

# The Chatter

Menasha Senior Center Newsletter -- March/April 2024



## Elvis John!

Spring ahead with Elvis John! Enjoy classic songs performed by the King. The show will be packed with energy and audience interaction.

Sponsored by:

When: March 19

1:00pm - 2:00pm

Fee: \$2.00, Refreshments included.

Register by 3/15/2024, limited registration.



116 Main St.  
Menasha WI 54952

Chair yoga improves flexibility  
and strength!



Check out our crafts for March and April! We have a great group of crafters so join in fun of making cards or creating home decorations.



Chair volleyball is a great way to socialize and have fun while getting in some exercise.

# 4 Core Values

## Opportunities, Friendships, Health and Learning

**Our 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.

### Menasha Senior Center Staff



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116 Main Street, Menasha, WI 54952  
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Hours: Monday, Wednesday, Thursday  
8:00am - 4:00pm  
Tuesday, Friday  
8:00am - 1:00pm



**We will be closed on  
April 2 - Election Day**

There will be no regular programming on April 2.

### Committee on Aging

When: March 8, April 12  
1:30pm - 2:30pm

One spot is open on the Mayor-appointed committee. Join in a meeting on the second Friday of each month. Applications are available at the Menasha Health Department and the Senior Center. Committee meets at the City Center, 100 Main. St., Menasha.

### Dial-A-Ride

The Dial-A-Ride program is available to Menasha and Neenah residents age 60 plus. Rides are \$3.50 each way. Stop in at the Center or call 920-967-3530 and our staff will assist you with registering for the program.

### Bake Sale

When: April 2  
7:00am - 4:00pm

Come into the Center during election day and enjoy a baked good. If you would like to donate baked goods, drop off the items by April 1. If you would like make a cash donation, we will pick up items on your behalf.

### Meals from ADVOCAP

When: Monday - Friday  
11:45am - 12:30pm  
Suggested donation \$5.00

ADVOCAP serves appetizing nutritious congregate meals five days a week! Freezer meals are also available for weekends. Call ADVOCAP at 920-725-2791 24 hours in advance.

To Register: Online: [menasha.recdesk.com](http://menasha.recdesk.com)

Call: 920-967-3530

In person: At the Center, 116 Main St., Menasha



## Open Art

When: Every Thursday  
1:00pm - 3:00pm  
Fee: Donations accepted

Join us at the Center for a fun and relaxed open art session. We have a great selection of paints and other materials for you to use; or you're welcome to bring your own. This is a fantastic opportunity to socialize and express your creativity.

Today,  
I will  
create!

## Wine Cork Planter

When: April 16  
10:30am - 11:30am  
Fee: Donations accepted.  
Register by April 11.



Come and create a unique and inexpensive planter! Breathable and creative. The perfect project as spring approaches.

## Button Art

When: March 27  
10:00am - 11:00am  
Fee: \$2.00  
Register by March 22.



Celebrate spring and join us to create a whimsical piece of art.

## Wish List

We are in need of the below donations. Any donations are greatly appreciated.

- Acrylic paint
- Ribbon – all colors and varieties (non-Christmas ribbon)
- Cardstock paper - 8.5" x 11" - all colors

## Card Creations

Create one-of-a-kind handmade cards to brighten a loved ones day.

When: March 12  
11:00am - 1:00pm  
Fee: Donations accepted  
Register by March 8.



When: April 9  
11:00am - 1:00pm  
Fee: Donations accepted  
Register by April 5.



## Glass Vase

When: March 20  
11:00am - 12:30pm  
Fee: \$1.00  
Register by March 18.



Create a unique, one of a kind, decoupage glass vase for spring. All materials provided. If you choose to, bring-in a paper napkin of your own choosing.

## Music Brigade

When: April 27  
10:30am - 12:00pm  
Fee: None

Join us as the Neenah Boys and Girls Brigade visit the Center for a Saturday morning of music! Comprised of high school-aged students, they have a broad catalog of popular and classic music.

## The Friday Fix: Wellness Insights

When: A Friday in each month  
11:00am - 12:00pm

Fee: None

**March 1-** Suffering from migraines or headaches? Mind+Neurology in Appleton specializes in headaches, migraines and traumatic brain injuries. Gable Holderness (APNP) will share treatment information as well as their unique patient-focused treatment.

