

The Enrichment Center

A gathering place for boomers and seniors!



400 Chapple Avenue, Ashland, WI 54806

A Note from the Executive Director

Happy Spring Everyone,

I am so glad to see the snow is finally gone and with all the rain we have been having lately, we are going to be having some beautiful yards and gardens.

Two weeks ago we were finally able to get together all of our volunteers from the Bargain Hut and the Enrichment Center together for a dinner after a very long three years. We have the most amazing volunteers and it is so much fun to celebrate them. I want to take a minute to thank them all for all the amazing things they do to help us make the center and the hut the best they can be. They are our rockstars and we would be lost without them. Thank you from the bottom of my heart.

I am so super excited to announce that we will be partnering up with the Public Health Department to bring Blood Pressure and Glucose checks back here to the center. We are still in the planning phases but our plan is to start them some time in June. Please stay tuned for more information! They will also be here on May 19th, for a vaccination clinic. So for those of you interested in getting one come on down.

I went to a spring training last week and learned some great new ideas to share with you! Can't wait for all the fun we are going to have.

I want to wish all the amazing mothers out their a Happy Mother's Day including my own!

Unit 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
Bus Drivers
Mike Freschette
Ken Sandstrom

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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.

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.

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.

Check out our Website

Check out our new and improved website at
www.ashlandenrichmentcenter.org.



COVID-19 WALK-IN CLINICS IN MELLEN AND ASHLAND

ASHLAND COUNTY HEALTH DEPARTMENT

Invites you to attend one of our Covid-19 Walk-in Clinics at either the Mellen Senior Center/Legion Memorial Library or at the Ashland Enrichment Center. These clinics are open to everyone 12 years and older and are free of charge. We will have both Pfizer and Moderna available for administration for first time series and booster doses. Anyone who is 50 years and older and is at least 4 months since your last booster dose can receive a second booster. Please be sure to bring along your Covid-19 vaccination card.

CLINIC DETAILS:

Where and When:

May 10th, 2022

**Mellen Senior
Center/Legion
Memorial Library
10:00am to 1:00pm**

May 19th, 2022

**Ashland
Enrichment Center
8:30am to 11:30am**

**For more
information, please
contact the Ashland
County Health
Dept. at 715-682-
7028. No
appointment is
necessary.**

Fun at the Center!

Greeting Cards with Megan

This month's greeting card is a cute pop-up Flower card. Come on in on Wednesday May 11th, 2022 at 12:30pm to make yours.



Cribbage Lessons with Herb

Have you ever wished you knew how to play cribbage? If this is true, then I have just the answer for you. Herb Reiten is willing to teach you everything you need to know to become a cribbage player. He will be here On Thursday afternoons from 12:30 to 2:30pm. If this is something you are interested in please call Danielle at 1-715-682-2776 to reserve your spot.



Puzzle Exchange

I am excited to announce we will be starting a puzzle exchange here at the center starting June 1st. Look to the next newsletter for more information! This is going to be so much fun.



Mother's Day Bingo Party

On Thursday May 16th, 2022 at 12:30 pm, we will be having a Mother's Day Bingo Party. Bring something that reminds you of your mother and receive two extra bingo cards. And as always, refreshments will be served.



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.



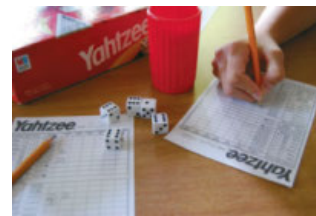
BINGO

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



Board Game Fun

Monday afternoons will now be the place to be, here at the center playing your favorite board games. We will have, Yahtzee, Farkle, Scrabble, Monopoly and Chinese Checkers. If you do not see your favorite listed please feel free to bring it in. The fun will begin on Monday afternoons at 12:30pm starting May 2nd, 2022. For more information please call Danielle at 1-715-682-2776.



Happy Birthday!

May 1st Keith Kamm
 May 3rd Lois Johnson
 May 4th Ron Hellstrom
 May 5th Rose Bents
 Vicki Galik
 May 6th Kathleen Gilles
 May 9th George Bussey
 May 12th Rosie Hagene
 May 14th Alan Lundquist
 May 19th Darlene Jonas
 May 20th Marge Hunt
 May 21st Kathy Erickson
 Joan Fraiser
 May 27th Paul Johnson
 Cindy Pliss
 Jill Reinke
 May 30th Liz Banazak



Thank You

The Enrichment Center & the Bargain Hut would like to say a huge thank you to our newest office hostess Jean & April. It is so nice to have someone to help around here and I thank you from the bottom of my heart.



