

The Enrichment Center

A gathering place for boomers and seniors!



400 Chapple Avenue, Ashland, WI 54806

A Note from the Executive Director

Hello Everyone

Spring is well underway and I am thoroughly enjoying it. We have been back on the soccer field and loving every minute of it.

This year will start my 16th year at the center. It is so hard to believe as somedays it feels like yesterday. And just think William was born 3 weeks later. Oh did we have fun with him here his first month at the center. He did not stay in my office very long as all his new grandmas and grandpas would come in and take him for lots of baby snuggles. Oh do I miss those days. And now look at him! Monday night I dropped him off for his first driving class. Oh Boy! This has been the best job ever except for motherhood of course and I cannot wait to see what the next 16 years will bring! Thank you for making my job so fun to come to everyday!



We are still in the process of setting up the blood pressure/glucose screenings but as soon as I have a date I will let you know.

The puzzle exchange also begins this month. Puzzles will be available to be picked up on Mondays (10:00am to 2:00pm), Tuesdays (11:00am to 2:00pm) and Wednesdays (12:30pm to 2:30pm). I can't wait for this!

I want to wish all the amazing fathers out there a very Happy Father's Day especially mine. Hope your day is as awesome as you are!

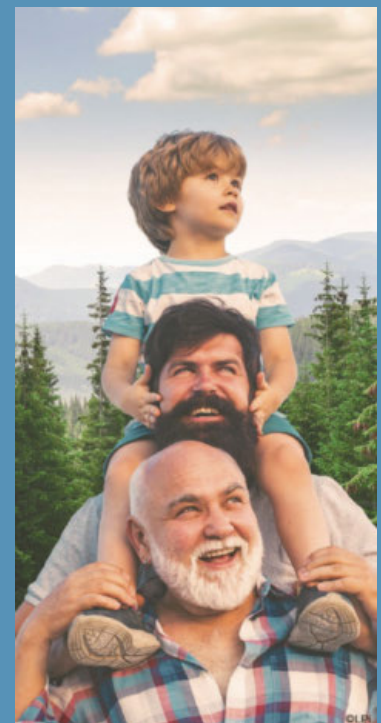
Until next time.....

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**

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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.

TAP Hearing Aid Assistance

Recently, the Wisconsin Department of Health Services (DHS) announced an increase in hearing aid assistance (HAA) funding through the Telecommunications Assistance Program (TAP). TAP HAA provides funding toward the purchase of new and refurbished hearing aids and cochlear implant external processors to increase the efficiency and use of telecommunications devices for distance communications. HAA can provide up to \$1,500 towards the cost of a telecoil or Bluetooth-enabled hearing aid or cochlear implant external processor. HAA is available to eligible applicants with an out-of-pocket expense and can be combined with additional benefits or discounts available through applicant insurance or supplemental plans.

Funding is limited and is on a first-come first-served basis. Applicants must meet the TAP program eligibility requirements. Specifically, applicants must:

- Be a Wisconsin resident;
- Meet income eligibility guidelines;
- Not be applying for TEPA, Copay, or TAP+;
- Purchase equipment through a certified audiologist or licensed hearing aid provider;
- Submit a quote for a hearing aid or cochlear implant external processor (must have a telecoil or Bluetooth program enabled and specified on quote);
- Submit a current completed hearing loss certification form, F-22554, signed by a certified audiologist or licensed hearing aid provider within the past six months (available at: <https://www.dhs.wisconsin.gov/library/f-22554.htm>); and
- Not be receiving Medical Assistance, like BadgerCare Plus or Medicaid.

The online application is available here: <https://www.surveygizmo.com/s3/6068207/e39f48a4ce15>. Applicants may also use the printable application form, F-02743, available here: <https://www.dhs.wisconsin.gov/forms/f02743.pdf>. As noted above, applicants must also submit a completed current hearing loss certification form, F-22554, and a quote noting that a T-coil or Bluetooth program is included and enabled.

