

Sawyer County COMPASS

VOLUME 1, ISSUE 1 • May/June 2016 • FREE

Senior Resource Center • 15856 E Fifth Street • Hayward, WI 54843 • www.seniorresourcecenternorth.org • 715-634-3000

Your Direction for Services, Activities and Events of Interest for Residents Age 60 and Over

Executive Director News

B-I-N-G-O!

By Linda Hand

Join us each Thursday at the Senior Resource Center Upper Level located at 15856 E. 5th Street, Hayward to raise funds for

the Hayward Building and for the programs we provide for Sawyer County residents 60+ playing Progressive B-I-N-G-O.

Each week Peggy Johnson, one of our Stone Lake center employees, will be cooking up some great home-made meals with serving starting at 5:30 p.m. when doors open. See this newsletter for the May/June Bingo Menu The special Combo Meal is only \$5 which includes your choice of sandwich, chips, dessert & beverage.

Early Bird Bingo starts at 6:15 and Regular Session 7 p.m. We have

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Hatha Yoga at the Senior Resource Center

Hatha Yoga is a very gentle style of yoga that combines stretching (postures) with breath work and meditation to connect the body, mind and spirit. Today, let's talk about your breath.

Breath is life. Proper breathing means breathing fully and rhythmically, making use of all, not just part of your lungs to increase your intake of oxygen. The main functions of proper breathing is to bring more oxygen to the blood and thus to the brain and to bring more vitality and strength to the body. Yoga breathing exercises teach you how to recharge your body and control your mental state by regulating the flow of your breath, which are interdependent. When you are angry or scared, your breathing is shallow, rapid and irregular; conversely, when you are relaxed or deep in thought, your breathing becomes slow. Since your state of mind is reflected in the way you breathe, it follows that by controlling your breath you can learn to control your state of mind.

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What's Up in this Edition:



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Senior Resource Center Partners with Local Businesses



Bingo on the Patio at Red Schoolhouse Wines in Stone Lake will start in July! Dates scheduled will be July 13, 2016, July 27, 2016, August 10, 2016 and August 24, 2016. Bingo goes from 6-8 p.m. on the patio or moved inside Sharon's newly renovated dining room if needed. This is another great partnership with a local business that supports our programs. We would love to expand this activity to other rural parts of the county such as Exeland, Winter, Radisson or other towns. If you are a business owner who would be willing to allow us to come in and hold a fundraiser such as Bingo, please give us a call at 715-634-3000. In turn we would be advertising for your business and bringing in people who will purchase food and beverages. We had such a great time in Stone Lake last year! -Linda Hand

Sawyer County Compass Advertising Opportunities

By Linda Hand

Welcome to the First Edition of the Sawyer County Compass, the official newsletter of the Sawyer County Resource Center. We hope you enjoy our publication.

The Senior Resource Center, is a non-profit 501(c)(3) that is the designated Aging Unit for Sawyer County. We serve and support senior residents 60+ throughout Sawyer County by providing meals at five locations in Exeland, Hayward, Spider Lake, Stone Lake and Winter along with delivering Meals on Wheels to the homebound throughout the county, providing Elder Benefit Specialist services which can assist residents to save

money on Medicare & Medicare Part D premiums and co-pays, application for WI Senior Care Drug Program, WI Food Share, Medicaid, Disability, Homestead Tax Credit and many other programs.

There are approximately 6000 seniors currently living in Sawyer County and this number of residents 60+ is projected to grow to over 8500 by 2030.

Our former newsletter was created by our small office staff, copied and distributed. Many other counties use the assistance of a local printer/newspaper to create a professional newsletter on newsprint paper. Since we promote doing business locally, I contacted Sue

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Hatha Yoga *Continued from Page 1*

Enrollment Information

Tuesday: 8:30 – 9:30 a.m. & 4:30 – 5:30 p.m.

Thursday: 9:15 – 10:15 a.m. & 10:45 – 11:45 a.m.

Students under age 60 - \$5 per session

Students age 60 or over - \$2 per session

Silver Sneakers Students – FREE

(SRC is a FLEX Community Fitness Center)

Mats, blocks, blankets and straps provided.

Instructor: Mary Jo Jirik, RYT

Call Mary Jo at 715-558-9077 to register

Class size limited

Breathing Exercises

Sit tall in a chair – lengthen the spine,
tilt the pelvic forward slightly, feet flat on floor.
Relax the body – open and drop shoulders, close your eyes, go within.
Keep the airway wide open, breathe through the nose
and breathe smoothly, evenly & quietly.

Inhale through your nose –
fill the top, middle & lower lungs & expand the belly
Hold the breath in for a bit before exhaling through the nose
– empty the belly, lower, middle & upper lungs completely.
Hold the breath out for a bit before repeating.
Repeat 3 to 5 times.

Inhalations lift the body more fully into many postures
Exhalations carry you further into many other postures

A few other benefits from proper breathing are:

- improve oxygen capacities
- fire up the brain for better concentration, focus and clearer thinking
(in one study, people scored higher on cognitive tests after 20 min. of yoga)
- quiet your emotional network
- can raise “happy brain chemicals” to improve moods
- reduce stress and tension
- improve respiration and circulation



Doc Breuggen and Mary Ann Krug ham it up at the Senior Resource Center Spring Style Show and Luncheon at the Steakhouse on March 19 at the Steakhouse and Lodge.

Executive Director News **Continued from Page 1**

started a Bingo Facebook page at <https://www.facebook.com/Hayward-Bingo/> LIKE this page so you can get updates of where the Progressive Pot is, menu choices and other specials. We are also looking for volunteers for working in the kitchen and on the Bingo floor. Please call me at 715-634-3000, message me on our Facebook Page or email me at linda@seniorresourcecenternorth.org

Our March for Meals was a huge success with many events happening throughout the county. The Spring Style Show was a sell out! Between the Style Show, Exeland Cash Raffle and the Timber Ford of Hayward Drive 4UR Community, we are hoping to break our goal of \$10,000 raised for the Senior Resource

Center programs that we provide, which include meals and Meals on Wheels for Sawyer County residents 60+. The 2017 Spring Style Show has already been scheduled for Saturday, March 25, 2017 at The Steakhouse. Thank you to all of our staff, volunteers, sponsors and participants who continue their support of our very important programs in Sawyer County.

