



WASECA AREA SENIOR CENTER NEWSLETTER

JANUARY ISSUE



ABOUT US

IT IS THE PURPOSE OF THE SENIOR CENTER TO BE A FOCAL POINT FOR PROGRAMS OF SERVICE AND ACTIVITY, WHICH WILL ENHANCE THE WELL-BEING OF OLDER ADULTS THUS THE COMMUNITY.

BUSINESS HOURS

MOW- DELIVERY-PICK-UP- DINE IN-FROM 9:30 - 12PM MONDAY-FRIDAY. SENIOR CENTER HOURS = TUESDAY- FRIDAY FROM 8-4PM

02	ACTIVITY CALENDER
03	UPCOMING EVENTS
04	EXERCISE CLASS
05	HEALTH NEWS
06	MOW MENU
07	CONTACTS
08	CROSSWORD PUZZLE
09	DANCE NOTICE
10	WEEKLY FUN & GAMES

02 | JAN. ACTIVITY CALENDAR

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 Center open for Nutrition Meal only 9:30-12:30	4 S.A.I.L. EXERCISES 9:30- 10:30AM POOL 1-3PM	5 BINGO @ 12:30PM	6 S.A.I.L. EXERCISES 9:30- 10:30AM CRIBBAGE- HAND & FOOT @1PM Bingo/ Birthday supper 3-5pm	7 500 Cards @1PM Bridge @12:15PM
10 Center open for Nutrition Meal only 9:30-12:30	11 S.A.I.L. EXERCISES 9:30- 10:30AM POOL 1-3PM TOE NAIL CLINIC 9:30-1PM	12 BINGO @ 12:30pm	13 S.A.I.L. EXERCISES 9:30- 10:30AM CRIBBAGE- HAND & FOOT @1PM	14 500 Cards @1PM Bridge @12:15PM
17 Center open for Nutrition Meal Only 9:30- 12:30	18 S.A.I.L. EXERCISES 9:30- 10:30AM POOL 1-3PM	19 BINGO @ 12:30PM	20 S.A.I.L. EXERCISES 9:30- 10:30AM CRIBBAGE, HAND & FOOT @1PM	21 500 Cards @1pm Bridge @12:15pm
24 Center open for Nutrition Meal Only 9:30-12:30	25 S.A.I.L. EXERCISES 9:30- 10:30AM Board mtng. @ 11:30am POOL 1-3PM	26 BINGO @ 12:30PM	27 S.A.I.L. EXERCISES 9:30- 10:30AM CRIBBAGE- HAND & FOOT @1PM	28 500 Cards @ 1pm Bridge @ 12:15pm

JANUARY 2022

TOE NAIL CLINIC- 9:30-1PM

2nd Tuesday of the month

Heidi Schendel- LPN

Please make a reservation.
Please leave a message if no one answers and we will call you back!

Your Toes Will Love it!

Call 507-835-4552

\$25 per person

MEDICARE QUESTIONS

1-800-333-2433

Senior LinkAge Line

1-800-333-2433

January 13th,2022
**BIRTHDAY DINNER/
BINGO!**

**FREE IF IT'S YOUR BIRTH-
DAY MONTH!**

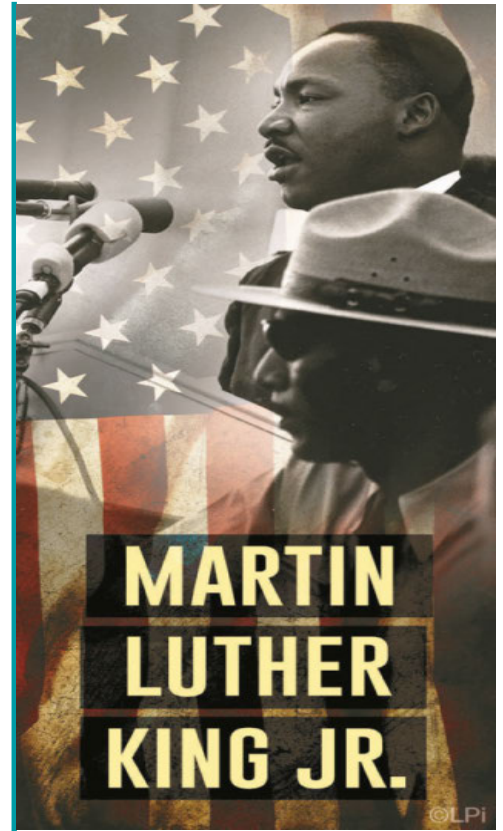
MENU:

**CHILI/ BREADSTICK
& DESSERT**

TIME: 3-5PM

COST: \$3 PER PERSON

Call center to sign-up



**SUPPORT THE
ADVERTISERS**
*that Support
our Community!*



S.A.I.L. EXERCISE CLASS



STAY ACTIVE & INDEPENDENT FOR LIFE!

