
◆ The Senior Chatter ◆

Volume 14, No. 1

Menasha Senior Center, Menasha, WI

January 2010

Dates to remember this month:

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Jan 21 - Radio Program Show	11

Words of wisdom

Editor's note: I receive many of these "messages" via email. Some are accompanied by music and pretty nature pictures and others with cute cartoons. I'll share these with you (without the graphics and noise).

- ✓ Much of your growth as a person will come through hardships and challenges. Embrace them and know you will be better, stronger and wiser because of them.
- ✓ Learn to listen; it is an art.
- ✓ Life is all about energy-feel it around, through and in you. Distinguish the positive from the negative.
- ✓ Enjoy the beauty of this earth all around you.
- ✓ Enjoy times of rest.
- ✓ Nurture and maintain your friendships.
- ✓ Some things in life can never be recaptured: the spoken word, time passed and opportunities.
- ✓ Live more in your heart less in your head.
- ✓ Love your body. It knows what you think. From your emotions spring health or illness. Send yourself positive thoughts all the time.
- ✓ Be thoughtful and be careful what you say. Words create your reality.

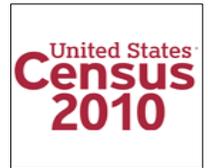
Gegan needs help

The lower grades at Gegan school need help with reading and with math. Please consider volunteering your time to assist these young students.

Contact Tracy Schmidt, Gegan Secretary, at 967-1361. She will answer your questions and provide the details.

"It's In Our Hands"

The City of Menasha urges all residents to participate in the 2010 Census. With only 10 questions, it takes only about 10 minutes to complete, and is completely confidential. The questions are name, sex, age (date of birth), race, ethnic background, relationship to others in the home and whether the dwelling is owned or rented and whether or not the person spends part of the time in another location (college, military, seasonal home etc).



Questionnaires will be mailed in March, 2010, and you are asked to return them by April 1, 2010. All persons living in the United States need to be counted.

All information is completely confidential and is not provided to any other governmental agency. Those who do not return their questionnaire by May 1, 2010, will be visited by a census worker. All census workers have identification, wear hats and carry bags identifying themselves as census workers.

Participation is critical because - the results will determine how our elected representative districts will be drawn, and how much federal and state funding is allocated to the City of Menasha.

Memory Tree

Our Christmas tree will remain up through February because on January 2 it will turn into a Memory Hearts tree for Valentines Day. This is a fundraiser for the Menasha Senior Center's Memorial Fund. "Purchase" a delicate spun glass heart ornament in memory of a loved one who is deceased or in honor of a family member, friend, co-worker, or special person in your life. This "purchase" is a donation to the Memorial Fund. Rather than keeping the ornament, the heart ornament will be placed on the

Continued on page 5

Welcome to the *Senior Chatter*



Menasha Senior Center

116 Main Street Menasha, WI 54952
920-967-3530

Hours: 8:00am-4:00pm Monday-Friday
sbull@ci.menasha.wi.us

Web site:

www.menashaseniorcenter.org

Senior Center Supervisor Sylvia Bull
Activity Coordinator Barb Taylor

MSC welcomes all adults 55 and over to participate in our many activities and utilize our services. There are no membership or residency requirements.

Our mission is to enhance the quality of life of older adults by providing educational, recreational, social and wellness programs and to meet these needs as requested by the community.

MSC Planning Committee:

Meets second Thursday of each month at Menasha Senior Center at 9:00 am.

Members:

Susan Locke Barbro Whiting
Ruth Jerome Terry Czerwinski
Norma Heinz

City of Menasha Committee on Aging:

Meets second Thursday of each month at the Menasha Senior Center at 7:45 am.

Members:

Bob Jankowski Roy Rogers
Joyce Klundt Sue Steffen
Lee Murphy Mary Lueke
Sue Nett, Director Menasha Health Dept.
Jean Wollerman, N-M YMCA Older Adult Dept.

(Services are provided without mandatory dues, Senior Center Regulation, Title III Older American Act, Chapter VII, Section 5.45).

Services at MSC

Menasha Meal Site: Meals through Winnebago Co. Nutrition Program are served Monday through Friday at 11:20am at the Menasha Senior Center. Must call 725-6323 by 12:00pm the day before for meal reservations. Must be 60 years or older to participate. Suggested donation of **\$2.75**.

Meal Site Manager: Ardeana "Dee" Osinski

Winnebago Co. Benefit Specialist, Candace Corbett: Candace visits MSC the first two (2) Thursdays each month from 10:00 -11:30am. Call the MSC office at 967-3530 for more information.