We are already planning on a special Fall "FUN" Fundraiser. One of our volunteers bid on the Party Bus from Hurricane Busing on our Silent Auction and we are going to use it to have a "Witches Brew Tour" throughout Sawyer County, the Saturday before Halloween. They do this in another county and it sounded like so much fun, we thought we would like to bring it here. It will involve adults

dressing up and taking a tour of local Sawyer County restaurants and taverns throughout the area, to sample their food and beverages, while Trick-or-Treating for Meals on Wheels. If you are a business owner who would like to be on the tour schedule, want to volunteer to help organize or just want to join us on the bus tour, give me a call.

Looking forward to the warm weather and being able to get out to plant our garden on the patio and hopefully get some fishing in. Hope that all of you have a joyful Mother's Day, Father's Day and Memorial Day. Please stop by to visit, give me a call or send me an email. Happy Spring & start of Summer!

Hayward Senior Center News



By Doc Breuggen Hayward Advisory Chair

Winter is almost over according to the calendar. I told you that in the last newsletter, but we are still getting snow every other day so now I'm not so sure. I guess we will just have to wait and see. I know the robin has had snow on his tail 3 times, so let's hope this is the last hurrah for winter.

Even if the weather is rather dismal we have a lot going on in Hayward. Starting April 16, we will be serving a monthly breakfast on the 3rd Saturday of every other month. We will have the breakfasts

on April 16, July 16, August 20 and October 15. We have skipped June since that is the county dairy breakfast. Please join us for sausage, pancakes, orange juice and coffee, all for \$5.00 a plate.

Our 2nd Annual Fashion Show for the Meals on Wheels program was a great success. Thank you to all who participated, watched or made purchases at the silent auction. Once again you have helped us achieve our goals. Thank you.

On or about May 1, 2016 our patio will take on a new name. It will become the Garden Terrace Café. We will have trays available for people to take their food outside to eat on nice days. What a wonderful addition to our facilities.

Due to lack of response and other personal reasons we will no longer have our seasonal basket ticket sales. Betty Hutchinson has been primarily responsible for putting the baskets together and has done a great job. Thanks so much Betty.

We are having some celebrations honoring our country, our Mothers in May and our Fathers in June. Please join us on May 6 for Mother's Day for a special luncheon of chicken, roasted potatoes, Waldorf salad and chocolate mousse. For Father's Day we will honor our Dads with a lunch of BBQ ribs, baked potatoes, corn, a roll and for dessert a Root Beer Float. Memorial Day will be special with an old fashion picnic event featuring brats and hot dogs, baked beans, potato salad and blueberry cobbler with whipped cream and a cherry. Please come share our events and our fellowship.

The center still needs volunteers. If you are willing or able to help out with events or other things, please contact Gloria and we will get back to you. If after doing your spring cleaning you find you have a plethora of unused small items of the knick-knack nature or other usable items, please bring them in for our gift shop. Thank you for thinking of us.

Have a great spring and be nice to each other!

Caregivers Guide:

Tips for Diffusing Family Conflict



By Jane Mahoney,
Greater Wisconsin Agency on Aging

Providing care for a loved one through a debilitating illness or at life's end can create stress on individuals and families alike. Each family member has his/her own response to the difficult situation and will have varying levels of commitment to help. Each person handles stress, grief and change in their own way and will also have different ideas of what is best for the loved one needing care.

Good communication and a commitment to making the caregiving plan work are essential in keeping families strong through a difficult time. Disagreements are sure to arise but the key to success is to diffuse the conflict before feelings are hurt and long-lasting damage is done. Here are some tips that will help you avoid conflict and make your caregiving

journey less stressful and more successful.

- Be honest. Say that you are feeling stressed, overwhelmed, scared, sad, etc. Then work together to diminish these feelings.
- Use "I" statements to avoid blaming others.
- Value everyone's ideas and opinions. Don't judge. There is not just one right way to provide care for someone. "Learn something from someone with whom you disagree."
- Consider counseling. Caring for a loved one is stressful for even the healthiest families. Attend a support group with family members or seek private counseling if you fear relationships are about to be torn apart.
- Share responsibility. When everyone has a task or responsibility (however

small) a sense of teamwork is shared.

- When times get tough, remind each other that it is the disease that has caused the challenge. Blame the disease, not the person with the disease (or each other) for hard times.
- Step back and look at the larger picture. Sometimes we get hung up on a certain issue and lose sight of the more important goal (like happiness, safety and/or independence).
- If you are the main caregiver, get some respite! Taking a break from your daily duties can boost your spirits and in turn help you be a better communicator.
- LISTEN! Be an active listener by focusing on what is being said, including body language, without interrupting. We often miss much of what someone is saying because we are busy thinking about what we will say next. Or we "tune out" what is being said because we think we've already heard it.
- Never assume anything. When doling out tasks, be specific and clear to avoid misunderstandings. Write down tasks so everyone is clear about expectations.
- Find a good time to communicate. If you need to talk to someone don't do it while they're in the middle of something else. Always ask, "Is this a good time?" before diving in with a heavy topic.
- Steer away from emotions. If something you've said has sparked strong emotions in someone (anger, tears, sarcasm), apologize and try again at a different time and in another way. If you are becoming emotional, ask to talk about it later after you've calmed down.
- Schedule regular family meetings, either in person, over the phone or by e-mail so everyone is kept updated on how things are going.

If you need help in your caregiving role, contact the Senior Resource Center.

Exeland Center News



By Bonnie Klinger,
Exeland Site Manager

Our 2016 Meals on Wheels Volunteer Appreciation Event and the Cash Raffle Ticket Drawing Event on March 29, 2016 was well attended and the roast beef meal was enjoyed by all. After lunch, Advisory Board President Linda Milner thanked all for attending and thanked and acknowledged all the volunteers, especially the volunteer drivers. While turning the handle of the wheel to shuffle the raffle tickets, Bonnie also thanked everyone and mentioned that without volunteers, there would be no meal program, which people need and appreciate, in our area! Bonnie thanked Nancy Kessler and Ellyn Welling for the great job they did in coordinating the raffle ticket sales and all the people that helped to sell tickets.

