
◊ The Senior Chatter ◊

Volume 13, No. 9

Menasha Senior Center, Menasha, WI

September, 2009

Dates to remember this month:

<u>Date</u>	<u>Page</u>
Sept. 08 Agility exercise	1
Sept. 11 Colorectal Screening	9
Sept. 18 Anemia Screening	9
Sept. 23 Hawaiian Cookout	11
Sept 29 Oral Health Presentation	1

Good oral health is key to your overall health



Learn more about it from Dee Wisemen, RN, on:

Tuesday, September 29
10:15 am

Oral health does not just mean pretty teeth—your whole mouth needs to be in good health. The word “oral” refers to the mouth, which includes your teeth, gums, jawbone, and supporting tissues. Taking good care of your oral health can prevent disease in your mouth AND it can also affect the health of your entire body. Don’t take it for granted.

AGB begins in September

“Ability, grace and balance”

Beth Howell will again be your fearless—and fun—leader in this movement exercise class. Become flexible and agile. This will then in turn, develop your balance.

Beth, a graduate of U.W. Platteville, especially enjoys teaching movement classes to older adults and special needs populations. She looks forward to working with seniors with a wide range of abilities.

Join Beth at the Menasha Senior Center every

Tuesday from 12noon—1pm
-starting September 8-

Call MSC at 967-3530.

In honor of Grandparents Day—September 13

What a bargain grandchildren are! I give them my loose change, and they give me a million dollars' worth of pleasure. ~Gene Perret

Grandmother always made you feel she had been waiting to see just you all day and now the day was complete. ~ Marcy DeMaree

You do not really understand something unless you can explain it to your grandmother. ~Proverb

I wish I had the energy that my grandchildren have - if only for self-defense. ~Gene Perret

Senior Centers make a connection

National Senior Center Month

The senior center was first introduced in New York City in 1943 to provide social activities, nutritious meals, and case management to adults age 60 and over, particularly those with low incomes. Sixty-four years later, senior centers are recognized as one of the most widely utilized services, supported by the Older Americans Act of 1965.

In an effort to increase the visibility of senior centers, the national celebration has been moved from May to September and expanded from a week to a full month.

Older adults need senior centers:

- To achieve their goals and creative potential
- To grow and learn and enjoy
- To discover friendships and their own value
- To find information, services, and support
- To engage in decision-making and meaningful service

“If you’ve seen one senior center, you’ve seen

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 Roy Rogers

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 Jean Wollerman
Sue Nett Mary Lueke

(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!

Providing personalized, friendly service throughout the Fox Cities for over 120 years.

FIRST NATIONAL BANK~FOX VALLEY
 More Than Just a Bank
 Member FDIC~ www.fnboxvalley.com



ESTHER K. WALLING, ABR
Broker Associate



Direct: (920) 702-0131
 Office: (920) 733-7702
 Fax: (920) 731-1263
 Email: es.rvwalk@worldnet.att.net
www.realcohomes.com
 5317 Grande Market Dr. • Appleton, WI 54913




haviland hearing aids
 Since 1957



**1336 E Wisconsin Ave
 Appleton, WI 54911
 (920) 733-7525**

**Shirley Clemmons, B.C.-HIS
 And
 Peter J. Zellmer, Au.D.**



RANDALL'S AUTO HAUS, INC
 COMPLETE AUTOMOTIVE SERVICE

RANDY THOMSON
 (920) 727-1826 or (920) 725-8575
randy@randallsautohaus.com

**426 BROAD STREET
 MENASHA, WI 54952**

Any questions or concerns ? We can help.

Free Hearing Aid Trial

Free Hearing Evaluation
 By Appointment
 or
 In Your Home

Personal Hearing Aid
 Fitting

One Month Supply of
 Batteries

**Yours to use for One Full
 Month**

**No Cost, No Gimmicks,
 and
 No Obligation to buy.**

OPTIONS & SOLUTIONS DAY AT VALLEY VNA

Do you have something you would like to talk to an RN about?
 Do you want to learn more about issues facing seniors today?

