

THE SILVER THREAD

L. E. Phillips Senior Center 1616 Bellinger Street Eau Claire, WI 54703
Newsletter January 2022 Volume 24 Issue 1 715-839-4909

OUR MISSION STATEMENT

L. E. Phillips Senior Center is a gathering place for individuals 50+ who reside in the City or County of Eau Claire, to maintain independence through access to programming, which develops skills to enhance their social, emotional and physical well-being.

OPEN HOURS:

Monday, Tuesday, Wednesday,
Thursday, Friday 8am-4pm
Saturday 8-11am

Office Hours:
Monday-Friday
8:30am-3pm

The Senior Center will be closed on the following days:
Fri./Sat., Dec. 31/Jan. 1
for New Year's Eve and Day.



Indoor Farmer's Market
at the LEPSA Saturday,
January 8, 2022 8am-1pm



Thank-you for the Veteran's Day Program. All volunteers and Military made it a special day!

Something New!!

In an effort to program the new lower level the Center has added on a few more options for our participants:

1. Two Pool Tables are available for use all day long.
 2. Walkers can use the new lower level to walk indoors versus on the snow and ice. Walking the perimeter 22 times around makes one mile.
- Two areas have been turned into pickle ball courts. Current rules and regulations for the use of the courts will be posted for all users.



Tax Preparation returns to the Senior Center

For 2021 Tax Returns, the AARP tax service will be using a drop-off method. This method requires you to leave your tax information with the tax service when you come in for your appointment. Your tax return will be completed within a few days and you will receive a call to return to the Senior Center to pick-up your taxes.

Phone appointments can be made starting Tuesday, Feb. 1 2022.

Call 715-839-4909 EXT. #105

Tax Appointment days and times will be

Tuesdays, Wednesdays & Thursdays 8am-2:30pm

Please do not call and leave a message, they are not returning calls.

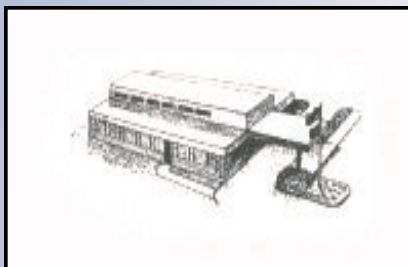
AARP Tax Aide Free Tax Preparation is best suited for seniors and low income people.

L. E. Phillips Senior Center 1616 Bellinger Street
Eau Claire, WI 54703

"ACTIVELY AGING" BEGINS AT THE L. E. PHILLIPS SENIOR CENTER, YOUR PLACE FOR SOCIAL ACTIVITIES, EDUCATION, WELLNESS, HEALTH AND FITNESS PROGRAMS. FOR THE "50 plus" POPULATION. Recognizing the value of older adults!

BOARD OF DIRECTORS

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 John Leary, Judy Proett Bell,
 Larry Zorn, Jim Kreilich,
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 Jerry Barton, Jim Bunkelman,
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L. E. Phillips Senior Center values:

- **Compassion** for all individuals who come to the Center, regardless of knowledge, skills, cultural heritage, ethnicity, gender, disability, financial status and religious affiliation,
- **Respect** for each other in every interaction,
- **Independence** as a means by which we strive to help others maintain,
- **A safe environment** for all to feel welcome and secure.

Staff



Executive Director: Mary Pica-Anderson
 Phone Ext. 101, marypa@lephillipsseniorcenter.com
Communications Coordinator: Mary Beth Ingrouille
 Phone Ext. 102, marybeth@lephillipsseniorcenter.com
Program Coordinator: Liz Anderson Phone Ext. 103
Office Receptionist: Deb Kragness MaryAnn Stickler Phone Ext. 100
Fitness Coordinator: Marilyn Russo
Maintenance: John Rush **Housekeeping:** Aaron Devney

Dear Members,
 New Year's always comes with new thoughts and new dreams. There are a number of reasons why you need to enjoy and look forward to a new year.

1. Happy moments will come your way!
2. You get the chance to lift someone's Spirit!
3. Another year to love, laugh and give!
4. To live each day with ZEST!
5. To daily grow to try to be your very BEST!
6. To sing joyful songs!
7. To share your wisdom with those you come in contact with!
8. To EXPLORE–DREAM–DISCOVER!

All of us at the Center look forward to another year together, making the L. E. Phillips Senior Center a place that continues to support successful aging.

Thank-You,
 Executive Director,
 Mary Pica-Anderson

INSIDE AT A GLANCE

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The quarter did a wonderful job of showing their talent and sharing in the Holiday Spirit! Thank-you!