60 Plus Health Program: (City of Menasha Health Dept.) Call 967-3520 for personal counseling and screening tests.

- Health screenings offered monthly at MSC
- Blood Pressure checks every Tuesday at MSC

Valley VNA Senior Services Footcare: Clinics are held twice a month from 1-4pm. Must call the VNA at 727-5555 to make your appointment.

Dial-a-Ride: Discount taxi service for Neenah & Menasha residents 60 yrs. and older. Tickets available at MSC.

Menasha School District Lifetime Passes:

For residents 60 yrs. and older who live in the Menasha school district - admission to many school sponsored events.

Information and Referral: MSC will assist in identifying a local agency or organization that may help you. Also available at the office:

- County Resource Directories
- SeniorCareRx Applications
- File of Life
- Community Resource brochures, info.

Mini-Library: Resources, books, videos

Computers: Internet access; available 8a-4p (except Weds 12-4:00pm); One-on-one instructions available Monday mornings by appt.

Senior Chatter is a monthly publication of the Menasha Senior Center providing a variety of information on senior issues, events in the community and at MSC - all for \$4.00 a year!

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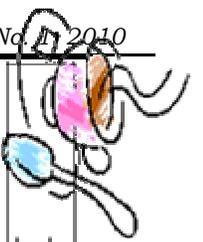
www.valleyvna.org

Call about NEW In-Home Care service and prices!

Watch your step!

Falling is one of seniors' biggest health hazards in winter due to the ice and snow that is often built up on steps, porches, and walkways. Here are a couple of simple things to remember when cruising around in the winter.

- ❖ Sturdy, low-heeled, non-skid shoes are great for keeping traction on slippery surfaces. Even though thick soled shoes are recommended for walking in winter, if you have poor circulation in your feet, a thin-soled shoe will give you a better feel for the ground below.
- ❖ Avoid snowy or icy ground. If you must walk on it or are unsure if it is slippery, walk with your toes pointed outward, take short, flat steps.
- ❖ Take off your shoes when you get inside the house. This will help you avoid slipping on the wet soles. You get to clean the floors a lot less often as well.



Menasha Senior Center JANUARY 2010

Monday	Tuesday	Wednesday	Thursday	Friday
<p>January is National Hot Tea Month and is also the height of the dreaded "cold and flu season." Did you know that drinking hot tea may also help you stay healthy during the cold and flu season? Studies suggest that theanine, an ingredient found naturally in tea, supports the immune system. A cup of tea contains an average of 20-25 mg of theanine. Drinking tea throughout the day may strengthen the immune system. Drinking five cups of Black Tea a day for two to four weeks boosted the body's immune defense system by four times, according to the results of a human clinical trial. According to this study, the data suggests that drinking Black Tea boosts the body's natural resistance to infection.</p>				
9:30 Line Dancing 10:30 Radio Show Acting 11:20 Meals 12:30 Scrabble 1:00 Men's cards	10:00 Wii 11:20 Meals 12:00 Agility exercise	9:30 Line Dancing 10:00-11 Chair exercise 11:00 You Can Do It 11:20 Meals 12:30 Texas Hold'em 12:30 Shuffleboard 1:00 VNA Foot care	8:30 Oil Painting 10:00 Benspec 11:20 Meals 12:30 Cribbage 1:00 Bridge	10:00 Wii 11:20 Meals 1:00 Quilting 12:30 Hand&Foot
4	5	6	7	8
9:00 Computer class 9:30 Line Dancing 11:20 Meals 1:00 Men's cards	10:00 Wii 11:20 Meals 12:00 Agility exercise 1:15-3:00 Blood Pressure ck	9:30 Line dancing 10:00-11 Chair exercise 11:00 You Can Do It 11:20 Meals 12:30 Texas Hold'em 12:30 Shuffleboard	7:45 CA meeting 8:30 Oil Painting 9:00 PC meeting 10:00 11:20 Meals 12:30 Cribbage 1:00 Bridge	10:00 Wii 11:20 Meals 1:00 Quilting 12:30 Hand&Foot
11	12	13	14	15
9:00 Computer class 9:30 Line Dancing 11:20 Meals 12:30 Scrabble	9:00 Newsletter Assen 10:00 Wii 12:00 Agility exercise 11:20 Meals 1-3 RSVP TRIVIA	9:30 Line Dancing 10:00-11 Chair exercise 11:00 You Can Do It 11:20 Meals 12:30 Texas Hold'em 12:30 Shuffleboard	8:30 Oil Painting 11:20 Meals 12:30 Cribbage 1:00 Bridge 1-2:30 Radio Program Show	10:00-11:00 Anemia Screening 10:00 Wii 11:20 Meals 1:00 Quilting 12:30 Hand&Foot
18	19	20	21	22
9:00 Computer class 9:30 Line Dancing 11:20 Meals 12:30 Card making class 1:00 Men's cards	10:00 Wii 10:30-12 Blood pressure 12:00 Agility exercise 11:20 Meals	9:30 Line dancing 10:00-11 Chair exercise 11:00 You Can Do It 11:20 Meals 12:30 Texas Hold'em 12:30 Shuffleboard	8:30 Oil Painting 11:20 Meals 12:30 Cribbage 1:00 Bridge 1:00 VNA Foot care	10:00 Wii 11:30 Meals 12:00 Quilting 12:30 Hand&Foot
25	26	27	28	29