Stop by and visit with a VNA nurse -
4TH FRIDAY OF EACH MONTH 1-3 PM
1535 Lyon Drive Neenah



This program is FREE and open to the public.
 Call for more information - 727-5555 or visit us online -
www.valleyvna.org

Assisted Living • In-Home Care • Community Resource
 100 Years of Meeting Community Needs

MSC's Brat Fry Fundraiser

Friday and Saturday
September 24 and 25

at Piggly Wiggly on Midway in Menasha

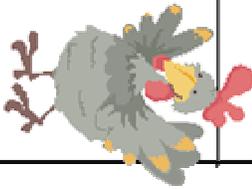
You can help: spread the word to others, volunteer to work a shift &/or come on out and buy a brat.

or a hotdog or hamburger!



Menasha Senior Center SEPTEMBER 2009

Monday	Tuesday	Wednesday	Thursday	Friday
<p>September is National Chicken Month. Give a duck duck and celebrate. How exactly does one observe Nat'l Chicken month? →</p> <p style="text-align: center;">CLOSED</p> <p style="text-align: center;">LABOR DAY</p>	<p>1 10:00 Wii 11:20 Meals 1:15-3:00 Blood Pressure ck</p>	<p>2 9:30 Line Dancing 10:00-11 Chair exercise 11:00 <i>You Can Do It</i> 11:20 Meals 12:30 Texas Hold'em 12:30 Shuffleboard</p>	<p>3 8:30 Oil Painting 10:00 Benspec 11:20 Meals 12:30 Cribbage 1:00 Bridge</p>	<p>4 8:00 Bike 4 Fun 10:00 Wii 11:20 Meals 1:00 Quilting 12:30 <i>Hand&Foot</i></p>
<p>7 10:00 Wii 11:20 Meals 12:00 Agility exercise 1:15-3:00 Blood Pressure ck</p>	<p>8 9:30 Line Dancing 10:00-11 Chair exercise 11:00 <i>You Can Do It</i> 11:20 Meals 12:30 Texas Hold'em 12:30 Shuffleboard</p>	<p>9 7:45 CA meeting 8:30 Oil Painting 9:00 PC meeting 10:00 Benspec-Tuning 65? 11:20 Meals 12:30 Cribbage 1:00 Bridge</p>	<p>10 8:00 Bike 4 Fun 10:00 Wii 10-11:00 Colorectal Screen 11:20 Meals 1:00 Quilting 12:30 <i>Hand&Foot</i></p>	<p>11 8:00 Bike 4 Fun 10:00 Wii 10-11:00 Arenia Screening 11:20 Meals 1:00 Quilting 12:30 <i>Hand&Foot</i></p>
<p>14 9:00 Computer class 9:30 Line Dancing 10:30am Nutro Bingo 11:20 Meals 12:30 Card matching class 12:30 Scrabble 1:00 Men's cards</p>	<p>15 10:00 Wii 11:20 Meals 12:00 Agility exercise 2:00 SALT meeting 1:15-3:00 Blood Pressure ck</p>	<p>16 9:30 Line dancing 10:00-11 Chair exercise 11:20 Meals 11:00 <i>You Can Do It</i> 12:30 Texas Hold'em 12:30 Shuffleboard</p>	<p>17 8:30 Oil Painting 11:20 Meals 12:30 Cribbage 1:00 Bridge</p>	<p>18 8:00 Bike 4 Fun 10:00 Wii 10-11:00 Arenia Screening 11:20 Meals 1:00 Quilting 12:30 <i>Hand&Foot</i></p>
<p>21 9:00 Computer class 9:30 Line Dancing 11:20 Meals 1:00 Men's cards</p>	<p>22 9:00 Newsletter Assembly 10:00 Wii 1:15-3:00 Blood pressure 12:00 Agility exercise 11:20 Meals</p>	<p>23 9:30 Line Dancing 10:00-11 Chair exercise 11:00 <i>You Can Do It</i> 11:20 Meals 4:30-6:30 <i>Hawaiian Cookout</i></p>	<p>24 8:30 Oil Painting 11:20 Meals 12:30 Cribbage 1:00 Bridge 1:00 VNA Foot care</p>	<p>25 8:00 Bike 4 Fun 10:00 Wii 11:20 Meals 1:00 Quilting 12:30 <i>Hand&Foot</i></p>
<p>28 9:00 Computer class 9:30 Line Dancing 11:20 Meals 1:00 Men's cards</p>	<p>29 10:15 Oral Health Pres. 10:00 Wii 10:30-12:00 Blood Pressure 11:20 Meals 12:00 Agility exercise</p>	<p>30 9:30 Line Dancing 10:00-11 Chair exercise 11:00 <i>You Can Do It</i> 11:20 Meals 12:30 Texas Hold'em 12:30 Shuffleboard</p>	<p>You could: -Play <i>Chicken Invaders</i> on your PC. -Do the "chicken dance". -Don't eat chicken, join the HSUS and get their guide to vegetarian eating. -Read the book "Chicken Little" watch the movie. -Eat more chicken throughout the month!!!</p>	<p>MSC bratry at Piggly Wiggly 25th & 26th</p>



Note from Staff. . .