Thanks to Paula Ladhenthin and to Janet Gerber and Missy Warner from the Dairyland State Bank for selling the most tickets. Also, we appreciate our sister Centers, Hayward, Stone Lake and Winter that helped to sell tickets. Thanks to all who purchased tickets and made it possible for the Exeland Site to contribute over \$1,000 to the Meals on Wheels program of Sawyer County. Thank you, Sue Kopras, Village of Exeland Mayor for helping to draw the winning tickets. Thank you to the Sawyer County Gazette for helping to design and for printing the books of raffle tickets, and to Sandy Dantzman for helping to

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Employment & Volunteer Opportunities

REWARDING EMPLOYMENT OPPORTUNITY:
PART-TIME/SUBSTITUTE SENIOR RESOURCE CENTER BUS DRIVER transporting seniors within a 5 mile radius of Hayward. Hours 7:30 a.m. – 4:00 p.m. Mondays and then Tuesday through Friday as needed for fill-in. More hours may be available if willing to transport seniors on special trips evenings/weekends. Applicants must possess and maintain a valid CDL. Employment is contingent upon passing a background check and drug test. Random drug testing will be conducted thereafter. Please call 715-634-3000 or stop by the office 15856 E. 5th Street, Hayward for an application. Starting wage is \$11.13 per hour.

Would you like to have a rewarding position, which provides a much needed service to Sawyer County residents 60+? If so the Senior Resource Center is currently accepting applications for **SUBSTITUTE POSITIONS AT THE WINTER SENIOR CENTER, HAYWARD SENIOR CENTER AND EXELAND SENIOR CENTER FOR SITE MANAGER COOK & COOK ASSISTANT.** The successful candidates will be required to complete the ServSafe Certification Course, the Wisconsin Food Manager Certification and a background check. Wages range from \$8.84-\$11.21 per hour. For an application please contact the office at 715-634-3000.

VOLUNTEERS NEEDED: IN THE KITCHEN FOR BINGO ON THURSDAY NIGHTS. Peggy Johnson has agreed to manage the kitchen cooking, but she could use help with assistant cooking and running the cash register. Please let me know if you might be available on any Thursday nights at the Hayward Senior Center from approximately 5:00 p.m. - 9:00 p.m. It does not have to be every Thursday night. Bingo is what keeps our building going and the food concession offering is needed to keep bingo going. Volunteers also needed on the Bingo Floor to assist Bingo Manager.

For more information please contact Linda at 715-634-3000 or email at linda@seniorresourcecenternorth.org



Nancy Kessler presenting the Grand Prize check to our Exeland Senior Center Cash Raffle Winner, Carl Vierck.

Exeland News

Continued from page 4

obtain the advertisement posters.

This photo above is of Nancy Kessler presenting the Grand Prize check to our Cash Raffle Winner, Carl Vierck. Even though we did not keep track of the number of tickets that each person purchased, we know that Carl probably purchased the most books because many people remember selling to him or his wife Carol, and they would purchase several books at a time. Of course, each time Carl was approached, he would have some grand story or tall tale to hand out along with his donation. Both Carl and Carol are very much appreciated at the Exeland Site for their generosity which also includes dining at the Center, volunteering in many ways and helping with decorating for various seasons. We sincerely appreciate their community spirit. Raffle Winners:

1st Prize \$500 Carl Vierck, 2nd Prize \$200, Diane Gutowski, 3rd Prize \$25

Brenda Granica & 4th Prize - \$ 25 Kris Ernst

Sadly, none of the raffle winners were present at the Celebration and Drawing, but Nancy Kessler made a telephone call to each one immediately after the drawing to give them the good news and she personally presented the first prize check to Carl! The \$1300 raised for the Senior Resource Center was truly a community and county wide event and the efforts by everyone is greatly appreciated.

STARTING IN MAY – Tuesday evening meals will be served at the Exeland Site through-out the summer months until October 25. Meals are served at 5:30 p.m. and the suggested donation is \$5 per person. Check your local newspaper for exact start date, as it might be delayed from May 3.

Our sympathy to family and friends upon the death of Bob Ladenthin. He will be missed and we are sorry to lose such a dedicated and helpful person. Among those from our center that are in need of prayers and support due to illness, are Dave Vitcenda and Ron Frietag, both true supporters of the center and the community.

Bonnie has received word from the Senior Resource Center that the participants of the home delivery program will soon be receiving food supply packets that can be used in an emergency situation if the volunteer drivers are unable to deliver meals.

Think Spring, it should soon be time to plant our flower boxes!



Take Time to Smell the Flowers!

Recipe Corner



Strawberry-Blueberry Relish

Sweet berries and jalapeño heat make this a flavorful accompaniment for your favorite grilled fish.

• Yield: MAKES about 3 cups

Ingredients

- 1/2 cup white wine vinegar
- 1/2 cup firmly packed light brown sugar
- 2 tablespoons minced fresh ginger
- 1 teaspoon lime zest
- 1/2 teaspoon kosher salt
- 1 jalapeño pepper, seeded and minced
- 2 tablespoons fresh lime juice
- 2 cups chopped fresh strawberries
- 1 cup fresh blueberries
- 1 cup diced cucumber
- 3 tablespoons minced red onion
- 2 tablespoons chopped fresh cilantro

Preparation

1. Bring first 5 ingredients to a boil in a small saucepan over medium-high heat; reduce heat to low, and simmer, stirring occasionally, 5 minutes. Add jalapeño, and simmer, stirring occasionally, 5 minutes. Remove from heat, and let stand 30 minutes. Stir in lime juice.
2. Stir together strawberries and next 4 ingredients in a medium bowl. Add vinegar mixture, and stir to coat. Serve immediately, or refrigerate in an airtight container up to 2 days.

Courtesy of
www.southernliving.com

WALDO Center News



**By Ruth Brad,
Winter Site Manager**

Hello everyone!

We have now entered into May/June and we know what that means right? We are going to be out taking care of our lawns and the flower beds, so remember to bend at your knees so we don't strain any muscles that you haven't used. We here at the Waldo Center are looking forward to getting the grill out, so we can have that yummy BBQ chicken, brats and hamburgers - the list goes on right? It sure is nice that our days are staying lighter longer and that the sun is starting to warm the ground. Our flowers and the trees are coming alive again this time of the year, it is so promising isn't it. I am getting excited to start to smell the smells of spring even the rain has a clean smell.

We here at the center would like to send out a GREAT BIG THANK YOU to everyone who helps out and bought tickets. We can't do what we do without your help. You are all so amazing! We are looking forward to starting our evening meals in May so keep your eyes open for dates and times. The menu we will also be put in the paper, when we get started. Hope everyone has a wonderful spring and remember that our centers are here for your enjoyment.

