

Executive Director News



*By Linda Hand,
Executive Director*

Thank you to everyone who came out and provided donations to support Sawyer County Alzheimer residents, caregivers, and programming in Sawyer County on February 17th at DJ's Dock. The weather was beautiful, and a wonderful time was had by all. Rick Hopp will add his name to the Wall of Fame as the 2018 Chili Cook-Off King. Local resident and

Continued on Page 2

Embracing Life with Gusto and Purpose *Centenarian Shares Snippets of Her 106 Years*



Lucille had just turned 100 in this photo taken with her children, L to R: Robert, Jennifer and Raymond.

-Photo submitted

*By Kathy Hanson
Contributing Writer*

Ask 106-year-old Lucille Kondrasuk Butek what the secret is to a long life and this is what she will tell you: "I don't know. I just want to live."

Lucille will turn 107 on April 24 this year and my bet is she will get that birthday cake, probably less a few candles.

Born April 24, 1911 in Beulah, North Dakota, Lucille lives these days in Aspen Acres where she is the oldest resident. She apparently was the third resident to move into this fairly new facility, in November 2015.

Up until that time—with a little help from her children—Lucille lived independently. She has packed a lot into her 106 years, but all of it is humble, steadfast and joyful.

Continued on Page 5

What's Up in this Edition:



New Faces at the SRC..... Page 18

Caregiver News Page 15

March/April Menus Pages 8, 9 & 12

Senior Center News..... Pages 3, 4 & 6



Rick Hopp, Chili Cook-off winner, with Ayda Eckes presenting trophy. -Photo Submitted

Director News

Continued from Page 1

Hayward Senior Center volunteer, Juanita Gerber, was the winner of the \$1000 cash drawing.

NOW IT IS TIME TO #MARCHFORMEALS!

This is a month-long, celebration of Meals on Wheels of America and the vulnerable seniors who rely on our vital

services to remain independent at home. The Senior Resource Center's celebration will include various activities throughout the month of March, including the 4th Annual Spring Style Show & Luncheon, which is our major fundraiser for the year. The theme for 2018 Spring Style Show is "Beauties of the Northwoods", benefiting the Senior Resource Center Programs throughout Sawyer County. We will be showcasing the latest fashions & stylists from local businesses, promoting to shop locally. The event is scheduled for Saturday, March 24, 2018 at the Steakhouse in Hayward. Doors will open at 11:00 a.m. for social the social hour. The Luncheon will start at noon, which will be fit for "Beauty & Beast" consisting of Beef Ragout in a Bread Bowl w/Coleslaw and Decadent Desserts with Backroads Specialty Coffees being served. The always captivating Runway Show will follow, taking place from 1-3 p.m. Tickets are now available for \$20 each. This ticket will guarantee you a seat for the luncheon and show along with the chance to win one of many door prizes valued at \$20 or more. There will also be additional raffles and numerous silent auction items available to purchase chances at or to bid on.

HOW CAN YOU HELP?

Depending upon what sponsorship abilities you have, we offer a wide range of options. We realize that not everyone can afford to be a Platinum Sponsor. Every donation helps, big or small, financial or in-kind. If you are unable to donate at this time, maybe you would be willing to volunteer at this or one of our many events throughout the year?

We are looking for any items or gift certificates that can be used in our raffles and auctions. Smaller items will be combined to make gift baskets (we are always looking for baskets). Cash donations will be used to purchase larger items for raffles and for expenses associated, to make this a special day for everyone in attendance. Donations can be dropped off or mailed to the Senior Resource Center office at 15856 E. 5th Street, Hay-

ward or delivered to any of our senior centers in Stone Lake, Exeland, Winter, or Hayward. Please make sure to say that it is for the Style Show fundraiser and attach a business card, so we can give your business the proper recognition. We will have volunteers traveling throughout Sawyer County, in the next couple of weeks, asking local businesses to please display our poster. If you would like

them to pick up a donation at that time, please let us know. We can be contacted by calling 715-634-3000. Please let the staff know if you would like a donation receipt sent to you.

**THANK YOU FOR ASSISTING
US IN #FIGHTINGHUNGER
#FIGHTINGISOLATION FOR
OLDER ADULTS
IN SAWYER COUNTY.**

**MARCH
FOR
MEALS**
WITH
MEALS on WHEELS™



Linda Hand presenting Juanita Gerber with \$1000 as winner of the Cash Raffle for Alzheimer's in Sawyer County. -Photo Submitted

Exeland Center News

The Crossings Diner
715-943-2990



By Karen Skogen

THINK SPRING!

Our Senior Holiday Party Event was held January 14 at The Buckhorn in Exeland and approximately 70 seniors enjoyed the great meal, the entertainment, the prizes and especially an afternoon of relaxation and socializing. Thank you to Ellyn Welling for her "Party Planning" skills.

On March 20th we will be celebrating NATIONAL MARCH FOR MEALS because our seniors should not be forgotten and we wish to thank our volunteer drivers for delivering nutritious meals, friendly visits and safety checks to our community seniors all year long. All of the township board members in our area are very strong supporters of our Senior Center and they also will be invited for lunch that day as guests of our Advisory Board. We encourage area seniors to drop their meal donation in the box, dine that day, join the festivities and personally thank our volunteer drivers and our supporters.

If you enjoy a simple game of BINGO with prizes for all, plan to remain after lunch on Thursday, March 22 and join in on the fun. Our Advisory Board actually set the first monthly game for Thursday, February 22. If after two months, it is determined that the fourth Thursday does

not work for the majority that wish to play, a new date can be discussed. Also, you may wish to suggest a different game – maybe dominos?

Don't forget to look over the fundraiser items that are for sale and remember that Meal Certificates make great gifts.



Stone Lake Center News

The Cranberry Cafe
715-865-2025



By Peggy Johnson

Stone Lake Senior Center Chef

By the time the Compass is distributed we should be closer to spring. With below zero weather almost every day you start to doubt the upcoming arrival of Spring in March. Time for fresh air, gardening, and finding things you thought were lost but were only covered by the snow.

In 2017 a Nutritional Advisory Board has been established to give ideas for meals, activities and fund raisers, etc. for our Stone Lake Senior Center. The Board will meet quarterly, and a notice will be posted stating date and time for the upcoming meetings. Members are Connie Perry, President; Pat Montgomery, Sec.; Sherry Day Treasurer; Jim Bajorek, Mike Day, Jan Clark and Sandy Oates as Board Members. If you have any ideas for fund raisers, menu items, activities or concerns you can talk with any of the members.