Advertiser of the Month

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Volunteer Opportunities

At The Enrichment Center & Bargain Hut

Bargain Hut (2 to 4 hours at a time).

- Volunteers needed one or more days per week.
- Weekdays from 9:00am to 4:00pm, and Saturday from 9:00am to 1:00pm.
- Sort incoming donations.
- Price the goods
- Place clothes on racks
- Sales of clothes and other items

Senior Center Office (2 to 4 hours at a time)

- Assist in data entry
- Assist in filing
- Assist in record keeping
- Answer phone (customer questions, etc.)

Help with Fundraisers (Usually conducted in evening or on the weekend)

- Provide kitchen help for meals (2 hours at a time)
 - Cafeteria help or serve meals
 - Set up and clean up
 - Table service
- Sell tickets (on one's own schedule, over a week or two)
- Provide "pot luck" items on occasion

Help with Program Activities (about 2 hours at a time)

- Call Bingo games
- Distribute newsletters

Board of Directors Member

- Provide management skills
 - Attend bi-monthly meetings (2 hours max.)
 - Financial and technical assistance in building and grounds maintenance
 - Grant solicitation
 - Planning
 - Membership solicitation
 - Volunteer solicitation
- Assist in fundraising
- Assist in program activities

**For more information contact Danielle Greene at 715-682-2776,
or speak to any Board Member.**



Hut Happenings

Bargain Hut Gives Back Sale

Friday, May 27th, 2022

9:00am to 4:00pm

Saturday, May 28th, 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 March 2022

The sales for the month of March were \$11,702.69 and we had 25 volunteers who worked approximately 471 hours.

Monthly Specials

Blue Tag Sale—All tags with a blue mark on them are 50% off May 9th, 2022 through May 14th, 2022.

Baby Clothing Sale

All baby clothes are 50% off the week of May 9th, 2022 through May 21st, 2022.



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

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.

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

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

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.

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

For Office Use Only

New Member _____ **Renewal** _____ **Date Paid** _____ **Cash** _____

Check _____ **Check #** _____

Utility Donation \$ _____ **Fantastic Membership \$** _____



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: Wednesdays, June 8th, 15th, 22th & 29th with a Refresher Course on July 27th, 2022

Times: 10:00am to 11:30pm
Cost: - Free

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

Reservations are due by May 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

Sudoku Fun

Sudoku

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

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

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DIFFICULTY: ★★☆☆

Sudoku

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

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

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National Card Playing Day Word Search

Name: _____

Date: _____

Breakfast!

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

Word List:

BREAKFAST
POTATOS
OMLETE
FRUIT
TOAST
CEREAL
FRITTER
SYRUP
QUICHE

PANCAKES
HAM
BRUNCH
PASTRY
BISCUIT
CREPES
GRAPEFRUIT
MAMALADE
YOGURT

BACON
SAUSAGE
JUICE
OATMEAL
COFFEE
DONUT
GRITS
MELON
GRANOLA

HASHBROWNS
BENEDICT
ORANGE
WAFFLE
TEA
EGGS
JELLY
MILK
MUFFIN

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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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



Ashland County Aging Unit Inc. 715-682-4414 x.0

Senior Nutrition Programs: Senior Dining & Meals on Wheels

MAY 2022 MENU

MONDAY—All Sites	TUESDAY-Ashland Only	WEDNESDAY-All Sites	THURSDAY—All Sites	FRIDAY-Ashland Only
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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 from 11:30 a.m.—12:05 p.m., Dining Room open until 12:30 p.m.

