

SEPTEMBER 2024

"Senior Connections"



*Chippewa Falls Area Senior Center
1000 East Grand Avenue Chippewa Falls, WI 54729
715 -720-1666 Fax: 715-720-1667
Email: cfaseniorcenter25@yahoo.com*

Mission

The Chippewa Falls Area Senior Center provides a central location where Senior Citizens can enhance their independence through services and programs that promote physical, mental and social well-being.

Chippewa Falls Area Senior Center Office

*1000 E. Grand Avenue
Chippewa Falls, WI 54729
Phone: (715) 720-1666
Fax: (715) 720-1667
Email cfaseniorcenter25@yahoo.com
Website chippewafallsseniorcenter.com
Hours Mon-Thurs. 9:00 AM-4:00 PM
Friday Summer Hours: 9:00-NOON*

Staff

*Angie Walker, Director
Diane Josifek, Admin. Assistant*

2024 MEMBERSHIP

Our membership begins January 1st thru December 31st. We never turn anyone away and welcome you at any time. Membership is not pro-rated should you join later in the year.

We look forward to you joining.

New Information for 2024

*Membership: \$50.00 per person.
Age Requirements: 50+.
Fitness center: an additional fee of \$10.00 per month for unlimited access during normal business hours of the Senior Center. Should you wish to donate more to the Senior Center, we greatly appreciate your generosity.*

Remember

All donations are tax deductible. To obtain a membership, applications are available at the Chippewa Falls Senior Center. Feel free to contact us for more information (715) 720-1666

Board of Directors

President: John Turbyne
1st Vice President: Rich Webber
2nd Vice President: Bob Berg
Treasurer: Shirley Rosenow
Secretary: Dee Dee Reese
Attorney Alexie C. Raihle
Debbra Judnic
City Representative: C.W. King

August 15, 2024—Chicken and Corn Feed

Together, we made a difference. I extend my heartfelt gratitude to each one of you who contributed to our Chicken and Corn Feed Fundraiser. Your unwavering support, whether as diners, drive thru customers, or volunteers, enabled us to raise funds that will directly impact the Senior Center. Despite the challenge of estimating food quantities, we sold out, and I regret that we couldn't accommodate everyone. However, know that every dollar raised and every act of generosity will be directed towards enriching the lives of our seniors. Thank you for your unwavering support and kindness!

Angie Walker, Chippewa Falls Senior Center Director.

**CHAT WITH ANGIE: I WILL BE DISCUSSING
ALL UPDATES ON THE NEW BUILDING, BUILDING SURVEY
RESULTS, VIEWING WITH BOARD MEMBER OF OTHER SENIOR CENTERS,
RESULTS FROM FUNDRAISERS PER MONTH, AND OPEN DISCUSSION ON YOUR THOUGHTS.**

CHATWITH ANGIE
THURSDAY, SEPTEMBER 19, 2024
TIME: 10:30

CHATWITH ANGIE
THURSDAY, OCTOBER 17, 2024
TIME: 10:30

CHATWITH ANGIE
THURSDAY, NOVEMBER 21, 2024
TIME: 10:30

CHATWITH ANGIE
THURSDAY, DECEMBER 19, 2024
TIME: 10:30

PLEASE MARK YOUR CALENDAR!