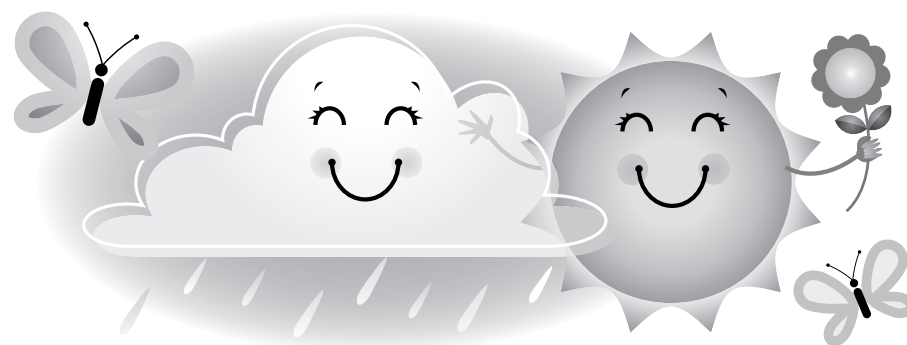
Connie Shields has not had anyone interested in attending Computer Classes on Monday's at 10:00 am, so she will offer to help anyone who needs help setting up, etc. any of electronic devices. Simply call Connie at 715-865-4940 and she will set up a time to meet you at the Senior Center.

The Senior Center will be offering a Salad Bar every Tuesday noon and evening soon. The Salad Bar will come with the meal (one trip) or you can have only the Salad Bar. If you have any suggestions as to what you would like to have on the Salad Bar let Chris know.

The Spring Style Show and Luncheon will be held on Saturday, March 24, 2018 at the Steakhouse and Lodge in Hayward. Tickets are now on sale for \$20 each. Doors open at 11:00 am, lunch at noon and 1:00 pm the Style Show begins. This year's theme is "Beauty and the Beast" - Northwood's Version.

Evening Meals will resume April 3, 2018. Meals start at 5:00 pm. The Salad Bar will also be offered with the evening meal.

The Senior Center will be closed Friday, March 30, 2018 for Good Friday.



Cranberry Cafe

Serving Nutritious Meals
Monday - Friday

8:00-10:00 a.m. Continental Breakfast
Lunch served promptly at 12:00 noon
Tuesday Evening Meal 5:00 p.m.

Age 60+ Suggested Donation Under 60 Full Cost of Meal
Please call 715-865-2025 for Reservation
Or for Meals on Wheels Delivery



Hayward Funeral Home

BRATLEY-NELSON
FUNERAL HOMES & CREMATORY

*Locally Owned and Operated
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The Senior Resource Center*

715-634-2609

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Hayward, WI 54843

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www.ccbhousing.org



WALDO Center News



By Ruth Brad

Dear Friends,

My name is Ruth Brad and I am the Site Manager for the WALDO Center aka the Winter Senior Center. As you may have heard, we have “Outgrown our Home” on Arntz Street and are planning to move to a new location on Highway 70 this Spring.

We are raising funds to elevate the costs that are associated with moving and installing the kitchen equipment, that is used to cook our meals served on site and Meals on Wheels deliveries to the homebound.

We feel that this move will be beneficial to everyone in our community. This new location will offer easier and safer access to the building with spacious parking. The larger facility will be able to handle events and activities which will benefit the older adults and caregivers of the Winter and surrounding areas. The Center will be able to expand service activities, offering a place where residents can come to socialize, access free Wi-Fi, watch television, do puzzles, play cards & games or just visit over a cup of coffee. This additional space will also allow us to offer healthy aging and educational programming,

such as Stepping On for Balance, Yoga, and Exercise.

If you would be interested in assisting with this project, by either providing a financial or in-kind donation to help with the move, you can either drop it off at the Center or mail it to our address at 5141N Arntz Street, Winter, WI 54896.

The WALDO Winter Senior Center is a subsidiary of the Senior Resource Center of Sawyer County, which is a non-profit 501(c)(3). Donations are tax-deductible to the extent allowed by law. Please indicate that this donation is specifically for the building move and if you would like a receipt for tax purposes.

If you have any additional questions, please either contact me at 715-266-2233 or the main office of the SRC at 715-634-3000.

Thank you for your consideration. You have no idea how much it means to us to have your support, it warms our hearts.



Centenarian Shares Snippets of 106 Years Continued from Page 1

Her son, Robert, helped to provide much of the details of Lucille's life as we waited for Lucille to get up from her nap last week at Aspen Acres.

Robert said his dad, John Kondrasuk, was a big musky fisherman and he loved to fish on the Chippewa Flowage. He and Lucille purchased 80 acres on Yankee Joe Creek on the Flowage, not far from the Winter Dam. Their three children—Robert, Jenny and Raymond—all have memories of this and retain a strong connection to this area.

The Kondrasuk family lived in Gilman, Wisconsin where John owned a car dealership and Lucille taught elementary school, and later music, for over 30 years.

Her daughter Jenny said her mom also played the organ and directed the choir at St. Peter and Paul Catholic Church in Gilman for over 50 years.

John died in 1979 and a few years later

Lucille remarried, to Leonard Butek, who was also in the church choir with her. Robert said they had 20 years together before Leonard passed.

"He was just a dear man. I was twice blessed," said Robert of his stepfather.

Lucille also loved to garden, according to Robert, who said she raised vegetables and flowers and did a lot of canning.

"Mom loved nature, the garden, and she was the ultimate hostess when it came to meals. She baked her whole life—six loaves of white bread and six loaves of wheat bread every Saturday," he said.

Music was a central part of Lucille's life. When she was a child her father, Lewis A. Wetzel, who was an accomplished violinist, taught



Left to right: Mom Belle; Gladys behind her; Gertrude; Lucille; Francis; Dad Lew; Ruth; and Raymond.

every child in the family how to play one instrument. Lucille learned how to play the piano and organ. The family created their own orchestra, calling it Wetzel's Orchestra, and they played their way across America one year, all the way to Monroe, Washington where they visited their cousins in 1936.

Robert, who like his mom taught school (3rd grade in Stillwater, Minnesota), said when his mother turned 100 he arranged for her to talk to the 3rd grade class in Hayward. Every child was told to prepare one question to ask Lucille.

Robert said the first question came from a little boy who asked, "What was your first car?"

Lucille held up a picture of herself at age 5. She was sitting on Nellie, the family's swayback mare.

There is much to learn from a lady who lives to be 106 and remains quite content. Her daughter Jenny said it best.

"Mom was such a servant

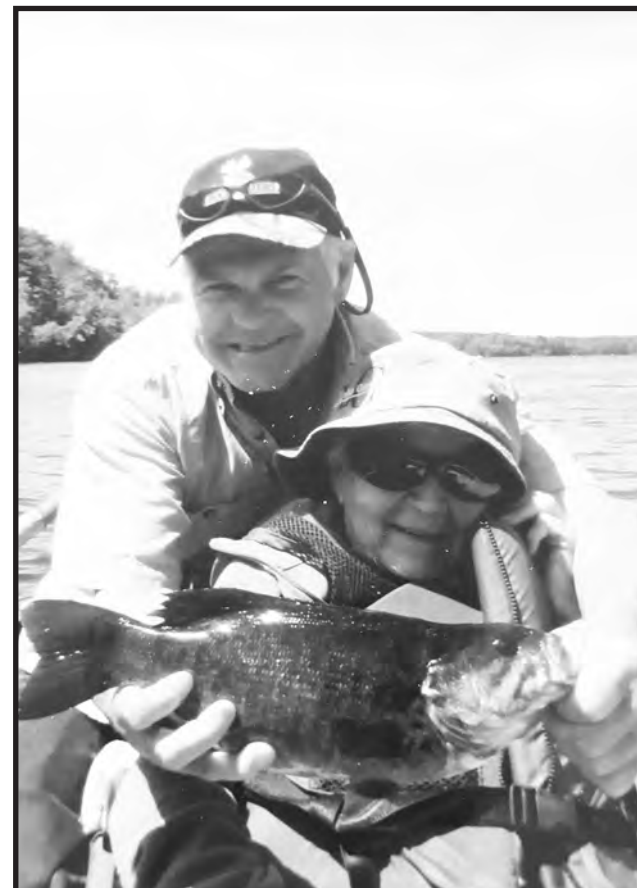
to all—she just could not do enough for her family, students, church and community. Very, very, very special lady."