HAA vouchers will be mailed to the applicant or the applicant's legal representative to be redeemed with an approved vendor. These vouchers will serve as a credit towards the total purchase price.

HAA funding is not intended to cover costs associated with hearing exams, other clinical or office expenses, medical expenses, or past purchase amounts. In addition, the following items are not covered: over-the-counter (OTC) hearing aids, mail-order hearing aids, personal sound amplification products (PSAP) like pocket talkers, online testing documentation, battery replacements, hearing aid or external processor repairs, non-certified or unlicensed providers, and providers not approved or active as a vendor in DHS's accounts payable system.

To search for a hearing aid provider, please see <https://www.healthyhearing.com/hearing-aids/WI-Wisconsin> and <https://npino.com/audiologists/wi/>.

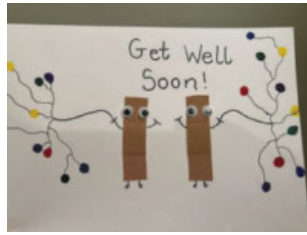
If you have any questions or need assistance, please contact the TAP Program Coordinator via email at dhstap@dhs.wisconsin.gov or call 608-267-7195.

By: GWAAR Legal Services Team

Fun at the Center!

Greeting Cards with Megan

This month's greeting card is a Get Well Card. Come on in on Thursday June 10th, 2022 at 12:30pm to make yours.



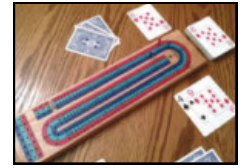
Cribbage Lessons with Herb

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.



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.



Puzzle Exchange

Just finished up your puzzle and are looking for a new one. Well look no further than the center. Stop in on Mondays, Tuesdays and Wednesdays to trade in your puzzle for a new one!



Summer's Coming Bingo Party

On Wednesday June 8th, 2022 at 12:30 pm, we will be having a Summer's Coming Bingo Party. Bring something that reminds you of your mother and receive two extra bingo cards. And as always, refreshments will be served.



Sing—A—Longs

Come and join us for all your old-time favorites. As soon as you hear the toons, you will want to sing—a long! If you have a musical instrument, bring it with you, and join in on the fun. The words to every song are written down. So, we can all sing our hearts out. We are looking to begin this in July. Please let Danielle know if this is something you are interested in.



Happy Birthday!



June 2nd Jim Pliss
 June 4th Bonita Bu
 June 5th Beth Olby
 June 6th Vicky Richardson
 June 13th Kay Thompson
 June Aho-Roehm
 June 15th Jim Nemeč
 June 17th Judy Knoll
 Heidi Knoke
 Teresa Leary
 Bettijane Leciejewski
 June 18th Joe Johnson
 June 20th John Osness
 June 22nd Sharon Manthei
 Marilee Radloff
 June 24th Candy Richardson
 June 29th Wayne Sonsteng
 Eleanor Munson

Thank You

The Enrichment Center would like to thank Rita Kovach and the Historical Society for the wonderful displays they put up which are located in the back hallway. Come check it out! It is so awesome and I am sure they will bring back wonderful memories.



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.**

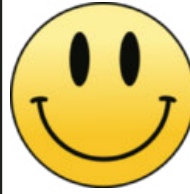


Hut Happenings

Bargain Hut Gives Back Sale
Friday, June 24th, 2022
9:00am to 4:00pm
Saturday, June 25th, 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 April 2022

The sales for the month of April were \$12,856.00 and we had 22 volunteers who worked approximately 519 hours.

Monthly Specials

Red Tag Sale—All tags with a red mark on them are 50% off June 13th through June 18th, 2022.

Shoe Sale

All baby clothes are 50% off the week of June 13th through June 18th, 2022.



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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.

| | |
|---|--|
| 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**

Join or Renew by January 1st, 2022 and be eligible for a chance o 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 \$ _____

HEALTH & WELLNESS

Don't Delay the Talk: An early Alzheimer's diagnosis can make a big difference

After 30 years of painting commercial buildings, Mario Martinez of San Jose, California, had experienced days like this before — grueling hours under a sun-soaked sky, doing back-breaking work. He loved his job, but after spending hours outside he was ready to go home. Mario bent down to pick up his paintbrush, roller and can. Turning back to look at his day's work, he paused. His heart sank. He knew something was wrong.