Note from Staff. . .

Dear Friends,

It's time for a birthday party in 2010 - for the Menasha Senior Center. Don't know exactly how old it is/we are, but we need to celebrate, nonetheless. It is a fact: aging is the accumulation of changes over time, in an organism (you/me) or an object (senior center). That's all. What we do as we age is the key.

What are your plans? MSC offers exercise, wellness/health screenings, presentations, computer classes, activities like Wii, shuffleboard and scrabble. All have a social component and are opportunities to rejuvenate your brain and body. Join us. And let us know if there are other activities you'd like us to offer.

Happy New Year to everyone.

Looking forward to a great year!

Looking forward to seeing you.

Sylvia Bull Barb Taylor

Center's WISH LIST

Coffee (we use mostly decaf.)

AA batteries

New or in good condition:

30-cup coffee maker

Kitchen utensils: spatulas, ladle, stirring spoons, hot pads/pot holders, measuring cups, ice cream scoop, can opener, tongs, whisk

Thermometer Cutting board

Cookie sheet Mixing bowls

Call Barb or Sylvia at 967-3530 with questions.

Heart Tree continued from page 1

Memory Hearts tree through February. The name of the person you are honoring will be listed on a bulletin board and all names will be announced at our Valentine Spaghetti Luncheon on February 12.

Heart ornaments are \$1.00 each. You can stop in the office to "purchase" one or you can mail us a check (\$1.00 for each ornament/name) along with the name, printed clearly, that you want listed. Deadline is February 11.

Call Barb or Sylvia if you have questions at 967-3530.

Agility exercise or Yopilet

Beth Howell is again eager to lead this exercise group. If you want a low-key, low-impact exercise that will work on your flexibility and balance, then this is the one for you. And it's fun. Beth knows how to liven it up and make it enjoyable.

You can start at your own pace and build up your stamina with Beth's guidance. This is a worthwhile investment in your health. Check it out - stop in.

This agility exercise group is held on

Tuesday mornings 12n - 1:00p



(Beth is a graduate of UW-Platteville. She teaches arts and growth & development curriculum. She especially enjoys teaching movement classes to older adults.)

Questions? Call MSC at 967-3530.

What is **Yopilet**? (pronounced *yo pill ay?*). That's the name the group came up with to describe the exercise they do - the moves from yoga, pilates and ballet. It's a great combination.

Radio acting

Let's have some fun! Here's your chance to "be on the air" - pretend, anyway. No audience - no stage fright. You can "act up" all you want.

Join Melissa Suttner, of Shooting Starzz Community Theatre fame, on

January 4 from 10:30 - 11:45a



She'll have a script for all to participate and will direct, demonstrate, lead, encourage and guide you as you "perform".

You will schedule a few more rehearsals and plan to demonstrate what you learned at the Radio Program Show on January 21. (See page 11)

A donation is appreciated.

RSVP with the MSC office at 967-3530 if your interested in participating.

BIRTHDAY GIFT

Have a birthday in **January**? Stop in the office with your ID during the month and pick up your birthday gift.



Health Corner

By Valerie Davis RN, 60 Plus Program

January is Eye Health Month

Have you heard the saying, "you eat with your eyes", well that is true, the visual appeal of food helps stimulate our appetite. It is also true that what you eat can effect your eye health. Studies have shown that cataracts, macular degeneration and general eye health can be influenced by what we eat.