Lucille as a young woman.



Lucille at 103 years old with her beloved dog, Abby.



Lucille celebrated at 104 years of age with her son Robert on the Chippewa Flowage. Photo submitted

Hayward Senior Center News



By Sue Gold

Have you survived the cold weather so far? The Senior Resource Center has been warm and bustling with activity. There are some new things happening. Bill Smith has been taking pictures around the center. His pictures are displayed on a new panel in the dining hall. They will rotate from time to time with new pictures being displayed at the top of the panel. If Bill approaches you don't be shy! Your picture could wind up on the new panel! Also, Bill and Eric Drezcko are talking about starting a Camera Club. Anyone who is interested can contact Bill Smith. We also need volunteers to work the reception desk upstairs on an interim basis. It's easy to do and a good way to give back to the Senior Center. If interested, please see Carol Musselman. We are also looking for donations to our new and beautiful Gift Shop. If you have any treasures that you can part with, please see Betty Hutchinson. She has done a fantastic job with the display in the lobby. Stop by and have a look.

The calendar looks like this:

3/16 St. Patrick's Day Celebration, 3/21 Easter Dinner at the Center, 3/24 is the Style Show, 4/1 is Easter, and 4/25 is the Spring Social Mixer at the Steakhouse. Music will be provided by the Blue Water Big Band.

Hope to see you soon!

Sawyer County



VETERANS Service Office News

**By Gary Elliot,
Sawyer County VSO**

NON-SERVICE CONNECTED DISABILITY PENSION/ DEATH PENSION

Non-service connected (NSC) pensions are available to certain veterans who are no longer able to work due to disability or age. These pensions are intended to keep qualified veterans from living below the poverty level, and as such are "needs-based" and not entitlements.

To qualify for an NSC pension, veterans must have been on active duty during a recognized wartime period. It does not matter where they actually served (i.e. overseas or stateside), but they must have served at least one (1) day during a wartime period. Veterans with service prior to 9/8/1980 are required to have served at least 90 days on active duty;

veterans who served after that date may have longer active duty requirements. Veterans dishonorably discharged are not eligible for this benefit.

This benefit is only available to wartime veterans who are low income and no longer able to work due to a permanent and total disability, or to those who are over age 65. As a needs-based benefit, the pension availability is based on family income and net worth, as adjusted by unreimbursed medical expenses. If net worth and income are below a specified level, the veteran may be eligible for a monthly tax-free stipend. If income or net worth is above that level, the veteran is not eligible for the benefit. Benefit levels also depend and vary according to family size and level of medical care required by the veteran.

While this benefit is for wartime veterans, it also extends to the widows and widowers of those veterans. Any low-income survivor of a wartime veteran should apply for the benefit, including (and especially) those in nursing homes.

NORTHERN WISCONSIN VETERANS MEMORIAL CEMETERY

Located near Spooner provides a final resting place for veterans and creates a lasting memorial to their achievement and sacrifices. The cemetery has an attractive administrative building, which includes a committal chapel for interment services. An outdoor committal shelter is used for services when weather permits. The cemetery also hosts veterans' events and commemorations in its



ceremonial area and flag plaza.

The cemetery inters caskets and cremation urns year-round. Eligible veterans and spouses/dependents are entitled for burial at this cemetery. Cremated remains may be interred either in ground, an above ground columbarium, or in the scattering area. The government marker will include the veteran's name, rank, branch of service, war period, birth date, death date and spousal information. Families also have the option of adding an additional inscription/term of endearment to their loved ones' marker.

Groundbreaking occurred October 16, 1998 with construction beginning April of 2000. The cemetery began interments on November 10, 2000, and was officially dedicated on June 10, 2001. The initial of construction included burial for casket and cremation urns. Phase II of construction was completed January 2008. Phase II included additions to the columbarium, a new cremation garden, a cremation scattering area, an outside dealer vault garden and an addition for maintenance storage. Additional development will occur to accommodate needs of veterans and their families. The cemetery is conveniently located along Highway 53 between Eau Claire and Superior. Contact your CVSO for more information.

**CONTACT SAWYER COUNTY
VETERAN SERVICE OFFICE
AT (715) 634-2770**



DRIVER SAFETY

AARP Real Possibilities



AARP DRIVING CLASSES WITH CHERI OLSON
AT THE HAYWARD COMMUNITY LIBRARY
715-558-8481 FOR RESERVATIONS

Times: 9:30 a.m. to 2:30 p.m.

Wednesday, March 7

Wednesday, May 23

Wednesday, September 5

The next AARP Smart Driving Class will be at the
Sherman & Ruth Weiss Community Library
10788 State Hwy 27/77, Hayward, WI
(Located on Hwy 77 1/4 mile west of Hwy 63).
Classes are from 9:30 a.m. to 2:30 p.m.

AARP members please bring a current card and pay \$15.
Non-members pay \$20.

Please bring a check or money order made out to AARP.

There is a 30-minute lunch break. You may bring your own lunch or leave and return in 30 minutes for the continuance of the class.

CALL CHERI AT 715-558-8481 TO REGISTER



Tai Chi Moving for Better Balance

New Classes
Starting in
March/April



Senior Resource Center – Lower Level
15856 E 5th St Hayward, WI 54843
Wednesdays 4:30-5:30 PM

What is Tai Chi: Moving for Better Balance?

Tai chi: Moving for Better Balance helps older adults improve their balance and reduce the likelihood of falling. Research has shown that people who complete the program are half as likely to fall and are less fearful about falling.

Should I Attend? The program is intended for community-dwelling older adults aged 60 and older, who can walk easily with or without assistive devices.

What will I Learn? Participants will learn balance skills, good body alignment, and coordinated Tai chi movements.

How Often Will I Need to Practice? Participants should practice Tai chi: Moving for Better Balance for approximately three hours each week.

What Health Benefits Will I See?

- Improved physical health that leads to better functioning in daily activities,
- Improved balance, muscle strength, flexibility and mobility, and
- Better mental health such as increased self-esteem and less social isolation.

Cost: 60+ is \$48 for 9 week course
60 and under is \$60 for 9 week course
Must be paid prior to start

TO SIGN UP, PLEASE CALL:
1-715-634-3000 (SPACE IS LIMITED)



What's for Dinner?