"Mario came home and told me he had painted the wrong side of the doors on the building," his wife Veronica said. "It was alarming because he's been painting buildings for years and never made this kind of mistake. It worried us both." The couple had both noticed that Mario seemed to be more forgetful recently, but neither had shared their concerns with the other. Now that Mario's memory lapses were interfering with his work, it was time to talk.

Take action through conversation

"Veronica told me I was asking for more and more help," Mario said. "I told her that I was forgetting a lot of the things she asked me to do. The more we talked, the more I realized I had a problem. I was forgetting many moments in my life and not enjoying activities that I had enjoyed before."

The couple's difficult conversation led Mario to his doctor's office, and he was eventually diagnosed with Alzheimer's disease.

Mario is not alone. He is one of more than 5 million Americans living with Alzheimer's — a fatal brain disease that causes problems with memory, thinking, and behavior. Every 65 seconds someone in the United States develops Alzheimer's disease and it's the country's sixth-leading cause of death.

Despite Alzheimer's growing impact, many families struggle with discussing the issue. A recent Alzheimer's Association survey reveals that 72 percent of Americans say that talking to close family members about cognitive decline would be challenging for them. However, having these difficult, but important conversations sooner can prevent a crisis and improve health options and outcomes.

Reach out for help

To encourage and help more families discuss cognitive problems sooner, the Alzheimer's Association, in partnership with the Ad Council, has launched the "Our Stories" campaign. "Our Stories" features real stories of people who noticed cognitive changes in a family member and took the first, difficult step to initiate a conversation.

"It's understandable that many families are reluctant to express their concerns and start a conversation, but there are good reasons to do so," said Ruth Drew, director of information and support services, Alzheimer's Association. "Initiating conversations sooner can enable early

diagnosis, which offers many important benefits, including allowing more time for critical care planning, better disease management and providing diagnosed individuals a voice in their future care."

The "Our Stories" website, <https://ourstories.alz.org>, offers families tools and resources, including customizable conversation starters, a list of early signs and symptoms of Alzheimer's, benefits of early diagnosis, a downloadable discussion guide and other resources.

Whether you're noticing changes in yourself or a loved one, starting a conversation about Alzheimer's can be difficult, but it can make a big difference and there are resources to help. When something feels different, it could be Alzheimer's — now is the time to talk.

(Courtesy of BPT)



June is Elder Abuse Awareness Month

Each year, an estimated 5 million older adults are abused, neglected, or exploited. Older Americans lose an estimated \$2.6 billion or more annually due to elder financial abuse and exploitation, funds that could be used to pay for basic needs such as housing, food, and medical care. Unfortunately, it occurs in every demographic and can happen to anyone—a family member, a neighbor, even you. It is estimated that only one in five of these crimes are discovered.

World Elder Abuse Awareness Day (WEAAD) was launched on June 15, 2006 by the International Network for the Prevention of Elder Abuse and the World Health Organization at the United Nations (UN). WEAAD aims to provide an opportunity for communities around the world to promote a better understanding of abuse and neglect of older persons by raising awareness of the cultural, social, economic, and demographic processes affecting elder abuse and neglect. In addition, WEAAD is held in support of the UN International Plan of Action acknowledging the significance of elder abuse as a public health and human rights issue. This observance serves as a call-to-action for individuals, organizations, and communities to raise awareness about elder abuse, neglect, and exploitation. Access the latest World Elder Abuse Awareness Day campaign materials available from the [USC Center on Elder Mistreatment](#).

To report elder abuse in Wisconsin, call the local county Adult Protective Services office, or the statewide elder abuse hotline at **1-833-586-0107** or visit <https://reportelderabusewi.org/>.