All meals served with 1% Milk & contain at least 1/3rd of the RDA for older adults WW = Whole Wheat

<p>2 Chilled Tuna Noodle Macaroni Salad Peas & Cheese Salad Three Bean Salad Granny Smith Apple</p>	<p>3 Salisbury Steak w/ Brown Gravy Sliced Beets Mashed Potatoes w/ Gravy Cantaloupe Dinner Roll w/butter</p>	<p>4 Italian Meatballs w/Marinara Sauce Penne Pasta Italian Blend Vegetables Fresh Pear</p>	<p>5 Rotisserie Chicken Quarter Au Gratin Potatoes Steamed Broccoli Strawberry & Rhubarb Crisp W. W. Dinner Roll w/ butter</p>	<p>6 Baked Vegetable Egg Frittata Turkey Sausage Links Crispy Hashbrowns Banana Biscuit w/butter</p>
<p>9 Ham w/Brown Sugar Glaze Peas & Carrots Baked Beans Orange Wheat Bread w/butter</p>	<p>10 Swedish Meatballs Mashed Potatoes w/Gravy Brussels Sprouts Peach Pineapple Gelatin W. W. Dinner Roll w/butter</p>	<p>11 Turkey Tater Tot Casserole Roasted Tomatoes Beets Honeydew W. W. Bread w/butter</p>	<p>12 BBQ Chicken California Blend Vegetables Coleslaw Red Potato Salad Dinner Roll w/butter</p>	<p>13 Meat Sauce over W. W. Spaghetti Pasta Italian Vegetables Mandarin Orange Sections Garlic Stick</p>
<p>16 Chicken Chop Suey Over Brown Rice Asian Blend Vegetables Mandarin Orange Sections</p>	<p>17 Baked Breaded Fish on W. W. Bun w/lettuce, tomato, tartar sauce Mixed Vegetable Blend Cowboy (Calico) Beans Fresh Apple</p>	<p>18 Garlic Herb Pork Loin & Pork Gravy Baked Potato w/sour cream & butter Broccoli Salad Apple Crisp W. W. Dinner Roll w/ butter</p>	<p>19 Baked Chicken Thyme Roasted Potatoes Steamed Local Carrots Canned Peaches Wheat Roll w/butter</p>	<p>20 Green Split Pea & Ham Soup Turkey, cheese, leaf lettuce, tomato on W.W. Bread Sandwich Mayo & Mustard Fresh Pear</p>
<p>23 Beef Frank on Bun Ketchup, mustard, relish Classic Shredded Cole-slaw Three Bean Salad Applesauce</p>	<p>24 Baked Chicken w/Thyme Sauce Mashed Potatoes Asparagus Orange Wheat Dinner Roll w/butter</p>	<p>25 Beef Stroganoff over buttered Egg Noodles Mixed Vegetable Blend Green Salad w/cucumber & tomato wedge Canned Apricots</p>	<p>26 Beef Macaroni Tomato Casserole Green Peas Blush Pears Caramel Brownies</p>	<p>27 Broccoli Cheese Soup & Egg Salad Sandwich Lettuce, tomato, mustard, & pickle spear Strawberry & Rhubarb Crisp</p>
<p>30 CLOSED in observance of Memorial Day</p> 	<p>31 Pork Roast in Pork Gravy Garlic Roasted Potatoes Green Beans Applesauce Wheat Roll w/butter</p>	<p>Suggested donation for age 60+ \$3.25 per meal Actual Cost/Guest Fee for people under 60 unless accompanied by their senior spouse is \$7.00</p>	<p>Main Office Hours: Monday thru Friday 8:00 a.m.-4:30 p.m. www.ashlandaging.org</p>	