CALENDAR OF ACTIVITIES

SEPTEMBER 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Happy Labor Day Stay Safe	3 9:00 Sr Aerobics 12:00 Lunch 12:30 Pinochle 1:00 Cribbage 1-3:00 Jokers & Marbles	4 10:00 Bible 12:00 Lunch 1:00 Penny Bingo	5 8:15 Strong Bodies 9:30 Yoga 9:00 Stretcherize 12:00 Lunch 1:00 Sheepshead 1:00 Wood Carving	6 12:00 Lunch 1:00 500 Club
9 8:15 Strong Bodies 9:30 YOGA 12:00 Lunch 1:00 Penny Bingo 1:00 Mahjong Cribbage Tourney TODAY! Sign Up 	10 9:00 Sr Aerobics 9:30 Cardio Drumming 12:00 Lunch 12:30 Pinochle 1:00 Cribbage 1:00-3:00 Line Dancing 1-3:00 Jokers & Marbles 1:00—3:00 1st of 12 Sessions Dr. Stacy Martin Computer for Beginners	11 10:00 Bible Fellowship 12:00 Lunch Birthday 1:00 Penny Bingo	12 8:15 Strong Bodies 9:30 Yoga 9:00 Stretcherize 9:00 Piecemakers 12:00 Lunch 1:00 Sheepshead 1:00 Wood Carving 1:00-03:00 PAINT CLASS Per Request Fall Project	13 12:00 Lunch 1:00 500 Club
16 8:15 Strong Bodies 9:30 YOGA 12:00 Lunch 1:00 Cribbage 1:00 Penny Bingo 1:00 Mahjong	17 9:00 Sr Aerobics 12:00 Lunch 12:30 Pinochle 1:00 Cribbage 1-3:00 Jokers & Marbles 1:00—3:00 2nd Session Dr. Stacy Martin	18 10:00 Bible Fellowship 12:00 Lunch 1:00 Penny Bingo Minnesota Guests Stopping in the Senior Center	19 8:15 Strong Bodies 9:30 Yoga 9:00 Stretcherize 12:00 Lunch 1:00 Sheepshead 1:00 Wood Carving 10:30 Chat with Angie CARD CLASS 1:00-3:-00 Sign up is required	20 12:00 Lunch 1:00 500 Club
23 8:15 Strong Bodies 9:30 YOGA 12:00 Lunch 1:00 Cribbage 1:00 Penny Bingo 1:00 Mahjong	24 9:00 Sr Aerobics 9:30 Cardio Drumming 12:00 Lunch 12:30 Pinochle 1:00-3:00 Line Dancing 1-3:00 Jokers & Marbles 1:00 Cribbage 1:00—3:00 3rd Session Dr. Stacy Martin FOOTCARE by Appt.	25 10:00 Bible Fellowship 12:00 Lunch 1:00 Penny Bingo	26 8:15 Strong Bodies 9:30 Yoga 9:00 Stretcherize 9:00 Piecemakers 12:00 Lunch 1:00 Sheepshead 1:00 Wood Carving	27 12:00 Lunch 1:00 500 Club
30 8:15 Strong Bodies 9:30 YOGA 12:00 Lunch 1:00 Cribbage 1:00 Penny Bingo 1:00 Mahjong	OCTOBER 1 9:00 Sr Aerobics 12:00 Lunch 12:30 Pinochle 1-3:00 Jokers & Marbles 1:00 Cribbage 1:00—3:00 4th Session Dr. Stacy Martin	OCTOBER 2 10:00 Bible Fellowship 12:00 Lunch 1:00 Penny Bingo	OCTOBER 3 8:15 Strong Bodies 9:30 Yoga 9:00 Stretcherize 12:00 Lunch 1:00 Sheepshead 1:00 Wood Carving	OCTOBER 4 12:00 Lunch 1:00 500 Club 

BIBLE STUDY INFORMATION

**This amazing group of people welcome
ALL who wish to have an open, calming,
heart-felt discussion on
“The Armor of God”**

**Where: Chippewa Falls Senior Center
1000 East Grand Avenue**

Room: 1st Floor - Activity (Bingo) Room

**Every Wednesday, 10:00
\$1.00 for members
\$2.00 for Non-members**





*A SPECIAL BIRTHDAY WISH TO
OUR SEPTEMBER BIRTHDAY MEMBERS!*

*Richard Anderl, Lois Borsos, Karen Fadness,
Diane Meyer, Charles Philplott, John Rietschel,
Randy James Rurup, Mary Schaefer*

Have a wonderful day!



The month of September
EVERY MONDAY & WEDNESDAY
 Random Prize
 given away!
 Put your name in the
BINGO BUCKET
 To WIN a PRIZE

**Wii Bowlers
 Your Season
 Begins the week of
 September 9th
 Start getting prepared!!
 Lift your arm weights
 And don't forget:
 Schedule your eye
 Exam for the
 perfect aim!**



**CRIBBAGE TOURNAMENT
 OCTOBER 7, 2024**

Price Per Person \$10.00

Start Time: 1:00 Sharp!

