

INSIDE EDITION

THE CENTER! COMMUNITY/SENIOR NEWS

February 2022

Contact Info

Phone

715-924-3121

thecenter@cityofchetek-wi.gov

Daily Dinner Reservations

715-925-2600 (by noon day prior)

Center Mailing Address

PO Box 194

Senior Citizens 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



Fun News to Share

The Senior Citizens, Inc., are adding more activities! YAY!! 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 Barron County Nutrition sponsored program. The Christmas Ham Dinner is a Senior Citizens group meal, which will have a fee to cover food for non members. (Donations are always accepted).

Grab and Go, in the Chetek area, will **ONLY BE OFFERED MONDAY-THURSDAY**.

Soup and Salad Bar will be offered the **2nd and 4th Fridays** every month starting in February. No reservation is needed and this is Dine-In only.

Please understand we are the **only** center offering this. We do not know what kind of numbers we will have, as it has been nearly 2 years since we have offered Salad Bar. We can not guarantee we will not run out of food. Salad bar runs 11:00-12:30 or while supplies last. There are no restrictions, we will be running it as we use to. PLEASE BE PATIENT.

Please do not arrive much before 11am. Our kitchen staff is working hard to get the Meals on Wheels food out to our homebound seniors.

We do offer Dining - In, Monday-Thursday, when you make your reservation, please let the kitchen know if you are dine-in or grab and go. (Day of Salad Bar, there is no alternative meal option for dine-in).

Volunteers are needed to make this happen! Contact Salena, Nutrition Site Manager at 715-925-2600.

When calling meals in, PLEASE DO NOT CALL THE CENTER OFFICE. We may not be available/or in, and the kitchen does not check our messages.

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

MEALS ON WHEELS- Inclement weather
listen to

WJMC 96.1 FM or 1240 AM

February 2022

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 9:00 Tai Chi	2 9:00 Exercise 9:00 Chair Exercise 9:30 Bible Study 10:00 PAL Weight class 11:00 500 cards	3 9:00 Tai Chi 9:30 Crafting 10:30 Senior Citizens Member Mtg 12:30 Bridge	4 9:00 Exercise 10:00 Cards-Hand & Foot 2:00 BINGO
7 9:00 Exercise 10:00 Cards-Hand & Foot 1:00 Stitch Sisters	8 9:00 Tai Chi 4-9PM Card Making (\$20)	9 9:00 Exercise 9:00 Chair Exercise 9:30 Bible Study 10:00 PAL Weight class 11:00 500 cards	10 9:00 Tai Chi 9:30 Crafting 12:30 Bridge	11 9:00 Exercise 10:00 Cards-Hand & Foot
14 9:00 Exercise 10:00 Cards-Hand & Foot 10:00 Book Club	15 9:00 Tai Chi	16 9:00 Exercise 9:00 Chair Exercise 9:30 Bible Study 10:00 PAL Weight class 11:00 500 cards	17 9:00 Tai Chi 9:30 Crafting 10:00 Foot Care (\$20 appt needed) 12:30 Bridge	18 9:00 Exercise 10:00 Cards-Hand & Foot
21 8:30 Foot Care appt needed (\$20) 9:00 Exercise 10:00 Cards-Hand & Foot 1:00 Stitch Sisters	22 9:00 Tai Chi 4-9PM Card Making (\$20)	23 9:00 Exercise 9:00 Chair Exercise 9:30 Bible Study 10:00 PAL Weight class 11:00 500 cards	24 9:00 Tai Chi 9:30 Crafting 12:30 Bridge	25 9:00 Exercise 10:00 Cards-Hand & Foot
28 9:00 Exercise 10:00 Cards-Hand & Foot	NO Line Dancing until Spring. ALL ACTIVITIES ARE \$.50 PER ACTIVITY. SOME MAY HAVE ADDITIONAL COST Times are subject to change			

Senior Citizens, Inc. Yearly Calendar of Events 2022

February 18, 2022 Friday 2:00pm Travel Show**

March 25, 2022 Friday 2:00 PM**- Wine Making and Wine & Cheese Tasting by Ken LaFaive in the Dining Room.

April 22, 2022 Friday-2:00 PM** Container Plant Arranging with Heidi in DR.

May 5, 2022 Thursday- 2:00 PM** Herb Identification and Use in the Craft Room

June 17, 2022 Friday-7:00 PM** Movie with popcorn and snack food in DR. Community invited-no charge.