Stepping On: Building confidence, Reducing Falls

Join this 7-week workshop where you'll learn exercises and strategies to help prevent you from falling, starting Monday, April 25, 2016 at the Senior Resource Center, partnering with Essentia Health Hayward. Cost for the workshop is \$20.00, meeting every Monday for 7 weeks. Call 715-634-3000 to register.

What is Stepping On?

Stepping On is a program that has been researched and proven to reduce falls in older people. It consists of a workshop that meets for two hours a week for seven weeks. Workshops are led by a health professional and a peer leader – someone who, just like you, is concerned about falls. In addition, local guest experts provide information on exercise, vision, safety, and medications.

Topics include:

- Simple and fun balance and strength training
- The role vision plays in keeping your balance
- How medications can contribute to falls
- Ways to keep from falling when out in your community
- What to look for in safe footwear
- How to eliminate falls hazards from your home

Is this workshop for you?

Stepping On is designed specifically for anyone who:

- Is 65 or older
- Has had a fall in the past year
- Is fearful of falling
- Lives at home
- Does not have dementia



Why Should I be Concerned about Falling?

Falling is very common; it can result in injury and can shake your confidence. The threat of falling can be a barrier to safely doing all the things you want to do at home and in the community. That's why preventing falls is critical to maintaining independence.

Did you know?

- More than one-third of people age 65 or older fall each year.
- Falls are the leading cause of injury and hospitalization for trauma and death among older adults.
- 35% of people who fall become less active.
- 40% of people who enter a nursing home had a fall in the prior 30 days.

Stone Lake Center News



By Peggy Johnson
Stone Lake Senior Center Chef

Hello to all of you,

Is everyone looking forward to spring weather? I certainly am. The trees have started to bud, the shrubs are budding and have seen some iris starting to come up.

A big Thank You to the Stone Lake Pub for their generous donation from a recent fund raiser held in March. Thank you again for thinking of the Senior Center.

Don't forget, June 4th is the annual Stone Lake Garage Sale from 9am to 4pm. The Stone Lake Senior Center will be having a sale in the dining room and would appreciate any donation of gently used items. You can drop them off at the center or can call the center and we will try to arrange for a pickup of your item(s).

Also, from 4pm to 7pm, the Stone Lake Lions Club will have their Famous Fish Fry on June 4th. So, after a day of garage sales, stop by for some of their famous fish.

The Annual Style Show was another huge success. If you haven't seen the pictures, go the Senior Resource Center Facebook page and view all the pictures and write-ups.

The Evening Meal will not be served on Tuesday, May 17, 2016, so that everyone can attend the Stone Lake Homemakers annual Salad Supper.

Time to start thinking of Picnics, and the Stone Lake Senior Center will again have a pig roast, Saturday, July 9, at the

Red Schoolhouse Wines. Also in July, Bingo at the Red Schoolhouse Wine Shop will begin on the patio on Wednesday evenings. Will have more details later on the events.

Breakfast is still being served Monday thru Friday from 8am to 10am. A monthly menu is now available at the Center or in your newsletter. Chris is always adding a few different items each month; however, the Wednesday menu remains the same, her homemade Biscuits & Gravy.

***Happy Mother's Day
and Happy Father's
Day to all of you.***

ACTIVITIES

May 17 – No evening meal
Stone Lake Homemaker's
Annual Salad Supper

May 26 – Farmer's Market opens –
Thursday's from 2pm to 5pm

May 27 – Historical Society Museum
opens for the summer

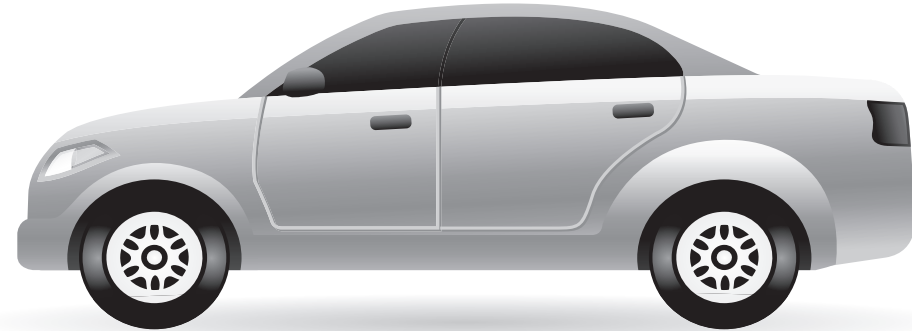
June 4 – Stone Lake Area
Garage Sales • 9 – 4

Lion's Fish Fry • 4pm – 7pm

June 18 – Stone Lake Craft Fair



**Donate your Vehicle to benefit
the Senior Resource Center Meals on
Wheels Program, which delivers meals
to the homebound seniors
throughout Sawyer County!**



– Car Donation Process –

- Meals On Wheels Car Donation Program accepts ALL Cars, Trucks, Motor Cycles, RV's, regardless of the condition of the vehicles. Towing is FREE to the donor.

- All vehicles that are donated to our program MUST have a clean title.

- Donors wanting to donate their vehicle may call our toll free line at 1-888-MOW-KAR1, (1-888-669-5271), when calling they must have the title in hand as we obtain information from the title while accepting the donation. Or you can go to www.mealsonwheelsamerica.org/take-action/give/individual-giving/donate-a-vehicle to learn more about the program or to donate your vehicle online. When you get to the question to select the participating Meals on Wheels America Member program that you would like the proceeds of the sale of your vehicle to benefit, please select the WI Senior Resource Center, Inc. in the drop down menu.



- Once the donation is accepted, our representative will assign the vehicle to a local auction company. The local towing company will be in contact with the donor to arrange pickup of the vehicle. Normally, vehicles are picked up within 1 - 2 business days. The donor will provide the title and keys to the tow driver when they arrive. Donors do not have to be present when the car is picked up, they can simply leave the title and keys in the vehicle. A towing receipt should be left with the donor. Once our office receives notification of the pickup, a formal receipt on Meals on Wheels letterhead will be sent to the donor.

- All vehicles are then auctioned by a local facility. Normally, if there are no title problems, the car will be placed in the next auction. There are auctions weekly.

- Checks will be issued directly from Melwood to our Senior Resource Center Meals on Wheels program for Sawyer County residents.