Call to reserve your spot

715.720.1666

We fill up fast.....Thank You



PAINT CLASS

*Per your request....
The September Project—Wood*

STANDING OR WALL MOUNTED FALL DECOR

*Thursday, September 12th
Time of Class: 1:00—3:00
To Sign Up Call: 715.720.1666*

CARD CLASS

*Sign up for this activity and
look forward to having a wonderful time.
All cards are made from scratch. You make
the decision what type of card to make by
what you stamp outside and inside*

*Date: Thursday
September 19, 2024
Time: 1:00 - 3:00*

*Cost: \$7.00 plus \$1.00 members
\$8.00 Non-members plus \$2.00 for Center
For designs and preparation,*

Please call to sign up 715.720.1666

Please remember to give Diane your email so you can receive the newsletter when available

You will also find it on Facebook and the Senior Center Website
chippewafallsseniorcenter.com

Should you want the newsletter mailed on a monthly basis, there is a charge of \$1.00 per month

Thank You!

Chat with Angie**SEPTEMBER 19, 2024
10:30—11:30****Start with a cup of coffee
While enjoying treats****Status of New Building,
Survey Results,
Where do we go from here
New Fundraising ideas****SEPTEMBER & OCTOBER
FOOTCARE*****Date: September 24, 2024
October 29, 2024*****Toenail Trimming/Debridement
Callus and Corn Reduction*****To set up your appointment
call 715.720.1666******First appointment 9:00 — Last: 2:30
30 minute intervals Cost: \$35.00
Chippewa Falls Senior Center
1000 East Grand Avenue, Chippewa Falls******Interfaith Community Prayers******Chippewa Falls Senior Center
Sunday September 1, 2:00 p.m.******All community members are warmly
invited to join in prayers for the
community. This will take place at the
Chippewa Falls Senior Center, 1000
East Grand Avenue at 2:00 p.m.
Prayers of all Faiths are welcome to
this Baha'i sponsored event.******FOR SALE******Don't Forget...Water and Pop
Sold Here—Diane's Office
Cost: \$1.00 each******Coke, & Diet Coke, Pepsi, & Diet Pepsi,
Mountain Dew, & Diet Mountain Dew,
Regular & Diet Dr. Pepper******PLUS Cold Bottled Water.*****Enjoy****A COLD
BEVERAGE
WHILE AT
THE CENTER!****Located in Diane's
office daily
9-4**

SEPTEMBER ADRC MENU & BAG SALE

Chippewa September 2024 – Chippewa County Meals on Wheels and Dining
 Please Reserve or Cancel your meal by NOON the day before Delivery-Call: **715-579-2896**
 Serving @ NOON @ C.F. Senior Center

