



January



February

The Chatter

Menasha Senior Center Newsletter - January/February 2023



Valentine's Party

February 14

Bring a pal and join us for a hearty brunch. Menasha High School students will be flipping pancakes! Brunch includes pancakes, sausage & fruit along with juice, milk or coffee.



Stop in anytime between 8:30am and 10:30am for the festivities. Cost: \$4.00

Happy New Year Center friends!

Looking back on 2022, we had a very successful year with many new program opportunities for everyone to enjoy! Starting in 2023, The Chatter will be released every other month — January/February, March/April, May/June, July/August, September/October, November/December. This will save staff time and help you plan your activities further in advance.

If you haven't met our newest Center staff member, stop by and welcome Kathy!

Sincerely, Chloe Hansen-Dunn, Recreation/Senior Service Manager

Ending 2022 with music, food and friends!



Mack Hansen-Dunn, Registered Dietician, talks about how to serve up healthy appetizers at your holiday events.

Elvis John entertains the crowd with Elvis songs and favorite holiday tunes. Always a joy to take in a beautiful voice.



Laura leads the holiday party with a sing along. A meal and music, what could be better?



116 Main St., Menasha WI 54952 920-967-3530

Values: OPPORTUNITIES, FRIENDSHIPS, HEALTH and LEARNING

Mission: Maintain and enhance the quality of life of older adults by providing educational, recreational, social and wellness programs and to meet the needs as requested by the community.

Our Values: Opportunities, Friendships, Health and Learning

Senior Center Staff



Chloe Hansen-Dunn
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116 Main Street, Menasha, WI 54952
seniorcenter@menashawi.gov, 920-967-3530

menashawi.gov

Hours: Monday, Wednesday, Thursday

8:00am - 4:00pm

Tuesday, Friday

8:00 - 1:00pm



WE NEED YOU! With 2023 off to a fresh start, we are hopeful to find volunteers to assist in leading new programs.

Examples of new programs may be languages, baking/cooking, hobbies or music.

Call 920-967-3530 or stop by the Center to talk!

Dial-A-Ride

The Dial-A-Ride program is available to Menasha and Neenah residents 60 and older. Rides are available for \$3.50 each way.

We can help you fill out an application if you stop in at the Center or call 920-967-3530.

Meals from ADVOCAP

ADVOCAP is back at the Center! Serving Monday through Friday at 11:45am. The suggested donation per meal is \$4.00. Reservations can be made by calling ADVOCAP at 920-725-2791. Please call 24 hours in advance.



Committee on Aging

The Menasha Committee on Aging acts as the mechanism through which the voices of older adults can be heard on issues. The committee meets once a month on the second Friday at 1:30pm at the Menasha City Center. Anyone is welcome!

If you have an interest in becoming a committee member, please request an application at the Menasha Health Department or the front desk of the Senior Center. Next meetings are January 13 and February 10, 1:30pm.

We would like to thank Tom Stoffel for serving on the Committee on Aging and enhancing many of the offerings of the Center. With Tom's departure, we have two vacancies available for committee members.

We are closed on January 2 in observance of New Years.



We wish everyone a happy and a joyful 2023!



Holiday reusable 6-foot rectangular tablecloths, i.e. Christmas or Thanksgiving, Valentines Day or Summer themed.

Sponges of various sizes

Indoor activities to keep you warm!

Activities take place at the Center. Please register in advance so we can assure we have the needed supplies.

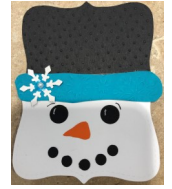
Candle Creations

When: January 18
2:00pm - 3:00pm
Fee: \$2.00
Max registration: 10
Learn how to make candles by melting wax and adding a fragrance.
Make that perfect scent to enjoy for the new year!



Card Creations

When: January 3
February 7
11:00am - 12:30pm
Create a snowman card in January and 3-D card in February.
Great pieces to display or share with a friend. Or, you can create cards for special occasions.

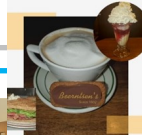


Puzzle Contest

When: January 30
2:30pm - 4:00pm
Fee: None



National Puzzle Day is January 29 so we are celebrating with a team puzzle contest. Get a few friends together and complete a 300-piece puzzle as fast as possible! If you have a special puzzle, just bring it along.



Tie & Talk!

When: January 5
February 8
1:00pm - 3:00pm
Fee: None



Tie and talk is back! All of our blankets that our participants made have been purchased. The sale of the blankets fund our programming! A big thank you to those who helped create the beautiful blankets.

