



Amery Area Community Center

Newsletter for May & June 2025



Do you volunteer around our community? Did you know that by telling us your volunteer hours it helps gain grant dollars by showing how active our members are? **In 2024 so far we 2411 documented hours!** WOW, thank you all for your donated hours around the community! I am positive there are more undocumented hours out there! Let's see if we can raise that number! Please, email aaccjen@outlook.com, stop in, or call 715-268-6605.

Thank you!

In order to conserve energy, we are keeping the second door in the entryway closed. If you need assistance navigating the door way; please give us a call before you leave home or knock on the door and someone will be happy to assist you.



Our next regular board meeting will be held on **Monday May 19th at 1:00 pm**. All members are welcome to attend.



There were **20** Easter Eggs scattered in Center! Congratulations to **Mary Bolter** for finding them all (Or guessing the correct amount!)



We will be **CLOSED Monday May 26th** in observance of Memorial Day. Take time to remember those who have served our country today. Enjoy the day with your loved ones!



Memory Café

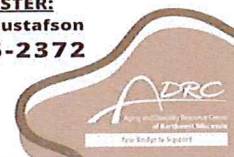
BEGINS APRIL 2025

This group is for caregivers and loved ones with dementia to attend together and enjoy activities, snacks, refreshments, and companionship.


First Wednesday of Every Month
12:30 - 2:00pm

Amery Community Center
608 Harriman Ave. S.
Amery, WI 54001

TO REGISTER:
Makenzie Gustafson
877-485-2372



Our next 5th Friday Craft Day is Friday May 30th! Starting at 8am until?? We will see what the day brings. Bring your own lunch or plan to pot luck with your friends! We will do a minimal move of tables to accommodate everyone.

Happy May Day! We sure have had a wonderful but windy winter & spring! We have a lot of fun things planned for the summer here at the Center, see the details inside. I have had a lot of members ask if they have paid their membership dues because the form is on the back. If you get this newsletter in the mail, you did pay your dues; I keep that on there for you to share with a friend! On a personal note; most of you know we are in the final stretch of moving into our new house; please bear with me while I try to take some time off to get settled during this chaotic month! We are looking forward to making the house a home and creating many more memories with our family! I have hidden this flower  in the newsletter, count how many there are (including this one) and enter to win a fabulous prize at the end of May! Also, Happy Mother's Day and Father's Day to you all out there! Stay healthy and see you all soon!

oh happy day!

Notes from Jen...

Jen

All's Well That Ends Well

A Series of End-of-Life Planning & Preparation

Amery Area Community/Senior Center
608 Harriman Ave S, Amery, WI 54001
Every 3rd Wednesday at 10:00 a.m.

The phrase "all's well that ends well" suggests that even in a situation begins with difficulties or unpleasantness, as long as it concludes satisfactorily, one can overlook the initial challenges.

Mark your calendars and join us at the Community Center every 3rd Wednesday for our **NEW** series, "All's Well That Ends Well" the planning and preparation of end-of-life care and Hospice. These one-hour sessions, set in a supportive and non-judgmental environment, will be filled with information to help you plan and prepare for Hospice and death.

May
21st

What Happens After You Die

Adoray Home Health & Hospice – Katie Moll



Sponsored by Adoray Home Health & Hospice | Hosted at the Amery Area Community Center

Sponsored by:



Women's HEALTH FAIR

MAY 14TH | 11:00AM – 3:00PM

AMERY COMMUNITY CENTER
608 HARRIMAN AVE S, AMERY, WI 54001

Join us for a **FREE** Health Fair highlighting physical, mental, and social areas of health.

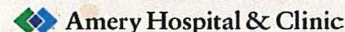
Participating organizations include:

St. Croix Health
Osceola Medical Center
Mental Health Task Force of Polk County
Polk County Public Health
Aging Disability & Resource Center
Amery Fitness Center

Amery Hospital & Clinic
Bee Well Nutrition
Community Referral Agency
Northlakes Community Clinic
Amery Area Public Library
And MORE!

Attend and enter for a chance to win a gift basket!

In Partnership with:



First Annual Scout Pancake Brunch

for pack/crew/troop 9146



May 17th 2025

At-Will donation

8:00-Noon

Amery Community Center
608 Harriman Ave S, Amery, WI 54001

We'll see you there!

Sponsored by:



NATIONAL DAY CALENDAR™

TUESDAY MAY 13TH IS NATIONAL FRUIT COCKTAIL DAY!