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National Card Playing Day Word Search

Summer Fun

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E P O O L L L G N I L E V A R T E I U M
U E E R A T R I C E C R E A M S L E E P
S R E W O L F N E U C E B R A B D S D S

Word List:

| | | | |
|----------------|-----------|--------------|------------|
| BARBECUE | BASEBALL | BEACH | BIKING |
| BOATING | CAMPING | COOKOUTS | DANDELIONS |
| FARMERS MARKET | FESTIVALS | FIREFLIES | FISHING |
| FLIPPLOPS | FLOWERS | GARDENING | GOLF |
| GRILLING | HEAT | HOT DOGS | ICE CREAM |
| ICED TEA | JUNE | LEMONADE | MOSQUITOS |
| PICNIC | POOL | ROSES | SANDALS |
| SAND CASTLE | SPRINKLER | STRAWBERRIES | SUMMER |
| SUNBLOCK | SUNBURN | SUNGLASSES | SUNSHINE |
| THUNDERSTORMS | TRAVELING | VACATION | WATERMELON |

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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Senior Nutrition Programs: *Senior Dining & Meals on Wheels*

JUNE 2022 MENU

| MONDAY—All Sites | TUESDAY-Ashland Only | WEDNESDAY-All Sites | THURSDAY—All Sites | FRIDAY-Ashland Only |
|---|--|--|---|---|
|  <p>THANK YOU!</p> | | <p>1 Turkey Meatloaf w/ Chicken Gravy Mashed Potatoes Sliced Beets White Bean/Kale Salad W.W. Dinner Roll w/Butter Memorial Day Dinner</p> | <p>2 Veggie Frittata Crispy Hash Browns Turkey Sausage Links Banana Bread Butter</p> | <p>3 Rotisserie Chicken Au Gratin Potatoes Broccoli cuts Strawberry & Rhubarb Crisp W.W. Dinner Roll & butter</p> |
| <p>6 Shepard's Pie Bartlett Pear Peas & Carrots W.W. Dinner Roll & butter</p> | <p>7 Ham w/ Brown Sugar Glaze California Vegetables Baked Beans Cantaloupe W.W. Dinner Roll w/ butter</p> | <p>8 Italian Meatballs w/ Marinara Sauce W.W. Spaghetti Diced Peaches Green Salad w/Spinach, Tomato, Cucumber and Ranch Dressing</p> | <p>9 Kielbasa Sauerkraut Red Roasted Potatoes Steamed Green Beans W.W. Hot Dog Bun Blueberry Buckle</p> | <p>10 Classic Chicken Cacciatore W.W. Penne Pasta Italian Vegetables Seasonal Fruit</p> |
| <p>13 Sweet and Sour Pork Brown Rice Asian Blend Vegetables Mandarin Oranges</p> | <p>14 Baked Chicken Breast Mashed Potatoes Chicken Gravy Steamed Carrots Peach Halves Wheat Roll w/Butter</p> | <p>15 Hamburger w/W.W. Bun, Lettuce, tomato, and Onion Dill Pickle Baked Beans Tropical Fruit</p> | <p>16 Braised Beef Tips Mashed Potatoes Broccoli Salad w/bacon Pineapple Chunks W.W. Dinner Roll w/Butter</p> <p>Father's Day Meal </p> | <p>17 Pork Sausage Gravy With a Biscuit Roasted Vegetables Red Seedless Grapes Tomato Juice</p> |
| <p>20</p> <p>Closed for Holiday!</p> | <p>21 Salisbury Steak Mashed Potatoes Brown Gravy Pickled Beets Seasonal Fruit W.W. Dinner Roll w/Butter</p> | <p>22 Italian Meatballs With Marinara Sauce And Penne Pasta Italian Blend Vegetables Melon Wedge</p> | <p>23 Arroz con Pollo Refried Beans Bartlett Pears Green Salad w/Spinach, Tomato, Cucumber and Ranch Dressing</p> <p>Birthday Meal </p> | <p>24 Baked Vegetable Egg Frittata Crispy Hash Browns Turkey Sausage Links A Biscuit w/Butter Banana</p> |
| <p>27 Lemon Rosemary Chicken Baked Beans Asparagus W.W. Bread w/Butter An Orange</p> | <p>28 Swedish Meatballs Mashed Potatoes Brussel Sprouts Peach Pineapple Gelatin W.W. Dinner Roll w/Butter</p> | <p>29 Turkey Tater Tot Casserole Whole Green Beans Beets W.W. Bread w/Butter A Melon Wedge</p> | <p>30 Bratwurst w/ W.W. Bun Broccoli Salad with Bacon Sauerkraut Red Potato Salad</p> | <p>Main Office Hours: <u>Monday - Friday 8:00 a.m.-4:30 p.m.</u> www.ashlandaging.org</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