Vision Statement

L. E. Phillips Senior Center aspires to be the leader in active living programming for our community's current and future generations of older adults. We will accomplish this through continually strengthening and expanding programs and services, while promoting healthy lifestyles as a bridge for individuals' social, emotional and physical needs.

Program Updates and Events

College Students want to help YOU for one-on-one learning:

for your I-Pad, Lap-top, Cell or i-Phone. Limited space. Call the Center for appointments 45 min. exclusive sessions.

To all members wanting to work one-on-one with the students for the above sessions, please call the Center, 715-839-4909, to get your session scheduled. Below is UWEC Student, Tommy helping out two of our members.



Financial Coffee Club:

Bring your financial questions and have a cup of coffee with Kylee Zalewski, Edward Jones
Wed., Jan. 12 9:30-10:30am



Several people enjoyed Heidi Condes' presentation, "Exploring the Night Sky."

Fitness Fee Increase

Starting January 1, 2022
\$10 per month or
\$100 for the full year—one payment for members.
\$20 a month for non-members.



Dry creamer,
Wrapped candy,
Styrofoam coffee cups,
Coffee Regular & Decaf.



Senior Dining Meals

Tuesdays,
Jan. 11 & 25 5pm

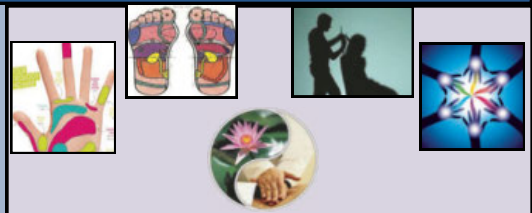
We are offering served meals at our meal sites, or you may choose to stay with the Grab and Go meals. We have limited seating & following current CDC guidelines. Reservations can be made no later than 1pm the day prior to the meal. If you need more information or want to reserve your meal, please call Sr. Dining at ADRC 715-839-4886



We want to say **Thank-you** to Happy Hookers/Crafters for their donations throughout the year. What a wonderful group of ladies! Your efforts to make the beautiful hand-made items at 100% donated to our Senior Center is remarkable! Donations from them this year of \$3,625 have been made... Thank-you so much!

Book Club

Coming up in March, watch February Silver Thread for details!!



PERSONAL CARE SERVICES

Call 715-839-4909 for appointments.

***Beauty shop**—basic hair cuts twice a month to **members only**. Must have clean hair. \$5

***Tips-N-Toes**—Services provided by certified nail tech. 30 min. appt. Pedicure \$25m/\$27nm
Manicure \$15m/\$17nm

***Massage by Sindy Shi**—15 years of experience, rejuvenate your body. M W 9:30-10:30am
15 min. \$15m/\$17nm
Higher charge for longer appt. times when available.

***Healing Feet**—trim, file & thin thickening nails, corns & calluses, minor ingrown nails can be removed. Services provided by RN \$35m/\$37nm
LEPSC will no longer be making these appointments.

Please make appointments at:
*Helen Bell RN CFCS
715-575-8246 Sole Comfort

All Insurance MEMBERS

If you have changed insurance providers, please let us know. We need to update our information any time your information changes. Thank-you.

FRIENDS OF THE CENTER Thank-you!

The L. E. Phillips Senior Center is a 501(c) 3 organization, which means all of your contributions are tax deductible. It appreciatively receives donations of any size which are used to finance ongoing programs and to assist in the development of new ones. Donations are the primary source of program funds.

OUR THANKS FOR YOUR GENEROSITY!

Cascades Paper Company, Panera Bread, Premium Waters



Area of Greatest Need, as of Nov. 30:

Dianna Blackburn, Sue E. Munson, Barb Parenteau, Donna Thompson, Mary Knutson, William Michels, Kathryn Prentice, Doris Pfeiffer, Dianna Koehler, Jeffery & Jeanine Odenbreit, Sandra Hamler, Judith Anibas, Paula Westberg, Carol Lamirande, James & Elizabeth Campbell, Marilyn Starin, John & Pamela Roffler, Martha Munger & Donald Mowry, Greg Bauer, Dale Borrer, Kathleen & Thomas Leonard, Ann Asselin, Barbara & Charles Cramer, Carol & Charles Kwick, Sarah Lee Rindal, James P. Cain, Stanley & Inez Campbell, Paul & Cindy Bammel, Thomas & Jill Barland, Ellen O'Connell, Randy & Sharon Fuerst, Margaret Baumgardner, Sylvia Jaeger, Buzz & Shirley Bennett, Melania Madis, Kristine Burt, Ray & Mary Fandel, Doug & Jill Klawiter, Mary Tomashek, Robert & Mary Ann Myers, Robert & Janice Lange, Daniel & Nancy Gunderson