March & April Tuesday Evening Menus at Hayward and Stone Lake Centers

HAYWARD

MARCH

March 6th

Breaded Pork Cutlet
w/Parslied Potatoes
Salad Bar/Buttered Carrots
Angel Food Cake w/fruit
topping & whipped Cream

March 13th

Hearty Beef Stew
w/Carrots, Potatoes,
Rutabaga & Biscuit
Salad Bar
Cookie

March 20th

Parmesan Chicken
Noodles
Salad Bar/Corn
Garlic Bread
Frosted Brownie

March 27th

Roast Beef
Mashed Potatoes & Gravy
Salad Bar/Peas
Dessert Bar

*All meals include
bread & milk
Served Tuesdays
at 5:30 p.m.

APRIL

April 3rd

Lasagna
Salad Bar/ Green Beans
Garlic Bread
Pears

April 10th

Pork Roast w/Applesauce
Baked Sweet Potatoes
Salad Bar/ Buttered Carrots
Cookie

April 17th

Baked Chicken
Potato Salad
Salad/Bar/Pickled Beets
Strawberry Short Cake
w/Whipping Cream

April 24th

Salisbury Steak
Mashed Potatoes w/Gravy
Salad Bar/Peas
Chocolate Cake

*Call: 715-634-3000
to make a reservation*

STONE LAKE

APRIL

April 3rd

Turkey w/Dressing
Mashed Potatoes & Gravy
Salad Bar
Apple Pie

April 10th

Meat Loaf
Baked Potato
Salad Bar
Sunshine Cake

April 17th

Chicken Parmesan
Angel-hair Spaghetti
Salad Bar
Chocolate Cake

April 24th

Spaghetti with Meat
Sauce
Salad Bar
Cheesecake




*Call: 715-865-2025
to make a reservation*

*All meals include
bread & milk
Served Tuesdays
at 5 p.m.



March 2018

Alternative Meals are available upon request. Please contact your site manager 1 day in adv

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Age 60+ suggested donation \$3 breakfast, \$4 lunch, \$5 dinner. Under 60 charges of \$5 breakfast, \$8.50 lunch, \$8.50 dinner. Salad Bar – (1) Trip for with Meal included at regular cost. Salad Bar Alone All-You-Can-Eat same cost as meal. For Reservations call: Stone Lake: (715) 865-2025 Winter: (715) 266-2233 Exeland: (715) 943-2990 Hayward/Spider Lake/Vets Center: (715) 634-4680</p>			<p>1 Chef's Choice</p> 	<p>2 Chef's Choice</p> 
5 Breaded Pork Chop w/Applesauce, Baked Sweet Potato, Mixed Vegetables, Dinner Roll, Ice Cream, & Milk	6 Lasagna, Salad Bar, Garlic Bread, Dessert, & Milk	7 Baked Chicken Breast, Potato Salad, Baked Beans, Marble Rye Bread, Baked Apples, & Milk	8 Open-Faced Beef Sandwich, Potatoes w/Gravy, Butter Carrots, Peanut Butter Cookie, Bread, & Milk	9 Salmon Pattie, Boiled Baby Reds, Creamed Peas, Dinner Roll, Pudding, & Milk
12 Daylight Saving 3/11 Meatloaf, Baked Potato w/Sour Cream, Stewed Tomatoes, WW Bread, Fruit, & Milk	13 Pulled Pork Sandwich on a Bun, Oven Roasted Potatoes, Salad Bar, Frosted Brownie, & Milk	14 Spaghetti & Meatballs, Green Beans, Garlic Bread, Cookie, & Milk	15 Chicken Kiev, Rice Pilaf, Buttered Corn, Bread, Apple Turnover, & Milk	16 ST. PAT'S PARTY Corned Beef & Cabbage, Carrots, Potatoes, Brown Bread, Dessert, & Milk
19 Smoked Polish Sausage w/Kraut, Parslied Red Potatoes, Peas, Fruit Salad, & Milk	20 SPRING BEGINS Cheesy Broccoli Soup, Spring Salad Bar, Garlic Bread, Fruit Pie, & Milk	21 EASTER PARTY Honey Glazed Ham, Scalloped Potatoes, Asparagus, Dinner Roll, Dessert, & Milk	22 Salisbury Steak over Noodles, Broccoli, WW Bread, Peach Cobbler, & Milk	23 Fish Sandwich w/Lettuce, Tomato, Tartar, Sidewinders, Fruit Parfait, & Milk
26 Pork Loin Roast, Mashed Potatoes, Gravy, Buttered Beets, Fruit Salad, Rye Bread, Cookie, & Milk	27 Homemade Pizza, Salad Bar, Fruit, Cheese Cake, & Milk	28 Roast Turkey, Mashed Potatoes, Stuffing, Gravy, Carrots, Dinner Roll, Dessert, & Milk	29 Baked Pork Chop, Oven Roasted Baby Reds, Fried Cabbage w/Carrots, Fruit Yogurt Parfait, WW Bread, & Milk	30 CLOSED 

Skiing the Prince Haakon for the First Time...

It's Off His Bucket List!



First-time Birkebeiner skier in the Prince Haakon race, Tom Burgess, just seconds as he crossed the finish line. -Photo by Kathy Hanson

By Kathy Hanson
Contributing Writer

Tom Burgess has been a volunteer for the Birkie for years. He and his Rotary Club members are always at the Mosquito

Brook food stand on the trail, handing out water and food, and picking up the debris on the trails as the skiers race by.

But on his bucket list was to ski

Continued on Page 13



"Be Our Guest"

Please "Be our Guest" at the Senior Resource Center 2018 Spring Style Show & Luncheon benefiting Sawyer County programs for older adults 60+ and their caregivers, which includes Senior Meals & Meals on Wheels. We will feature the styles of local merchants and service providers, promoting "Shop Local" with models showing the diversity of our "Beauties of the Northwoods." You will need to attend to see if our Northern Belle can break the spell of the Beast, bringing on the start of Spring.

TICKETS \$20.00

Available at:

- Senior Resource Center, 15856 E. 5th St., Hayward
- Hayward/Stone Lake/Exeland/Winter Senior Centers

SATURDAY,
March 24, 2018

at The Steakhouse & Lodge
15860 T-Bone Lane, Hayward, WI

Doors Open 11 am, Lunch Served at Noon,
Runway Show 1-3 pm

A luncheon fit for Beauty & Beast:
Beef Ragout in a Bread Bowl w/Coleslaw
Decadent Desserts with Backroads Specialty
Coffees • Cash Bar Available

Huge Raffles • Door Prizes • Silent Auction

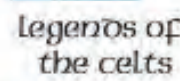
ALL AGES WELCOME!