INCLUDES WARM UP, AEROBICS, BALANCE, LEFT SIDE, RIGHT SIDE, UPPER & LOWER BODY EXERCISES!

HELD AT THE SENIOR CENTER

WEIGHTS ARE FREE FOR YOU TO USE!

Tues & Thurs starting @ 9:30AM



JANUARY BIRTHDAY'S

- Gene Deppe-22
- Diane Forsythe-27
- Debbie Bartelt-22
- Glady Bauman-1
- Melvina Conrath-22
- Forrest Bishop-31
- Linda Johnson-5
- Thelma Korman-6
- Jannette Larson-31
- Donna Miller-12
- Rita Miller-16
- Annette Rode-15
- Gerald Roemhildt-28
- Esther Wolfe-28
- Irene Ziner-31

CARDS SENT MEMORIALS/ DONATIONS QUOTES

DONATIONS to CENTER

- Mavis Kratz
- Julie Hodapp
- St. Paul Cotta Guild

GET WELL SOON

- Char Frankenberry
- Marion Jensen
- Clarice Schaub

MEMORIAL

- In memory of Eyleen Hasselquist from Arlene Weber

SYMPATHY

- Family of Jill Tobin
- Family of Eyleen Hasselquist



MEALS ON WHEELS

Waseca Senior Center

MEALS ON WHEELS OFFERS ONE DAILY MEAL MONDAY- FRIDAY. YOU CAN HAVE YOUR MEAL DELIVERED. MOW is offering delivery, pick up & dining in.

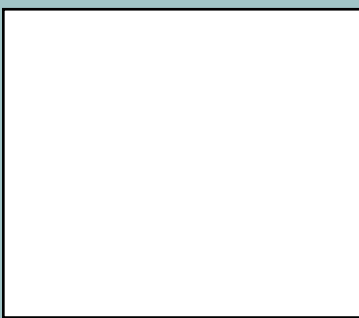
FOR MORE INFO OR TO SIGN UP PLEASE CALL 507-835-4160

VOLUNTEERS NEEDED
 Meals on Wheels is looking for a volunteer delivery driver for twice a week Please contact Harold @ 507-835-4160 for questions.



JAYE ANN SOPKOWIAK
 Agent
 201 Second St NE
 Waseca, MN 56093
 Ph: (507) 835-4844
 LJSOPK@hickorytech.net

BlueCross BlueShield Minnesota
 Authorized independent agent/agency for Blue Cross® and Blue Shield® of Minnesota and Blue Plus®, nonprofit independent licensees of the Blue Cross and Blue Shield Association



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breineck@lpicommunities.com
 or **(800) 950-9952 x2511**



SUPPORT OUR ADVERTISERS!

January 2022

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2	3 Ck. Chow mein, brown rice, ori veg, Mandarin oranges, pudding/topping	4 Spaghetti, romaine salad/dressing, pineapple, Texas toast, cookie, milk	5 Creamy Ck, mashed potatoes, Bread/butter, warm fruit crisp, milk	6 Pork loin, candied yam, broccoli, bread/margarine, bar, milk	7 Meatloaf, garlic mashed, stewed tomatoes, bread/butter, dessert, milk	8
9	10Tater tot casserole, French cut green beans, peaches, cookie	11 Ck wild rice soup, broccoli, pineapple, cookie, milk	12 Swedish meatballs, mashed potatoes, carrots, bread/ butter, dessert, milk	13 Roasted turkey /gravy, mashed potatoes, peas, sage dressing, dessert, milk	14 BBQ pork/bun, bkd beans, spiced pears, dessert, milk	15
16	17 Orange ck, brown rice, oriental vegetables, mandarin oranges, cookie, milk	18 Goulash, peas, tropical fruit, Garlic bread stick, milk	19 Beef & bean burrito bake, let/tom/sc, pears, dessert, milk	20 Ck fried steak/ ravy, mashed potato/gravy, Green beans, bread/butter, dessert	21 Fish patty/tarter sauce/butter, cheesy hashbrown, baked beans, peaches, milk	22
23	24 Chicken ala king, over biscuit, carrots, warm apple slices, dessert, milk	25 ham w pineapple sauce, Au Gratin potatoes, peas, roll/butter, dessert, milk	26 Beef patty/gravy, mashed potato/gravy, cal. Normandy, bread/butter, dessert, milk	27 Sausage egg bake, broccoli, cinnamon apple sauce, muffin/coffee cake, milk	28 Beef stroganoff w egg noodle, mixed vegetables, mandarin oranges, dessert, milk	29
30	31Pepper steak/liver, mash potato/gravy, carrots, roll/butter, jello/whip, milk					