July 4, 2022 Monday**- Liberty Fest Booth or Parade Float

August 2022 Date TBD** - Open House, Celebration 1:00-4:30

September 10, 2022** Saturday- Harvest Fest Raffle and Bake Sale

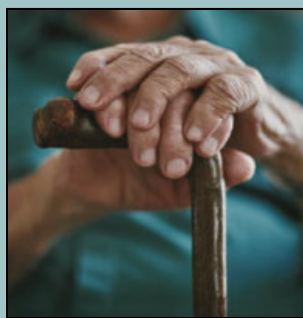
October 15, 2022 Saturday 4:30 PM**- Fall Holiday Dinner at Barron Rolling Oaks (Cost of meal for Members partially paid by Senior Citizens, INC) Non members \$20.

November 23, 2022 Wednesday 10:30 AM**- Free Activity then 11:30am-Thanksgiving Dinner (usual donation to ADRC) .

December 21, 2022 Wednesday 5:00 PM**- Free Christmas Dinner and Celebration to Members, Guests \$5.00

**Dates and Times TO Be Determined/Subject to change

These activities are sponsored by the Chetek Senior Citizens, Inc



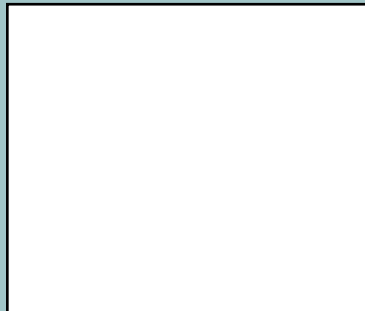
"It's my life and they respect that."
Local long-term care supports and services delivered with a focus on Life. Defined by you.



inclusa.org | 877-376-6113

NEVER MISS A NEWSLETTER!

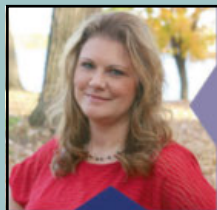
Sign up to have our newsletter emailed to you at www.mycommunityonline.com



Helping you achieve financial success!

Sterling Bank
www.sterlingbank.ws

(715) 924-4817
427 2nd Street, Chetek, WI



See Lisa Zeman for all your insurance needs:

- Home
- Farm
- Auto
- Health
- Life
- Medicare Insurance

Lisa understands your insurance needs and will treat you like family!

Barron Mutual Insurance Agency

437 E. Division Ave., Barron, WI 54812
715-537-5141 or 1-877-245-7489 | www.barronmutual.com

support our ADVERTISERS



FEBRUARY 2022

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 Creamy Chicken Alfredo and Whole Wheat Pasta Steamed Broccoli Breadstick Blueberry Bars	2 Meaty Lasagna *Slippery Hill Garden Salad w/Dressing Dinner Roll Oatmeal Scotchie Cookie	3 Pineapple Pepper Chicken Served over Brown Rice Steamed Carrots Sour Cream Raisin Bar	4 BBQ Pulled Pork Sandwich Baked Beans Coleslaw Applecrisp
7 Chicken Noodle & Vegetable Casserole Bread Fruit & Yogurt Parfait Fresh Orange	8 Beef Vegetable Soup Ham & Swiss Sandwich w/Lettuce Fruit Juice Cook's Choice Cookie	9 Liver & Onions Mashed Potatoes/Gravy Green Beans Bread Cranberry Dessert	10 Zesty Turkey Taco Bake w/Spanish Rice Steamed Corn Cornbread Chocolate Pudding	11 Baked Ham Sweet Potatoes Cauliflower Bread Berry Crisp SOUP/SALAD BAR
14 Savory Pork Roast w/Balsamic Blueberry Sauce Baked Potato/Sr Cream *Slippery Hill salad Cherry Cheesecake	15 Baked Chicken Cheesy Hash Browns Peas & Pearl Onions Bread Vanilla Pudding	16 Louie's* Flavored Brat on a Bun Butter Beans Broccoli/Cauliflower Salad Lemon Bar	17 Beef Tips & Mushrooms w/gravy served over Egg Noodles Mixed Vegetable Blend Bread Chilled Pears	18 Chicken Dumpling Soup Egg Salad & Lettuce Sandwich Fresh Banana Cook's Choice Cookie
21 Paprika Chicken Mashed Potatoes/Gravy Asparagus Bread Pumpkin Bar	22 Slippery Hill* Cobb Salad w/Chickpeas, HB Egg, Cucumbers, Tomatoes, Cheese, V-8 Juice Roll, Toffee Bar	23 Build-A-Burger w/Lettuce, Onion, Tomato on a Bun Marinated Vegetables Cold Potato Salad Frosted Cake	24 Mediterranean Salmon Chieftain* Rice Blend Brussels Sprouts Bread Jell-O Fruit	25 Loaded Baked Potato w/diced ham, onions, broccoli, cheese sauce Mixed Fruit Roll, Pistachio Dess. Soup/Salad Bar
28 Baked Tuna Noodle Casserole with Peas Bread Fruit Cup Baked Spiced Apples	* Indicates a local grown/produced menu item + Indicates Nuts (any kind) in menu item			