Needle Art

When: Every Friday
11:00am - 1:00pm
Fee: None

Do you knit, crochet, embroider, cross stitch, punch needle? We have a casual group that meets, chats, and helps each other work through projects.



Q: What kind of flower grows on your face?

A: Tulips

Cornhole Tournament

When: February 16
2:00pm - 4:00pm
Fee: None



Join in on the Cornhole Tournament! Find a partner and sign up, or we will pair up single partners to form teams. Tell your friends and join in the fun and get out of the house on a cold day!

No-Sew Pillow

When: February 23
2:00pm - 3:00pm
Fee: None

Learn to make a no-sew pillow with fleece fabric! Make any shape. You pick the color from our selection. Bring your own fabric if you have an idea in mind. Great time to make these cute pillows for your own home or give as a gift for friends and family.



Rug Hookers

When: January 11, February 8
(2nd Wednesday of month)
5:30pm - 8:00pm

Fee: None

Join in on creating beautiful decorative art! They'd love to teach any beginners who are curious about this art form!

To register for a class: *Online:* menasha.recdesk.com *Call:* 920-967-3530
In person: Menasha Senior Center, 116 Main St., Menasha

YOUR HEALTH

Maximize your health and wellness!



Bring your own lunch! We'll provide a drink.

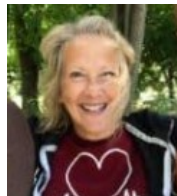
Lunch 'N Learns are the first Friday every month. There will no Lunch 'N Learn in January.

The Importance of Foot Care

When: February 3

11:30am - 12:15pm

Julie Fries, RN from Valley VNA, will discuss the importance of proper foot care, especially for those who are diabetic. In particular, foot care is important for seniors.



Julie Fries, RN
Valley VNA

Sneak Peek for March 3!

Kathryn Noll-Arias, Aging and Disability Resource Center (ADRC) Benefits Specialist will discuss the many benefits the ADRC has to offer.

Memory Care & Screening

When: January 18, February 15
(3rd Wednesday of month)

10:00am - 11:30am

Call 920-967-3530 for an appointment. Alisa Richetti, ADRC Dementia Care Specialist, will be available regarding concerns related to memory loss, dementia, and caregiving. Memory screening is available and takes less than 15 minutes.



Blood Pressure Checks & Wellness Consults

January 3, 11:00am - 12:30pm

January 17, 11:00am - 12:30pm

January 20, 11:00am - 12:30am

January 31, 11:00am - 12:30pm

February 7, 11:00am - 12:30pm

February 15, 10:00am - 11:30am RN, Public Health Nurse

February 21, 11:00am - 12:30am

Call 920-967-3529 for appointment. Walk-ins welcome! Nurse Meghan will check your blood pressure and talk through any health-related questions.



Meghan Pauly

Chronic Disease Peer Support Group

When: January 17, February 21 10:00-11:00am



Have you been looking for a peer group to help guide you through a life with chronic disease with others who understand? Look no further! Starting in January, the Center will be starting a chronic disease peer group that meets once per month, facilitated by Meghan Pauly, RN. If you are interested in joining this group, call 920-967-3529 to learn more.

Stepping On - A falls prevention class!

When: February 3 - March 17

9:00am - 11:00am

Where: First Floor City Center, Menasha Fee: \$15.00

Build your confidence and get tips for preventing falls. Strengthen your legs and improve your balance. Call to register: 920-232-3000

Bingo

When: January 13
January 27
February 3
February 17
11:00am - 12:30pm

Brought to you by:



Visit with old friends and make new ones. If you haven't attended yet, stop in and give it a try! Bingo is good for building social connections, increasing hand-eye coordination, and maintaining cognitive abilities and focus.

Fee: Donations appreciated

To register for a class: *Online: menasha.recdesk.com, Call: 920-967-3530*
In person: Menasha Senior Center, 116 Main St.

FITNESS

Improve strength, flexibility & balance!

Classes take place at the Center and are designed for both men and women of all abilities with modifications available for each movement. Not sure you are interested? Come on in and check out a class.

YMCA Exercise Class Cost

Y Member or Silver Sneaker	Free
General Public—non-YMCA members	Punch cards \$15.50 (14 visits) or \$31.00 (28 visits)

Punch cards are available at the Center and Neenah-Menasha YMCA.

Chair Yoga

When: Every Tuesday & Thursday
11:00am - 11:45am



Increase your flexibility, strength and balance. The instructor will guide you through the motions while standing or sitting.

