

INSIDE EDITION

THE CENTER! COMMUNITY/SENIOR CITIZENS NEWS

JANUARY 2022

Happy New Year!

Contact Info

Phone

715-924-3121

thecenter@cityofchetek-wi.gov

Daily Dinner Reservations

715-925-2600(by noon day prior)

Street Address

711 First Street

Mailing Address

711 First Street

Chetek, WI 54728

Center Hours

Monday-Friday

8:00A.M. - 2:00 P.M.

Office Hours 8:00am-1:00pm

subject to change

During Inclement Weather

The Center rarely closes, but activities and meals may.

Check our Facebook page, or call The Center to make sure classes and meals are on!

Director, Donna Bachowski

Woohoo!! We made it to a new year and new beginnings! Even this newsletter will look different as we no longer, thru the publishing company, use Microsoft Publisher. They have switched to "the Cloud". Which means this is a COMPLETELY new concept for me!

Please be patient as I learn a new program. All of the same information will be here, it has just been moved around a little.

Also understand, sometimes classes or information may change AFTER I have sent it to publication (which is by the 15th of month prior).

Be sure to check the activity calendar for new or changed activities and times. Some classes may have a different fee than \$.50. Additional cost is for the instructor and material.

The Senior Citizens, Inc., are adding more activities. These activities are separate from the general activities you see on the activity calendar. Some meals are not part of the nutrition program.

Example: Dining at 5 is a nutrition sponsored program. The Christmas Ham dinner is a senior citizens group meal which will have a fee to cover food for non members.

Good News! We have decided to continue **Grab and Go** in the Chetek area, but it will **ONLY BE OFFERED MONDAY-THURSDAY** starting January 3rd. Soup and Salad Bar will be offered in Chetek Friday January 14. THEN we will continue Soup/Salad Bar the **2nd and 4th Fridays** every month starting in February. No reservation is needed and this is dine-in only.

Volunteers are needed to make this happen! Please consider volunteering on Soup/Salad Bar day and help spread the word! Contact Salena, Nutrition Site Manager 715-925-2600.

PLEASE, do not come before 11:00am, as our staff is getting MOW lunches ready before salad bar starts. Thank you!

2 Quick Information

TRANSPORTATION ADDLIFE VAN

Local Service: Thursday 9:00-3:00 \$2.00
round trip

Anywhere in Barron County

Mon-Fri 9:00-3:00

\$5.00 Round Trip

You must call the dispatch number (not
the center) **at least two days** in advance

715-537-6333

Namekagon Bus

Check out their schedule

They go from Chetek to Rice Lake on

Wednesday \$1.00 each way

Seniors with card-half price

866-295-9599

CIL-Center for Independent Living

Anywhere in and outside of Barron
County

Co-Pay required. Cost depends on where
you are going

1-800-228-3287

Friendly reminder

Just a friendly reminder, the air/heat is
kept at one consistent temperature.

Please dress accordingly.

Rooms do not heat/cool as quickly as
your home.

Foot Care

Amanda Kohnen R.N. is here twice a
month!

3rd Monday - 8:30am-12:00pm

3rd Thursday - 10:00am-2:00pm

Appointments are required. Charge is
\$20.00 pay to Amanda.

Call 715-924-3121 or stop in to make
an appointment.

Chetek Senior Citizens, Inc. Board Members

President	Augie Bleske 715-651-0210
Vice President	Delores LaFaive 715-924-0049
Secretary	Cora Ayers 715-357-3104
Treasurer	Marilyn Brendholt 715-924-4505