**April 19 -** Laughter Yoga! Joanne Murphy-Spice will lead you on a journey of laughter, reduced stress and weight loss! It's an exercise involving prolonged laughter bringing more oxygen to the body and brain, reducing stress and decreasing blood pressure along with improving your metabolism to burn calories.

## Memory Café

When: Fourth Tuesday of the month  
1:30pm - 2:30pm

Fee: None

**March 26-** Show and Tell: Bring your favorite book, photos/souvenirs from a place you have traveled, menu from your favorite restaurant, or tell us about a place you want to go!

**April 23-** Come laugh with us! Laughter yoga is a modern exercise that involves prolonged laughter! This technique brings more oxygen to the body and brain and makes us more energetic, reduce stress and decreases blood pressure.

## April 1 - 7 is Public Health Week

The Center would like to recognize and thank the wonderful staff at the Menasha Health Department for the dedicated work they do for our community! Thank you!

## Blood Pressure Checks

When: 10:00am - 11:30am

Fee: None

Wed. March 6    Fri. March 15    Wed. March 27  
Wed. April 3    Wed. April 10    Fri. April 19

Walk-ins are welcome! Nurse Meghan RN, BS will be available to discuss health concerns.

## Chronic Disease Peer Support Group

When: Third Tuesday of the month

March 19, April 16

12:00pm - 12:45pm

Fee: None

Nearly half the population suffer from at least one chronic illness. Studies show that without support, many adults will not succeed in managing their conditions, leading to poor outcomes, including expensive hospitalization. This is a facilitated support group for those living with a chronic disease including: Arthritis, Asthma, Cancer, COPD, Crohn's Disease, Ulcerative Colitis, Cystic Fibrosis, Diabetes, Eating Disorders, Heart Disease, Obesity, Oral Health, Osteoporosis and many others. This group is great for a listening ear, recommendations or a place to learn from others.

## Memory Care & Screening

When: By appointment only

March 19, April 16

8:30am - 10:00am

Fee: None

Alisa Richetti, ADRC Dementia Care Specialist, will address concerns regarding memory loss, dementia and caregiving. Memory screening is available and takes just 15 minutes.

Classes take place at the Center and are designed for both men and women of all abilities with modifications available for each move.

### YMCA Exercise Class Cost

Y Member or Silver Sneakers FREE

Non-YMCA members	Punch cards
	\$15.50 - 14 visits
	\$31.00 - 28 visits

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

### Chair Yoga

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

Fee: Punch card or YMCA card



### Stretch, Strength & Balance

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

Fee: Punch card or YMCA card

Great classes to improve flexibility and strength.

### Ageless Grace®

When: Every Friday  
10:00am - 10:40am

Fee: \$3 donation for instructor.

This is a seated exercise program that stimulates the five areas of the brain.

### Ageless Grace® Light

When: Every Wednesday starting March 6  
11:15am - 12:00pm

Fee: \$3 donation for instructor.

Similar to chair yoga, classes focus on breathing, range of motion, balance and flexibility.

### Line Dancing

**Beginner:** Every Monday  
9:00am - 10:40am

Fee: \$3 donation for leaders

Please note: This beginner group performs weekly regular songs and has a leader, not an instructor. Anyone is welcome to join and follow along to the steps.

**Intermediate:** Every Wednesday  
9:00am - 10:30am

Fee: \$3 donation for instructors

### Strong Bodies - New Session

When: Every Tuesday and Thursday  
9:30am - 10:30am  
April 9, 11, 16, 18, 23, 25, 30  
May 2, 7, 9, 14, 16, 21, 23, 28  
June 4, 6, 11, 13, 18, 20, 25, 27

Fee: \$15.00

Register by calling Winnebago County at 920-232-3000 or register the first day of class. Please attempt to make 85% of the classes.

### Indoor Walking

When: Tuesday through Friday  
8:00am - 9:00am

Fee: None

Walk indoors in the main Hall of the Center to get your steps in.

### Walking Club

Walking Club will be starting back up on May 7. More to come.

## Cards and Tile Games

Fee: None

All groups are open and welcoming new players.

Game	Day	Time
Pinochle	Monday	11:00am
Sheepshead	Monday	12:00pm
Mahjong	Monday	12:30pm
Penny Ante Poker	Wednesday	11:30am
Bridge	Wednesday	12:30pm
Dominos	Wednesday	12:30pm
Polish Poker	1st and 3rd Wednesday	2:00pm
Hand and Foot	Thursday	12:00pm
Cribbage	Thursday	12:30pm
Mahjong	Friday	9:30am
Chess and Checkers	1st and 3rd Tuesday	10:00am

### Bridge

When: Every Wednesday  
12:30pm - 3:30pm

Fee: None

Bridge is back! Beginners are welcome.

