

# Possibilities

"The Age of Endless Opportunities"



# February 2022

#### **CENTER INFORMATION:**

100 East Jackson St. Ripon, WI 54971 (920) 748-6225 seniorcenter@cityofripon.com

MEAL PICK UP 11:00—11:30 HOURS 10:00 — 3:00

#### Inside this issue

#### **STAFF**

Senior Center Director
Noreen Johnson
County Benefits Specialist

Melissa Chase (920)929-3521

FdL Aging and Disability Center (920)-929-3466 FdL County Grab and Go meals

(920)748-6225 Like us on **Facebook**. Find the newsletter at www.cityofripon.com

#### Welcome.

The Ripon Senior Activity Center, as well as ALL City of Ripon buildings is under a mask request. For the time being, all activities will continue however, masks are suggested but not required .

Please be vigilant, wash your hands, stay home when not feeling well, and enjoy the opportunities to get together with friends and family. We will try to stay open with your help. The activity room is open, the carpeted room is closed to activities.

Sincerely, Noreen Johnson. Director

#### Happy Valentine's Day!

Thursday, February 10th

11:45 to 1:15ish

Soup and Sandwich lunch with a drink

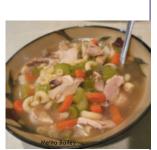
Falls Prevention presentation by a Physical Therapist from \$\$M/ Agnesian at 12:30.

RSVP by noon February 9th so that we have enough food for everyone.

Masks recommended when not eating or drinking.







# 2

## Services and Activities

#### **Regular Activities**

#### The Sharing Table—FREE

Enjoy time with friends (meet new friends) in person meals are also being served every 2nd Tuesday at Grace Lutheran Church. 5:00—6:00 Drive through Ripon Community Dinner every 4th **Tuesday** at 1st Congregational Church. 220 Ransom St 5:30 -6:00 PM Drive thru box meal, enter on Ransom, exit on Elm St Thank you the members of these churches that volunteer and provide funds for these meals. (Meals not affiliated with the senior center.)

#### **Transportation**

Please call the Ripon Taxi, 920-748-5599.

For out of town medical transportation call (920)929-3936. Please schedule as early as possible.

#### Stock Box

Shelf stable food for Wisconsin seniors 60 or older. Noon to 1:00 PM, Truck is parked in front of the senior center. Please drive up next to the truck. We'll put the box in your car.

February 23, 2022

March 30, 2022

April 27, 2022

May 25, 2022

June 29. 2022

July 27, 2022

August 24, 2022

September 28, 2022

October 26, 2022 November 23, 2022

December 28, 2022

#### **Services**

#### Fond du Lac county Grab and Go meals.

Nutritious noon meals for seniors are served each weekday for residents 60 or over and their spouse. Recommended donation of \$3 per meal. Reservations are needed. Call the center before noon at 920.748.6225 a day ahead. Meals are provided by Feil's Supper Club. Menus are available at the senior center. Listen to KFIZ for Cancellations.

**Mobile Meals** for homebound residents are available. Call 920-929-3937 for initial sign up.

#### Weather Alerts!

Please listen to KFIZ for weather information. When meals are cancelled for Fond du Lac, they are cancelled for Ripon. This information will also be on the Ripon Senior Center Facebook page as soon as we have heard from the FdL County senior services.

#### Government Benefit Programs for Seniors—

• Call 920-929-3521 for more information. Information about homebound meal deliveries 920-920-3113

# Aging and Disability Resource Center of Fond Du Lac County (ADRC) Call 920-929-3466 or 1-888-435-7335 WI relay 711

- Providing information and assistance to connect with a variety of long term care services
- Questions on household help
- Information on Home Healthcare
- Information about disabled or elderly transportation needs
- Aging concerns

#### Foot Care Clinic— appointment system

Appointments can be made by calling Keren @ 920-637-0754. The cost is \$30 (\$35 for initial visit), please remember bring a towel (to dry your feet). Appointments are the 1st and 3rd Wednesday of the month. 2021 dates February 2, 16. March 2, 16, April 6, 20, May 4, 11, June 1, 15, July 6, 20, August 3, 17, September 7,21, October 5,19, November 2, 16, December 7, 21. In order to minimize exposure to other people, Keren may be meeting clients at the door at your scheduled appointment time. Thank you for planning accordingly. Mask is required.

#### **Building update/ Goat snuggling**



The building of our new Grace and Lloyd Mitchell Senior Activity Center goes to bid in February. I am so excited.

We should be in our new building by the end of this year.

Updates will be given at our Feb 10th meal.

Daisy Chase and Ann Dahlquist were not mentioned previously for their donation to the building fund.

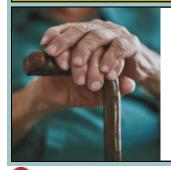












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# **Happenings**

Water Aerobics—Monday, Wednesday, and Friday at either 3:00 or 9:00 AM.

1.00 per person per session.
Please wear a mask when
walking through the Willmore
Center into the Locker Rooms.
55ish and older welcome. This
may change in this semester.

Thank you for your interest in the Hawaii trip. While there was quite a bit of interest, there were not enough people who signed up at this particular time.

We will research other trips, and plan to join the high school as companion trips in

Aloha

the future.