May 2016



Phone Numbers for Senior Resource Center Meal Sites: Stone Lake: (715) 865-2025
 Winter: (715) 266-2233 Exeland: (715) 943-2990 Hayward/Spider Lake: (715) 634-4680

Monday	Tuesday	Wednesday	Thursday	Friday
2 "Build a Burger" on a Bun add Bacon, Lettuce, Tomato, Onion & Cheese w/Season FF, Fruit & Milk	3 MEAL SITES CLOSED NO MEALS ON WHEELS DELIVERIES	4 Salmon Salad Sandwich on a Whole Wheat Bun w/Lettuce, Bacon Pea Salad, Rosemary Roasted Sweet Potato FF, Cookie & Milk	5  CINCO DE MAYO CHEF'S CHOICE	6 Mother's Day Lunch Savory Chicken Breast, Waldorf Salad, Baked Sweet Potato, Croissant, Silky Chocolate Mousse & Milk
9 Grilled Ham & Jack Cheese on Texas Toast, Herbed Steak Fries, Creamy Coleslaw, Cola Floats & Milk	10 Sundried Tomato Meatloaf, Creamy Cucumbers, Popcorn Salad, Crusty French Bread w/Butter Fruit Cobbler & Milk	11 Herbed Pork & Potatoes, Summer Spinach Salad, Crescent Roll w/Butter, Apple Kuchen & Milk	12 Chicken Stroganoff over Egg Noodles, Spring Salad, Cranberry Fluff, Flaky Dill Biscuits & Milk	13 BLT Sandwich, Tri-Colored Tortellini Salad, Boiled Egg, Mango Vanilla Ice Cream & Milk
16 Smoked Kielbasa, Rich & Cheesy Macaroni, Fresh Veggies w/Dip, Hard Roll w/Butter, Frozen Yogurt w/Fruit & Milk	17 Sweet & Sour Ribs, Rice, Chinese Cabbage Salad, WW Bread w/Butter, Special Rice Crispy Treats & Milk	18 Almond Chicken Salad w/Craisins, Croissant, Lettuce Salad w/Hard Boiled Egg, Cheese, Pickle, Dessert Bar & Milk	19 Salisbury Steak w/Brown Gravy & Grilled Onions, Creamy Mashed Potatoes, Peas, Rye Bread, Fruit & Milk	20 Hickory Smoked Turkey on a Spinach Wrap or WW Bread add Bacon, Lettuce, Tomato, Cheese & Mayo, Frog Eye Salad, Brownie & Milk
23 Marge's Chicken Casserole, Cranberry Sauce, Coleslaw, Dinner Roll w/Butter, Dessert & Milk	24 Blueberry Sour Cream Pancakes w/Syrup, Scrambled Eggs, Sausage, Banana, OJ & Milk	25 Pork Chops, Baked Potato w/Sour Cream & Chives, Green Bean Casserole, WW Bread w/Butter, Dessert & Milk	26 Fish Sandwich, Tator Tots, Veggie Tray w/Dip, Ambrosia Salad & Milk	27 Memorial Day Lunch Brat or Hotdog on a Bun, Baked Beans, French Fries, Blueberry Cobbler topped w/Whip Cream & Cherry and Milk
30 CLOSED MEMORIAL DAY	31 BBQ Turkey Sandwich, Sidewinder FF, Pickle, Minted Melon Salad & Milk		 <p><i>Remembering Our Fallen Heroes This Memorial Day</i></p>	



June 2016

Phone Numbers for Senior Resource Center Meal Sites: Stone Lake: (715) 865-2025
 Winter: (715) 266-2233 Exeland: (715) 943-2990 Hayward/Spider Lake: (715) 634-4680

Monday	Tuesday	Wednesday	Thursday	Friday
		1 Beef Tips Smothered in Gravy over Rice, Buttered Peas, Roll w/Butter, Banana Split Ice Cream & Milk	2 Fruited Chicken Salad w/Croissant, Pasta Salad, Dessert & Milk	3 Wild Rice Hot Dish, Chop Chop Salad, Pink Fantastic Fluff, WW Bread w/Butter & Milk
6 Reuben Meatballs, Salad with Hot Bacon Dressing, Marble Rye Bread w/Butter, Fruit Pie & Milk	7 Grilled Ham Steaks, Peppery Scalloped Potatoes, Oven Roasted Brussel Sprouts w/Bacon, Cranberries & Walnuts, Roll w/Butter, Fruit & Milk	8 Roast Turkey, Mashed Potatoes w/Gravy, Buttered Carrots, Crescent Roll, Cranberry Juice, Dessert & Milk	9 Seasoned Baked Fish w/Tartar Sauce & Lemon, Tator Tots, Salad, Garlic Bread, Fruit Pizza & Milk	10 Italian Beef Sandwich w/Mozzarella Cheese, Sidewinder FF, Coleslaw, Pretzel Salad & Milk
13 Pork Cutlet, Bacon Wrapped Asparagus, Glorified Rice, WW Bread w/Butter, Cookie & Milk	14 Honey Rosemary Chicken, Apple-a-Day, Casserole, Church Supper Potatoes, Roll w/Butter, Cookie & Milk	15 Sausage Egg Bake, Fresh Fruit, Juice, Morning Maple Muffins & Milk	16 Sensational Sloppy Joes on a Bun, French Fries, Pickle, Strawberry Shortcake w/Whip Cream & Milk	17 Father's Day Lunch Finger Lickin' BBQ Ribs, Corn, Baked Potato, Baked Beans, Corn Muffin w/Honey Butter, Dad's Root Beer Float & Milk
20 Crispy Baked Chicken, Sweet Potato FF, Broccoli Cauliflower Casserole, WW Bread w/Butter, Yogurt Fruit Parfait & Milk	21 Liver & Onions or Chef's Alternative, Parslied Red Potatoes, Green Beans, Roll w/Butter, Dessert & Milk	22 CHEF'S CHOICE Contact your local site manager for today's Menu	23 Garden Turkey Burger on WW Bun w/Lettuce, Tomato & Pickle, Baked Onion Rings, Rhubarb Dessert & Milk	24 Mama Mia's Spaghetti w/Meatballs, Italian Spring Salad, Bread Stick, Fruit Salad & Milk
27 Garlic Beef Enchiladas, Spanish Rice, Beans, Lettuce, Tomatoes, Salsa, Mango Ice Cream & Milk	28 Pork Loin w/Spinach Stuffing, Mandarin Glazed Beets, Scalloped Corn, WW Bread w/Butter, Dessert & Milk	29 German Bratwurst, Sauerkraut Mashed Potatoes, Peas, Soft Pretzel w/Mustard, Fruit & Milk	30 "Build a Burger" on a Bun w/Bacon, Cheese, Lettuce, Tomato, Onion, Potato Salad, Baked Beans, Cookie & Milk	

Hayward Senior Center Activities & Events

715-634-4680 MAY/JUNE 2016 8:00 a.m. to 4:00 p.m.