## Menasha 150 Birthday Celebration

When: March 5  
12:00pm - 1:00pm

Fee: None

Location: City Center Hall, 100 Main St

Everyone is invited to a Menasha Sesquicentennial Birthday Party in the first floor conference room of Menasha City Hall. The 40-minute program starts at noon with a visit from our first mayor, O.J. Hall.



## Bingo

Brought to you



When: March 14  
March 28  
April 11  
April 25  
1:00pm - 2:30pm

Fee: Donations accepted. Donation box at desk.

## Women's Story Circle

When: Every Wednesday  
10:00am - 11:00am

Fee: None

Being witnessed and validated through the art of storytelling benefits not only the tellers, but the community who receives them! Each week we'll share stories around a different theme.

## Chair Volleyball

When: March 8  
11:00am - 12:00pm

Fee: None

We kicked off a new program at our Valentine's party! It may take time but to get a team going but commitment to the day and time is key!

## Armchair Travel to Germany

When: April 3  
10:00am - 12:00pm

Fee: \$2.00

Register by April 1.

Join us as we armchair travel to Germany! Armchair travel is a program where we can sit comfortably and travel to a fun destination. The program includes light snacks, information, fun videos and stories from others. Never been to Germany? We hope you'll still join us.



## Nail Care

When: March 11

April 8

9:00am - 4:00pm

Fees: Toenail trim - \$20.00

Toenail trim with pedicure - \$32.00

Manicure - \$22.00

Add polish for mani/pedi - \$5.00

Register in advance by calling 920-967-3530.

Nail care is provided by Kym Koch BSN, RN, CFCN (Certified Nail Tech).

## Tea Party

When: April 5

11:30am - 12:30pm

Fee: \$3.00

Register by: April 17.

Our Tea Party is back for more fun! We will sip all kinds of tea, play tea party themed games and enjoy refreshments.

## Annual Report

Our 2023 Annual Report is available for reading at the Center. We are grateful for each of you being a part of our story. We hope you are proud of the community that is reflected in our recap. Thank you for being patient as we grow.

In 2023: We had 3,013 people visit us 11,500 times to enjoy 12,509 activities!

For comparison, in 2022: We had 2171 people visit us 7,928 times to enjoy 8,479 activities.

## Dental Screening

When: April 10

11:30am - 1:30pm

Fee: None

Register by: April 9.

Oral health screenings are important to identify problems early, including gum disease, tooth decay or other concerns. The dental hygienist will conduct a brief medical history review, a visual screening and an oral assessment of the lips, cheeks, tongue, teeth, gums and throat. The hygienist will also feel for abnormalities in the jaw and neck. If necessary, referrals can be made for follow-up with your dentist.

## Bug Tussel Smart Phone Basics

When: April 12

11:00am - 1:00pm

Fee: None

Learn the basics of how to use a smartphone, including how to turn your device on and off, answer and make calls, read and send text messages, and more. This class is designed to cover the very basic smartphone features for beginners.

For both iPhones and Android phones. Have a smartphone? Bring it with you for hands-on practice. Don't forget to bring your login passwords for your phone and Apple or Google account! No tech experience needed.

## Why do eggs like April Fools Day?

They love practical yolks!

## Medical Billing Assistance

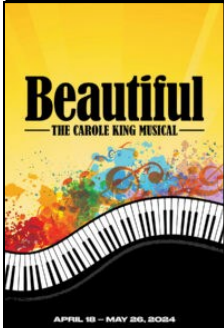
When: Tuesdays

9:30am - 11:00am

Medical bills can be very difficult to understand. We have an experienced volunteer who can help. Call us at 920-967-3530 for an appointment. Other days and times available if needed.

# let's go travel

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



## Carol King

Join us as we take a bus trip to see Carol King at Fireside Theater! Enjoy dinner and a show and a luxury coach bus ride to Fort Atkinson.

**Saturday, April 27, 2024**

**The Fireside, Inc.**

Cost: \$140, \$20 nonrefundable down payment required.  
Moderate walking required.



## Glorious Madison!

Our beautiful capitol, famous State Street, the Wisconsin Veteran's Museum and add in the Madison Chocolate Shop for a day of learning and fun.

**Thursday, March 21, 2024**

Cost: \$70, \$20 nonrefundable down payment required.  
Moderate walking required.