#marchformeals
#fightinghunger
#fightingisolation



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Available
Summer
2018!**

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A TOUR**

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watersedgehayward.com

April 2018

Monday	Tuesday	Wednesday	Thursday	Friday
2 Baked Chicken, Wild Rice, Bacon Wrapped Asparagus, Dessert, Bread, & Milk	3 Beef Stew, Biscuits, Salad Bar, Fruit Cobbler, & Milk	4 CLOSED ALL STAFF TRAINING No Meals, Meals on Wheels, Office, or Bus	5 Finger Lickin' BBQ Ribs, Baked Potato, Baked Beans, Corn Bread, Fruit, & Milk	6 CHEF'S CHOICE 
9 Liver & Onions, Oven-Fried Baby Reds, Green Beans, Dessert, Roll & Milk	10 Almond Chicken Salad w/Craisins, Croissant, Salad Bar, Milk, & Creamsickle Float	11 Orange Chicken Stir Fry, Vegetables, Rice, Eggroll, Fruit, Fortune Cookie, & Milk	12 Boiled Dinner with Vegetables, Brown Bread, Yogurt Fruit Parfait, & Milk	13 Meatballs, Mashed Potatoes w/Gravy, Side Salad, Cranberry Bread, & Milk
16 Creamed Chicken over Biscuit, Peas, Fresh Fruit, Chocolate Brownie, & Milk	17 Sloppy Joe on a Bun, Salad Bar, Frozen Yogurt, & Milk	18 Pepper Steak over Rice, Spring Vegetable Blend, Fresh Fruit, Roll, & Milk	19 Baked Chicken Breast, Rice Pilaf, Strawberry Spinach Salad, Cookie, & Milk	20 Build a Burger, Coleslaw, French Fries, Rootbeer Float, & Milk.
23 Chef's Choice 	24 Turkey Burger on a Bun, Salad Bar, Fruit, & Milk	25 Pork Chop, Broccoli & Cauliflower Mix, Strawberry Rhubarb Dessert, & Milk	26 Italian Beef Dip Sandwich, Potato Chips, Coleslaw, Fruit, & Milk	27 Lasagna, Side Salad, Garlic Bread, Ice Cream w/Toppings, & Milk
30 Brat on a Bun, Sweet Potato Fries, Cucumber Salad, Dessert, & Milk	<p>Age 60+ suggested donation \$3 breakfast, \$4 lunch, \$5 dinner. Under 60 charges of \$5 breakfast, \$8.50 lunch, \$8.50 dinner. Salad Bar – (1) Trip for with Meal included at regular cost. Salad Bar Alone All-You-Can-Eat same cost as meal.</p> <p>For Reservations call: Stone Lake: (715) 865-2025</p> <p>Winter: (715) 266-2233 Exeland: (715) 943-2990 Hayward/Spider Lake/Vets Center: (715) 634-4680</p> <p>Alternative Meals are available upon request. Please contact your site manager at least one day in</p>			



After the race Tom Burgess enjoys a brewski in the new Celebration Plaza tent. -Photo by Kathy Hanson



Off His Bucket List Continued from Page 10

one of those races himself—as a participant instead of a volunteer.

He did exactly that this year at the 44th Slumberland American Birkebeiner, skiing the 15K Prince Haakon on Friday along with nearly 500 entrants on a trail that received another six inches of heavy snow the night before.

Burgess, 76, sporting a total knee replacement that is only two years old, finished in 2 hours, 19 minutes, placing him at 259th overall and 111th in the male entrants. That's an impressive performance for a first-time Haakon racer, regardless of age.

Burgess said the race was assembled in a private development, well off the Birkie trail. The skiers were all bused in. The race officially began at 1:15 p.m. but Burgess held back until 1:22 p.m. to allow the crush of several hundred other skiers to fan out somewhat.

"The trail was always busy with Korte skiers and Haakon skiers, many stopping and hesitating before steep downhill and sharp turns," Burgess said, adding that twice skiers fell in front of him going downhill and he had to spill to avoid a crash.

After a rest stop at Hatchery Park, the skiers again had to climb two long, extended hills, one before crossing Highway 77 and another long, steep climb after Highway 77 before finally descending onto Lake Hayward for the final 3K.

He said the climax was the trip over the International Bridge and the short ski to the finish.

"As in everything the Birkie organization undertakes, it was all carried out in a very organized, professional manner," Burgess said.

As for next year—"I'm glad it's off my bucket list. I don't know about next year."

At left... The ultimate reward for a skier who's finished the race—the medal.
-Photo by Kathy Hanson

Join us at The Steakhouse for an Evening of Food, Music and Fun!



<https://www.facebook.com/Blue-Water-Big-Band-Duluth-121066748011778/>

New for this year – Spring Social Mixer

This is not a fundraiser, but a request from local seniors to have a safe place to meet others in the community and socialize. It will be held at The Steakhouse on Sunday, April 29th from 2-5 p.m. Residents will have the opportunity to Mix/Mingle and enjoy the fabulous music of The Duluth Blue Water Big Band that plays music from 1930-1970's. Fancy Hors-d'oeuvres and Desserts will be served. Cash bar and full menu available. Local partners are needed with transportation, respite care, and on-site assistance. We will also be looking for financial donations to keep the cost to participants at a minimal amount.

<https://www.facebook.com/events/571588023189430/>

Looking to start a Hayward Chapter Take Off Pounds Sensibly (TOPS)



**TAKE OFF
POUNDS SENSIBLY**

Do you feel you need a boost to your New Year's resolution to lose weight? We are looking to start a Hayward area chapter of TOPS. Take Off Pounds Sensibly is low cost and fun way to help you reach your weight loss goals by providing tools, education and support in a friendly and encouraging manner. They provide motivational presentations as well as challenges and contests to take some of the drudgery out of losing weight. While TOPS offers a suggested nutritional weight loss plan,

you are free to follow any plan of your choosing. TOPS offers programs for healthy living and weight management utilizing supportive group fellowship.

We need at least 6 regular members to create an official Hayward chapter. We plan on meeting at the Hayward Senior Resource Center in the afternoon – day and time to be announced.

**If you are interested call the
Senior Resource Center
(715) 634-3000**

**and leave your name
and phone number with Michelle.
THE FIRST MEETING IS FREE
BRING A FRIEND!**

TECHNOLOGY ASSISTANCE



COMPUTER HELP WITH CONNIE SHEILD

Computer help will continue Tuesdays 10 a.m. to Noon at the Hayward Senior Center. The Stone Lake computer help has been discontinued due to lack of interest. If you need help, please call Connie at 865-4940 and she will gladly meet you at the Stone Lake Senior Center.

CALL 715-634-3000 FOR MORE INFORMATION



WISCONSIN
INDIANHEAD
TECHNICAL
COLLEGE

1900 College Drive
Rice Lake, WI 54868

Continuing Education

Offered by Wisconsin Indianhead Technical College

Hatha Yoga with Mary Jo Jirik

Hayward Senior Resource Center

Hatha Yoga is a very gentle style of yoga that combines stretching (postures) with breath work and meditation to connect you to all parts of yourself. A few of the many benefits include improved flexibility, mobility, strength, circulation, relaxation, balance and energy. Yoga helps to bring awareness and trust to your body, calmness to your restless mind and joy to your spirit. As always, please check with your physician before starting this or any other exercise class.