Tone and Stretch
9:15 in the Activity room
at the Senior Activity
Center. Bring your own
stretch band and hand
weights or borrow some
of ours. Outer door
opens at 9:00 AM.



People who donated to the New Building fund in 2021:

Daisy Chase and Ann Dahlquist

Winter Olympics, Feb 4—20th in Beijing, China

Watch for the Parkinson program "Big and Loud"

Yoga—Wednesdays in February 10:30 at Lotus Root donation jar is available to offset the cost of Yoga.

Superbowl party— Sunday, February 13

December 29th, noon

Looking for more up to date and current information? Follow us on Facebook, Ripon Senior Activity Center. Listen on most Monday morning at 8:40ish AM on WRPN the WAVE 1600.

Classes, activities, pictures, trips. Feel free to ask questions, give suggestions and ideas.

Sheepshead– every Monday from 9:00 A.M. To noon. All invited. This is a Great group of mostly guys. Women have been known to show up and play a mean hand.







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.

Empowering Seniors To

Grab and Go meals may be picked up by a friend or neighbor. Call to order or for more information. Call 920.748.6225 to order or stop by the Ripon Senior Activity Center. Call at least by noon the weekday before. Open to ALL Fond du Lac County residents that are 60 or older or their spouse is 60 or older. Make checks out to Fond du Lac county Senior meals.



# February 2022

## Fond du Lac County Senior Dining

#### Is Money Tight?

You might be eligible for a Food Share Wisconsin (Quest) Card

To contact the Food Share Wisconsin Help Line call 1-877-366-3635

Monday	Tuesday	Wednesday	Thursday	Friday
	1	2	3	4
Yoga 10:30	Hawaiian Meatballs	Glazed Ham	Chicken and a	Pepper Steak
_	Baked Potato Green Beans	Squash Cole Slaw	Biscuit Casserole Broccoli Cuts	Baked Beans Calif. Blend Veg.
Wednesdays	Choc. Pudding	Cinnamon Roll	Birthday Cake	Sugar Cookie
At Lotus Root	Pear Slices Dinner Roll	Apple Slices Sliced Bread	Petite Banana	Pincapple Tidbits Sliced Bread
		Foot clinic		
7	8	9	10	11
Pork Steak Mashed Potatoes Red Cabbage Coconut Cream Pie Applesauce Sliced Bread	Escalloped Potatoes and Ham Casserole Tossed Salad Ice Cream Cup Peach Slices Dinner Roll	Baked Chicken Garlic Mashed Pot. Three Bean Salad Applesauce Cake Pear Slices Sliced Bread	Baked Spaghetti Winter Blend Veg. Cream Sicle Torte Fruited Gelatin French Bread	Orange Chicken Brown Rice Mixed Vegetables Vanilla Pudding Cantaloupe Slice Sliced Bread
		Bingo	Soup and Sandwich	
14	15	16	17	18
Swiss Steak Mashed Potatoes Corn Valentine's Cake Apple Slices Sliced Bread	Chicken Tetrazzini Casserole Broccoli Cuts P-nut Butter Cookie Pineapple Tidbits Dinner Roll  Elections	Swedish Meatballs Mashed Potatoes Baby Carrots Cinnamon Roll Tropical Fruit Salad S foot clinic	Chicken Marsala Calico Bean Cass. Spinach Salad with Rasp. Vinaigrette Cantaloupe Slice Fudge Brownie Dinner Roll	Mush. Pork Cutlet Mashed Potatoes Peas and Carrots Choc. Cloud Torte Petite Banana Sliced Bread
21	22	23	24	25
Roast Turkey Mashed Potatoes Pickled Beet Salad Pumpkin Torte Fruited Gelatin Sliced Bread	Chili Casserole Calif. Blend Veg. Orange Sherbet Peach Slices Cornbread	Chopped Steak in Burg/Mush Sauce Mashed Potatoes Carrots Alexander Torte Pear Slices Sliced Bread	Cranberry & Kraut Meatballs Baby Red Potatoes Brussels Sprouts Spice Cake Fruited Gelatin Dinner Roll	BBQ Pork Cutlet Red Beans & Rice Health Slaw Molasses Cookie Applesauce Sliced Bread
28		Stock Box		Fish Fry
			Mar 2022 M T W T F	s s
Baked Chicken Twice Bk Style Pot.	<u>M</u> T	W T F S S	M T W T F	S S 5 6
Copper Penny Salad	3 4	5 6 7 8 9	7 8 9 10 11	12 13
Butterfinger Torte	10 11 17 18		14 15 16 17 18 21 22 23 24 25	19 20 26 27
Pineapple Tidbits Sliced Bread	24 25		28 29 30 31	20 21
officed Diead	31	3 BANG THE BUILD HAVE THE		





Party at the Senior Center Sunday, February 13th at 4:30 PM.







#### February 2022

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TONEANDSTRETCH
YOGA

CHOCOLATES
FLOWERS
LOVE
SNOWSHOE
STOCKBOX
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The Ripon Senior Activity Center offers many activities and services, and tries to make them affordable-free or at reduced cost. While these are funded in part by grants, donations are greatly appreciated.

> Please consider making a donation to the **Ripon Senior Activity Center!**



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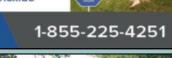
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