

**October 2020**  
**2<sup>nd</sup> Street Community Center – Sr. Activities**  
**211 E 2<sup>nd</sup> Street, Marshfield**  
**715-486-2055**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<b>October Birthdays</b>			<b>1</b>	<b>2</b>	<b>3</b>
	<p><b>Oct. 1</b> Donna Zwicke      <b>Oct. 7</b> Debbie Prior  <b>Oct. 4</b> Gary Machton      <b>Oct. 18</b> Lorraine Breu  <b>Oct. 6</b> Richard Breu  <b>Oct. 6</b> Camille Mueller</p> <p><i>If you would like your birthday on the calendar please give your name and birthdate to the Parks &amp; Recreation Office</i></p>			<p><b>9:00</b> Exercise  <b>10:00</b> Hand &amp; Foot  <b>10:15</b> Tai Chi  <b>12:30</b> Drop-In Cards  <b>10:30</b> Craft Tyme</p>	<p><b>9, 9:30 &amp; 10</b> Gentle Yoga  <b>10:30</b> MSCC Mtg.  <b>11:00</b> Ukulele  <b>1:00</b> Smear</p>	
<b>4</b> 1:00 Smear	<b>5</b> 9:00-Noon Men's Pool Lg. <b>9, 9:30 &amp; 10</b> Gentle Yoga <b>10:30</b> <u>MSCC General Mtg.</u> <b>12:30</b> Drop-In Cards <b>1:00</b> Polish Poker	<b>6</b> <b>9:00</b> Exercise <b>10:00</b> Lady's Pool <b>10:00</b> Hand & Foot <b>10:15</b> Tai Chi <b>12:30</b> Drop-In Cards	<b>7</b> <b>9, 9:30, 10</b> Gentle Yoga <b>9:30</b> <u>Mexican Train</u> <b>10:30</b> Bridge Class <b>12:30</b> Duplicated Bridge <b>1:00</b> Sheepshead	<b>8</b> <b>9:00</b> Exercise <b>10:00</b> Hand & Foot <b>10:15</b> Tai Chi <b>12:30</b> Drop-In Cards <b>1:00</b> Craft Tyme	<b>9</b> <b>9, 9:30 &amp; 10</b> Gentle Yoga <b>11:00</b> Ukulele <b>1:00</b> Smear	<b>10</b>
<b>11</b> 1:00 Sheepshead	<b>12</b> <b>9:00-Noon</b> Men's Pool Lg. <b>9, 9:30 &amp; 10</b> Gentle Yoga <b>12:30</b> Drop-In Cards <b>1:00</b> Polish Poker	<b>13</b> <b>9:00</b> Exercise <b>10:00</b> Lady's Pool <b>10:00</b> Hand & Foot <b>10:15</b> Tai Chi <b>12:30</b> Drop-In Cards	<b>14</b> <b>9, 9:30, 10</b> Gentle Yoga <b>9:30</b> <u>Mexican Train</u> <b>10:30</b> Bridge Class <b>12:30</b> Duplicated Bridge <b>1:00</b> Smear	<b>15</b> <b>9:00</b> Exercise <b>10:00</b> Hand & Foot <b>10:15</b> Tai Chi <b>12:30</b> Drop-In Cards <b>1:00</b> Craft Tyme	<b>16</b> <b>9, 9:30 &amp; 10</b> Gentle Yoga <b>11:00</b> Ukulele <b>1:00</b> Smear	<b>17</b>
<b>18</b> 1:00 Smear	<b>19</b> <b>9:00-Noon</b> Men's Pool Lg. <b>9, 9:30 &amp; 10</b> Gentle Yoga <b>12:30</b> Drop-In Cards <b>1:00</b> Polish Poker	<b>20</b> <b>9:00</b> Exercise <b>10:00</b> Lady's Pool <b>10:00</b> Hand & Foot <b>10:15</b> Tai Chi <b>12:30</b> Drop-In Cards	<b>21</b> <b>9, 9:30, 10</b> Gentle Yoga <b>9:30</b> <u>Mexican Train</u> <b>10:30</b> Bridge Class <b>12:30</b> Duplicated Bridge <b>1:00</b> Sheepshead	<b>22</b> <b>9:00</b> Exercise <b>10:00</b> Hand & Foot <b>10:15</b> Tai Chi <b>12:30</b> Drop-In Cards <b>1:00</b> Craft Tyme	<b>23</b> <b>9, 9:30 &amp; 10</b> Gentle Yoga <b>11:00</b> Ukulele <b>1:00</b> Smear	<b>24</b>
<b>25</b> 1:00 Sheepshead	<b>26</b> <b>9:00-Noon</b> Men's Pool Lg. <b>9, 9:30 &amp; 10</b> Gentle Yoga <b>12:30</b> Drop-In Cards <b>1:00</b> Polish Poker	<b>27</b> <b>9:00</b> Exercise <b>10:00</b> Lady's Pool <b>10:00</b> Hand & Foot <b>10:15</b> Tai Chi <b>12:30</b> Drop-In Cards	<b>28</b> <b>9, 9:30, 10</b> Gentle Yoga <b>9:30</b> <u>Mexican Train</u> <b>10:30</b> Bridge Class <b>12:30</b> Duplicated Bridge <b>1:00</b> Smear	<b>29</b> <b>9:00</b> Exercise <b>10:00</b> Hand & Foot <b>10:15</b> Tai Chi <b>12:30</b> Drop-In Cards <b>1:00</b> Craft Tyme	<b>30</b> <b>9:30 &amp; 10</b> Gentle Yoga <b>11:00</b> Ukulele <b>1:00</b> Smear	<b>31</b>