Purchase a punch card or use your YMCA card.

Stretch, Strength & Balance

When: Every Monday
11:00am - 11:45am



A great class to get your exercise groove on and improve your flexibility and strength.

Purchase a punch card or use your YMCA card.

Strong Bodies

When: Every Tuesday & Thursday; Jan 3 – March 30
9:30am - 10:30am

Fee: \$15 payable to Winnebago County Health Dept. Join us for the next strong bodies session starting January 3. Register early or the first day of class between 8:30-9:30am. No class 2/2,2/28,3/2

Line Dancing

A huge shout out to all of our many line dancers! We are so grateful to have your energy and music brighten our morning at the Center. It's a low impact class and great way to get your exercise and socialize as well.



Beginner - Mondays, 9:00am -10:40am

Fee: \$3 donation for leaders

Intermediate - Wednesdays, 9:00am -10:30am

Fee: \$3 donation for instructors

Square Dancing with Fox Valley Squares

Group Dancing

When: January 6, 13, 20, 27
February 3, 10, 17, 24
6:30pm - 8:30pm

Lessons - instructor led

When: January 8, 22, February 12, 26
1:00pm - 3:00pm

No partner is needed. Questions: Contact Petrie Agnew, President of Fox Valley Squares, petieagnew2@icloud.com or 920-740-3884.

Indoor Walking at the Center!

As the weather cools, we welcome you to walk laps indoors at the Center, 8:00am-9:00am Tuesday, Thursdays, and Fridays.



Here is your reminder to walk like a Penguin!

Here's your reminder to walk like a penguin when the ice starts freezing and snow begins to fly. Bend slightly forward and walk flat footed. Keep your center of gravity over your feet as much as possible. Point your feet out slightly. Shuffle your feet and take short steps. Watch where you are stepping. Concentrate on keeping your balance. Keep your arms at your sides and hands out of your pockets. Go slow.

Come on in and join in the fun!

SALT - Seniors & Law Enforcement Together

Investigating Cyber Crimes

When: January 24
12:00pm - 1:00pm



Officer Denton Heidemann
MPD Investigator

Crime Analyst, Officer Denton Heidemann, Crime Analyst Investigator, will talk about his role as an analyst and the types of internet crimes he investigates. With internet crimes on the rise, this is a great opportunity to understand how cyber crimes are investigated and how to keep yourself safe.

Meet the New MPD Chief!

When: February 28
12:00pm - 1:00pm



Nick Thorn
MPD Chief of Police

Come in and meet the New Chief of Police, Nick Thorn! Chief Thorn will talk about his history with the MPD Department and his thoughts for the future. There will be plenty of time to ask questions and get to know our new Chief of Police.

Breakfast for Your Brain

When: Every Thursday
9:00am - 9:45am



Partake in an activity that is chosen as a way to engage your mind while you enjoy a breakfast treat and a cup of coffee. Great time to get a few laughs.

Sheepshead, Pinochle, Penny Ante Poker, Polish Poker, Cribbage, Hand and Foot, Bunco, Dominos, Chinese Mahjong, Shuffleboard and more!

Cards, tile games and shuffleboard have filled the Center with laughter and whoops of winning! We are always excited to meet new players, so please feel free to join in any game you choose. For all game days and times, checkout the calendar on the back page.



All groups are open and are welcoming new players!



We are closed on
January 2 in
observance
of New Years.



We wish everyone a happy and
a joyful 2023



Q: What do loggers eat in the forest?
A: Mac and trees

Fox Valley Memory Project: Memory Café

When: January 18, February 15
1:30pm
Where: Menasha Public Library



Memory Cafés are free social events designed as interactive for people with memory loss and their caregivers. All are welcome to attend.

To view the full schedule:
www.foxvalleymemoryproject.org/

Word Games

When: Grab a friend or two
and let us know when you want
to come in and play games.



Come on in and bring in a board game or use one that we have here. Scrabble, Boggle, Scattergories, Yahtzee, Trivia or any game you choose. It's a fun way to socialize. A chance to challenge your mind and get some good laughs in.

We are looking to expand this group so feel free to register or just walk in and join the group.

To register for a class: *Online:* menasha.recdesk.com, *Call:* 920-967-3530
In person: Menasha Senior Center, 116 Main St., Menasha

May 10 - Touring Around Bago

let's go
travel

June 20 - Charter Fishing on Lake Michigan and Get to Know the Alpacas in Two Rivers

Donna Landers will be the host for all trips. Any questions? Contact the Senior Center at 920-967-3530.