In Memory Of: as of Nov. 30:

Don Buchholtz by James & Cheryl Kent

Michael Sterner by Sally Sterner

Barb Fredrickson by Don & Carol Parker, Suzanne Huebner, Connie Felton, Donovan & Faye Rose, Mary Ryan-Miller, Angie Brown, Mike Enerson, Steve & Sharon Olson, Dale & Jacquie Staebell, Cathy & Mike Baier, Elaine Ginder, Larry & Nicki Hessla, Julia Eiden, LoAnn Larson, Don Johnson, Follie Larson, Jim & Verna Fain, Jon & Diane Case, Marliene Schildt, George & Sandy Burleigh, Ron Bohl

In Honor of:

Henrietta Dickerson 90th Birthday by Spencer and Patrice Ahneman, Sherrie Southern

Clarice, Get Fit Instructor by Mary Thompson

Memorials

Remember your Senior Center as a potential recipient if you wish to make a contribution to a worthy cause. Several avenues to contribute to the Center are:

- A monetary gift in memory of a family member or friend.
- Request that memorials be given in your name to the Center.
- A charitable bequest to the Center in your will.
- An annual tax-deductible gift to the Friends of the Center Campaign.

Thank you to the following for allowing us to place our publication in their business:


*Festival Foods,
Down to Earth, ADRC,
Coffee Grounds, Randy's*

This is a reminder to all that may be paying for services at the Senior Center. We do not accept credit cards for classes, events or trips at the Center at this time. We can only accept cash or check. Thank you.



We love to recognize those who give to the L. E. Phillips Sr. Center, but sometimes we slip up! If we happen to miss your donation, please forgive us and stop by the office to correct our records. We will be happy to correct that in the next newsletter.

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Attorney Aric Burch Attorney Jessica Merkel Attorney Mark Munson

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- One-Bedroom Apts. -- Some Handicapped Accessible
- Pets Allowed With Restrictions
- Secured Building / Security Entrance
- Emergency Call System
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VIRTUAL CENTER INFORMATION



The day of the class go to lephillipsseniorcenter.com.

Look for the smiley face on the home page and click the blue “Learn More” button.

A screen with the daily Virtual Programs will appear. Click on the green “Log in” button.

Type in your phone number and birth month as MMDD to sign in to the virtual center.

Click the green “Search” button.

Click the beige button with your name.

You will see a green box that says “You are registered to attend”. Click the blue “Join video” button.

The next screen has a box titled “Open zoom meeting” click on the box and you will join the virtual class.

The L. E. Phillips Senior Center “Virtual Center” allows you to stay connected to the Center if you are unable to come through our doors. You will be able to enter a live class while you are at home or traveling using a computer, tablet or smartphone.

1. Go to lephillipsseniorcenter.com on your device.
2. Look for the smiley face on the home page and click the blue “Learn more” button.
3. A screen with the daily virtual programs will appear, click the green “Login” button.
4. Type in your phone number and birth date as MMDD. For example, August 13 would be entered as “0813”.
5. Click the green “Search” button.
6. Click the beige button with your name.
7. You will see available activities for the day and have the option to see activities for month by clicking the beige “My Calendar” button. Click the gray “Join” button to register for a class.
8. A popup box will ask you if you want to proceed, press the green “Yes, sign up” button.

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6. Add a bookmark for smile.amazon.com to make it even easier to return and start your shopping at AmazonSmile.

Your Unique charity link:



January **Class Information

**Sign-up
For Classes at
the Center or
by calling:
715-839-4909**

Please sign up in advance as soon as possible. Some classes may be canceled due to lack of interest. Also, they may have pre-requisite information and supply lists.

Payment is required upon sign-up for class. If signing-up by phone, payment must be received in 1 week.

Fees are non-refundable unless the Center is able to fill your spot, or the Class has been canceled.



Membership fees for Classes and Services apply ONLY to members with updated membership at LEPSC.

