribbage 5:30—Zumba	20 9:00—Yoga 10:00—Tai Chi Fun 12:30—Bingo	21 10:00—Cardio Drumming 12:30—Pool League 12:30—Farkle	22 9:00—Yoga 10:00—Tai Chi Fun 12:30—Bingo 5:30pm—Zumba	23
24	25 9:00—Yoga 10:00—Tai Chi Fun 12:30—Pool League 12:30—Yahtzee 1:00—Embroidery on Cards	26 10:00—Cardio Drumming 1:00—Hooks & Needles 1:30—Cribbage 5:30—Zumba	27 9:00—Yoga 10:00—Tai Chi Fun 12:30—Bingo	28 10:00—Cardio Drumming 12:30—Pool League 12:30—Farkle	29 9:00—Yoga 10:00—Tai Chi Fun 12:30—Bingo 5:30pm—Zumba The Bargain Hut "Gives Back Sale"	30 The Bargain Hut "Gives Back Sale" 9:00am to 1:00pm

Exercise Fun!

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 April 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.



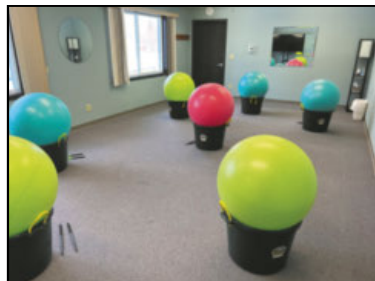
Chair Yoga

Hi! I'm Joyce Goglin and have been teaching yoga for 6 years. We are about to start a new class and you are all invited. Yoga is a practice that anyone can do. This class will be taught from the chair and is designed for new and older beginner yoga students. There will be breath work, meditation and gentle movement. The class will be 45 minutes long. No special equipment is required. Just dress comfortably. Classes will be taught at 9 am, at the Enrichment Center on Monday's, Wednesday's and Friday's starting April 4th, 2022. Come make good health choices and bring a friend. Classes are \$5 each. Must be fully vaccinated for this class.



Cardio Drumming

The Enrichment Center is excited to bring Cardio Drumming to the center. All you need is a water bottle, towel and be ready to have some fun. Fun for all ages and levels. All equipment is provided. Classes will be Tuesday & Thursday mornings at 10:00am.. For more information or to sign up please call Danielle at 1-715-682-2776.



Zumba

The Enrichment Center is excited to announce we will be offering Zumba classes here on Tuesday and Friday nights from 5:30 pm to 6:30pm. The workouts are for all skill levels and all ages. Please bring in a water bottle and towel. Come on down and check it out! For more information please contact Danielle at 1-715-682-2776.





Photos Courtesy of pixabay.com

EAT WELL, AGE WELL.

STRESS AWARENESS

Did you know there are health concerns associated with prolonged stress such as high blood pressure, depression, Alzheimer’s disease, obesity, and heart disease? The good news is there are many ways to manage & alleviate stress. Completing the weekly challenges can help.

Many times, a person will try to go very fast throughout the day when aggravated. My suggestion for you is to take a break and go outside. By being outside, you can break up your day and clear your thoughts from the chaos going on around you.

Some people stick to themselves and do not want to talk about stress in their lives. Although being social, is an important way to reach out to those that are close to you. Communication will allow support and they may offer advice that you haven’t thought about.

If stress causes you to eat, try to reach for fruit, vegetables, or a high-protein snack such as nuts instead of cookies, ice cream, or sweets. Healthy snacks will provide energy to combat negative stress.

Journaling is a good way to vent and/or understand your thoughts. This can alleviate pressure and limit stress. Take 10 minutes to write about what you are grateful for and what you want the rest of your day to look like.

Weekly Challenges

When stressed try to calm your mind and breath slowly.

Communicate with trusted individuals when you feel stressed.

Get outside and enjoy the weather.

Journal your thoughts!

Did you Know...

The American Heart Association has stress management information

<https://www.heart.org/>

and search “Stress Management”

Source: <https://www.webmd.com/balance/stress-management/features/10-fixable-stress-related-health-problems#1>