BOARD MEMBERS

Jeanette Lampien

Gerry McFaul

Jere Novak

Brenda Anderson

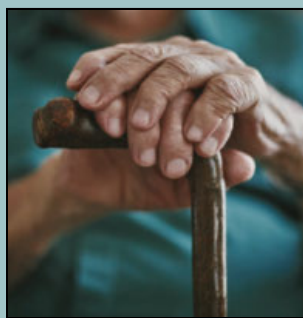
Ken LaFaive

JANUARY 2022

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>03</p> <p>9:00 Exercise 10:00 Cards-Hand & Foot</p>	<p>04</p> <p>9:00 Tai Chi 4-9PM Card Making (\$20)</p>	<p>05</p> <p>9:00 Exercise 9:00 Chair Exercise 9:30 Bible Study 10:00 PAL Weight class 11:00 500 cards</p>	<p>06</p> <p>9:00 Tai Chi 9:30 Crafting 10:30 Senior Citizens Member Mtg 12:30 Bridge</p>	<p>07</p> <p>9:00 Exercise 10:00 Cards-Hand & Foot 2:00 BINGO</p>
<p>10</p> <p>9:00 Exercise 10:00 Cards-Hand & Foot 10:00 Book Club</p>	<p>11</p> <p>9:00 Tai Chi</p>	<p>12</p> <p>9:00 Exercise 9:00 Chair Exercise 9:30 Bible Study 10:00 PAL Weight class 11:00 500 cards</p>	<p>13</p> <p>9:00 Tai Chi 9:30 Crafting 12:30 Bridge</p>	<p>14</p> <p>9:00 Exercise 10:00 Cards-Hand & Foot</p>
<p>17</p> <p>8:30 Foot Care appt needed (\$20) 9:00 Exercise 10:00 Cards-Hand & Foot 1:00 Stitch Sisters</p>	<p>18</p> <p>9:00 Tai Chi 4-9pm Card Making (\$20)</p>	<p>19</p> <p>9:00 Exercise 9:00 Chair Exercise 9:30 Bible Study 10:00 PAL Weight class 11:00 500 cards</p>	<p>20</p> <p>9:00 Tai Chi 9:30 Crafting 10am Foot Care (\$20 appt needed) 12:30 Bridge</p>	<p>21</p> <p>9:00 Exercise 10:00 Cards-Hand & Foot</p>
<p>24</p> <p>9:00 Exercise 10:00 Cards-Hand & Foot</p>	<p>25</p> <p>9:00 Tai Chi</p>	<p>26</p> <p>9:00 Exercise 9:00 Chair Exercise 9:30 Bible Study 10:00 PAL Weight class 11:00 500 cards</p>	<p>27</p> <p>9:00 Tai Chi 9:30 Crafting 12:30 Bridge</p>	<p>28</p> <p>9:00 Exercise 10:00 Cards-Hand & Foot</p>
<p>31</p> <p>9:00 Exercise 10:00 Cards-Hand & Foot</p>	<p>NO Line Dancing until Spring</p> <p>ALL ACTIVITIES ARE \$.50 PER ACTIVITY. SOME MAY HAVE ADDITIONAL COST</p>			

Decorative Door Decorations for Meadow Brook Care Facility

The Chetek Senior Center Crafters used their talents to make decorative Christmas Stockings to decorate resident doors at Meadow Brook Care Facility. The members of the craft group present for the picture (are left to right), Marg Roberts, Jere Novak, Cora Ayers and Marilyn Brenholt. The crafting group is now busy making items for the Chetek Harvest Fest fundraiser which will be held in September. Proceeds from this fundraiser will go to support community giving projects sponsored by the Chetek Senior Citizens.



"It's my life and they respect that."
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JANUARY 2022

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>3</p> <p>Classic Meatloaf Whipped Mashed Potatoes w/Gravy Glazed Carrots Dinner Roll Tapioca Pudding</p>	<p>4</p> <p>Sliced Ham Au Gratin Potatoes Green Beans Bread Date Bar</p>	<p>5</p> <p><i>Almond</i> Chicken Stir Fry+ w/Oriental Vegetables served over Brown Rice Bread Pineapple Chunks</p>	<p>6</p> <p>Slippery Hill* Entree Cobb Salad w/Deli Meat, HB Egg, Tomatoes, Cucumbers, Cheese, Dressing, Breadstick Cottage Ch, Brownie</p>	<p>7</p> <p>Beef Sloppy Joe on a whole wheat bun Baked Beans Potato Salad Pears w/ Cranberries</p>
<p>10</p> <p>Roasted Pork w/ Mustard Cream Sauce Butter Beans Steamed Corn Bread Fresh Grapes</p>	<p>11</p> <p>Beef & Rice Cabbage Rolls Slipper Hill* Side Salad Bread <i>Almond Bar+</i></p>	<p>12</p> <p>Beef and Vegetable stew served over an open-faced biscuit Fresh Apple Fruit Cobbler</p>	<p>13</p> <p>Salisbury Steak Baked Sweet Potato Broccoli Cauliflower Salad Bread Cookie</p>	<p>14</p> <p>Chicken Dumpling & Veggie Soup Turkey & Cheese Sandwich Fruit Gelatin</p>
<p>17</p> <p>No Meals Served due to Staff Training Day</p>	<p>18</p> <p>Honey Dijon Chicken Chieftain* Rice Blend Mixed Vegetables Bread Banana, Fruit Juice</p>	<p>19</p> <p>Hearty Beef & Bean Chili w/Sour Cream Cornbread Muffin North County Cheese* Crackers, Fruit Plate</p>	<p>20</p> <p>Spaghetti w/ Meat Sauce Buttered Brussels Sprouts & Pearl Onions Bread Cherry Pie</p>	<p>21</p> <p>Pork & Sauerkraut Casserole Creamed Peas Dinner Roll Chilled Peaches</p>
<p>24</p> <p>Western-Style Egg Bake w/Peppers, onions, cheese, hash browns, Flavored Yogurt Blueberry Muffin Tomato Juice</p>	<p>25</p> <p>Savory Chicken Salad on a Croissant Vegetable Bean Soup Cinnamon Applesauce Cookie</p>	<p>26</p> <p>Roast Beef Mashed Potatoes w/Gravy Steamed Broccoli Dinner Roll Carrot Cake</p>	<p>27</p> <p>Basil Crusted Chicken Roasted Root Veggie Spinach, Sweet Pepper, <i>Almonds+</i> & Berry Salad Breadst. Oreo Fluff</p>	<p>28</p> <p>Hearty Pork Sausage Winter Squash Stew Three Bean Salad Bread Cranberry Bread Pudding</p>
<p>31</p> <p>Lemon Parsley Fish Boiled Potatoes Green Beans Bread Fruit Cup</p>	<p>* Indicates a local grown/produced menu item</p> <p>+ Indicates Nuts (any kind) in menu item</p>			