## Milwaukee Brewer's Game Day

Root on Milwaukee Brewers as they play the Pittsburgh Pirates! Enjoy the crowd, the traditional sausage race and Bernie Brewer himself!

**Wednesday, May 15, 2024**

Cost: \$70, \$20 nonrefundable down payment required.  
Moderate walking required.



## Charter Fishing - Lake Michigan

Enjoy spending a day charter fishing with Willie Bee Charters following with a lunch on your own at Kurtz's Pub. Return with many "big fish" stories to tell!

**Tuesday, June 11, 2024**

Cost: \$165, \$20 nonrefundable down payment required.  
Moderate walking required.

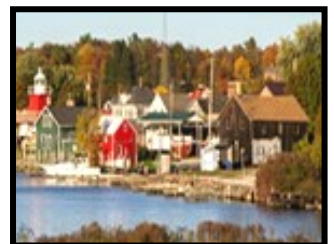


## Captivating Two Rivers

Rogers Street Fishing Village, the Washington House Museum an ice cream parlor and London Dairy Alpaca Farm! Finishing up with Kurtz's Pub and Grill.

**Tuesday, June 11, 2024**

Cost: \$65, \$20 nonrefundable down payment required.  
Moderate walking required.





# March

Monday	Tuesday	Wednesday	Thursday	Friday
				<b>1</b> Mahjong 9:30am Quilting 10am Ageless Grace 10am Needle Art 11am Friday Fix 11am Square Dancing 6:30pm
<b>4</b> Line Dancing 9am Pinochle 11am Stretch, Strength, Balance 11am Shuffleboard 12pm Sheepshead 12pm Mahjong 12:30pm	<b>5</b> Medical Billing Assistance 9:30am Strong Bodies 9:30am Chess & Checkers 10am Chair Yoga 11am	<b>6</b> Line Dancing 9am Story Circle 10am Blood Pressures 10am Ageless Grace Light 11:15am Penny Ante Poker 11:30am Dominos 12:30pm Shuffleboard 12:30pm Bridge 12:30pm	<b>7</b> BFYB 9am Strong Bodies 9:30am Chair Yoga 11am Hand & Foot 12pm Cribbage 12:30pm Open Art 1pm Corn Hole 1pm	<b>8</b> Mahjong 9:30am Ageless Grace 10am Quilting 10am Needle Art 11am Chair Volleyball 11am Committee on Aging 1:30pm Square Dancing 6:30pm
<b>11</b> Nail Care 9am Line Dancing 9am Pinochle 11am Stretch, Strength, Balance 11am Shuffleboard 12pm Sheepshead 12pm Mahjong 12:30pm	<b>12</b> Medical Billing Assistance 9:30am Strong Bodies 9:30am Chair Yoga 11am Card Creations 11am	<b>13</b> Line Dancing 9am Story Circle 10am Ageless Grace Light 11:15am Penny Ante Poker 11:30am Dominos 12:30pm Shuffleboard 12:30pm Bridge 12:30pm	<b>14</b> BFYB 9am Strong Bodies 9:30am Chair Yoga 11am Hand & Foot 12pm Cribbage 12:30pm Open Art 1pm Bingo 1pm	<b>15</b> Mahjong 9:30am Ageless Grace 10am Blood Pressures 10am Quilting 10am Needle Art 11am Square Dancing 6:30pm
<b>18</b> Line Dancing 9am Pinochle 11am Stretch, Strength, Balance 11am Shuffleboard 12pm Sheepshead 12pm Mahjong 12:30pm	<b>19</b> Memory Screen by App. 8:30am Medical Billing Assistance 9:30am Strong Bodies 9:30am Chess & Checkers 10am Chair Yoga 11am Chronic disease 12pm Elvis 1pm	<b>20</b> Line Dancing 9am Story Circle 10am Glass Vase 11am Ageless Grace Light 11:15am Penny Ante Poker 11:30am Dominos 12:30pm Shuffleboard 12:30pm Bridge 12:30pm	<b>21</b> BFYB 9am Strong Bodies 9:30am Chair Yoga 11am Hand & Foot 12pm Cribbage 12:30pm Open Art 1pm Corn Hole 1pm	<b>22</b> Mahjong 9:30am Quilting 10am Ageless Grace 10am Needle Art 11am Square Dancing 6:30pm
<b>25</b> Line Dancing 9am Pinochle 11am Stretch, Strength, Balance 11am Shuffleboard 12pm Sheepshead 12pm Mahjong 12:30pm	<b>26</b> Medical Billing Assistance 9:30am Strong Bodies 9:30am Chair Yoga 11am Memory Café 1:30pm	<b>27</b> Line Dancing 9am Story Circle 10am Blood Pressures 10am Button Art 10am Ageless Grace Light 11:15am Penny Ante Poker 11:30am Dominos 12:30pm Shuffleboard 12:30pm Bridge 12:30pm	<b>28</b> BFYB 9am Strong Bodies 9:30am Chair Yoga 11am Hand & Foot 12pm Cribbage 12:30pm Open Art 1pm Bingo 1pm	<b>29</b> Mahjong 9:30am Quilting 10am Ageless Grace 10am Needle Art 11am Square Dancing 6:30pm