Class	Class #	Dates (Weekday)	Time	Fee
Hatha Yoga- Hayward	24257	Tue 1/9-2/13/18	8:30-9:30a	\$30/\$17.25
Hatha Yoga- Hayward	24262	Tue 1/9-2/13/18	4:30-5:30p	\$30/\$17.25
Hatha Yoga- Hayward	24263	Th 1/11-2/15/18	8:30-9:30a	\$30/\$17.25
Hatha Yoga- Hayward	24266	Th 1/11-2/15/18	10:00-11:00a	\$30/\$17.25
Hatha Yoga- Hayward	24270	Tu 3/13-4/17/18	8:30-9:30a	\$30/\$17.25
Hatha Yoga- Hayward	24271	Tu 3/13-4/17/18	4:30-5:30p	\$30/\$17.25
Hatha Yoga- Hayward	24272	Th 3/15-4/19/18	8:30-9:30a	\$30/\$17.25
Hatha Yoga- Hayward	24273	Th 3/15-4/19/18	10:00-11:00a	\$30/\$17.25
Hatha Yoga- Hayward	24274	Tu 5/1-6/5/18	8:30-9:30a	\$30/\$17.25
Hatha Yoga- Hayward	24275	Tu 5/1-6/5/18	4:30-5:30p	\$30/\$17.25
Hatha Yoga- Hayward	24276	Tu 5/3-6/7/18	8:30-9:30a	\$30/\$17.25
Hatha Yoga- Hayward	24277	Th 5/3-6/7/18	4:30-5:30p	\$30/\$17.25

HOW DO I REGISTER?

- Online at witic.edu/search
- In person at WITC – Campus Name – visit Student Services
- By phone using a credit card. We accept VISA, MasterCard, and Discover: 800-243-9482, ext. 0000
- By mail – send your completed registration with payment to the campus nearest you (addresses below)

WITC-Ashland 2100 Beaser Ave. Ashland, WI 54806 Ext. 3170	WITC-Rice Lake 1900 College Drive Rice Lake, WI 54868 Ext. 5045	WITC-Superior 600 North 21st Street Superior, WI 54880 Ext. 6367	WITC-New Richmond 1019 S. Knowles Ave. New Richmond, WI 54017 Ext. 4221
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WITC is an Equal Opportunity/Access/Affirmative Action/Veterans/Disability Employer and Educator.

CAREGIVER SUPPORT...

Assistive Technology Can Help YOU!

The life of a caregiver can be incredibly busy. When your loved one needs help with daily living tasks such as dressing, grooming, walking and eating, a lot of time and energy is consumed on these tasks alone. Add to that doctor's appointments, medication management, housekeeping, grocery shopping, cooking and laundry and you wonder how to get it all done. And it's nice to share some quality time with your loved one, not to mention taking care of your own needs!

When there are so many things to do, assistance of any kind makes the day go smoother. Asking friends, relatives and neighbors for help is one great solution. Another way of making your caregiving tasks more manageable is using Assistive Technology.

Assistive technology is an item, piece of equipment, or product that helps a person do an activity that they might not otherwise be able to do. One example is using a weighted fork for a person with tremors. When using regular silverware, the person might need to be fed, but the weighted fork reduces the tremors and he or she is able to feed him or herself. Not only can assistive technology make completing tasks easier for the caregiver but also allows the person being cared for to do things on their own. That feeling of independence can mean a lot to a person

who needs help with so many things.

There are many assistive devices that can help people complete daily living tasks independently. Some things are as simple as sticky-backed foam dots marking the wash cycle on the washing machine knob. Others are larger pieces of equipment like a raised toilet seat. Helping people to become aware of the assistive technology devices that are available is the biggest challenge.

A wide range of assistive technology is available to try at North Country Independent Living. This is the regional Center for Independent Living (CIL) serving Ashland, Bayfield, Burnett, Douglas, Iron, Price, Sawyer and Washburn Counties. CILs are consumer controlled, community based, cross disability, non-residential private nonprofit agencies designed and operated in our local communities by individuals with disabilities to maximize their ability to live independently.

North Country provides information and help with assistive technology for all facets of independent living. Their Wis-Tech Device Loan and Demonstration Program for adaptive equipment is available for persons with disabilities to "try out" and evaluate before seeking funding. Wisloan and Telework may be able to help qualified individuals with funding to acquire the technology they need.

For more information call or email John Nedden-Durst at 218-428-2960 (711 relay) or jnd@northcountryil.org.

Some things, like a long-handled reacher, back scratcher and a jar opener are not new



to you. But there are a lot of very innovative products that you have likely never heard of. Here are a few examples of assistive technology that can help with different areas of need:

MOBILITY/TRANSFERRING

Swivel seat cushion, Furniture risers, Ceiling mounted pole

EATING

Plate guard, Weighted forks, Forks with grips

COOKING

- Suction cup brushes, Rocking T knife

BATHING/DRESSING

Sock aid, Shampoo trays

MEDICATION MANAGEMENT

Talking pill bottle

RECREATION

Lighted magnifying glass, Extra-large playing cards, Pocket talker

GENERAL SAFETY

3-prong plug with helper, Non-skid tape

WANDERING PREVENTION

Door posters, Door alarms, Adaptive door knobs

If you would like assistance with this process, please feel free to contact Jodi Olney, Respite Coordinator, at the Senior Resource Center 715-634-3000.



Jane Mahoney

Older American's Act Consultant
Greater Wisconsin Agency on Aging Resources

FIT FOR LIFE DANCE CLASS WITH JODIE OLNEY

Class #: 27171
Dates: Tuesdays,
 2/20-3/27
Time: 9:45 a.m. to 10:30 a.m.
Fee/Sr. Fee: \$30/\$17.25

Fit for Life Dance is a fitness program specifically designed for the active older adult, the beginner participant, and other special populations that may need modifications in an exercise program. Join us as we put motion to music, get moving and limber up.



HOW DO I REGISTER?

- Online at witic.edu/search
- In person at WITC-Campus Name – visit Student Services
- By phone using a credit card.
We accept VISA, MasterCard, and Discover: 800-243-9482, ext. 0000
- By mail – send your completed registration with payment to the campus nearest you (addresses below):

WITC-Ashland
2100 Beaser Ave.
Ashland, WI 54806
Ext. 3170

WITC-Superior
600 North 21st Street
Superior, WI 54880
Ext. 6367

WITC-Rice Lake
1900 College Drive
Rice Lake, WI 54868
Ext. 5045

WITC-New Richmond
1019 S. Knowles Ave.
New Richmond, WI 54017
Ext. 4221

Sawyer County Compass

*The Official Newsletter of the Sawyer County
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 Advertising: gazetteads@centurytel.net
 Editor: saj@sawyercountygazette.com

HAYWARD AARP® NEWS

By Carol Alcoe

The Hayward Chapter of AARP will hold the March meeting on Thursday, March 1st, at the Senior Resource Center Upper Level at 15856 E. 5th St., Hayward. A meeting of the board will be at 1 pm, followed by a general membership meeting and refreshments at 1:30 pm. At 2 pm., John Adler, a local entertainer/musician known professionally as 'Sonofmel' will present musical entertainment and anecdotes about living seven years in Turkey.