Monday 2	Tuesday 3	Wednesday 4	Thursday 5	Friday 6
LABOR DAY NO MEALS	Creamy Chicken Dumpling Casserole 4-Way Mixed Vegetables Biscuit Peanut Butter Cookies	Mac & Cheese Meatloaf Casserole Roasted Zucchini w/ Tomato & Fresh Basil W/G Rolls Chocolate Fudge Bar	Baked Cod w/ Lemon Caper Sauce Creamy Orzo w/ Spinach & Artichoke California Blend Vegetables W/G Bread Frosted Zucchini Cake	Beef Chili w/ Cheese & Saltines Roasted Fresh Vegetables Corn Bread Fruits
9	10	11	12	13
Creamy Garlic Parmesan Chicken Veg Blend Key Largo Au Gratin Potatoes W/G Bread Fruit	Grilled Salmon w/ Lemon Butter Sauce Asparagus Risotto w/ Romano Cheese Steamed Carrots W/W Bread, Oreo Fluff	Beef Pot Roast w/ Carrots, Celery, Onion, & Rutabaga Mashed Potatoes w/ Gravy Bean Medley Chocolate Cherry Cake	Creamy Chicken Cheese Tortellini Soup w/ Spinach & Carrots Broccoli Salad W/W Garlic Bread Lemon Blueberry Cake	Ham Potatoes Au Gratin Green Beans w/ Bacon & Onion W/W Rolls Root Beer Float Cake
16	17	18	19	20
Chicken Pot Pie w/ Mixed Vegetables Biscuit Steamed Broccoli Fruit	Corn Bread Taco Bake w/ Shredded Romaine & Diced Tomatoes Infused Black Beans Churros	Beef Stew w/ Mushroom, Celery, Carrots, & Onions Steamed Dumplings Prince Edward Vegetable Blend Chocolate Pudding Cake	Parmesan Crusted Cod w/ Tartar Sauce Wild Rice Roasted Brussels Sprouts w/ Balsamic Glaze Pumpkin Bar	Mushroom Swiss Burger Roasted Red Potatoes Wax Beans W/G Bun Peanut Crunch Cake
23	24	25	26	27
Crunchy Baked Ranch Chicken Baked Potato w/ SC Roasted Zucchini w/ Tomato W/G Rolls Fruits	Sweet & Sour Chicken w/ Bell Pepper, Carrots, Onion, & Pineapple Jasmine Rice Broccoli & Cauliflower Chocolate Goey Butter Cake	Beef Tips Over Egg Noodles White Italian Bean Stew W/G Rolls Strawberry Jam Bar	Hashbrown Egg & Sausage Casserole Beans w/ Stewed Tomato Peach Muffin	Salisbury Steak w/ Gravy Yukon Mashed Potato w/ Spinach & Cheese Vegetable Blend Chef-Cut San Francisco Fruit
30				 
Beefed Up Rice Casserole Mixed Vegetables W/G Roll Fruit				

The Suggested Donation is \$4.50

Thank you for supporting the program that supports you

Menu is subject to change



SEPTEMBER BAG SALE

Everything you can fit in the bag we provide is **\$3.00**

SEPTEMBER 10th — TIME: 9-3
SEPTEMBER 11th — TIME: 9-2

Everyone is welcome! Times listed above are for all bag sales
 You can also find us on our new Website
 and on the Chippewa Falls Senior Center FB page



Come along, have some fun—LINE DANCING



LINE DANCING

September 10 September 24

TIME: 1:30-3:00

Come have a great time, fun, and laughter

ANYONE can do it! SIGN UP NOW!

*Give it a try, while learning simple steps
giving you confidence to dance anywhere,
anytime for any occasion.*

Cost: \$1.00 members \$2.00 (non-members)

WE ARE HAVING A GREAT TIME!



WANT TO LEARN MORE ABOUT DIGITAL SKILLS?

TO SIGN UP
CALL THE
CHIPPEWA
FALLS SENIOR
CENTER
715.720.1666



We've got you covered.

JOIN US & LEARN SOMETHING NEW! MEMBER RATE: \$10.00 | NON-MEMBER RATE: \$15.00

DATES YOU CAN ATTEND

12
SESSIONS

LOCATION: CHIPPEWA FALLS SENIOR CENTER
1:00P.M. - 2:00P.M.

SEPTEMBER

- Tuesday: 9/10
- Tuesday: 9/17
- Tuesday: 9/24

OCTOBER

- Tuesday: 10/01
- Tuesday: 10/15
- Tuesday: 10/22
- Tuesday: 10/29

NOVEMBER

- Tuesday: 11/12
- Tuesday: 11/19
- Tuesday: 11/26

DECEMBER

- Tuesday: 12/03
- Tuesday: 12/10

TOPICS WE'LL GO OVER

- Components of a Computer
- Mouse & Keyboard Use
- Using an Internet Browser
- Creating & Using Email
- Creating, Editing, & Printing Documents
- Windows 10/11
- Social Media
- Telehealth
- Microsoft Office Suite
- AND MORE!



United Way of the
Greater Chippewa Valley

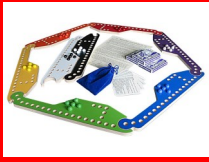
CLASSES ARE LIMITED TO 15 PARTICIPANTS! EACH PARTICIPANT THAT ATTENDS A MINIMUM OF 8 CLASSES WILL BE PLACED IN A DRAWING FOR A FREE LAPTOP!