# April

Monday	Tuesday	Wednesday	Thursday	Friday
<b>1</b> Line Dancing 9am Pinochle 11am Stretch, Strength, Balance 11am Shuffleboard 12pm Sheepshead 12pm Mahjong 12:30pm	<b>2</b> <b>CLOSED FOR ELECTION.</b> <b>ALL PROGRAMS CAN-CELED.</b> <b>Come Support our Bake Sale</b>	<b>3</b> Line Dancing 9am Story Circle 10am Armchair Travel 10am Blood Pressures 10am Ageless Grace Light 11:15am Penny Ante Poker 11:30am Dominos 12:30pm Shuffleboard 12:30pm Bridge 12:30pm	<b>4</b> BFYB 9am Chair Yoga 11am Hand & Foot 12pm Cribbage 12:30pm Open Art 1pm Corn Hole 1pm	<b>5</b> Mahjong 9:30am Ageless Grace 10am Quilting 10am Needle Art 11am Tea Party 11:30am Square Dancing 6:30pm
<b>8</b> Nail Care 9am Line Dancing 9am Pinochle 11am Stretch, Strength, Balance 11am Shuffleboard 12pm Sheepshead 12pm Mahjong 12:30pm	<b>9</b> Medical Billing Assistance 9:30am Strong Bodies 9:30am Chair Yoga 11am Card Creations 11am	<b>10</b> Line Dancing 9am Story Circle 10am Blood Pressures 10am Ageless Grace Light 11:15am Penny Ante Poker 11:30am Dental Screening 11:30am Dominos 12:30pm Shuffleboard 12:30pm Bridge 12:30pm	<b>11</b> BFYB 9am Strong Bodies 9:30am Chair Yoga 11am Hand & Foot 12pm Cribbage 12:30pm Open Art 1pm Bingo 1pm	<b>12</b> Mahjong 9:30am Quilting 10am Ageless Grace 10am Smart Phone Basics 11am Needle Art 11am Biltmore Meeting 1pm Committee on Aging 1:30pm Square Dancing 6:30pm
<b>15</b> Line Dancing 9am Pinochle 11am Stretch, Strength, Balance 11am Shuffleboard 12pm Sheepshead 12pm Mahjong 12:30pm	<b>16</b> Memory Screen by App. 8:30am Medical Billing Assistance 9:30am Strong Bodies 9:30am Chess & Checkers 10am Cork Planter 10:30am Chair Yoga 11am Chronic Disease 12pm	<b>17</b> Line Dancing 9am Story Circle 10am Ageless Grace Light 11:15am Penny Ante Poker 11:30am Dominos 12:30pm Shuffleboard 12:30pm Bridge 12:30pm	<b>18</b> BFYB 9am Strong Bodies 9:30am Chair Yoga 11am Hand & Foot 12pm Cribbage 12:30pm Open Art 1pm Corn Hole 1pm	<b>19</b> Mahjong 9:30am Quilting 10am Blood Pressures 10am Ageless Grace Needle Art 11am Friday Fix 11am Square Dancing 6:30pm
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<b>29</b> Line Dancing 9am Pinochle 11am Stretch, Strength, Balance 11am Shuffleboard 12pm Sheepshead 12pm Mahjong 12:30pm	<b>30</b> Medical Billing Assistance 9:30am Strong Bodies 9:30am Chair Yoga 11am		<b>Walking club starting May on Tuesdays and Fridays at 9am! Schedule and locations to be announced in May</b>  <b>Music Brigade Saturday April 27th 10:30-12pm- All are welcome!</b>  <b>April 27th- Carol King Bus trip- Departing at 8am</b>	