The April AARP meeting will be April 5th at the same location mentioned above. Board meeting at 1 pm, then a membership meeting and refreshments at 1:30 pm. At 2 pm, Carol Strainus of Moose Lake will speak of her recent trip to Churchill, Manitoba, Canada to spend 4 days up close and personal with polar bears. The group was guided by Natural Habitat Adventures, part of the World Wildlife Foundation. Carol has many amazing pictures to share and interesting stories to tell.

Everyone is invited - you do not need to be an AARP member.

**CAROL ALCOE CAN BE
REACHED AT 715-634-0988**

YOUR ENTERTAINMENT PRESENTS

Bingo Night

DO YOU NEED A RIDE TO BINGO???

Thursday evenings we have a Progressive Bingo at the Senior Resource Center. We are taking names of people who would be interested in getting a ride withing a 4 miles radius of Hayward. Pick-up around 5 p.m. and leaving around 9 p.m. to go back home. Great food and beverages are available for sale at the concession. Please call Michelle at 715-634-3000 with your contact information or let Bob on the bus know if you are interested. Thank You!

Senior Resource Center Hayward, WI
TEL: (715)634-3000

AWESOME PRIZES

**Bring
on
SPRING**

STONE LAKE BREAKFAST MENU

Served Weekdays 8 a.m. to 10 a.m.

MARCH

- 1) Scrambled Eggs, Sausage Patties, Pancakes
- 2) Veg/Egg Scrambler, Polish Sausage, HB, Cr. of Wheat

- 5) Scrambled Eggs, Bacon, French Toast
- 6) Baked Eggs, Sausage Links, Waffles
- 7) Sausage Gravy & Biscuits, Scrambled Eggs, Oatmeal
- 8) Scrambled Eggs, Ham, Raw Fries w/Onions
- 9) Breakfast Sandwich, Hash Browns, Oatmeal

- 12) Scrambled Eggs, Sausage Patties, Pancakes
- 13) Scrambled Eggs, Polish Sausage, Potato Pancakes
- 14) Build an Omelet, Raw Fries, Oatmeal
- 15) Scrambled Eggs, Sausage Links, Waffles
- 16) Corned Beef Hash, Scrambled Eggs, Cream of Wheat

- 19) Scrambled Eggs, Bacon, Raw Fries w/Onions
- 20) Scrambled Eggs, Sausage Patties, French Toast
- 21) Sausage Gravy & Biscuits, Scrambled Eggs, Oatmeal
- 22) Baked Eggs, Ham, Potato Pancakes
- 23) Breakfast Burrito, Hash Brown, Baked Oatmeal

- 26) Scrambled Eggs, Sausage Links, Blueberry Pancakes
- 27) Scrambled Eggs, Sausage Patties, Waffles
- 28) Build an Omelet, Raw Fries, Oatmeal
- 29) Scrambled Eggs, Bacon, French Toast
- 30) CLOSED—HAPPY EASTER

APRIL

- 2) Scrambled Eggs, Ham, Potato Pancakes
- 3) Baked Eggs, Polish Sausage, Raw Fries w/Onions
- 4) Sausage Gravy & Biscuits, Scrambled Eggs, Oatmeal
- 5) Scrambled Eggs, Sausage Patties, Pancakes
- 6) Veg/Egg Scrambler, Sausage Links, HB, Cr. of Wheat

- 9) Scrambled Eggs, Bacon, French Toast
- 10) Scrambled Eggs, Ham, Waffles
- 11) Build an Omelet, Raw Fries, Oatmeal
- 12) Scrambled Eggs, Sausage Links, Blueberry Pancakes
- 13) Breakfast Sandwich, Hash Browns, Oatmeal

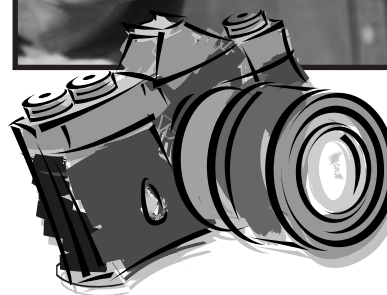
- 16) Scrambled Eggs, Sausage Patties, Potato Pancakes
- 17) Scrambled Eggs, Polish Sausage, Raw Fries w/Onions
- 18) Sausage Gravy & Biscuits, Scrambled Eggs, Oatmeal
- 19) Scrambled Eggs, Bacon, French Toast
- 20) Corned Beef Hash, Baked Eggs, Cream of Wheat

- 23) Scrambled Eggs, Sausage Links, Pancakes
- 24) Scrambled Eggs, Ham, Waffles
- 25) Build an Omelet, Raw Fries, Oatmeal
- 26) Baked Eggs, Sausage Patties, French Toast
- 27) Breakfast Burrito, Hash Browns, Baked Oatmeal

- 30) Scrambled Eggs, Bacon, Raw Fries w/Onions

***Breakfast Includes: Fruit, Pastry, Toast, Coffee, Hot Chocolate, Juice (V-8 & Orange), Milk

NEW! NEW! NEW!



*Interested in Taking
Good Pictures
and Learning More
About Your Camera?*

HAYWARD CAMERA CLUB

**SHERMAN & RUTH WEISS
COMMUNITY LIBRARY • HAYWARD**

1st Meeting:

Wednesday, March 14th • 6:30 p.m.

2nd Meeting:

Wednesday, April 18th • 6:30 p.m.

*Covering Digital Cameras
Including DSLRs*

FOR INFORMATION...

ERIC DRECZKO: 715-634-0879

BILL SMITH: 727-460-1573

**I would like to make a contribution to the Senior Resource Center
Aging Services and Older American Act Programs.**

Please add my donation to the following program(s):

_____ Meal Program _____ Alzheimer's Respite _____ General Operating Fund

Name: _____

Address: _____

☐ I would like to be added to "The Senior Connection" mailing list. **{ \$5.00 - 1 year subscription }**

☐ I have included a donation in the amount of \$ _____.
(Checks made payable to the Senior Resource Center)

Thank you!

****We also accept Credit Cards – Please contact the Hayward Center at 715-634-3000 for more information**

Please Return To:

The Senior Resource Center ~ 15856 E. Fifth St. ~ Hayward, WI 54843

We are a 501(c)(3) non-profit organization. Donations are tax deductible to the extent allowed by law.

New Faces at the SRC

By **Kathy Hanson**
Contributing Writer

There's always something new going on at the Senior Resource Center and this time it's people!



LORRAINE HAMMEREL

Lorraine Hammerel is the Senior Resource Center Administrative Assistant, a job that began as a summertime work opportunity and has become much more than that. She does the state reporting—an enormous responsibility.

Lorraine grew up in the Hayward area and then spent 20 years in Illinois where her husband, James, and she built and managed a private game reserve. She was also a farm accounts manager and a licensed deer and turkey hunting guide for the Max McGraw Wildlife Foundation.

A move back to Hayward allowed her to continue her education at WITC in Rice Lake in accounting and pursuing her Associate Degree in non-profit organizations, grant writing and the Dementia Care Program.

Lorraine provided her age: “ageless,”

and that is the perfect attitude toward age in the senior resource center where there are no barriers around people's goals. She said her dream job is to get up every morning and go to a job that she feels good about and loves.