BENEFICIAL BITES

A Handful of Almonds

To kick off this year with our brain-boosting foods, we are going to start with this all-star tree nut, the almond. While eating almonds has often been related to better heart health, they also may improve your cognitive health. What's good for the heart is good for the brain right?

Vitamin E is the star that stands out in almonds that provides many antioxidant benefits. This vitamin helps to protect cells, including the brain, from damage related to oxidative stress which increased during aging. Oxidative stress is considered a factor in neurodegeneration. The good news is that some studies have shown that vitamin E has the potential to help prevent the onset of dementia, including Alzheimer's disease. This nut is also fiber packed which also helps keep the heart and brain healthy.

Almonds still contain fat, even though it's the beneficial kind, so moderation in the amount eaten is key. It's easy to grab a full bag of almonds to munch on, but before you know it, you'll have 50 almonds eaten when a one serving is about 23 almonds. One serving contains 164 calories, 6 grams of protein, 14 grams of fat, and 4 gram of fiber. Use your brain to eat wisely!

Almonds are mentioned as far back as biblical times. They were a popular ingredient used in breads in Egypt. The almond tree was known to be brought to California from Spain in the mid-1700's by the Franciscan Padres.

If you buy almonds in bulk, they are best stored cold temp. It includes almond flour and butter.

BB program includes monthly in-person sessions at 7 different locations and times in the county. You can find this in January's review or online.

www.adrconnections.org Click "programs" tab, then the "Nutrition" tab to find the BB info at your fingertips.

BOOK CLUB AT THE CENTER 2ND Monday at 10:00 am

January 10 The Dutch House By: Ann Patchett
352 pgs

February 14 How the Word is Passed: A Reckoning with the History of Slavery Across American By Clint Smith 353 pgs

March 14 Four Winds By: Kristen Hannah 450 pgs

April 11 The Personal Librarian By: Benedict & Murry 352 pgs

May 9 His Truth Is Marching On: John Lewis and the Power of Hope By: Jon Meacham 331 pgs

June 13 Finding The Mother Tree: Discovering the Wisdom of the Forest By: Suzanne Simard 335 pgs

July 11 Nomadland: Surviving America in the Twenty-first Century By: Jessica Bruder 287 pgs

August 8 Sisters In Arms: A Novel of the Daring Black Women Who Served During World War II By: Kaia Anderson 400 pgs

September 12 The Last Chance Library By: Freya Sampson 336 pgs

October 10 The Vanishing Half By: Britt Bennett 343 pgs

November 14 The Ghost Map: The Story of London's Most Terrifying Epidemic and How It Changed Science, Cities, and the Modern World By: Steven Johnson 332 pgs

December 12 TBD

If interested, contact the center office for contact information.

New Class Thursday Morning

Come join in the fun of the Thursday Craft Group at 9:30am, at The Center, The purpose of the group is to enjoy the friendship of others and enjoy sharing your ideas.

The 1st and 3rd Thursday we will be making items to sell at the 2022 Harvest Fest Craft Fair. The other Thursdays will be a time to either learn a new craft or bring your own to work on.

If you feel you are not "crafty" don't fret, there will be plenty of items for you to make and people to help with the item of the day.