May 2022

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2 9:00—Beginner Chair Yoga 10:00—Tai Chi Fun 12:30—Pool League 12:30—Board Games	3 10:00 & 12:30— Cardio Drumming 1:00—Hooks & Needles 1:30—Cribbage 5:30—Zumba	4 9:00—Beginner Chair Yoga 10:00—Tai Chi Fun 12:30 Stand Up & Move More Class 5:00—Cardio Drumming Class	5 10:00 & 12:30— Cardio Drumming 12:30—Pool League 12:30—Cribbage Lessons w/Herb	6 9:00—Beginner Chair Yoga 10:00—Tai Chi Fun 12:30—No Bingo Today 5:30pm—Zumba	7
8 Happy Mother's Day!	9 9:00—Beginner Chair Yoga 10:00—Tai Chi Fun 12:30—Pool League 12:30—Board Games 5:00—Book Club @ Aroma	10 10:00 & 12:30— Cardio Drumming 1:00—Hooks & Needles 1:30—Cribbage 5:30—Zumba	11 9:00—Beginner Chair Yoga 10:00—Tai Chi Fun 12:30—Flower Cards w/ Megan 12:30 Stand Up & Move More Class 5:00—Cardio Drumming Class	12 10:00 & 12:30— Cardio Drumming 12:30—Pool League 12:30—Cribbage Lessons w/Herb	13 9:00—Beginner Chair Yoga 10:00—Tai Chi Fun 12:30—Bingo w/ Alice 5:30pm—Zumba	14
15	16 9:00—Beginner Chair Yoga 10:00—Tai Chi Fun 12:30—Mothers Day BINGO 12:30—Pool League 12:30—Board Games	17 9:00—Aging Unit Board Meeting 9:30—Memory Cafe 10:00 & 12:30— Cardio Drumming 1:00—Hooks & Needles 1:30—Cribbage 5:30—Zumba	18 9:00—Beginner Chair Yoga 10:00—Tai Chi Fun 12:00 Stand Up & Move More Class 1:30pm—EC Board Mtg. 5:00—Cardio Drumming Class	19 8:30—11:30— Vaccination Clinic 10:00 & 12:30— Cardio Drumming 12:30—Pool League 12:30—Cribbage Lessons w/Herb	20 9:00—Beginner Chair Yoga 10:00—Tai Chi Fun 12:30—Bingo w/ Alice 5:30pm—Zumba	21
22	23 9:00—Beginner Chair Yoga 10:00—Tai Chi Fun 12:30—Pool League 12:30—Board Games	24 10:00 & 12:30— Cardio Drumming 1:00—Hooks & Needles 1:30—Cribbage 5:30—Zumba	25 9:00—Beginner Chair Yoga 10:00—Tai Chi Fun 12:30 Stand Up & Move More Class 5:00—Cardio Drumming Class	26 10:00 & 12:30— Cardio Drumming 12:30—Pool League 12:30—Cribbage Lessons w/Herb	27 9:00—Beginner Chair Yoga 10:00—Tai Chi Fun 12:30—Bingo w/ Alice 5:30pm—Zumba The Bargain Hut	28 The Bargain Hut “Gives Back Sale” 9:00am to 1:00pm
29	30 Closed for the Holiday	31 10:00 & 12:30— Cardio Drumming 1:00—Hooks & Needles 1:30—Cribbage 5:30—Zumba			Gives Back Sale 9:00 to 4:00	30

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 May 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. 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. This is a beginner yoga class geared towards seniors for everyone. 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 & Thursdays at 10:00am and 12:30pm. We will also be holding a class Wednesday evenings at 5:00pm. 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.





Senior Farmers' Market Nutrition Program

*Providing eligible senior households with
\$25 in vouchers to purchase fresh fruits,
vegetables & herbs from local
farmers' stands & markets*



Eligibility:

- Ashland County Resident
- Age 60+ (or age 55+ if Native American)
- Household income no more than \$2,096 monthly income for one person or \$2,823 for two people—(add \$728 for each additional person in the household). One applicant per household initially.

How to apply: Attend one of the Registration Sites:

First come, first serve basis—No call-ins or early registrations accepted.

Monday, June 27, 2022

9:45 — 11:00 a.m.

Sanborn United Methodist Church
Glidden Senior Center
Bad River Elderly Center

11:45 a.m. — 1:00 p.m.

Mellen Senior Center
Brookside Housing-Butternut

Wednesday, June 29, 2022

12:30—2:30 p.m.

The Enrichment Center

Individuals unable to register in person, such as homebound persons, may have an **authorized representative (a proxy) apply for them.** To designate a proxy, the applicant must provide the proxy with a signed & dated authorization form stating they are age, income and resident eligible for the SFMNP program and authorize the proxy to register them for the SFMNP program. Their address, phone number and date of birth must also be included on the form. The proxy **MUST** submit the signed authorization at the time of registration in order to pick up vouchers. A proxy cannot represent more than four applicants.

Questions? Contact: Ashland County Aging Unit Inc.

400 Chapple Avenue, Ste.100
Ashland, WI

715-682-4414 X. 0

This institution is an equal opportunity provider.