Many of us have childhood memories of a dish of fruit cocktail regularly served with a meal. Fruit cocktail consists of various kinds of fruit served in a liquid of its juices or syrup. Stop in today for a tasty treat!



THURSDAY MAY 22ND IS NATIONAL VANILLA PUDDING DAY!

Did you know that the puddings we enjoy as desserts today are not what was commonly known as pudding at ancient dinner tables! Most medieval puddings were meat-based and seasoned with herbs and spices, stop by today for some tasty vanilla pudding!



TUESDAY JUNE 10TH IS NATIONAL FROSTED ANIMAL COOKIE DAY!

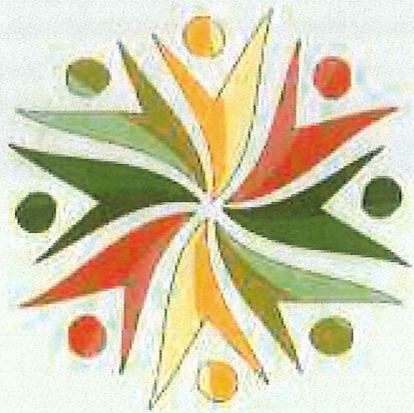
This nostalgic National Day celebrates the day by inspiring families everywhere to live life playfully, while enjoying the iconic frosted animal cookies by Mother's® Cookies!

WEDNESDAY JUNE 25TH IS NATIONAL STRAWBERRY PARFAIT DAY!



National Strawberry Parfait Day comes around each year during the perfect time - peak strawberry season.

Stop in on any of these days for a tasty treat; while supplies last!



SURVEY DATE:
November 2024

**TOTAL NUMBER
OF RESPONDENTS:**

41

“ We are very fortunate to have such a nice place, with a convenient location here in Amery. ”

“ A great place to socialize! ”

Amery Area Community Center

SURVEY RESULTS

Amery Area Community Center has been serving residents of Polk County and surrounding areas for 39 years. We are committed to adapting and evolving so we can continue to meet the needs of the community. Each year we check in with our members via our annual survey to better understand how we are doing, who we are serving, and how the community benefits. 2024 survey results show that 71% of survey respondents visit the center once a week or more.

We asked our members about the benefits they receive:

- Having Fun
- Learning new things
- Meeting new people
- Connecting with people I know
- Making new friends

70% of respondents said they receive all five benefits, and another 12% reported 4 of these benefits. In all, 92% of respondents reported three or more of these benefits. Address data shows that the vast majority of members live in Amery, or the immediate vicinity.

These benefits not only enrich the lives of individuals but benefit our entire community!

**When I attend programs or events at the AACC,
I (check all that apply):**

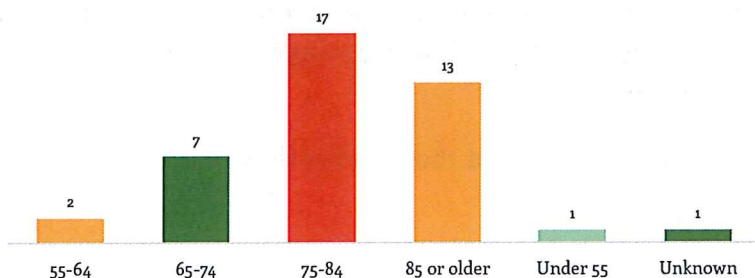


SOCIAL ACTIVITIES CONTRIBUTE TO BETTER HEALTH!



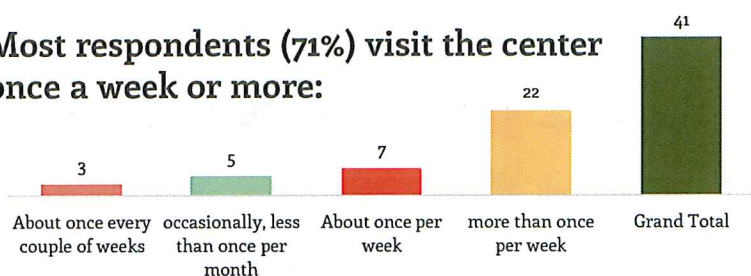
As we age, many of us are alone more often than when we were younger, leaving us vulnerable to social isolation and loneliness—and related health problems such as cognitive decline, depression, and heart disease. Socializing is essential for older adults, as it promotes mental, emotional, and physical well-being while reducing the risk of loneliness and isolation—both of which are linked to serious health concerns such as depression, cognitive decline, and even cardiovascular disease.