BENEFICIAL BITES

Blueberries for the Brain

February, 2022

Presented by: The Aging and Disability
Resource Center

Experts have been saying that blueberries are one of the best fruits out there for brain health. There are so many beneficial reasons why to include blueberries in your daily eating pattern – yes, daily! Blueberries have been studied and show to

help improve memory. Eating blueberries can increase blood flow to key areas of the brain which in turn helps your brain to work better! Studies have shown this to help

especially in the older adult population. Blueberries are considered a superfood.

Compared to other fruits, they contain less naturally occurring sugar, so may not be as sweet, but that's ok! They are packed with antioxidants which can help with healthier aging, better memory, decreased inflammation, and much more!

There is also growing research showing that wild blueberries provide the biggest benefit because they have twice the antioxidant capacity of ordinary blueberries. So if you know where some are growing in the wild – get out your baskets for picking this summer!

If you can't find fresh blueberries because they are not in season, or want to save on costs, frozen blueberries are a great option to have on hand as well also. Their texture changes slightly as they thaw, but frozen berries are perfect for smoothies, baking, and adding to yogurt parfaits

Our Beneficial Bites program includes monthly in-person sessions at seven different locations and times in the county. These sessions are free and include taste-testing of delicious almond recipes. Please check out this February's Review or the ADRC website for dates, locations, and times of presentation. You can also access more information and recipes on our website at www.adrcconnections.org. Click on the "Programs" tab, then the "Nutrition" tab to find the Beneficial Bites information at your fingertips!

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

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 352pgs

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

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 287pgs

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

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

You can order the book thru the library.

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.



NHS Students were on hand to help at the First Annual Christmas Dinner sponsored by the Chetek Senior Citizens, Inc. These students were so helpful and we are grateful they were able to come and volunteer.

From left Carmyn Hanson, Cooper Antczak, Sawyer Henry, Lana Blummer and William Beckman.

THANK YOU FOR ALL YOUR HELP!!



The Crafters have future plans of making placemats, wreaths, Christmas tree ornaments, etc. from recycled greeting cards. If you have any used Birthday, Valentine or Christmas cards that you would like to donate for the projects, we would like to turn them into beautiful projects to add to our booth at the Harvest Fest craft sale.

There will be a drop off box just inside the center lobby labeled "used greeting cards in this box" on the table next to the white plastic bags container.



BINGO IS HERE!

Bingo at The Center

Bingo will be held monthly on the ***FIRST Friday of the month*** starting 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!

Cost: Members of the Senior Citizens, First card is free. Each additional card is \$.50. Non members and guests, \$1.00 per card.

BINGO is sponsored by the Chetek Senior Citizen's, Inc. Monies collected are for prize reimbursement. Ending time is subject to change.

CHETEK SENIOR CITIZENS, INC. BOARD/MEMBER MEETING

Short version, a full version is on the bulletin board at The Center. January 6, 2022 9:30/10:30am
Center Director's Comments:

1. Room changes to the Center have been made to accommodate the needs of larger groups in the Dining Room.
2. Book Club new to the Center. Order books from the library.
3. Salad Bar will be provided on the 2nd and 4th Friday of the month.
4. The new "Center" sign is at the City shop waiting for Spring.

Old Business:

Christmas Dinner Festivities was successful, serving a total of about 61 guests. Expenditures for the meal was \$481.00 plus donations by members, KJ Fresh Market and the Food Pantry.