The next AARP smart driving class is scheduled for Monday, June 13 at the senior center in Hayward. You may register with Gloria at the center or online through the AARP website. Registration is from 9:30 AM to 10 AM and the class begins at 10 AM. Class will be from 10 to 12 Noon.

Lunch is offered for a nominal donation at the center if interested. You may also choose to leave the center for lunch if so desired or bring a bag lunch. Class continues from 12:30 until 2:30 PM and there are 2 ten minute breaks within the two sessions.

**AARP members are \$15
with your AARP card
and nonmembers are \$20.
Instructor is Cheri Olson.**

Sawyer County Compass Advertising Opportunities Continued from page 2

Johnston of the Sawyer County Gazette, who agreed to create a professional newsletter for Sawyer County seniors, which will include our services and other services available throughout the county and neighboring areas. By the Gazette providing this much needed information to the community in a professional format, it will not only help our seniors, but will also save the Senior Resource Center time and money.

I hope that you will consider to be a part of this great opportunity with us, to provide the best possible and current information to our local residents.

For advertising information, please contact Sue Johnston at the Sawyer County Gazette at 715-266-2511 or email at: gazetteads@centurytel.net.

Monthly Happenings	Day	Time	Place
Alzheimer's Day Respite	Thursday	9 am – 3 pm	Lower Level
Caregiver Support Group	2 nd Tuesday of month	1:00pm – 2:30pm	Lower Level
Blood Pressure	1 st & 3 rd Wed	11 – 12:00am	Upper Level
Ladies Bridge Group	Wednesday	9:00 – 12:00am	Lower Level
Cribbage	Tue & Thu	1:00pm	Upper Level
Duplicate Bridge	Back in May 2016	6:00pm	Lower Level
Evening Meal	Tuesday	5:30pm	Upper Level
Gin Rummy	Monday	10:00 – 11:30am	Upper Level
Pinochle & 500	Mon & Wed & Sat	1:00pm	Upper Level
Senior Center Bingo	Friday	1:00pm	Upper Level
Foot Care Clinic	Call Holly Duffy	(715) 699-9987	Lower Level
Spider Lake Meals	Monday & Thursday	12:00 noon	Spider Lake Church
Progressive Bingo	Thursday	6:15 – 9:00pm	Upper Level
Weight Watchers	Thursday	5:30 – 7:00pm	Lower Level
Computer/Tablet Classes	Tuesdays	10:00-12:00am	Upper Level
Watercolor Painting	Friday	9:30 – 12am	Lower Level
Gift Shop	Monday - Friday	8:30am – 4:00pm	Upper Level
Activities/Speakers	Day	Time	Place
Hatha Yoga Class	Tuesday's	8:30-9:45am/4:30-5:45	Lower Level
Hatha Yoga Class	Thursday's	9:15-10:30/10:45-noon	Lower Level
Evening Meals	Tuesdays (\$5.00)	5:30pm	Upper Level
Elderly Benefit Specialist	2 nd Friday of each month	11:45am	Upper Level
Adult Respite Program	Thursdays	9:00am – 3:00pm	Lower Level
Patio Named "Garden Terrace Café"	On or about May 1, 2016	Dine on the Patio!	Upper Level
SITES CLOSED/Office & Bus Open	Tuesday May 3, 2016	ALL MEAL SITES CLOSED	Staff to Food Show
Cinco De Mayo "Chef's Choice"	Thursday, May 5, 2016	Served at 12:00 Noon	Upper Level
Mother's Day Luncheon	Friday, May 6, 2016	Served at 12:00 Noon	Upper Level
Memorial Day Luncheon	Friday, May 27, 2016	Served at 12:00 Noon	Upper Level
CLOSED for Memorial Day	Monday, May 30, 2016	Meal Sites & Office/Bus	
Father's Day Luncheon	Friday, June 17, 2016	Served at 12:00 Noon	Upper Level
Monthly Meetings	Day	Time	Place
Advisory Committee	1 st Wednesday	10:00am	Upper Level
AARP Meeting	1 st Thursday	2:00pm	Upper Level
Senior Resource Center Board	3 rd Wednesday	1:00pm	Lower Level



Served
Tuesdays at
5:30 p.m.

What's for Dinner?

May & June Tuesday Evening Menus at Hayward and Stone Lake Centers

HAYWARD

MAY

May 3rd
CLOSED

May 10th
Meatballs in gravy
Creamy Mashed Potatoes
Glazed Carrots
Chocolate Cake

May 17th
Oven Baked Chicken
Roasted Red Potatoes
Buttered Corn
Apple Turnover

May 24th
Baked Ham
Sweet Potatoes
Green Beans
Peanut Butter Cookie

May 31st
Build Your Own Burger
with, lettuce, Tomato,
& Onion on a Bun
Side winder potatoes
Dill Pickle
Frozen Yogurt

JUNE

June 7th
BBQ Chicken
Potato Salad
Fresh Vegetables & Dip
Root Beer Float

June 14th
Breaded Pork Cutlet
Apple sauce
Parslied Potatoes
Peas
Fruit Salad

June 21st
Homemade Pizza
with all the toppings
Fresh Side Salad
Brownie

June 28th
Spaghetti w/ meat sauce
Green Beans
Garlic Bread
Oatmeal Raisin Cookie

** All meals include bread & milk

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

STONE LAKE

MAY

May 3rd
CLOSED

May 10th
BBQ Ribs
Baked Potato w/sour
cram
Cole Slaw
Chocolate Cake

May 17th
Closed for Stone
Lake Homemakers
Salad Supper

May 24th
Grilled Pork Chop
Mashed Potatoes
Asparagus
Apple Crisp

May 31st
Spaghetti/Meat Sauce
Garden Salad
Garlic Bread
Vanilla Mango Ice Cream

JUNE

June 7th
Grilled Chicken Breast
Bacon Pea Salad
Parslied Red Potatoes
Fresh Fruit

June 14th
Chop Suey/rice
Vegetable Egg Roll
Chow Mein Noodles
Cookie

June 21st
Roast Beef
Mashed Potatoes/Gravy
Carrots
Apple Turnover

June 28th
Meatloaf
Potato Salad
Green Beans
Date Bar

*All meals include bread & milk

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



What's for Dinner?