General recommendations to reduce cataract risk:

- ✕ Eat more fruits and vegetables
- ✕ Eat more fish and foods with omega-3 fats
(or take a supplement)
- ✕ Drink black or green tea and maybe red wine

Important phytonutrients for eye sight are lutein and zeaxanthin; they are the only carotenoids found in the macula of the eye and they may act to prevent free radical damage to the delicate structures in the back of the eye. Studies suggest that lutein may reduce risk of and cataracts. **It is important to note** that your body is unable to produce lutein. **The only way to get lutein is through foods or supplements!**

Lutein and Zeaxanthin protect the eye by: absorbing blue light, quench damaging free radicals and help cells survive under stress. They enhance vision by: reducing glare and increasing your ability to see contrast, especially in low light. The recommended amount of lutein to consume daily is no more than 20 mg. Foods that are highest in lutein are kale and spinach, other yellow and dark green veggies and egg yolks are good sources.



60 Plus Health Program Blood Pressure Screenings

Schedule for January 2010

Menasha Senior Center

Tues. January 12 1:15-3:00 pm

Tues. January 26 10:30—Noon

Elizabeth Court Apts. Thurs., Jan. 14 1:30pm

Lakeside Commons Thurs., Jan. 14 2:00pm

St. John's Keenagers Thurs., Jan. 28 1:00pm

The last blood pressure clinic of the month at MSC will also be a **Health Consultation**. If you have any health related questions, feel free to stop in - I will do my best to answer them for you. Val Davis, RN, PHN, 60+ Program

Winter Walking

STARTS: January 18

ENDS: March 25

Free walking program for adults 18 yrs. plus
on Tuesdays and Thursdays

from 6am - 7am

at the Menasha High Field House (Entr. #16).

Sponsored by the Menasha Health Dept. and the Menasha Senior Center. Call MSC at 967-3530 or Menasha Health Dept. at 967-3520 if you have questions.

A great exercise in a warm, safe place - couldn't ask for much more (except a cool drink on a sandy beach in the Bahamas!).

Activities at MSC

Regularly scheduled activities:

◆ **Card Games:** *Men's Sheepshead* (not for beginners) - Mondays at 1:00pm, (Sept.—May); *Hand&Foot* - Fridays at 12:30pm; *Bridge* (not for beginners) - Thursdays at 1:00pm; *Texas Hold'em* Wednesdays 12:30.; *Cribbage* - Thursday, 12:30pm; \$.50 for card games.

◆ **Weight loss grp:** Wed. mornings 11:00am \$.50

◆ **Shuffleboard:** Wednesdays 12:30-3:30pm \$.50

◆ **Chair Exercise:** (strength, flexibility, balance) every Wednesday morning 10:00-11am; \$.50

◆ **Agility exercise:** (flexibility, balance, agility) Tuesdays 12:00n-1:00pm \$.50

◆ **Scrabble:** 1st and 3rd Mondays at 12:00pm. \$.50

◆ **Bike-4-Fun:** Fri. mornings 8am; May-Oct. \$.50

◆ **Wii Sports:** Tuesday and Friday 10:00am \$.50

Regularly scheduled classes:

◆ **Computer Class:** One-on-one individualized instructions. Monday mornings. Call 967-3530. One hour, 4x month. \$15 resident/\$18 non-resident.

◆ **Greeting card class:** Every 2nd Monday 12:30-3:00pm. \$2.00R/\$2.50NR. Supplies available.

◆ **Intermediate/Advanced Line Dancing class:** Monday and Wednesday morning 9:30-10:30am. \$.50R/\$1.00NR

Additional activities:

◆ **Bingo:** Quarterly bingo parties.

◆ **Computer Lab:** Computers are available for use during center's working hours (*except* Wed. afternoons). \$.10 a copy donation.

◆ **Quilting Group:** Meet Fridays 12:00-2:00pm.

◆ **Presentations:** health/educational; as scheduled

Also available:

Magazines/books
Puzzles
Coffee

Upcoming events



February 12-Valentines/Spaghetti Luncheon

2010 activity fee schedule

Activity fee of \$.50 went into effect in Oct. '09 for activities such as chair exercise, Wii, card games, shuffleboard, Scrabble, Yopilet, Bike-4-Fun as well as any others that may be added.

You will have the option of:

✓ Dropping the \$.50 in a collection jar when you come in for the activity, or

✓ Purchasing a yearly activity pass for \$25 which you will display each time you come in for activities.

Class fees: resident/non-resident basis and on the type of class (materials, instructor fee, etc.).