Dear Friends,

We are honored
and happy
to be working for the
Menasha Senior Center—
for you.

We strive to make your MSC
experiences enjoyable.

We want to thank all of you for your
encouragement,
volunteer help,
participation in activities & events
and
continued support.

Sylvia Bull Barb Taylor

BIRTHDAY GIFT

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



September:

Fall Prevention Awareness Month

Following these four easy steps can help you stay fall free:

1. Begin a regular exercise program to improve balance and coordination. Be sure to ask your doctor about the best type of exercise program for you before getting started.
2. Have a doctor or pharmacist review all the medicines you take, even over-the-counter medicines. Combinations of medicines can make you sleepy or dizzy and can cause a fall.
3. Have your vision checked by an eye doctor at least once a year.
4. Make your home safer by:
 - Removing things you can trip over
 - Keeping items you use often in cabinets you can

Senior Centers continued from page 1

.....only one senior center” (a quote from a director of a senior center in Wisconsin). Why? Because all senior centers are different—there are no cookie cutters look-alikes. The differences can be attributed to any number of things like populations, finances, ownership/management (private or a municipality), size, community involvement.

15,000 senior centers serve 10 million
older adults in the U.S.
McDonalds—13,000 and Wal-Marts—3,400.

All senior centers have one thing in common—their missions to serve older adults in their communities; and to promote ...

- health, emotional & intellectual wellbeing
- and enhance a vital aging population
- happy, healthy, independent living
- and provide assistance and fellowship
- and enrich and empower seniors

MSC's 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.”

Senior centers are remarkable models. They have a proud history and a strong presence in the community (strive to heighten their neighborhood visibility), they serve 10 million people with emphasis on quality and they embrace evolution (flexibility to adapt to the constantly changing needs of the senior population and the community).

Bottom line—**senior centers work!!**

- reach easily without a step stool
- Use grab bars and non-slip mats in the bathroom
- Improve the lighting in your home especially at the top and bottom of stairs
- Have handrails on all staircases
- Wear shoes both inside and outside the house; avoid going barefoot or wearing slippers.

**Maintain your independence—
take steps to stay fall free**

Add **LIFE**SM to your Years

Wisconsin Aging Network

**Laughter
Independence
Friends &
Energy**

Health Corner

By Valerie Davis RN, 60 Plus Program

Let's play...Keep or Toss ?

Should you "keep" or "toss" the following foods? Circle the correct answer.

1. Tacos left on the kitchen counter overnight? KEEP TOSS
2. Hamburger thawed all day on the kitchen counter? KEEP TOSS
3. Leftover pizza placed in the frig. within 2 hours after it was cooked? KEEP TOSS
4. Cut or peeled fruits & vegetables left at room temperature more than 2 hrs.? KEEP TOSS
5. Leftovers kept in the refrigerator for over a week? KEEP TOSS

Answers:

1) TOSS. Even if you reheat tacos left out overnight, some bacteria can form a heat-resistant toxin that cooking won't destroy. 2) TOSS. Remember how bacteria may have formed heat-resistant toxins when the tacos were left out overnight? The best place to thaw frozen perishable foods-is in the refrigerator! Make sure your refrigerator is 40°F or lower. Thaw packages of meat, poultry and seafood on a plate on the bottom shelf of the refrigerator. This prevents their juices from dripping on other foods. When microwave defrosting perishable food, cook it immediately after thawing. Some areas of the food may start to cook during microwave defrosting and become warm. Any bacteria present wouldn't have been destroyed and may reach optimal temperatures for growth. 3) KEEP. If perishable foods have not been left a room temperature for longer than 2 hours (1 hour in temperatures above 90°F), they should be safe. Refrigerate promptly; eat within 3 to 4 days. 4) TOSS. Once you have cut through the protective skin of fruits and vegetables, bacteria can enter. Refrigerate cut or peeled fruits and vegetables within TWO hours! Bacteria on the outside of fruits can be transferred to the inside when fruit is peeled or cut. Rinse fruits with peels-even when the peel is removed-such as melons and citrus