New Business:

Discussion and motions were made for the 2022 budget awaiting approval by the Membership as follows:

CWHS Scholarship-\$500.00

Christmas Shop with a Cop-\$200.00

Chetek Youth Center-\$200.00

Fall Holiday Dinner at Rolling Oaks-\$600.00

Christmas Dinner & Festivities at The Center \$100.00

Postage \$1200

Bingo Gaming License: \$40.00

Barron County Nutrition: Guest Meals: \$260.00

Activity funds for Senior sponsored events: \$500.00

Our proposed expenditures determined our goal for fundraising which is \$3600.00 for 2022. Yearly fundraising activities proposed include the Harvest Fest, Bingo, donations and others to be determined.

Resignation requested by Marilyn Brenholt. Treasurer, for health reasons. Resignation is accepted effective as soon as replacement is found. She will remain on the Board of Directors.

WE'RE HIRING
AD SALES EXECUTIVES
BE YOURSELF. BRING YOUR PASSION. WORK WITH PURPOSE.

- Work-Life Balance
- Full-Time with Benefits
- Serve Your Community
- Paid Training
- Some Travel



 Contact us at: careers@4lpi.com | www.4lpi.com/careers

FREE AD DESIGN
WITH PURCHASE OF THIS SPACE

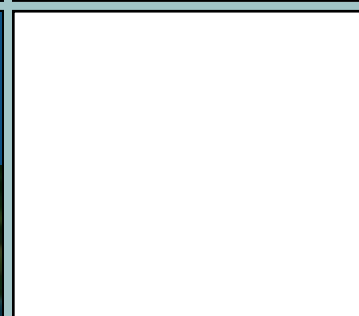
 **CALL 800.950.9952**

CONNECTIONS |  A program of Lutheran Social Services
YOUR VISION. YOUR PATH. YOUR PARTNER.
IRIS Consultant Agency (ICA)
Call toll-free: **844-520-1712** | Email: connections@lsswis.org




We believe in the INFINITE POSSIBILITIES of every person.
We support you to live your best life at home, in your community and at work.

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>




VETERANS
Are You Aware Of Your Benefits?

SUPPORT OUR ADVERTISERS!



FIND OUT TODAY!

Call **715-537-6290** for an appointment

February BIRTHDAYS

2-2	Melodie McConnaughay Beverly Kramer
2-7	Joan U'Ren
2-9	Shirley Morley
2-13	Margaret Pederson-Merdler
2-14	Ken LaFaive
2-22	Janell Severson
2-27	Delores LaFaive
2-28	John Erickson

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, March 3, 2022

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

The Board is looking for a new Treasurer, if you are interested in helping please contact a Board member.

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

A quorum, made up of a minimum of 11 members including board members, was not in attendance for the Membership meeting, therefore the above recommendations by the board will be carried over for member approval at the March meeting.

The Chetek Lions and the Chetek Senior Citizens, Inc. are collecting clean plastic bags and wrapping (no plastic bottles); In return, after collecting 500lbs, the Trex Corp will make a bench out of it for them to put around the city for all to enjoy!

You do not need to be a member to enjoy the activities at The Center. Some activities may have a different cost and some are part of the Senior Citizens sponsored programs or activities.

Any questions feel free to ask!

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
 Community/Senior
 711 First Street
 Chetek, WI 54728

Rausch-Lundeen

Funeral Homes, Inc.
 Dallas • 715-837-1580
 Cameron • 715-458-2514
JAMES R. LUNDEEN
 President/Funeral Director
www.rauschlundeen.com

ADT-Monitored Home Security
 Get 24-Hour Protection From a Name You Can Trust

- Burglary
- Flood Detection
- Fire Safety
- Carbon Monoxide

 Authorized Provider | **SafeStreets** | 1-855-225-4251



After Hospitalization Experts


Short-Term Rehab + Longer Nursing Care & Assisted Living



Barron+ 715-537-5643
Cumberland* 715-822-7050
Ladysmith* 715-532-5015

www.careandrehab.com

*Conveniently attached to hospitals.
 +New building 2021

AVAILABLE FOR A LIMITED TIME!
ADVERTISE HERE NOW!

Contact **David Petfalski** to place an ad today!
dpetfalski@lpicommunities.com
 or (262) 785-1188 x2675

The Area's #1 Real Estate Agent Since 2014!

CASEY WATTERS

715-434-7904  **CaseySoldIt.com**

Real Estate Solutions - 1815A South Main Street, Rice Lake WI *2014-2020 MLS Broker Statistics. Area= Barron, Washburn, Sawyer & Rusk Counties.