The current scheduled classes are:

Computer class	\$15 resident \$18 non-resident
Greeting card class	\$2.00 resident \$2.50 non-resident
Line dancing class	\$.50 resident \$1.00 resident

Computer lab: no charge for walk-ins. Making a regular donation for its use will be encouraged. A jar will be available. We will be asking \$.10 a copy for printed material generated from the computer.

Walk-ins: people who come in to work the puzzle, read the paper or magazines, watch TV, etc. will be encouraged to make a donation.

Presentations (educational, health, etc.) and other **events/gatherings** (teas, oldies show, etc.): donations will be encouraged.

Contact the MSC office if you have questions.

Wii bowling

Contest in February: best average for the month = **A BIG PRIZE!!**

Come in January to learn how and practice.



TRIAD Tip

Officer
Crime Reduction Coordinator

Menasha Police Department 920-967-3569

Winter safety for seniors

The cold Wisconsin weather is upon us and the snowflakes fill the sky. Fantastic news for those who enjoy their beauty and snow sport enthusiasts but it has also proven to be a dangerous time of year for seniors. Listed below are a few tips for keeping yourself or your loved ones a little safer during this winter.

- ✓ Have your heating system checked by a professional to avoid breakdowns during the colder months. Service calls can sometimes be days away due to an increase in calls during snow emergencies.
- ✓ Make sure all smoke detectors in your residence are working. 'Tis the season for Christmas lights, candles, electric blankets and the like. And install carbon monoxide detectors on all levels of your home. An easily accessible fire extinguisher should be in all homes also - the kitchen is a logical choice to store it (and know how to use it if needed).
- ✓ Have warm blankets, flashlights, candles on hand and ready in case of a power outage.
- ✓ An emergency supply of food is always a good idea but becomes very important during the harsh winter months. A few days worth of canned goods, drier goods and other essentials should be on hand.
- ✓ A battery powered radio is a nice companion if you lose power. It will keep you connected with what is happening and you can dance if you get bored.
- ✓ Make sure to have all prescriptions filled regularly and if you have a home health care provider, set up plans for emergency situations ahead of time.
- ✓ Pre-arrange for a family member or trusted friend to check on you in a weather emergency.

Read "Watch your step!" on page 3

2008 TRIPS with MSC



Call 967-3530

Own only what you can carry with you;
let your memory be your travel bag.
Alexander Solzhenitsyn

Sun., February 14 C A T S

Performance of Andrew Lloyd Webber's outstanding musical with its timeless melodies at the Performing Arts Center in Appleton. Transportation: school bus.

\$43.00 per person (\$10.00 deposit at time of reservation). Deadline: Feb 3

Lv: 12:15pm RT: 3:30pm approx.

Thurs., July 22 Senior Appreciation Concert

A Green Lake Festival of Music schedules outstanding performances throughout the summer months. This show at the Rodman Center for the Arts at Ripon College has been planned especially for seniors. Soprano Sarah Lawrence and Tenor Calland Metts (accompanied by Stephen Alltop) will perform with favorites from stage and screen; Opera to Broadway. (Sarah Lawrence portrayed Christine in a national production of Phantom of the Opera.)

Itinerary: Ripon Cookies Outlet Store; Shopping historic downtown; Lunch at a local restaurant; Concert at Rodman Center for the Arts

Tent. Schedule: LV 9:00am; RN 4:30pm; details TBA

Cost: ?

We need your input, ASAP

Please call us and let us know the mode of transportation you would prefer we use for this show:

Based on 30 passengers, the cost per person with

Coach transportation is \$52.00

School Bus transportation is \$34.00

967-3530

ANEMIA SCREENING

DATE: Friday, January 22, 2010

TIME: 10:00 – 11:00 AM

WALK-IN BASIS

PLACE: Menasha Senior Center
116 Main Street

Donations accepted to help defray costs

Sponsored by:

Menasha Health Department's 60 Plus Program

For further information – Call 967-3520



Weather notice:

Menasha Senior Center activities will be cancelled when the Menasha Schools are closed due to severe winter weather. The center, however, will be open. (City departments are rarely closed -only when City Hall makes that determination.)

Check with TV and radio stations for the announcements. Call MSC office at 967-3530 if you are unsure.

Be wary - Be cautious

In winter weather - following a *SNOW* or *ICE storm* - please use discretion when venturing outside. Think of your well-being first. Ask yourself: is it absolutely necessary that I go to the grocery store, the bank, the Menasha Senior Center? Do I want to risk falling?