60 Plus Health Program Blood Pressure Screenings

Schedule for September 2009

Menasha Senior Center

Tues. September 1	1:15-3:00 pm
Tues. September 8	1:15-3:00 pm
Tues. September 15	1:15-3:00 pm
Tues. September 22	1:15-3:00 pm
Tues. September 29	10:30-Noon

Elizabeth Court Apts.	Thurs., Sept. 10	1:30pm
Lakeside Commons	Thurs., Sept. 10	2:00pm
St. John's Keenagers	Thurs., Sept. 24	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

"Life expectancy would grow by leaps and bounds if green vegetables smelled as good as bacon".

Doug Larson

Did you know?

- We need 25-35 grams of fiber every day? Get it with fruits, vegetables and whole grains.
- The message is out? Americans are eating more fresh foods, but most still don't eat enough.
- If you drop or bump a regular thermometer it can lose its accuracy.
- Iced Green Tea is a great substitute for soft drinks and could even help fight cancer!
- Just one bacteria in foods can grow to 2,097,152 bacteria in 7 hours!
- Beans are an inexpensive way to add protein, iron and fiber to any dish (canned beans, dried lentils, dried beans, frozen beans).
- Frozen fruits and vegetables are frozen at the peak of freshness and are just as nutritious as fresh if they are prepared properly. ♦

fruits! 5) TOSS. Even refrigerated leftovers may become unsafe within 3 to 4 days. You can't always see or smell or taste if a food is unsafe. You could get sick tasting a food! ♦

Activities at MSC

Regularly scheduled activities:

- ◆ **Bingo:** Quarterly bingo parties.
- ◆ **Intermediate and Advanced Line Dancing:** Monday and Wednesday morning 9:30-10:30am. \$1.00 per class. Instructor: Carol Dolan. Beginner lessons available. Call.
- ◆ **Card Games:** *Men's Sheephead* (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;
- ◆ **Quilting Group:** Meet Fridays 12:00-2:00pm.
- ◆ **Weight loss group:** Wed. mornings 11:00am
- ◆ **Shuffleboard:** Wednesdays 12:30-3:30pm
- ◆ **Computer Classes:** One-on-one individualized instructions. Monday mornings. Call 967-3530.
- ◆ **Greeting card class:** Every 2nd Monday 12:30-3:00pm. \$2.00. Supplies available.
- ◆ **Computer Lab:** Computers are available for use during center's working hours (*except* Wed. afternoons).
- ◆ **Chair Exercise Class:** (strength, flexibility, balance) every Wednesday morning 10:15-11am; free.
- ◆ **Scrabble:** 1st and 3rd Mondays at 12:30pm

Wrong answers continued ...

Do you have any questions?

- “What do you want me to do if I cannot walk to work if it's raining?”
- “Can we wrap this up fairly quickly? I have someplace I have to go.”
- “What is your company's policy on Monday absences?”
- “If I get an offer, how long do I have before I have to take the drug test?”
- “If this doesn't work out can I call you to go out?”
- “May I have a cup of coffee? I think I may still be a little drunk from last night.”

Have you submitted your two weeks' notice to your current employer?

- “What is two weeks notice? I've never quit a job before, I've always been fired.”

Upcoming events

October 13—Halloween Party
November xx—Senior Thanksgiving Banquet honoring Veterans

- NOTICE -

Due to the increased financial concerns of operating the Menasha Senior Center, the Menasha Committee on Aging has been evaluating the various activities and programs at the center and their fees. There will be, starting in October, an “activity user fee” of \$.50 for all activities at the center.

Starting in January, 2010, a program fee structure will include a “resident” and “non-resident” fee.

We will schedule informal presentations discussing these changes in the next few months. The first will be held at the senior center on

Tuesday, September 22, at 10:00am

Everyone is welcome. Bring your questions.

Exercises for the nonathletic

Calories can be burned by the hundreds by engaging in strenuous activities that do not require physical exercise.