May & June Tuesday Evening Menus at Exeland and Winter Centers

EXELAND

MAY

May 3rd
CLOSED

May 10th
Baked Chicken
Mashed Potatoes &
Gravy
Asparagus
Peach Cobbler

May 17th
Beef Stroganoff over
Noodles
Broccoli-Cauliflower
Salad
Cookie

May 24th
BBQ Ribes
Baked Potato w/Sour
Cream
Corn
Strawberry Shortcake

May 31st
Baked Ham
Scalloped Potatoes
Peas
Apple Turnover

JUNE

June 7th
Salisbury Steak & Gravy
Mashed Poatoes
Lettuce Salad
Cake

June 14th
BBQ Ribes
Baked Sweet or White Potato
Pea Salad
Fruit Salad

June 21st
Grilled Burger/Bun
w/Bacon, Tomato, Lettuce
& Cheese
Baked Onion Rings
Cookie

June 28th
Baked Chicken
Rice Pilaf
Mixed Summer Blend Veggies
Strawberry Shortcake

** All meals include bread & milk

*Call: 715-934-2990
to make a reservation*

WINTER

MAY

May 3rd
CLOSED

May 10th
Baked Ham
Garden Salad
Sweet Potatoes
Green Beans
Peanut Butter Cookies

May 17th
Roast Beef
3 Bean Salad
Mashed Potatoes/Gravy
Buttered Carrots
Chocolate cake

May 24th
Pork Roast
Vegetable Tray w/Dip
Mashed Potatoes and
Gravy
Creamed Corn
Fruit salad

May 31st
Baked Pork Chops
Parsley Potatoes
Buttered Beets
Fruited Cherry Jello

JUNE

June 7th
BBQ Baked Chicken
Pickled Beets
Potato Salad
Mixed Fruit Parfait
with Granola

June 14th
Build a Burger with
Lettuce, Tomato and Onion
on a Bun
Side Winder Potatoes
Dill Pickle
Frozen Yogurt

June 21st
Roast Turkey
Mashed Potatoes w/Gravy
Dressing
Cranberries
Pumpkin Pie

June 28th
Meat Loaf
Baked Potato & Sour Cream
Buttered Corn
Cherry Pie

*All meals include bread/butter & milk

*Call: 715-266-2233
to make a reservation*

STONE LAKE BREAKFAST MENU

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

MAY

- Mon 2) Scrambled Eggs, Potato Pancakes, Sausage Links
Tues. 3) CLOSED
Wed. 4) Sausage Gravy & Biscuits, Oatmeal
Thurs. 5) Baked Eggs, Sausage Patties, Pancakes
Fri. 6) Breakfast Buritto, Hash Browns, Cream of Wheat
- Mon. 9) Scrambled Eggs, Raw Fries, Ham
Tues. 10) Egg Bake, Hash Browns, Oatmeal
Wed. 11) Sausage Gravy & Biscuits, Oatmeal
Thurs. 12) Scrambled Eggs, Sausage Links, Waffles
Fri. 13) Breakfast Pizza, Hash Browns, Cream of Wheat
- Mon. 16) Scrambled Eggs, French Toast, Bacon
Tues. 17) Baked Eggs, Raw Fries, Sausage Patties
Wed. 18) Sausage Gravy & Biscuits, Oatmeal
Thurs. 19) Scrambled Eggs, Pancakes, Polish Sausage
Fri. 20) Breakfast Quiche, Hash Browns, Oatmeal
- Mon. 23) Scrambled Eggs, Sausage Links, Waffles
Tues. 24) Egg Bake, French Toast, Cream of Wheat
Wed. 25) Sausage Gravy & Biscuits, Oatmeal
Thurs. 26) Scrambled Eggs, Raw Fries, Ham
Fri. 27) Breakfast Burrito, Hash Browns, Cream of Wheat
- Mon. 30) CLOSED-MEMORIAL DAY
Tues. 31) Scrambled Eggs, French Toast, Bacon

JUNE

- Wed. 1) Sausage Gravy & Biscuits, Oatmeal
Thurs. 2) Baked Eggs, Blueberry Pancakes, Sausage Patties
Fri. 3) Breakfast Pizza, Hash Browns, Oatmeal
- Mon. 6) Scrambled Eggs, Raw Fries, Polish Sausage
Tues. 7) Egg Bake, Pancakes, Oatmeal
Wed. 8) Sausage Gravy & Biscuits, Oatmeal
Thurs. 9) Scrambled Eggs, Sausage Links, Waffles
Fri. 10) Breakfast Quiche, Hash Browns, Cream of Wheat
- Mon. 13) Scrambled Eggs, Potato Pancakes, Ham
Tues. 14) Scrambled Eggs, Raw Fries, Sausage Patties
Wed. 15) Sausage Gravy & Biscuits, Oatmeal
Thurs. 16) Scrambled Eggs, French Toast, Bacon
Fri. 17) Breakfast Buritto, Hash Browns, Oatmeal
- Mon. 20) Scrambled Eggs, Sausage Links, Waffles
Tues. 21) Baked Eggs, Raw Fries, Polish Sausage
Wed. 22) Sausage Gravy & Biscuits, Oatmeal
Thurs. 23) Egg Bake, Blueberry Pancakes, Cream of Wheat
Fri. 24) Breakfast Pizza, Hash Browns, Oatmeal
- Mon. 27) Scrambled Eggs, Pancakes, Bacon
Tues. 28) Scrambled Eggs, Sausage Patties, French Toast
Wed. 29) Sausage Gravy & Biscuits, Oatmeal
Thurs. 30) Baked Eggs, Raw Fries, Ham

New Signage for Senior Sites

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

The Senior Resource Center revitalization plan includes replacing the signs at each of the centers, to better reflect the changes that have been and will take place at our centers. Working again with another local business, Signs by Darrel Vitcenda, we are looking for fresh, eye catching designs that are simple and to the point. He is currently working on the Stone Lake Cranberry Café sign (pictured above), which tells it how it is. Look for these new signs to be popping up and hopefully they will attract some new comers, who may have not known or understood what our centers represent and to let them know that everyone is welcome!