QUESTIONS? CONTACT DR. STACY MARTIN AT SMARTIN@UWGCV.ORG

**YOU
COULD WIN A LAPTOP AFTER
ATTENDING 8 SESSIONS**

ACTIVITIES LET'S HAVE SOME FUN!

JOKERS & MARBLES



Every Tuesday 1:00-3:00
 Cost: \$1.00 members
 \$2.00 (non-members)

We are happy to announce
 Pinochle is a new activity being
 played every Tuesday at 12:30.

Please come and join a
 great group of
 individuals who brought
 the game back to the
 Senior Center.



Cost: Members \$1.00 Non-Members \$2.00

SENIOR FITNESS CENTER

Cost: \$10.00 per month OR \$35.00 per month (non-members)

TV's are available for you to enjoy music, movies or your special
 program. Remotes are provided



WHAT IS AVAILABLE?

Cardio Machines

Treadmills, recumbent bikes, ellipticals
 and steppers!

Weight Training Equipment

A variety of machines to work your arms,
 legs, shoulders, core, and much more!

The center also has free weights available!

"I DON'T KNOW HOW TO USE IT"

That's okay! All of our machines have easy to
 read directions and pictures explaining how to use
 them safely. We can assist you with any questions!

Wood Carvers

We are truly delighted to have this group of
 extremely talented people.

EVERY Thursday afternoon at 1:00 p.m.

If you are interested in learning, YOU are more
 than welcome to stop in!



SHEEPSHEAD

Thursdays
 Time: 1:00 -3:45

Cost: \$1.00
 \$2.00 (non-members)

CARD PARTY

Friday Afternoons
 Time: 1:00 -3:45

Cost: \$1.00
 \$2.00 (non-members)



AEROBICS

Join a group of people exercising to many senior tapes.

Everyone is welcome!

After class, sit and enjoy a coffee/beverage

Tuesday Mornings TIME: 9:00

COST: \$1.00 (m) \$2.00 non-members

BIBLE FELLOWSHIP WEDNESDAY MORNING

Bible Fellowship invites anyone who is interested to join us for our September study of "The Armor of God"

TIME: 10:00 COST: \$1.00 (m) \$2.00 non-members

STRETCHERCIZE

This is a slow pace low impact class for everyone. Come and start your day off with this group of people while enjoying the routine. Instructor: Donna Kraemer

Thursday Mornings TIME: 9:00

COST: \$1.00(m) \$2.00 non-members

JOKERS & MARBLES

If you have played Sorry, Aggravation or Parcheesi, this is an exciting upgrade using cards instead of dice. The game includes special "power" cards, the Joker being the most powerful. If you already know how to play the game, it's all about fun.

Everyone welcome!

Every Tuesday 1:00-3:00

COST: \$1.00 (m) \$2:00 non-members

YOGA

Every Monday and Thursday Morning

Instructor: Melanie Berg

If interested you can bring your own mat or mats are available

TIME: 9:30 COST: \$1.00 (m) \$2.00 non-members

LINE DANCING BEGINNERS

Have a great time, fun, and laughter, while learning Line Dancing. ANYONE can do it! Give it a try.

While we learn the simple steps you'll enjoy dancing anywhere for any occasion.

Tuesday, September 10th and 24th from 1:30-3:00 (BINGO ROOM)

Cost: \$1:00 (m)

\$2.00 non-members

MAHJONG

Every Monday Everyone is Welcome!

If you are interested in learning the game, please stop in. The ladies are happy to explain and help you learn.

TIME: 1:00—3:00 COST: \$1.00 (m) \$2.00 non-members

STRONG BODIES

This is a community-based strength training program aimed at mid-life and older adults that includes progressive resistance training, balance training, and flexibility exercises

Monday & Thursday Mornings

Time: 8:15 COST: \$1.00 (m) \$2.00 non-members

QUILTERS/PIECEMAKERS

Be a part of a group that loves the art of quilting.