Free Computer Classes in cooperation with Chippewa Valley Technical College
Monday, February 7th 1pm at the LEPSC Computer Lab

Have you ever wanted to explore/improve your computer literacy? The Senior Center is collaborating with Chippewa Valley Technical College (CVTC) to help computer users of all levels (beginner to advanced) to learn computer skills at your own pace, on your own computer. An array of classes is available to you at no charge. In this meeting Instructors from the Dept. of Adult Education and College Prep (AECp) from CVTC will:

- *Provide you with a preview of the free online/self-paced/interactive computer literacy courses available. A total of 22 classes are offered from Computer Basics to Intermediate instruction in classes such as Keyboarding, Windows 7 & 10, Web File Management, Internet Explorer, Spreadsheets, Presentations and Google Calendars to name a few.

- *Provide you with information that will help you decide the best classes to enroll in.

- *Provide a demonstration and work with you individually on how to log into the computer literacy course website, log into the courses and navigate the courses.

- *After the meeting, the CVTC staff will work with seniors interested in taking a course/s to get them registered as a "CVTC Student" via the CVTC online link.

- *As registered "CVTC students," all seniors registered for computer courses will be remotely supported by an AECp instructor free of charge.

- *You can earn certificates of completion for most all of the courses.

****Tai Chi (Demos and Classes)**

Free Talk and Demos (no sign-up needed) on the following dates:

Mon., Jan. 3 & Wed., Jan. 5 10-11am Upstairs Fitness Room LEPSC

**The Chinese practice of Tai Chi has its roots in the martial arts, but in more recent times has evolved into more of a gentle movement meditation and self healing practice in the West. Tai Chi, like Qigong, has myriad health benefits for health and longevity. This is a great class for anyone wanting to improve or sustain joint mobility, fluidity and stability and is suitable for all levels.

Mondays & Wednesdays Jan. 10–March 2 10-11am

FEE: Free will donation \$5-\$15 pay instructor

Presenter: Sandra Mighell, certified instructor

****Bridge**

If learning the game of Bridge is on your bucket list, this is the class for you. Bridge is a fun game that helps keep your brain sharp.

We have a great instructor,

Bev Nelson, who has agreed to teach here at the Senior Center again.

This is a six (6) week class held on

Tuesdays and Thursdays.

Tues., Jan. 4–Thurs., Feb. 10 9:30-11am Fee: \$16m/\$24nm

Presenter: Bev Nelson Class is limited, register soon for this great opportunity.



January Senior *Opportunities

FREE Senior *Opportunities—MUST Sign-up for as soon as possible. Call the Office 715-839-4909.

Programs are approximately an hour in length and are **FREE** of charge. Pre-registration is **REQUIRED** so we can inform the speaker of the number of persons attending.

Presentation may be canceled if there is not sufficient interest, so please sign-up early.

Seating is limited you must sign-up to secure a spot.

*Dementia 101

Learn about what dementia is and share tips how to enhance interactions/communication.

Mon., Jan. 10 10am

Presenter: Lisa Wells, Dementia Care Specialist, ADRC

*ABC's & D's of Medicare

The ABC's & D's of Medicare provides a foundational understanding of the four elements of Medicare; Part A-Hospital, Part B-Medical, Part C-Medicare Advantage & Part D-Prescription. Information provided on initial enrollment and additional enrollment periods pertaining to Part C options.

Mon., Jan. 10 10:30am

Presenter: Jeff Sauter, Mediqwest



*Medicare 101

Confused about Medicare? Join me for a streamlined presentation explaining the A, B, C, Ds of Medicare and differences between Medicare Advantage and Medicare Supplement plans. Get the education you need to help you make an informed decision and have peace of mind during this important transition in your life.

Tues., Jan. 11 10am Presenter: Blia Yang

Medigap Plans A-N	A	B	C	D	F	G	K	L	M	N
Basic Benefits	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Part B Coinsurance	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Part B Deductible	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Part B Excess Charge	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Part B Out-of-Pocket	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Part B Premium	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Part B Copay	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Part B Catastrophic Coverage	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓

*Medicare Supplement Comparisons

Are you unsure of which plan to choose & experiencing premium increases? Learn about how coverages and premiums may differ between similar plans and different premium structures.

Mon., Jan. 17 2pm

Presenter: Kia Xiong-Yang

*Essential Oils

Discuss safe and effective solutions for unwanted emotions.

Wed., Jan. 19 2-3:30pm

Presenter: Sandy Pocerlich, doTERRA



*Fall Prevention

Have you noticed you or your loved one looking imbalanced while performing their daily activities? Join us as we explore fall prevention techniques to help seniors stay safe at home and aid in the prevention of possible injury.