Exercise . . . Calories burned per hour

- Beating around the bush ...75
- Jumping to conclusions ... 100
- Climbing the walls ...150
- Passing the buck ...25
- Throwing your weight around (depending on your weight) ...50-300
- Pushing your luck ...250
- Making mountains out of molehills ...500
- Hitting the nail on the head ...50
- Wading through paperwork ...300
- Bending over backwards ... 75
- Balancing the books ...25
- Running around in circles ...350
- Tooting your own horn ...25



TRIAD Tip

Officer Jeff Jorgenson,
Crime Reduction Coordinator

Menasha Police Department 920-967-3569

Don't let *identity theft* ruin your vacation.



Don't take your debit card traveling, instead use a credit card or traveler's checks. If a debit card is compromised there is little a consumer can do to retrieve the funds, where if a credit card or traveler's check is compromised a fraudulent claim can result in a return of funds to the consumer.

Watch your surroundings while traveling. Someone may overhear you providing your credit card number to a hotel for reservation, providing personal information when checking into a hotel or renting a car.

Clean out your wallet and take only what is needed on vacation.

Don't leave personal documents in your hotel room. Hotels tell you in their policy they are not responsible for what employees do if you leave something on value in your room.

When using hotel business center computers to send and receive email or surf the web, do not include personal information. It may not be clear whether the computer is secured with the latest spy ware, virus and firewall protection.

For more information, call the toll free hotline of the Wisconsin Department of Agriculture, Trade and Consumer Protection: 1-800-422-7128.

2008 TRIPS with MSC



Call 967-3530

Wed., Sept. 30 Door County Tour

Full—with a waiting list.

Wed. October 7 Public Enemies

First, let's head west and enjoy a buffet lunch at the Fin 'n Feather Restaurant in Winneconne. We can watch the activity on the Wolf River and take in early fall colors.



Then we'll travel to the Oshkosh Public Museum where notorious gangsters of the 1930's have taken over. Enjoy this original blockbuster exhibition and learn about "a wave of crime in a troubled time". We'll flashback to the mayhem of America's public enemy era. See for yourself.

Cost: \$25.00 (includes school bus transportation, lunch and museum fee)

LV MSC: 10:45am

Rtn MSC: 3:00pm (approx.)

We've arranged two
Casino
trips for you
with Nationwide Travelers

See page 10



Anemia Screening

DATE: Friday, September 18th, 2009

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

Colo-rectal Stool Test Screening

Pick up HOME TEST KIT:

ON: Friday September 11th, 2009

BETWEEN: 10:00 am– 11:00 am

AT: the Menasha Senior Center

Cost: \$5:00

**For Further Information
Call - 967-3520**

Sponsored by:
Menasha Health Department's 60 Plus Program

Alten Haus Assisted Living

625 and 635 Bondow Dr.
Neenah, WI 54956

Email: Altenhaus@new.rr.com
Web Site: altenhaus.com

Contact Anne Altenhofen-Krause for a tour
920-470-9040



Authorized Agent for:

SecureHorizons[®]
by UnitedHealthcare

Evercare[®]

Paul Eisen CLU
Senior Specialist

Phone: 920-734-1303
Fax: 920-734-3071

Cell: 920-858-0081
E-mail: peisen.wi@att.net

Elizabeth Court APTs

Now taking Applications
for

One Bedroom Units.

Rent based on 30% of income.
Must be 55 yrs of age or disabled/physically
challenged.

Professionally Managed by

OGDEN & COMPANY

Mark Adamak, Site Manager

Phone (920) 729-9253

Fax (920) 729-4926

936 6th Street

Menasha, WI 54952

Email: ElizabethCt@newbc.rr.com

Website: www.ogdenre.com

**Two Casino trips arranged just for you—call us now.**

(1) **Oneida Casino, Green Bay** **Saturday, October 3, 2009** (Tour 11256)

Tour Cost per person: **\$40**

\$50.00 rebate and \$2.00 food coupon

Pickup at MSC: 7:35am

Return to MSC: 3:30pm (approx.)

Nationwide will pick up here at Menasha Senior Center **IF** we have 10 or more people signed up!! Tell your friends and family. Don't wait—call us now at 967-3530.

Cash or check only. **REQUIRED:** Date of birth or player's card required and Photo ID.



