



WASECA AREA SENIOR CENTER NEWSLETTER

FEBRUARY 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 || FEB. ACTIVITY CALENDAR

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 S.A.I.L. EXERCISES 9:30- 10:30AM POOL 1-3PM TOE NAIL CLINIC 9:30-1PM	2 BINGO @ 12:30PM	3 S.A.I.L. EXERCISES 9:30- 10:30AM CRIBBAGE- HAND & FOOT @1PM	4 500 Cards @1PM Bridge @12:15PM
7 Center open for Nutrition Meal only 9:30-12:30	8 S.A.I.L. EXERCISES 9:30- 10:30AM POOL 1-3PM	9 BINGO @ 12:30PM	10 S.A.I.L. EXERCISES 9:30- 10:30AM CRIBBAGE- HAND & FOOT @1PM Bingo/ Birthday supper 3-5pm	11 500 Cards @1PM Bridge @12:15PM
14 Center open for Nutrition Meal only 9:30-12:30	15 S.A.I.L. EXERCISES 9:30- 10:30AM POOL 1-3PM	16 BINGO @ 12:30pm	17 S.A.I.L. EXERCISES 9:30- 10:30AM CRIBBAGE- HAND & FOOT @1PM	18 500 Cards @1PM Bridge @12:15PM
21 Center open for Nutrition Meal Only 9:30- 12:30	22 S.A.I.L. EXERCISES 9:30- 10:30AM Board mtng. @ 11:30am POOL 1-3PM	23 BINGO @ 12:30PM	24 S.A.I.L. EXERCISES 9:30- 10:30AM CRIBBAGE, HAND & FOOT @1PM	25 500 Cards @1pm Bridge @12:15pm
28 Center open for Nutrition Meal Only 9:30-12:30				

FEBRUARY 1ST, 2022

TOE NAIL CLINIC- 9:30-1PM

1ST 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

FEBRUARY 10th,2022

**BIRTHDAY DINNER/
 BINGO!**

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

MENU:

**SLOPPY JOE'S, MACA-
 RONI SALAD & DESSERT**

TIME: 3-5PM

COST: \$3 PER PERSON

Call center to sign-up

**72ND WASECA
 ANNUAL SLEIGH &
 CUTTER PARADE**

**SATURDAY, FEB-
 RUARY 19TH, 2022**

STARTS @ 12PM

**PARADE STARTS AT
 WASECA FAIR-
 GROUNDS & RUNS
 THROUGH DOWN-
 TOWN WASECA**



**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



FEBRUARY BIRTHDAY'S

- Phyllis Bartelt-20
- Lee Roy Cain- 16
- Becky Erickson- 16
- Bill Fitzsimmons- 24
- Jeanette Holida- 17
- Charles Hoover- 2
- Robert Hunter- 28
- Andrea Johnson- 26
- Lavonne Kalke- 25
- Louis Kampen- 20
- Margaret Krassin- 28
- Veronica McGannon-8
- Geraldine Wegner- 24
- Jan Kunst- 28
- Bill Weyl- 5
- Jim Kozan- 11
- Linda Yess- 17
- Dale Stadler-1
- Barbara Denn-27

**CARDS SENT
MEMORIALS/
DONATIONS
QUOTES**

THANK YOU FOR DONATIONS TO THE SENIOR CENTER

ESTHER DIETRICH
WILLIAM & PATRICIA
HOVERSTEN
ROBERT HUNTER

MEMORIAL

In memory of Ruth Sybilrud from Helen Fowler

SYMPATHY

Family of Ruth Sybilrud



VOLUNTEERS NEEDED

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

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

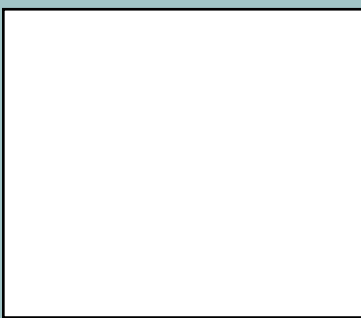


JAYE ANN SOPKOWIAK
 201 Second St NE
 Waseca, MN 56093
 Ph: (507) 835-4844
 LJSOPK@hickorytech.net

Agent

**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




**AVAILABLE FOR
A LIMITED TIME!**

ADVERTISE HERE NOW!

Contact **Brett Reineck**
 to place an ad today!
breineck@lpicommunities.com
 or **(800) 950-9952 x2511**



SUPPORT OUR ADVERTISERS!



February 2022

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 Baked ck, baked potato/s.c. Italian blend, bread/butter, dessert, milk	2 Lasagna, cal. Normandy, peaches, breadstick, dessert, milk	3 Turkey stuffing casserole, mix vegs, sliced apples, bread/butter, dessert, milk	4 Beef chili/beans, rom. Salad/dressing, corn bread/butter, blush pears,.	5
6	7 Ck. Chow mein, (brown rice) oriental vegs, mandarin oranges, pudding/ whip top	8 Spaghetti/meat sauce, rom salad/dressing, pineapple, Texas toast, cookie	9 Creamy Ck, mashed potato's, peas/carrots, bread/butter, warm fruit crisp, milk	10 Pork loin, candied yam, broccoli, bread/butter, dessert, milk	11 Meatloaf, butternut squash, stewed tomatoes, bread/butter, dessert, milk	12
13	14 Tater tot casserole, French cut green beans, warm peaches, cookie, roll	15 Ck wild rice soup, broccoli, pineapple, cookie, milk	16 Swedish meatballs, mashed potato's, carrots, bread/butter, dessert, milk	17 roasted turkey/gravy, mashed potato, peas, sage dressing, dessert, milk	18 BBQ pork / bun, baked beans, spiced pears, dessert, milk	19
20	21 Orange ck. Brown rice, oriental oranges, mandarin oranges, cookie, milk	22 Goulash, peas, tropical fruit, garlic bread stick, milk	23 Taco salad, salsa/sc/tortilla chips, pears, dessert, milk	24 Ck. Fried steak/gravy, mashed potato/gravy, green beans, bread/butter, dessert	25 Fish patty/tarter sauce/bun, cheesy hashbrown, bk beans, peaches	26
27	28 Sausage gravy over biscuit, cheese hashbrowns, warm apple slices, 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
DAHNER