Mon., Jan. 24 1pm

Physical Therapy Staff of Greenfield Rehabilitation

*Exercise Your Faith Along with exercising our bodies and minds, it is also important to exercise one's faith. Learn how to exercise your faith and share your ideas and practices. In this day of unrest and confusion, let's look into the Word of God together and learn how to live in the middle of this "new normal." Not only for ourselves but to be a light, a help and a blessing to those around us regardless of your faith.

Tues., Jan. 25 1-2pm

This group will meet the last Tues. of each month.

Presenter: Nancy Persons



This group enjoyed making Glass Ornaments in the December Class sponsored by The Glass Orchard.

CONNECTIONS IRIS Consultant Agency (ICA)
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LET'S GET STARTED!
 First, contact your county Aging and Disability Resource Center (ADRC).
 FIND YOUR ADRC: <https://www.dhs.wisconsin.gov/adrc/consumer/index.htm>

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Reminders

Did you know the ADRC has a loan closet for Adaptive Equipment?

The ADRC Loan Closet allows individuals to borrow devices for up to three months. A small contribution (\$5 or \$10 depending on the item) is requested and can be negotiated in cases of hardship. When space allows we also accept donations for the loan closet if items are in very good condition.

- ⇒ Adaptive Equipment can make everyday tasks easier and safer!
- ⇒ Items in the loan closet include wheelchairs, walkers, canes, lighted magnifiers, shower chairs and bed transfer rails and much more!

Contact us for details and availability
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adrc@co.eau-claire.wi.us
www.eauclaireadrc.org



The Senior Center is a Certified Facility Provider for One Pass, Healthway's Silver Sneakers, Optum Fitness Advantage and Silver & Fit exercise programs. This means that you, as a participant, have free access to the Open Fitness Area and for some fitness classes, as well as a **FREE LEPSC** annual membership. If you are enrolled in any of these programs through your insurance, you can use the L. E. Phillips Senior Center as your fitness provider. Stop in & sign-up at the Front Desk. Provide your full name and date of birth. Once you have signed up with us, scan your card each time you use the fitness center. Silver Sneakers, Optum Fitness Advantage and Silver & Fit and One Pass exercise programs require the Senior Center to provide documentation of your fitness participation for reimbursement. **Scanning your Senior Center card each time is extremely important.** If you are unable to scan into your fitness class, the staff can do that. If you aren't sure your insurance carries one of these plans, we can help you find out that information as well.

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WE'RE HIRING

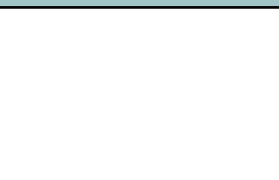
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NEW MEMBERS & CARDS



Welcome New Members!

As of: Nov. 30, 2021

Al Hysen, Philip Riley, Carolyn Schunk, David Morley,
Edward Marek, Linda Wagner, Ann Paddack,
Carol Fawcett, Janet Weld, Patricia Foss, Cheryl Poss,
Carol Tristan, Karen Thompson, Susan Tallman,
David Tschernach, Mary Dommer,
Diane Christopherson, Dawn Midthun

Sustaining Members

As of: Nov. 30, 2021

Cindy Lewis, Marge and Jim Hanegraaf,
Susan McNally, Jim Urness, Dorthy Sorlie,
Sue Huebner

OPEN AT THIS TIME

- Mon., Tues., Wed., Thurs., Fri., 8am-4pm
- Sat., 8-11am
- No treats, please bring your own.



Cell Phone Recycling Fundraiser

SmartphoneRecycling.com

Bring in your used cell phones, I-pads, I-pods and drop them in the box at the Office. They will be environmentally disposed. Proceeds benefit the LEPSC. To date, we have raised over \$1,885 through Cell Phone Recycling! We appreciate your efforts towards this fundraiser. Thankyou!

**Classes and *Opportunities to consider:

Coming Up in February—**Safe Shopping & Banking on the Internet, **Cooking Using the MIND Diet, *Free Computer Classes in cooperation with Chippewa Valley Technical College, *Essential Oils-Shed Weight and Live Empowered, *Pain Management

Card Game Days, times, locations & leaders



Monday

Duplicate Bridge	12:15-3:30pm	Dining room B/C	Leader-George Bleskachek
Pinochle	12:30-4pm	Back of Dining Room A	
500	12:50-3:30pm	Great Room	Leader-Dick Hazelton

Tuesday

Euchre	9am-12noon	Dining Room B/C
Mah Jongg	9:30-11:30am	Great Room
Bridge	12:30-3:30pm	Great Room

Wednesday

Sheepshead	9-11:30am	Great Room	Leader-Ron Herkowski
Cribbage	1-3:30pm	Great Room	