“My summertime job turned out to be just that. I believe I am very fortunate.



MICHELLE PEDERSON

Meet Michelle Pederson, Confidential Secretary at the Senior Resource Center. Michelle was born in Ashland to Ken and Lori Pederson and has lived in Hayward all her life.

With a background that includes jobs at Midwest Stihl, Don Johnson Motors

and Lost Land Lake Lodge, 31-year-old Michelle has been at the resource center for 10 months. Her responsibilities are diverse and crucial to the day-to-day operations of the center.

Her main job is bus dispatch. She schedules riders for doctor appointments, grocery shopping, lunches at the senior center, Bingo night and many other things that require a bus trip for seniors. She also does in-home assessments for the Meals on Wheels Program and assesses their nutritional needs, health condition, and other needs they may have in their home, such as safety handrails. Her position as secretary also includes assisting other staff, maintaining and filing documents, writing minutes for the SRC Board meetings and handling the phone calls.

Working with seniors and making a difference in their lives is Michelle's priority and she credits her Grandpa Melvin Pederson for his influence in her life.

“He lived alone and I was a stay-at-home mom at the time, so I would go visit him while he sat in his recliner, looking out his big picture window, watching the sun set in the farm fields across the roads. I would also take him to his doctor's appointments...bring him mashed potatoes, and to see his smile made me know I made his day.”

Michelle said her daily goal is “to never give up when there are others out there that need your hard work and uplifting spirits.”



JODI OLNEY

Jodi Olney is the new Health Promotions/Respite Coordinator at the Senior Resource Center. She is highly credentialed with a degree from UW-Stevens Point in Health Promotion and Wellness. Jodi is a certified personal trainer and fitness instructor and has been teaching and training for almost 20 years.

She came to Hayward from Albany, Wisconsin in July with her husband and two children—Justin, 8, and McKenzie, 6. Her husband Mike is the general manager at the Heartwood Conference Center in Trego and both love the northwoods.

Jodi will soon be teaching the seven-week Stepping On program, which focuses on fall prevention for older adults. She also teaches a Fit for Life dance class at the senior center.

The Respite program will be starting up again, so caregivers will be able to drop off their loved ones at the senior center where Jodi will engage them in activities. More details will be announced soon.



Senior Resource Center Activities & Events

715-634-3000 • MAR./APR. 2018 • 8:00 a.m. to 4:00 p.m.

Monthly Happenings	Day	Time	Place
Alzheimer's Day Respite	Call 715-634-3000	Wed. - 9:00 a.m. – 3:00 p.m.	Lower Level
Caregiver Support Group	2 nd Tuesday of each month	1:00 p.m. – 2:30 p.m.	Lower Level
Bridge Group	Wednesdays	9:00 – 12:00 a.m.	Lower Level
Cribbage	Tuesdays & Thursdays	1:00 p.m.	Upper Level
Lunch Meals - 12:00 noon	Monday-Friday each week	Reservations See Menus	Upper Level
Evening Meal – Tuesday's Hayward	Reservations 715-634-4680	5:30 p.m.	Upper Level
Gin Rummy	Mondays	10:00 – 11:30 a.m.	Upper Level
Pinochle & 500	Mon - Wed – Sat each week	1:00 p.m.	Upper Level
Dominos	Thursdays	1-3:30 p.m.	Upper Level
Senior Resource Center Bingo	Fridays	1:00 p.m.	Upper Level
Foot Care Clinic	Call Holly Duffy	715-699-9987	Lower Level
Spider Lake Meals	Mondays & Thursdays	12:00 noon	Spider Lake Church
Hayward Veterans Center Meals	Mondays & Thursdays	12:00 noon	Vets Center
Progressive Bingo	<u>Thursdays</u> - Doors open with food being served at 5:00, Early Birds 6:15, Regular Session 7 p.m.		Upper Level
Weight Watchers	Thursdays	5:30 – 7:00 p.m.	Lower Level
Technology Classes Stone Lake	Call 715-865-4940 for Appt.	Call For Appt.	Cranberry Café
Technology Classes Hayward	Tuesdays	10:00 a.m. - Noon	Lower Level
Art Group ALL Mediums Welcome	Fridays	10:00 a.m. – Noon	Lower Level
Northwood's Carving Club	2 nd Saturday Each Month	10 a.m. – 4:00 p.m.	Lower Level
Gift Shop Hayward	Monday – Friday each week	8:30 a.m. – 4:00 p.m.	Entry Upper Level
Duplicate Bridge (Wednesdays)	Runs May-Oct See you in May	6:00 p.m.	Lower Level
CLOSED Offices, Bus, Meal Sites	March 30, 2018	Good Friday	Office/Bus/Meal Sites
CLOSED Offices, Bus, Meal Sites	April 4, 2018	All Staff Training	Office/Bus/Meal Sites
Activities/Speakers	Day	Time	Place
WITC Hatha Yoga w/Mary Jo	Tuesday's	8:30-9:30am/4:30-5:30pm	Lower Level
WITC Hatha Yoga w/Mary Jo	Thursday's	8:30-9:30am/10:00-11:00am	Lower Level
WITC Fit for Life Dance w/Jodi	Tuesday's	9:45-10:30 a.m.	Lower Level
AARP Meeting 2:00 pm Hayward	Thursday, March 1, 2018	Musical Entertainment	Upper Level
AARP Meeting 2:00 pm Hayward	Thursday, April 5, 2018	Polar Bears	Upper Level
St. Patrick's Day Parties	Friday, March 16, 2018	Starting 11:30	Meal Sites
Easter Parties	Wednesday, March 21, 2018	Starting 11:30	Meal Sites
Spring Style Show Fundraiser	Saturday, March 24, 2018	11 a.m. – 3 p.m.	Steakhouse Hayward
Spring Social Mixer Featuring Duluth Blue Water Big Band	Sunday, April 29, 2018	2-5 p.m.	Steakhouse Hayward
Monthly Meetings	Day	Time	Place
Hayward Advisory Committee	1 st Wednesday	10:00 a.m.	Upper Level
AARP Board Meeting	1 st Thursday	1:00 p.m.	Upper Level
Senior Resource Center Board	Wednesday, March 21 st	1:00 p.m.	SRC Lower Level
Senior Resource Center Board	Wednesday, April 18 th	1:00 p.m.	SRC Lower Level

Would You Like to Play Dominoes??



DO YOU REMEMBER HOW TO PLAY DOMINOES??

Has it been years since you played?
Come join us on Thursday afternoons at the Senior Resource Center Upper Level in Hayward. We meet every week at 1:00 p.m. and play until 3:30 p.m. It will turn into a laughter filled afternoon. We have been having such a good time. Generally, we play regular Dominoes, but we are starting to learn how to play Mexican Train.

**For further information,
contact Helen at:**

715-634-3449
or jachvc@yahoo.com





ASPEN ACRES

— ASSISTED LIVING —

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715-634-5700

Email: admin@aspenacres.org

Website: www.AspenAcresAssistedLiving.com