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

W.W. = Whole Wheat

June 2022

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|---|---|---|--|--|--|--|
| | | | 1 9:00—Beginner Chair Yoga 10:00—Tai Chi Fun 5:00—Cardio Drumming Class | 2 10:00 & 12:30—Cardio Drumming 12:30—Pool League 12:30—Cribbage Lessons w/Herb | 3 9:00—Beginner Chair Yoga 10:00—Tai Chi Fun 12:30—Bingo w/Alice 5:30pm—Zumba | 4 |
| 5 | 6 9:00—Beginner Chair Yoga 10:00—Tai Chi Fun 12:30—Pool League 12:30—Board Games | 7 10:00 & 12:30—Cardio Drumming 1:00—Hooks & Needles 1:30—Cribbage | 8 9:00—Beginner Chair Yoga 10:00—Tai Chi Fun 12:30—Summer's Coming Bingo Party 5:00—Cardio Drumming Class | 9 10:00 & 12:30—Cardio Drumming 12:30—Pool League 12:30—Cribbage Lessons w/Herb 12:30—Greeting Cards w/Megan | 10 9:00—Beginner Chair Yoga 10:00—Tai Chi Fun 12:30—Bingo w/Alice 5:30pm—Zumba | 11 |
| 12 | 13 9:00—Beginner Chair Yoga 10:00—Tai Chi Fun 12:30—Pool League 12:30—Board Games 5:00—Book Club @ Aroma | 14 9:30—Memory Cafe 10:00 & 12:30—Cardio Drumming 1:00—Hooks & Needles 1:30—Cribbage | 15 9:00—Beginner Chair Yoga 10:00—Tai Chi Fun 5:00—Cardio Drumming Class | 16 10:00 & 12:30—Cardio Drumming 12:30—Pool League 12:30—Cribbage Lessons w/Herb | 17 9:00—Beginner Chair Yoga 10:00—Tai Chi Fun 12:30—Bingo w/Alice 5:30pm—Zumba | 18 |
| 19 Happy Father's Day! | 20 Closed for the Holiday! | 21 9:30—Memory Cafe 10:00 & 12:30—Cardio Drumming 1:00—Hooks & Needles 1:30—Cribbage | 22 9:00—Beginner Chair Yoga 10:00—Tai Chi Fun 5:00—Cardio Drumming Class | 23 10:00 & 12:30—Cardio Drumming 12:30—Pool League 12:30—Cribbage Lessons w/Herb | 24 9:00—Beginner Chair Yoga 10:00—Tai Chi Fun 12:30—Bingo w/Alice 5:30pm—Zumba The Bargain Hut Gives Back Sale 9:00 to 4:00 | 25 The Bargain Hut "Gives Back Sale" 9:00am to 1:00pm |
| 26 | 27 9:00—Beginner Chair Yoga 10:00—Tai Chi Fun 12:30—Pool League 12:30—Board Games | 28 10:00 & 12:30—Cardio Drumming 1:00—Hooks & Needles 1:30—Cribbage | 29 9:00—Beginner Chair Yoga 10:00—Tai Chi Fun 12:30 to 2:30 —Farmer's Market Vouchers 5:00—Cardio Drumming Class | 30 10:00 & 12:30—Cardio Drumming 12:30—Pool League 12:30—Cribbage Lessons w/Herb | | |

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 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.