Thursday

Schmier	9:30-11:30am	Great Room	
Duplicate Bridge	12:15-3:30pm	Great Room	Leader-George Bleskachek
Bridge	12:30-3:30pm	Great Room	
Hand & Foot	12:30-3:30pm	Dining Room B/C	Leader-Rosie

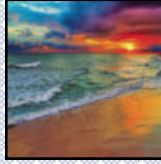
Friday

500	12:50-3:30pm	Great Room	Leader-Dick Hazelton
Mah Jongg	12:30pm	Dining Room	

Social Groups & Services

Creative Artists—Acrylic or watercolor painting with other creative people in a welcoming space. Bring your supplies and enjoy the company of others.

Mondays 9-Noon \$1m/\$1.50nm



Pool Tables—Play in the Center's lower level. Pool cues & supplies needed to play are provided, but you may bring your own.

Open Monday-Friday 8am-4pm
\$1m/\$1.50nm

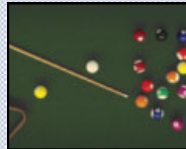


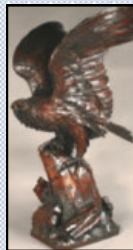
Table Tennis (ping-pong)—Play singles or doubles in the lower level, join the fun group.

All equipment to play is provided.
Wednesdays 2-4pm



Woodcarvers—Group of carvers meet to socialize, exchange patterns & ideas. Help is available if you need it, beginning carvers are welcome.

2nd and 4th Wednesday 6-9pm



Line Dance Practice—Join us for Line Dance Practice, polish-up on your dancing. Two separate classes will be offered for levels of experience in the Lower Level Meeting Rooms A & B.

8:45-10:30am Experienced/Intermediate
10:45-11:45am Beginning
Thursdays \$3m/\$4nm



Rubber Stamping—Open Stamping in the Dining Room. Bring your projects, share ideas and learn new trends. A demonstrator will be here on all Thursdays, excluding the 4th Thursday, of the month.

1-3pm \$1.25 per card Limit 10



Blue Grass Jam—Do you play the guitar, banjo, mandolin, violin, harmonica or bass (all levels) and like to have a little fun jamming with like-minded people? Join your senior friends for a fun afternoon.

1st and 3rd Wednesday 12:30-3pm



Happy Hookers/Crafters—For those who do beginning to advanced crafts of any kind. All are welcome to bring his or her own projects & materials to work on, or to learn a new craft of any sort. This group is responsible for the craft sales that are open for any special event. 100% of sales profits the Senior Center.

Wednesdays 1pm



RSVP—(Retired and Senior Volunteer Program) Volunteers create handcrafted dolls, stuffed animals and/or snuggle blankets to comfort children brought to the local hospital emergency rooms or for surgery.

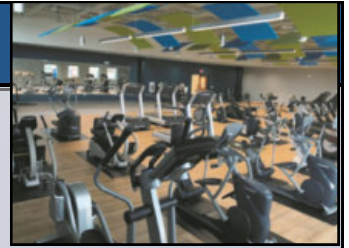
Tuesdays 9-11am



Trivia for Seniors—Get a team together for a fun afternoon of trivia. Form a team of a maximum of 6 persons. Pre-register the Friday before.
3rd Tues., 1pm \$2m/\$3nm



Health and Wellness



SS Classes covered by Silver Sneakers, Silver & Fit, AARP

***Open Fitness Center** Daily M - F 8am-4pm PLEASE CHECK FEE CHANGES
Fee: \$10m(or \$100 annual-one payment)/\$20nm monthly, pay at the Office. Workout in ways to fit your personal needs. Open fitness includes a circuit of stations that provide opportunities for a full body workout. Challenge your strength, flexibility, balance & cardiovascular system.

***Exercise Orientation** T-TH 8:45-11am **If a new member, please make an appointment for this in the office.** Marilyn Russo, introduces participants to various forms of physical activity that will improve and/or strengthen their cardiovascular and muscular systems using exercise equipment available.

CLASSES Monday

SS Strength Class M-W 8:15-9:15am and M-W-F 9:30-10:30am (*Punch card*) This class uses dumbbells, barbells and your own body weight as resistance to get stronger and fit. Lower Level Conference Room A & B.

SS Stretch & Balance M-W 8:30-9:30am (*Punch card*) This 1 hour class is designed for all levels of fitness to challenge balance and flexibility. Upper Level GF Room

SS Get Fit M-W-F 10:40-11:40am (Fee: Free) This class includes full body stretches, strengthening exercises, using lightweights, elastic tubing or simply your own body with a variety of movements to increase heart rate. Lower Level Conference room A & B.