Don't assume that parking lots and sidewalks at the bank, the barber, grocery store, beauty salon or the senior center are cleared and in good walking condition for you. Know that, depending upon the severity of weather, it may take a few days for walkways to be cleared adequately. Don't hesitate to call if you have questions.

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They are experts in their field, so consider giving them a call when you have a question or concern.

All Are WELCOME!

RSVP staff want to take this special day to recognize volunteer service and allow new volunteers to explore our community's volunteer options.

Menasha Senior Center

January 19, 2010

1:00pm-3:00pm

Play Games, win prizes, and find new volunteer opportunities.

RSVP (Retired and Senior Volunteer Program) partners with several non-profit agencies in Winnebago County. These agencies offer opportunities that will take 5 minutes, to 5 hours, to 5 weeks, to 5 months.

YOU CHOOSE how to serve!

To RSVP Volunteers, every day is a service day!

Menasha Senior Center's

Radio Program Show



Meet Melissa Suttner, Director of Shooting Starzz Community Theatre. Learn about how she and her production company came to be, the trials and tribulations of small town theatre and her future plans for Menasha. Enjoy her performance as well as the antics of the radio acting students - and who knows what else.

Thurs., January 21 1 - 3 pm

Enjoy a bowl of vegetable beef soup with crackers and bread.



Ticket: \$3.00

Ticket deadline: 1/18

It's hard to believe

- I am so honest, you can play checkers with me over the phone.
- He's so tough, he could floss with piano wire.
- He's so crooked, he could hide behind a corkscrew.
- She's so indecisive, her favorite color is plaid.
- She's so thrifty, she can smell a bargain a mall away.
- He's so stingy, he checks under his bed every morning to see if he lost any sleep.
- He's so lazy, his exercise bike has cruise control.

I'd say ...

...you're overstressed when your cope runneth over.
 ...she knows not the value of flowers who never botany.
 ...in this electronic age, a man is known by the company he beeps.
 ...that some Chinese food is so spicy, it'll Szechwan fire.
 ...people who are tired of Scandinavian buffets are smorgasbord.

Editor: received the above from a Menasha resident/ NL subscriber, C. H., who found them in her desk drawer. She says they are old. I say they're as fresh as ever.

Fracture it ...

The phrase, "go against the grain" can be re-worded or "fractured" to read: "move in opposition to the wood's texture." Below are a few fractured phrases. Decipher their meanings. Go through all of them first and think about them some before you peek at the answers below.

1. Understand the cords!
2. Final drinking tube.
3. Winesap of one's oculus.
4. Recapture one's respiration.
5. Confront the tune.
6. Initial items at the beginning.
7. Diversity is the seasoning of existence.
8. Dual immoral acts don't constitute moral propriety.
9. Oily ladle.
10. Put more combustible fluid on the blaze.

Fracture answers:	
1. Know the ropes	6. First things first
2. Last straw	7. Variety is the spice of life
3. Apple of your eye	8. Two wrong don't make a right
4. Catch your breath	9. Greasy spoon
5. Face the music	10. Add fuel to the fire

Tardy

Every day the manager’s secretary was twenty minutes late. Then one day she slid snugly in place only five minutes late. “Well,” said her boss, “this is the earliest you’ve ever been late.”

Contents

The minister asked the little girl, “Do you know what’s in the Bible?” The little girl said, “Yes, I think I know every thing that’s in it.” The minister, pleasantly surprised, responded, “You do? Tell me.” “Well,” reported the little girl, “There’s a picture of my brother’s girlfriend, a ticket stub, a picture of my schnauzer, and a secret note from Terry.”

Copy rights

Teacher: Janie, your composition on “My Dog’ is exactly the same as your brother’s last year. Did you copy his?” Janie: “No, sir, It’s the same dog.”

Thank you!

We would like to say thank you to all volunteers and friends of MSC who contribute service, money and gifts to the Menasha Senior Center. We considered creating a ‘thank you’ list in this newsletter, but realized that we surely would, inadvertently, neglect to list someone’s name and donation.

So, to avoid offending anyone, we will instead give a hearty personal thank you at the time of the contribution.

You can make a difference . . .

You can leave a legacy by remembering the Menasha Senior Center in your will. Your generosity will enable the center to continue to provide programming, classes and services to older adults of the Menasha area. If you are considering this option, please call Sylvia Bull to discuss various ways that you can assist the Center in fulfilling its mission.

**Stop the spread of germs
that make you and others sick**

Cover your cough - Wash your hands.

The Senior Chatter

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Our lives begin to end the day we become silent about things that matter.
Martin Luther King, Jr.

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