DIRECTOR

Tarin Kuball
(507) 835-4552

ASSISTANT DIRECTOR

Kari Kuball
(507) 835-4552

WORK PROGRAM CORD.

Harold Zabel
(507) 835-4160

BOARD MEMBERS

BRENDA STOLTZ
(CHAIRPERSON)

MARGARET
DAHNERT

CLARICE SCHAUB

VADA DAHNERT

JERRY KUHN

LORNA KRIENKE



**STAY
INFORMED
&
STAY
INVOLVED**

IF YOU HAVE A SUGGESTION OR A COMMENT FOR THE SENIOR CENTER, OUR BOARD MEETING'S TAKE PLACE THE LAST TUESDAY OF THE MONTH STARTING @ 11:30AM

Waseca Area Caregiver Services

113 2nd Street NE Waseca, MN
Mon- Fri
Hrs. of Operation 7am-4pm
507-833-0015

AVAILABLE FOR A LIMITED TIME!

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or **(800) 950-9952 x2511**

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colonycourtmn.com



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WITH PURCHASE OF THIS SPACE

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- Full-Time with Benefits
- Serve Your Community

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www.4lpi.com/careers

08 || CROSSWORD PUZZLE

Winter Wonderland

E F R B Y R E P P I L S C H I L L Y
 P R E R S F F U M R A E F W D L O C
 S O T T I N S Y B S L E Y Y D N I W
 T Z N R O N L E C A L P E R I F O I
 O E I B E C L H P S H O V E L V J E
 O N W T O O A L M T Y R A U R B E F
 B S T A W T O G L O V E S T D E L S
 B I T Z O W C D Y R E T S U L B N S
 M S E T A N R E B I H O R S S O E S
 E R K A S E U R S B R E O N W I X K
 O B N N T S E N H F V N O J R B F A
 E T A J T V O P K E A W A R L H R T
 L E L I I W S C F M S N U I Y E A I
 C C B H S K A N W U U L Z T O A C N
 I A S T I J I O I A F Z S T K T S G
 C A O I G B N T R Z A O I C Y E F L
 I R N A A S A Y G R R Y T S O R F J
 M G A C N L R A D F T A O C O C Z Q

Word List:

- | | | | |
|-----------|------------|----------|----------|
| BELOWZERO | BLANKET | BLIZZARD | BLUSTERY |
| BOOTS | CABINFEVER | CHILLY | COATS |
| COCOA | COLD | EARMUFFS | FEBRUARY |
| FIREPLACE | FLURRIES | FROSTY | FROSTY |
| FROZEN | GLOVES | HAT | HEATER |
| HIBERNATE | ICICLE | ICY | JANUARY |
| JACKFROST | MITTENS | FLOW | SCARF |
| SHIVER | SHOVEL | SKATING | SKIING |
| SLED | SLIPPERY | SNOW | SNOWMAN |
| SNOWSTORM | SNOWSUIT | WINDY | WINTER |

Answer Key

Winter Wonderland

E F R B Y R E P P I L S C H I L L Y
 P R E R S F F U M R A E F W D L O C
 S O T T I N S Y B S L E Y Y D N I W
 T Z N R O N L E C A L P E R I F O I
 O E I B E C L H P S H O V E L V J E
 O N W T O O A L M T Y R A U R B E F
 B S T A W T O G L O V E S T D E L S
 B I T Z O W C D Y R E T S U L B N S
 M S E T A N R E B I H O R S S O E S
 E R K A S E U R S B R E O N W I X K
 O B N N T S E N H F V N O J R B F A
 E T A J T V O P K E A W A R L H R T
 L E L I I W S C F M S N U I Y E A I
 C C B H S K A N W U U L Z T O A C N
 I A S T I J I O I A F Z S T K T S G
 C A O I G B N T R Z A O I C Y E F L
 I R N A A S A Y G R R Y T S O R F J
 M G A C N L R A D F T A O C O C Z Q