Tuesday

SS Hi/Lo Interval Training T-TH 7:30-8:30am High Intensity/Low Impact This class will incorporate cardio endurance, balance, strength and flexibility using weights, Pilate ring and resistance bands. Upper Level GF Room

SS Morning Blast T-TH 8:30-9:30am (*Punch card*) This is a low impact, high energy class. Join in on the 60 minute workout that includes low impact aerobics followed by strength and flexibility training. U Level GF Room

SS Cardio Drumming T 9am (*Punch card*) Combining drumming, music, rhythm & movement. Express yourself, release stress & aggression, sweat, sing & enjoy the camaraderie. **Class begins Tues., Jan. 11**

SS Move Your Body T & TH 10:30-11:30am (*Punch card*) Movement with music, therapy for the body, mind and soul. Work at your own pace, modifications shown. Keep movement in your life! Do it for you!

\$10m/\$12.50nm-5 punches. Walk-in \$2m/\$2.50nm Lower Level GF Room

Yoga; Moving With Mindfulness T 4-5pm The focus is on strengthening the core with simple movements and using your breath to release and gently deepen in yoga poses. Upper Level GF Room Pay Instructor \$10m/\$13nm

Thursday

SS Cardio Drumming TH 9am (*Punch card*) Combining drumming, music, rhythm & movement. Express yourself, release stress & aggression, sweat, sing & enjoy the camaraderie.

Line Dance Practice TH 8:45-10:30am Experienced/Intermediate and 10:45-11:45am Beginning
Two separate classes are offered for levels of experience in the Lower Level Meeting Rooms A & B.

Gentle Yoga TH 9-10am Movement with your breath through strength, stretch and balance poses. It helps calm the mind and energize the body. Class is done on zoom through Zoom on the Virtual Center.

Friday

SS Step Class F 8:30-9:30am (*Punch card*) Class allows you to work at your level of fitness using a step platform to increase cardiovascular and overall strength. Moves can be performed on a step or on the floor.


Great fun & a big challenge. Upper Level GF Room

Saturday

Gentle Yoga SAT 9-10am Movement with your breath through strength, stretch and balance poses. It helps calm the mind and energize the body. Class is done on zoom through Zoom on the Virtual Center.




January Calendar of Events

2022

Monday	Tuesday	Wednesday	Thursday	Friday	Sat/Sun
				Dec 31, 2021 Sr. Center is closed	1 2022 9am Gentle Yoga Virtual Senior Center is closed
					
3 8:15am Steve's Strength Class 8:30am Stretch & Balance Class 9am Creative Artists 9:30am Steve's Strength Class 10am Free Tai Chi Talk and Demo	4 7:30am Hi/Low Interval Class 8:30am Blast Class 8:45am Exercise Orientation 9am RSVP, Cardio Drumming 9:30am **Bridge 10:30am Move Your Body 4pm Yoga	5 8:15am Steve's Strength Class 8:30am Stretch & Balance Class 9:30am Steve's Strength Class 10am Free Tai Chi Talk and Demo 12:30pm Blue Grass Jam 1pm Happy Hookers/Crafters 2pm Table Tennis	6 7:30am Hi/Low Interval Class 8:30am Blast Class 8:45am Exercise Orientation, Line Dancing Inter/Adv 9am Gentle Yoga Virtual, Cardio Drumming 10:30am Move Your Body 10:45am Line Dancing Beg. 1pm Rubber Stamping	7 8:30am Step Class 9:30am Steve's Strength Class	8 8am-1pm Farmers' Market 9am Gentle Yoga Virtual
10 8:15am Steve's Strength Class 8:30am Stretch & Balance Class 9am Creative Artists 9:30am Steve's Strength Class 10am *Dementia 101, **Tai Chi 10:30am *ABC's & D's of Medicare	11 7:30am Hi/Low Interval Class 8:30am Blast Class 8:45am Exercise Orientation 9am RSVP, Cardio Drumming 10am *Medicare 101 10:30am Move Your Body 4pm Yoga 5pm Senior Dining-in house or Grab and Go	12 8:15am Steve's Strength Class 8:30am Stretch & Balance 9:30am Financial Coffee Club, Steve's Strength Class 10am **Tai Chi 1pm Happy Hookers/Crafters 2pm Table Tennis 6pm Woodcarvers	13 7:30am Hi/Low Interval Class 8:30am Blast Class 8:45am Exercise Orientation, Line Dancing Inter/Adv 9am Cardio Drumming, Gentle Yoga Virtual 10:30am Move Your Body 10:45am Line Dancing Beg. 1pm Rubber Stamping	14 8:30am Step Class 9:30am Steve's Strength Class	15 9am Gentle Yoga Virtual