(2) Overnight at **Island Resort & Casino** **Thursday and Friday Oct. 29-30, '09** (Tour 11146)
with a stop at Oneida Casino, Green Bay

Tour Cost per person: **\$95** (dbl occupancy)

\$50.00 rebate from Oneida

2.00 food coupon from Oneida

\$40.00 rebate from Island Resort

3.00 food coupon from Island Resort

Pickup at MSC: 8:00am

Return to MSC: 3:45pm (approx.)

You'll have time to play bingo, too.

Price includes coach transportation, overnight accommodations and traditional breakfast.

Nationwide will pick up here at Menasha Senior Center **IF** we have 10 or more people signed up!! Don't wait—get your friends and family together for this fun trip. Call us at 967-3530.

Cash or check only. **REQUIRED:** Date of birth or player's card and Photo ID.

Menasha Senior Center's



Hawaiian Cookout

with the Mayor

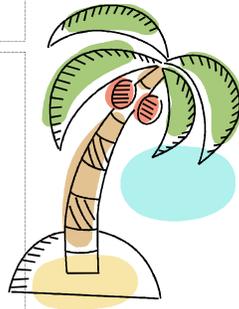
Entertainment:

**Haumana O Hawaai Nei
Hula Group**

Learn the history of this unique and intriguing dance as you watch expert performers.

Menu:

**Brats and Hotdogs
Cole Slaw
Baked beans
Tropical pineapple cake**



Wednesday

September 23

4:30~6:30pm

Ticket: \$5.00

Ticket deadline: 9/18

Dress for a luau!

Oh boy ...

A police recruit was asked during the exam, "What would you do if you had to arrest your own mother?" He answered, "Call for backup."

Two boys were walking home from Sunday School after hearing a forceful sermon on the devil. One said to the other, "What do you think about all this Satan stuff?" The other boy replied, "Well, you know how Santa Claus turned out. It's probably just your Dad."

Attending a wedding for the first time, a little girl whispered to her mother, "Why is the bride dressed in white?" Because white is the color of happiness and today is the happiest day of her life", replied the mother. The child thought about his a moment then asked, "So why is the groom wearing black?"

An elderly woman died last month. Having never married, she requested no male pallbearers. In her handwritten instructions for her memorial service, she wrote, "They wouldn't take me out while I was alive, I don't want them to take me out when I'm dead."

Wrong answers

Enjoy the following interview responses to the hiring managers. (These are real!)

Why did you leave your last job?

"I have a problem with authority."

Why should we hire you?

"I would be a great asset to the events team because I party all the time."

Why are you leaving your current job?

"I was fired from the last job because they were forcing me to attend anger management classes."

What are your assets? (as in strengths)

"Well, I do own a bike."

What are your weaknesses?

"I get angry easily and I went to jail for domestic violence. But I won't get mad at you."

"I oversleep often and have trouble getting out of bed in the morning."

Is there anything else I should know about you?

"You should probably know I mud wrestle on the weekends."

"I'm really not a big learner. I'd much rather work at a place where the job is stagnant and doesn't change."

To read more, go to page 7

Carol Harthun, Menasha senior resident, submitted the following in celebration of Grandparents Day.

There is a sweatshirt which reads, "If I'd have known grandkids could be so much fun, I'd have had them first!" This is so very true. Had the parent in me possessed more of the grandparent, my kids may have ended up with finer recollections of their childhoods.

Grandparenting is like juggling one ball. Your only priority becomes the time spent with the child(ren). A parent, by necessity, is trying to keep dozens of balls in the air at the same time. It is difficult to maintain patience with kids when they are in need of attention when one is occupied with other thoughts and responsibilities.

A Grandparent frequently has nothing else to concentrate on than to make memories with the kid(s). Little matters if it takes one and one-half hours to make a peanut butter & jelly sandwich for lunch. What is significant are the lessons learned and the enjoyment of spending time together.

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.

- Nonathletic exercises...
- Adding fuel to the fire ... 160
- Opening a can of worms ...50
- Putting your foot in your mouth ... 300
- Starting the ball rolling ...90
- Picking up the pieces after...350



The Senior Chatter

September 2009 Issue Vol. 13, No. 9



NON-PROFIT ORGANIZATION
U.S. POSTAGE PAID
Menasha, WI
54952-3190
Permit No. 39

MSC is an accredited member of the Wisconsin Association of Senior Centers and a member of the Coalition of Wisconsin Aging Groups



Menasha Senior Center
116 Main St., Menasha 54952
967-3530