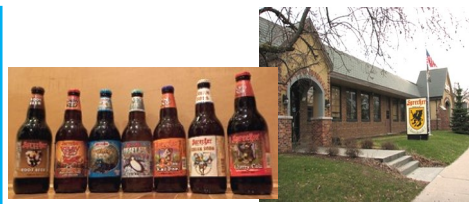
Fabulous Milwaukee!

Enjoy the warmth of The Domes, food selections from the Public Market & Sprecher's tour.

February 22, 2023



Cost: \$75, \$20 nonrefundable down payment is required at time of signing. Moderate amount of walking on trip.



Historic Manitowoc and Brillion!

Guided tours including the Hamilton Print, Rahr-West Museum and AreinsCo Museum.

March 23, 2023



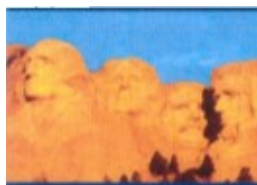
Cost: \$55, \$20 nonrefundable down payment is required at time of signing. Moderate amount of walking on trip.



South Dakota! Mount Rushmore, the Badlands & Black Hills

Join us for a tour into South Dakota featuring the top sightseeing places in the state.

May 21 - May 27 — 7 days/6 nights



U.S. Presidents immortalized in stone at Mt. Rushmore.

This is a trip to the most historical and beautiful places in South Dakota. Take it all in, in the comfort of a Diamond Tours coach bus. Just sit back and enjoy every aspect of the beauty of South Dakota. More information available at the Center.



Crazy Horse Monument to be 10X size of Mt. Rushmore.



Spectacular Badlands National Park.

Cost of trip: \$795
A \$75 down payment is required at time of signing. Add \$209 for single occupancy. Final payment is due March 14, 2023.

Moderate to high walking on trip.



Wildlife enhances pristine Black Hills.

JANUARY/FEBRUARY 2023

	Monday	Tuesday	Wednesday	Thursday	Friday
Every Week	Indoor Walking @8 Line Dancing 9am Pinochle 11am Stretch, Strength & Balance 11am Shuffleboard 12pm Sheepshead 12pm Mahjong 12:30pm	Indoor Walking @8 Strong Bodies 9:30am Chair Yoga 11am	Indoor Walking @8 Line Dancing 9am Penny Ante Poker 11:30am Shuffleboard 12:30pm Dominos 1pm	Indoor Walking @8 BFYB 9am Strong Bodies 9:30am Chair Yoga 11am Cribbage 11:30am Hand & Foot 12pm	Indoor Walking @8 Mahjong 9:30am Quilting 10am Needle Art 11am
January Single Day Events	Puzzle Contest 1/30 2:30pm	Card Making 1/3 @ 11am Chronic Disease Support Group 1/17 @ 10am Blood Pressures 1/3 @ 11am Blood Pressures 1/17 @ 11am Blood Pressures 1/31 @ 11am SALT 1/24 @ 12pm	Candle Creations 1/18 @ 2pm Rug Hookers 1/11 @ 5pm Memory Screening 1/18 @ 10am Memory Café 1/18 @ MPL 1:30pm Rug Hookers 1/11 5:30pm	Tie & Talk 1/5/23 @ 1pm Mystery Trip 1/26	Bingo 1/13 @ 11am Committee on Aging 1/13 @ 1:30pm Blood Pressures 1/20 @ 11am Bingo 1/27 @ 11am Square Dancing 1/6, 1/13, 1/20, 1/27
February Single Day Events		Card Making 2/7 @ 11am Blood Pressures 2/7 @ 11am Blood Pressures 2/21 @ 11am Valentines Party 2/14 @ 8:30 Chronic Disease Support Group 2/21 @ 10am SALT 2/28 12pm	Blood Pressures 2/15 @ 11am Tie & Talk 2/8 @ 1pm Memory Café 2/15 @ MPL 1:30pm Memory Screening 2/15 @ 10am Milwaukee Bus Trip 2/22 Rug Hookers 2/8 5:30pm	Corn Hole Tournament 2/16 @ 2:00pm No-Sew Pillow 2/16 @ 2pm	Bingo 2/3 & 2/17 @ 11am Lunch N' Learn 2/3 @ 11:30am Committee on Aging 2/17 @ 1:30pm Square Dancing 2/3, 2/10, 2/17, 2/24 Footcare 2/3, 11:30am Stepping On 2/3 @ 9am - City Hall
Sundays	Square Dancing Lesson 1/8, 1/22, 2/12, 2/26 @ 1pm				