**MSCC COUNCIL MEMBERS:** President: Mike Feirer VP/Treasure: Don Schueller VP/Secretary: Jackie Schueller  
Directors: JoAnn King, Sandy Rieth & Dick Solberg



The Marshfield Senior Community Center is located at the 2<sup>nd</sup> Street Community Center, 211 E 2<sup>nd</sup> Street (Old Library). It is open Monday-Friday from 8:30 a.m. to 4:30 p.m. All Senior Citizens 50 and older (and their spouses) are welcome to drop-in and participate in any or all activities. Telephone # is **715-486-2055**. Reminder masks are required at all activities.

### **HAPPENINGS AT THE CENTER**

**Ukulele Group:** Come join us as a beginner or someone who has played before. We will get together every Friday at 11:00 a.m. in the Mazza Room to practice and play what has been learned.

**Duplicate Bridge:** Come join us for a friendly game of Duplicate Bridge that takes place every Wednesday at 12:30 PM (cost \$1.00). Everyone with a partner plays, or call Steve at 715-650-3377 with questions or if you are looking for a partner.

If you have played bridge in the past and want to brush-up, or just sharpen your skills, we play (VERY, VERY CASUAL) each Wednesday at 10:30 AM. Call Steve with questions 715-650-3377

**Blood Pressure Screening:** Is being offered at the Marshfield Fire Station, 514 E 4<sup>th</sup> St., 715-486-2094.

**Donations:** Anyone looking to donate will be recognized if they choose to be. The items that center could use are: Tide laundry soap, Kleenex, napkins, decaf. coffee, coffee creamer powder, dishwasher pods, dish soap, paper plates and napkins. Please give your donation to Parks & Recreation Office so we don't miss anyone who gives. Thanks, MSCC Board.

**EXERCISE CLASSES** - You may join the exercise class at any time.

**Arthritis Foundation Exercise Class:** An exercise program designed to help those who have joint and/or muscle problems achieve improved joint mobility, muscle strength and endurance in order to improve the performance of their daily activities. The class meets on Tues. & Thurs., 9:00 - 10:00 a.m. \$3.00 drop in fee or a punch card can be purchased at the class for 16 weeks for \$42 or 8 weeks for \$24.

**Tai Chi:** An ancient Chinese exercise that combines relaxed, fluid movement with a calm, alert mental state. It is non-impact exercise that builds endurance and enhances flexibility, balance and coordination. The class meets on Tues. & Thurs., 10:15 – 11:15 a.m. \$3.00 drop in fee or a punch card can be purchased at the class for 16 weeks for \$42 or 8 weeks for \$24.

**Gentle Yoga:** Every Monday, Wednesday & Friday at 9:00 am, 9:30 am for a 30-minute tape and 10:00 am for a 50-minute tape. Come for one or stay for all. This is a FREE exercise program.

### **ADRC - AGING & DISABILITY RESOURCE CENTER OF CENTRAL WISCONSIN**

The ADRC is located at 300 S. Peach Ave. they can be reached at **715-384-8479**. The ADRC provides many programs and services for adults with disabilities and 60 years of age and older.

The ADRC also publishes Choices a monthly newsletter, which is available to all Wood County residents. A \$12.00 fee is needed for this newsletter to be mailed out for the year. It explains all their services and programs. Questions about Choices, call **715-384-8479**.

### **COMMITTEE & ORGANIZATION MEETINGS**

**Marshfield Senior Citizen Council (MSCC):** The MSCC is an organization of participants at the Center interested in promoting activities and events for the Center. Please join the board at these meetings anyone 50 years & older are welcome to attend. Next Board Meeting: Friday, October 2<sup>nd</sup> at 10:30 a.m.

General Board Meeting: Monday, October 5<sup>th</sup> at 10:30 a.m.

**THANK YOU!!** MSCC Board would like to thank all of the wonderful people who make the center run. Without everyone's help we would not be able to offer so many different activities and have the facility look so nice.

**THANK YOU!!    THANK YOU!!    THANK YOU!!    THANK YOU!!    THANK YOU!!**