More information will be discussed when we meet!

This is a fun group, we laugh a lot, learn from others and make a few things!

See you Thursday!

H.I.I.T.

Hilary Nichols and a group of energetic seniors have been gather outside for a more intense workout called H.I.I.T. High Intensity Interval Training.

They meet on Tuesdays and Thursdays at 8:00am behind the Catholic Church. Cost is \$3.00. This is not for the weak. Walking and stairs are involved.

If you would like a more intense workout, this is your class!

Contact Hilary at 715-642-0188 if you have questions or if class is still being held due to weather

NEW! Practice Alternative Lifestyles (P.A.L.)

Our group is an educational and inspirational support group to help participants recognize and support good eating habits to promote better health. Come join us Wednesdays at 10:00am, in the back Exercise Room. Two exercise groups geared to Senior Citizens are regularly scheduled at 9:00am prior to the P.A.L group for those wishing to increase their activity for better health.

Contact Cora Ayers with questions 715-357-3104, a retired dietitian and Health Care Administrator.

The meetings are FREE TO SENIOR CITIZENS MEMBERS, AND A \$20.00/YEAR FEE FOR NON MEMBERS, to cover cost of materials. \$.50 activity fee for all.

Arthritis Sufferers

An exercise class has now been started JUST FOR YOU!

It is called the "Chair Workout" its designed to help those who have a problem doing the walking aerobics, to help you keep moving as much as you can.

You will get just as good of a workout as a walking exercise class! Feel free to take it up a notch!

These classes are here to help you move no matter what your limitations are! Join us on Wednesdays at 9:00am in the library/game room.



**The Crafters are making playful Gnomes in January 13
come join the fun, Thursday at 9:30am in the Craft Room and make an
easy to make, popular Gnome.**

The gnome is a class of legendary creatures throughout Europe and recently in the United States, most generally referred to as very small people, often men, that live in the depths of forests, or more recently in gardens.

The fun, mythical characters are often associated with Christmas traditions but have become popular year round. We are starting early to have them ready for the Chetek Harvest Fest Craft Sale in September. You may take your Gnome home if you wish with a small donation for supplies.

THERE WILL BE NO CRAFTERS CLASS ON THURSDAY JANUARY 6



BINGO IS HERE!

**Start the new year with a fun game of Bingo at The Center
January 7, 2022.**

Bingo will be held monthly on the FIRST Friday of the month starting January 7, 2022 at 2:00pm in the Dining Room (Note: There will be NO Bingo on Friday July 1, 2022). Mark your calendars for a fun time!

This activity is FREE to Senior Citizen Members. Guests are invited and welcomed. A \$1.00 per card fee is charged for guests to cover the cost of prizes. Donations of items for prizes would also be appreciated. BINGO is sponsored by the Chetek Senior Citizen's, Inc.

CHETEK SENIOR CITIZENS, INC. BOARD/ MEMBER MEETING

November 4, 2021 Member Meeting
Short version, a full version is on the bulletin board at The Center.

AARP will NO LONGER be providing Tax services at The Center, two of the volunteers have hung up their hats. If you need tax services, Please contact the Rice Lake Senior Center.

Harvest Fest Craft and Bake Sale went well, Total including the quilt raffle made by Delores LaFaive raised \$1,642.75

Holiday Dinner at Rolling Oaks-26 members attended
Appointment of Vice President to be official acting President. Delores LaFaive was officially appointed acting president of the Chetek Senior Citizens in the absence of Augie Bleske, President.
Committee Chairpersons: Fund Raising: Cora Ayers and Ken LaFaive, Trips/Other outings: Delores LaFaive, Social Events, Dances, Bingo: Augie Bleske and Brenda Anderson, Communications and PR: Augie Bleske & Cora Ayers.

Center Sign: a donation by the Senior Citizens, in of \$1500.00 going towards the sign. Sign will have working of "Home of the Senior Citizens".