Enjoy being with people sharing each others ideas, tips and heartfelt passions.

Meet the 2nd & 4th Thursday of the month

TIME: 9:00 Please talk with Donna Turbyne

CARDIO DRUMMING

Cardio Drumming September 10th and 24th

Tuesday morning 9:30—10:30

Cost: \$1.00 (m) \$2.00 non-members

ADULT Wii BOWLING

"Bring It On" and "MAKE SOME NOISE"

Looking for males and females who'd like to bowl with NO STRESS and who like having FUN

Sign up is required. Call Diane: 715-720-1666

COST: \$6.00 plus \$1.00 (m) \$2.00 non-members

PAINT CLASS Join the FUN

Even if you have never painted before, come and join a nice group of ladies/men while enjoying your masterpiece. It's worth your time. GIVE IT A TRY!

Sign up required.

Cost for classes varies for each project

Class Cost plus \$1.00 (m) \$2.00 non-members

CARD CLASS

Sign up for this activity. Look forward to having a wonderful time. All cards are made from scratch.

You make the decision what type of card by what you stamp on the outside and inside.

Cost: \$7.00 for the Class plus \$1.00 (m)

\$2.00 non-members

**UPCOMING
EVENTS & FUNDRAISERS
AT THE SENIOR CENTER 1000 EAST GRAND AVENUE
PLEASE MARK YOUR CALENDAR!**

SATURDAY, SEPTEMBER 7, 2024

CRAFT, FOOD & FLEA MARKET

TIME: 10:00—4:00

SEPTEMBER BAG SALE \$3.00 / BAG

TUESDAY SEPTEMBER 10 TIME: 9-3

WEDNESDAY SEPTEMBER 11 TIME: 9-2

TUESDAYS, SEPTEMBER 10, 17, & 24

COMPUTER CLASSES FOR BEGINNERS

TIME: 1:00-2:00 - 12 SESSIONS TOTAL

(Every Tuesday Thru December 10th.)

ONE TIME FEE INCLUDES ALL 12 SESSIONS

COST: \$10.00 MEMBERS COST: \$15.00 NON-MEMBERS

CLASS COMPUTERS SUPPLIED (SEE PAGE 13 FOR MORE INFO.)

YOU HAVE A CHANCE TO WIN A LAPTOP AFTER ATTENDING 8 SESSION

THURSDAY, OCTOBER 10, 2024

**CHICKEN DUMPLING SOUP, 1/2 SANDWICH, CRACKERS,
DESSERT & WATER**

TIME: 2:00-5:30 COST: \$8:00 DRIVE THRU ONLY!

4 OR MORE ORDERS—PLEASE CALL AHEAD—715.720.1666

OCTOBER BAG SALE \$3.00 / BAG

TUESDAY OCTOBER 8TH TIME: 9-3

WEDNESDAY OCTOBER 9TH TIME: 9-2

THURSDAY, OCTOBER 24, FRAUD PRESENTATION

TIME: 10:30 a.m. COST: FREE

PRESENTATION GIVEN BY: FRAUD SPECIALISTS

FROM ROYAL CREDIT UNION

SIGN UP REQUIRED—PLEASE SIGN UP BY CALLING 715.720.1666

TUESDAY, NOVEMBER 5, 2024

**ELECTION DAY BAKE SALE 7:00 a.m.- SOLD OUT
BAKERS NEEDED**

ALL HOME BAKED GOODS APPRECIATED

NO STORE BOUGHT ITEMS

Please bring to Angie's office on

MONDAY, NOVEMBER 4th from 8:00 a.m. — 4:00 p.m.

OR Tuesday, November 5th by 10:00 a.m. THANK YOU SO MUCH!

NOVEMBER BAG SALE \$3.00 / BAG

TUESDAY NOVEMBER 12TH TIME: 9-3

WEDNESDAY NOVEMBER 13TH TIME: 9-2

ANNUAL CHRISTMAS BOUTIQUE

WEDNESDAY, NOVEMBER 21st & 22nd TIME: 9-4