January Calendar of Events

2022

Monday	Tuesday	Wednesday	Thursday	Friday	Sat/Sun
<p>17 8:15am Steve's Strength Class 8:30am Stretch & Balance Class 9am Creative Artists 9:30am Steve's Strength Class 10am **Tai Chi 2pm *Medicare Supplement Comparison</p>	<p>18 7:30am Hi/Low Interval Class 8:30am Blast Class 8:45am Exercise Orientation 9am RSVP, Cardio Drumming 10:30am Move Your Body 1pm Trivia for Seniors 4pm Yoga</p>	<p>19 8:15am Steve's Strength Class 8:30am Stretch & Balance Class 9:30am Steve's Strength Class 10am **Tai Chi 12:30pm Blue Grass Jam 1pm Happy Hookers/Crafters 2pm Table Tennis, *Essential Oils</p>	<p>20 7:30am Hi/Low Interval Class 8:30am Blast Class 8:45am Exercise Orientation, Line Dancing Inter/Adv 9am Cardio Drumming, Gentle Yoga Virtual 10:30am Move Your Body 10:45am Line Dancing Beg. 1pm Rubber Stamping</p>	<p>21 8:30am Step Class 9:30am Steve's Strength Class</p>	<p>22 9am Gentle Yoga Virtual</p> <p style="text-align: center;">23</p>
<p>24 8:15am Steve's Strength Class 8:30am Stretch & Balance Class 9am Creative Artists 9:30am Steve's Strength Class 10am **Tai Chi 1pm *Fall Prevention</p>	<p>25 7:30am Hi/Low Interval Class 8:30am Blast Class 8:45am Exercise Orientation 9am RSVP, Cardio Drumming 10:30am Move Your Body 1pm *Exercise Your Faith 4pm Yoga 5pm Senior Dining-in house or Grab and Go</p>	<p>26 8:15am Steve's Strength Class 8:30am Stretch & Balance Class 9:30am Steve's Strength Class 10am **Tai Chi 1pm Happy Hookers/Crafters 2pm Table Tennis 6pm Woodcarvers</p>	<p>27 7:30am Hi/Low Interval Class 8:30am Blast Class 8:45am Exercise Orientation, Line Dancing Inter/Adv 9am Cardio Drumming, Gentle Yoga Virtual 10:30am Move Your Body 10:45am Line Dancing Beg. 1pm Rubber Stamping</p>	<p>28 8:30am Step Class 9:30am Steve's Strength Class</p>	<p>29</p> <p style="text-align: center;">30</p>
<p>31 8:15am Steve's Strength Class 8:30am Stretch & Balance Class 9am Creative Artists 9:30am Steve's Strength Class 10am **Tai Chi</p>	<div style="display: flex; justify-content: space-between; align-items: center;"> <div style="text-align: center;">  <p>Coffee is available. No treats will be served. BYO, if you wish.</p> </div> <div style="text-align: center;">  <p>Staff meetings are held every Monday, 11:45am-12:30pm. Thanks, The Staff</p> </div> <div style="text-align: center;">  <p>Open Computer Lab Must be a member. Mon.–Fri., 8am-4pm</p> </div> </div> <div style="text-align: center; margin-top: 10px;"> <p>January Display Case Open for January, if you're interested, please contact Liz.</p> </div>				

L. E. Phillips Senior Central
1616 Bellinger Street
Eau Claire, WI 54703

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New Membership Application Form - L. E. Phillips Senior Center - 715-839-4909

(Please check & fill out all that apply)

_____ Sustaining Member \$60.00 per person
*Sustaining members provide additional financial support for the operations of
L. E. Phillips Senior Center.*

_____ Renewed Membership _____ New Membership
\$30.00 per person or \$50.00 per couple- Resident of E. C. City/County
\$40.00 per person or \$70.00 per couple- Non-resident of E. C. City/County

I am a resident of _____ County.

Name: _____ Date of Birth: _____

Phone: _____ Address: _____

City/State/Zip: _____ E-Mail: _____

(Please drop off or mail to L. E. Phillips Senior Center - 1616 Bellinger Street - Eau Claire - WI 54703)

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