Bench Lions collected enough plastic to receive a bench for the front area of The Center
Future Activities: There will be one large event per month sponsored by the Senior Citizens,
future Donations-in full minutes
Raffle permit-in full minutes

NEXT GENERAL MEMBERSHIP MEETING: THURSDAY JANUARY 6, 2022 10:30AM

<p>WE'RE HIRING AD SALES EXECUTIVES</p> <p>BE YOURSELF. BRING YOUR PASSION. WORK WITH PURPOSE.</p> <ul style="list-style-type: none">• Work-Life Balance• Full-Time with Benefits• Serve Your Community• Paid Training• Some Travel <p></p> <p>LPi Contact us at: careers@4lpi.com www.4lpi.com/careers</p>	<p>FREE AD DESIGN</p> <p>WITH PURCHASE OF THIS SPACE</p> <p>LPi CALL 800.950.9952</p>
<p>CONNECTIONS  A program of Lutheran Social Services</p> <p>YOUR VISION. YOUR PATH. YOUR PARTNER. IRIS Consultant Agency (ICA)</p> <p>Call toll-free: 844-520-1712 Email: connections@lsswis.org</p> <p></p> <p>We believe in the INFINITE POSSIBILITIES of every person. <i>We support you to live your best life at home, in your community and at work.</i></p> <p>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</p>	<p></p> <p>VETERANS Are You Aware Of Your Benefits?</p> <p>FIND OUT TODAY!</p> <p>Call 715-537-6290 for an appointment</p> <p>SUPPORT OUR ADVERTISERS!</p> <p>LPi</p>



JANUARY BIRTHDAYS

1-3	Ellen Tessmer
1-4	Laverne Peterson
1-6	Alan Tessmer
1-7	Marilyn Brenholt
1-8	Jim Raddenbach
1-12	Deborah Skozek
1-16	Jeanette Lampien
1-19	Len Swanberg
1-20	Chris Muhonen
1-21	Cheryl Hakseth Bob Hanson
1-22	Duane Reischel
1-23	Gene Schoenfuss
1-31	Sharon Lotts

Members of the Senior Citizens birthdays are recognized. Consider joining the Senior Citizens, Inc., group.

The Senior Citizens, Inc., is a non profit organization, serving our community, planned trips and activities.

Cost is \$14.00 per person, per year which includes: monthly newsletter mailing, birthday card with a \$4.00 coupon for a future lunch dining.

Enjoy other benefits throughout the year such as free senior member based activities and discounts.

The organization's calendar year runs July 1, 2021-June 30,2022.

Everyone who uses the center for the activities on the activity calendar are subject to a \$.50 per activity, unless otherwise noted.

**Membership Meeting is Thursday,
January 6, 2022**

We will be meeting in the Dining Room at 10:30 am.

Everyone is **WELCOME** and **ENCOURAGED** to come.

We will be making decisions on activities and our budget for 2022.

HAVE A WONDERFUL NEW YEAR WITH GOOD HEALTH, GOOD COMPANY AND FUN TIMES!

The Senior Citizens, Inc. would like to thank those that donated gently used purses in November. These purses will be filled with personal care items and give out at shelters.

On the Eve of December 21, the Senior Citizens Members and guests gathered at The Center for an evening of great food, Christmas Carols and gifts.

The festive meal, which was a delicious ham dinner was prepared by our Chef Ken Lafaive, Cora Ayers and their helpers.

After dinner, everyone enjoyed singing Christmas carols and exchanged gifts. It lifted everyone's spirit to be able to get together and enjoy each others company.

We hope you are able to join us for our next member group activity!

You May Ask Yourself

"WHAT" DOES THE CENTER OFFER ME?

Monday thru Friday 8:00-2:00

- *Foot Care
- *Crafts
- *Senior Exercise
- *Senior Dining
- *Library/Puzzles/Games
- * Cribbage
- *Pinochle
- *Hand and Foot Cards
- *Tai Chi
- *500 Cards
 - *Line Dancing
- *Stitching Sisters (Quilt)
- *Bible Fellowship
- *Neighborhood Watch
- *Santa
- *Cribbage
- *Computers
- *Dining at 5
- *Card Making

Hall/Full Kitchen Rental

Available

- *Holiday/Family
Gatherings
- *Baby/Bridal Showers
- *Birthday Parties
- *Anniversary Parties
- *Small Wedding/Reception
- *Graduation
- *Small Company *Parties/
Meetings
- *Memorial Services

Exercise/Meeting Room

The Center offers exercise classes that are senior based, but certainly anyone is welcome. You may take the class up a notch or lower depending on your level. Our instructors are volunteers.

Majority of the classes at The Center are \$.50

From time to time we may have a paid instructor. If we do, the cost will be adjusted accordingly.

We do have a recumbent bike, treadmill and hand weights that are here for you to use.

We are not a "gym" we just have a few things for our senior to "keep moving".

Money paid to, The Center, is used to offset the cost of utility bills.

Please help us "take care" of this wonderful facility that we have to use.

The exercise room is ONLY open during office hours. These hours may vary.

Once the office is closed, no one is allowed to use the exercise equipment.

**Computers are available
for use during regular
office hours.
Computers are
monitored.**

The Center
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