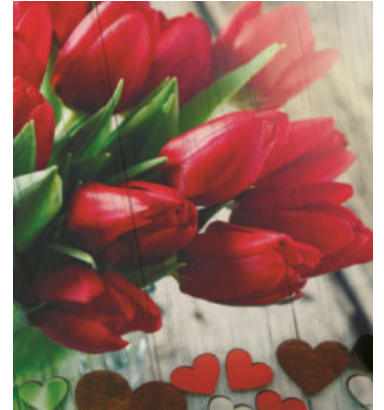
CLARICE SCHAUB

GLADY BAUMAN

VADA DAHNER

JERRY KUHN

LORNA KRIENKE



**STAY
INFORMED
&
STAY
INVOLVED**

Winter Weather Alert
If the Waseca Public Schools close due to bad weather the Center will also be closed! Will post on Facebook and KOWZ

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

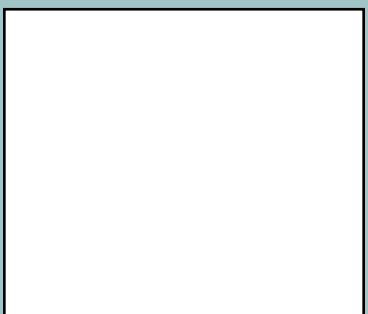
**AVAILABLE FOR
A LIMITED TIME!**

ADVERTISE HERE NOW!

Contact **Brett Reineck**
to place an ad today!
breineck@lpicomunities.com
or **(800) 950-9952 x2511**

 **COLONY COURT**
SENIOR LIVING SOLUTIONS
P: 507.835.8227
Assisted Living ~ Memory Care ~ Independent Living

 **FOXDALE**
A COLONY COURT
SENIOR LIVING SOLUTION
P: 507.201.3000
Memory Care & Care Suites
colonycourtmn.com



FREE AD DESIGN
WITH PURCHASE OF THIS SPACE

 **CALL 800.950.9952**

WE'RE HIRING

AD SALES EXECUTIVES

**BE YOURSELF. BRING YOUR PASSION.
WORK WITH PURPOSE.**

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



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

Valentine Words

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

Word List:
 ADORE
 BELOVED
 CANDY
 CHOCOLATE
 DESIRE
 FEBRUARY
 HEART
 LOVE
 RED
 SWEETHEART

AFFECTION
 BEMINE
 CARDS
 CUPID
 DEVOTION
 FLOWERS
 HONEY
 LOVEBIRDS
 ROMANCE
 SWEETS

AMOROUS
 BOUQUET
 CHERISH
 DARLING
 EMBRACE
 FOURTEENTH
 HUGS
 PINK
 ROSES
 TEDDYBEAR

ARROW
 CANDLELIGHT
 CHERUB
 DEAR
 ENDEARMENT
 FRIENDS
 KISSES
 POEM
 SECRETADMIRER
 TENDERNESS

Answer Key

Valentine Words

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

Word List:
 ADORE
 BELOVED
 CANDY
 CHOCOLATE
 DESIRE
 FEBRUARY
 HEART
 LOVE
 RED
 SWEETHEART

AFFECTION
 BEMINE
 CARDS
 CUPID
 DEVOTION
 FLOWERS
 HONEY
 LOVEBIRDS
 ROMANCE
 SWEETS

AMOROUS
 BOUQUET
 CHERISH
 DARLING
 EMBRACE
 FOURTEENTH
 HUGS
 PINK
 ROSES
 TEDDYBEAR

ARROW
 CANDLELIGHT
 CHERUB
 DEAR
 ENDEARMENT
 FRIENDS
 KISSES
 POEM
 SECRETADMIRER
 TENDERNESS



READING IS

DREAMING WITH

OPEN EYES.

©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

FREE AD DESIGN

WITH PURCHASE OF THIS SPACE

CALL 800.950.9952

ADT-Monitored Home Security

Get 24-Hour Protection From a Name You Can Trust

- Burglary
- Flood Detection
- Fire Safety
- Carbon Monoxide

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

AVAILABLE FOR A LIMITED TIME!

ADVERTISE HERE NOW!

Contact **Brett Reineck** to place an ad today!

breineck@lpicommunities.com

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

ARE YOU REACHING THE MEMBERS IN YOUR COMMUNITY?

TO ADVERTISE HERE CALL 800.950.9952 or visit www.lpicommunities.com/advertising



Visiting Angels
LIVING ASSISTANCE SERVICES

Adult & Senior In-Home Care by Angels
We are always here for you
Mankato & Surrounding Areas

507-388-6610
www.visitingangels.com/mankato

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

2022 yearly dues are due. Stop in at the center or send it in the mail. Please remember that your yearly dues help support the Center.

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

Thank You

BINGO

WEDNESDAY'S IN FEBRUARY

@ 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