Word List:

- | | | | |
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| FROZEN | GLOVES | HAT | HEATER |
| HIBERNATE | ICICLE | ICY | JANUARY |
| JACKFROST | MITTENS | FLOW | SCARF |
| SHIVER | SHOVEL | SKATING | SKIING |
| SLED | SLIPPERY | SNOW | SNOWMAN |
| SNOWSTORM | SNOWSUIT | WINDY | WINTER |

**THE MEANING
OF LIFE
IS TO GIVE LIFE
MEANING.**

Viktor E. Frankl

©LPI

MONTHLY DANCES
Will start in April
of 2022!

WHERE: WASECA AMERICAN LEGION
700 SOUTH STATE STREET / WASECA


COST: \$5 PER PERSON

HOPE TO SEE YOU THERE!!!

Lunch Included

DIANE BECKMANN
Independent Agent

201 Second St NE
Waseca, MN 56093
Ph: (507) 835-9899
diane.beckmann@thrivent.com



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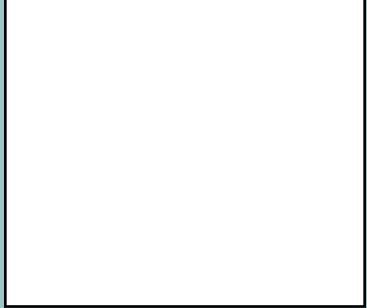
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breineck@lpicommunities.com

or **(800) 950-9952 x2511**

ARE YOU REACHING THE MEMBERS IN YOUR COMMUNITY?

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10 | DECEMBER DAILY ACTIVITIES

POOL-TUESDAY'S

Come give it your best shot! Enjoy some pool playing and coffee & conversation.

Tuesdays | 1pm | \$2.00

HAND & FOOT CARDS

Come test your skills in cards.

New players Welcome

Thursdays | 1pm | \$2.00



BRIDGE- FRIDAYS

Enjoy an afternoon of cards and conversation. Enhance your card playing skills while enjoying a snack as well!

Fridays | 12:15pm | \$2.00

CRIBBAGE-THURSDAYS

TEST YOUR COUNTING SKILLS WHILE ENJOYING A FUN AFTERNOON OF CARD PLAYING!

@ 1PM \$2.00

"500" Cards- FRIDAYS

How Sharp Are You? Try your hand at a friendly game of 500. All levels are Welcome! Also Enjoy some coffee & conversation

Fridays @ 1pm
Cost- \$2.00



The Senior Center is no longer decorating cards so we will not be taking any used cards.

Thank You



BINGO

WEDNESDAY'S IN JANUARY

@ 12:30PM

CARDS- 25 CENTS A PIECE

FIRST CARD IS FREE



NEVER MISS A NEWSLETTER!

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



Waseca Areas Senior Center

308 State Street N
Waseca, MN 56093

NON-PROFIT ORG
US POSTAGE PAID
PERMIT #127
WASECA, MN 56093

12 || RESOURCES IN YOUR AREA

SENIOR LIVING

Colony Court

507-835-8227

Ecuman-Country Neighbors

507-463-3565

Elm Homes

507-833-5430

ICAN

507-833-3708

Latham Place

507-833-0903

Maple Terrace

507-835-1753

Realife Cooperative of Waseca

507-835-5872

New Richland Care Center

507-465-3291

Traditions of Waterville

507-362-4155

CLINICS/HOSPITALS

Mayo Clinic Health System

Waseca

507-835-3110

Janesville

507-231-5118

Waterville

507-362-4221

NURSING HOMES

Janesville Nursing Home

507-231-5113

Lake Shore Inn Nursing Home

507-835-2800

PHARMACIES

Thrifty White Pharmacy

507-835-1610

Wal-Mart Pharmacy

507-835-8184

SENIOR PROGRAMS

S.M.A.R.T. Bus

1-855-762-7821

Meals on Wheels

507-835-4160

Senior Age Link

1-800-333-2433

Waseca County Human Services

507-835-0560

Hospice Services

507-837-4210

Waseca County VA Services

507-835-0680