1	8					5		
	5		6		4	3	2	8
3		6		9	5			7
		5		8		2		
		7	4	2		8		
	6		7	5	9		1	
	9				3			2
5	4	3	9					
2		1	5	6				4

Solution on page 14

Level: Beginner

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 \$ _____. Thank you!
(Checks made payable to the Senior Resource Center)

**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.

Hayward Menu



BINGO!

*Thursday Nights
serving at 5:30 p.m.*

MAY 5

Hamburger/Cheeseburger
Chicken Salad Wrap
Apple Turnover
Frozen Yogurt

MAY 12

Hamburger/Cheeseburger
Meat Ball Sub
Chocolate Cake & Bars

MAY 19

Hamburger/Cheeseburger
BLT Wrap
Mandarin Orange Cake & Cookie

MAY 26

Hamburger/Cheeseburger
Ham & Cheese Panini
Lemon Bars
Frosted Brownie

JUNE 2

Hamburger/Cheeseburger
Chef Salad
Fresh Fruit
Cupcakes

JUNE 9

Hamburger/Cheeseburger
BBQ Chix Sandwich
Cinnamon Roll
Chocolate Sheet Cake

JUNE 16

Hamburger/Cheeseburger
Sloppy Jo
Fruit Salad
Blonde Brownie

JUNE 23

Hamburger/Cheeseburger
Turkey Panini
Lemon Cake

JUNE 30

Hamburger/Cheeseburger
Meatball Sub
Bars/Oatmeal Cookie

Coffee is the Buzz at Sawyer County Senior Sites

The Senior Resource Center is working to partner and purchase locally from businesses in Sawyer County and Wisconsin as much as possible, as a way to give back to all of the businesses that support us throughout the year and donate to our fundraisers.

On Friday, April 22, 2016 we held a Coffee & Tea Tasting with desserts at the Hayward Senior Center during the afternoon Bingo, beverages being sponsored by Midwest Roasters of Hayward. Many tried the new options and gave their opinions of what coffees and teas they would like to see being offered at our senior meal sites. Our current coffee makers have seen their day and will be replaced with new coffee brewers. Once brewed the coffee will then be transferred into air pots where the coffee will be able to stay warm for several hours and will not obtain the bitterness that results from allowing a glass pot to sit on a hot burner for several hours.

Midwest Roasters is widely known for the coffees that they serve at Backroads Coffee and will now be the developer of signature coffees for the Senior Resource Center meal sites in Hayward, Stone Lake, Exeland and Winter! We are very excited to start this venture partnership with them and feel that this will offer a style of significance to our center offerings. Be watching for the soon to be released announcement of our new coffee



On Friday, April 22 the Hayward Senior Resource Center hosted a Coffee and Tea Tasting complete an assortment of delicious desserts. Many tried the new options and gave their opinions of what coffees and teas they would like to see being offered at our senior meal sites.



Midwest Roasters is widely known for the coffees they serve at Backroads Coffee and will now be the developer of signature coffees for the Senior Resource Center meal sites.

bars at each of these centers, thanks to our new relationship with local MIDWEST ROASTERS - Like them on Facebook page at:

<https://www.facebook.com/Midwest-Roasters-645115255552747/>

We are also planning on an organized

trip/tour of their factory. Please let us know if you are interested and hopefully we can get some carpooling from the different centers. We can meet there to find out more about coffee roasting and a great local business that support our programs.

1	8	4	2	3	7	5	9	6
7	5	9	6	1	4	3	2	8
3	2	6	8	9	5	1	4	7
4	1	5	3	8	6	2	7	9
9	3	7	4	2	1	8	6	5
8	6	2	7	5	9	4	1	3
6	9	8	1	4	3	7	5	2
5	4	3	9	7	2	6	8	1
2	7	1	5	6	8	9	3	4

KIDS DELIVER MEALS ON WHEELS



As part of our March for Meals campaign, Haywood High School FCCLA students helped deliver Meals on Wheels. Pictured is driver Jessie Simonson, Chaney Illar and Jessi Hohlfield. They traveled over 44 miles delivering meals to rural and isolated individuals throughout the Haywood area.



John Moreland - Meals on Wheels Driver 20+ years was sharing his knowledge of the importance of Meals on Wheels deliveries throughout the Haywood area with HHS students Nick Bubolz and Killian Phipps, both members of the FCCLA. Well known Nancy Begley agreed to have her picture taken with these handsome boys. Several of the FCCLA members helped during March by delivering meals, serving lunch at the Haywood Center and at the Spring Style Show!



Medicare

2016 ELIGIBILITY

for Extra Help and Medicare Savings Programs for Sawyer County residents 60+

SINGLE:	MSP:	Extra Help:	Senior Care Level 1:
INCOME:	\$1,336	\$1,485	\$1,584
ASSETS:	\$7,280	\$12,140	NONE

COUPLE:	MSP:	Extra Help:	Senior Care Level 1:
INCOME:	\$1,802	\$2,002	\$2,136
ASSETS:	\$10,930	\$24,250	NONE

Extra Help: Lowers the premium, deductible and copays for Medicare Part D plans.

Medicare Savings Plans (MSP): Covers the cost of Medicare Part B premium and possibly co-pays and deductible.

Contact the SRC Elder Benefit Specialist to find out what types of benefits you might qualify for.

Senior Resource Center

15856 E. 5th Street, Hayward, WI 54843
715-934-2177



PROGRESSIVE B-I-N-G-O

Join us each Thursday to raise funds for the Hayward Building

Join us each Thursday evening at the Senior Resource Center to raise funds for the Hayward Building and for the programs we provide for Sawyer County residents 60+ by playing Progressive B-I-N-G-O.

Each week we will be cooking up some great meals for great deals, so bring your appetite!

Doors open and food being served at 5:30

Early Birds 6:15 • Regular Session 7 p.m.



Get updates of menu and where the progressive pot is at:

<https://www.facebook.com/HaywardBingo/>

Senior Resource Center located in Sawyer County, WI • 15856 E. 5th Street, Hayward, WI

Please call 715-634-3000 for more information