73% of respondents are 75 years of age or older:



Research indicates that maintaining strong social connections can help prevent conditions like dementia and high blood pressure by reducing stress and encouraging a more active lifestyle. This is especially crucial for older adults in rural settings, where geographic isolation, limited transportation, and fewer social opportunities can make loneliness a significant concern. In these areas, participation in community groups, virtual social platforms, and local senior programs can be vital in fostering connections and improving overall health. Engaging in regular social interactions like those provided at the Amery Center helps older adults stay mentally sharp, emotionally fulfilled, and physically healthier, ultimately enhancing their quality of life!

Most respondents (71%) visit the center once a week or more:



98% of respondents reported at least one benefit from attending.

70% of respondents reported all five benefits!

These results speak to our effectiveness in reducing social isolation, a vital connector in our community.

“Programs are very well organized and run. Love the homemade cookies too!”

“You are doing a good job adding new activities and keeping the center busy. Keep it up.”

HAPPY BIRTHDAY

Happy birthday to our May & June Members! (In no particular order) **May:** Randy R, Marv N, Jean D., Betty N, Steve W., Judy M., Sue O., Gene S., Kate B., Marlin S., Steve L., Carol F., Shirley K., Ann K., Ann R., Dean L., Terry G., Bill H., Barb B., Sandy S., Dirk P., Frank S., Larry B., Shannon H., Nikki L., Lois L., Ron R., & Kelly S. and in **June:** Karen W., Marv S., Diane J., Joan C., Marilyn C., Bill P., Margaret P., Mary Jo S., Joyce S., Suezanne A, Ruth H., Alan J., Angela M., Kayla S., Kristy S., Tom Z., Earl I., John D., Tyler C., & Kay A. Hope you all have a wonderful day! Please let us know if your name is spelled wrong or missing from this list. Thank you for understanding.

Thank you to all those that contributed to the new felt on our pool tables! I have had many people ask when are the pool tables not in use? Hours that the pool tables are available are as follows:

Monday 8:00am-11:30am

Tuesday 11:00am-3:00pm

Wednesday 8:00am-11:30am

Thursday 11:00am-3:00 pm

Friday 8:00am-11:30am



If you would like us to email your newsletter instead of getting a paper copy; please let me know and I will add you to my list. aaccjen@outlook.com



Thank You TO OUR DONORS

Corporate Funders

Andersen Corporate Foundation
Fred C. & Katherine B. Andersen
Helen Bader Foundation
Otto Bremer Foundation
Polk Burnett Operation Round-Up
Amery Area Community Foundation
& St Croix Valley Foundation



Williamson - White
FUNERAL HOME & CREMATION SERVICES
222 Harriman Ave. N. • Amery, WI 54001
(715) 268-7111 • www.williamsonwhite.com

Gold Partners

City of Amery

Silver

Partners

Amery Lions Club
Town of Lincoln

Supporters

Bremer Bank
CarlsonSV
Worn Again
Amery Snowmobile Club

Thank You!

A very special "Thank you" to those who have so generously given to the Amery Area Community Center. There are far too many to name you all, know that each of you are valued and we appreciate your support more than words can say! You are a blessing!

A Family Tradition
At Williamson-White we know the importance of family. Being family-owned means respecting family values-compassion, sensitivity, and a commitment to helping other families in their time of sorrow. By making arrangements before the time of need, your family can be relieved of making tough decisions during their time of grievance. We believe in transforming a fond remembrance into a truly meaningful and personal event for you and your family. Contact us for more information on funeral preplanning and prefunding through 222 Harriman Avenue North Amery, WI 54001 715-268-7111

How can a Gift can keep on Giving!

Stuck trying to figure out what to give someone for their birthday? How about an annual gift certificate for membership to the Amery Area Community Center? It's a great way for everyone to celebrate their special day! Gift Membership Certificates and memorial envelopes available in the office.

I want to send out a sincere thank you to all those that have volunteered at the center, whether it is making coffee, helping out and organizing groups, mowing or weeding and taking care of our plants it does not go unnoticed!

Thank you

Amery Area Community Center Membership Application

608 Harriman Avenue South – Amery, WI 54001 – 715-268-6605

NAME: _____ DATE: _____

ADDRESS: _____

CITY: _____ STATE: _____ ZIP: _____

PHONE: _____

BIRTHDATE: _____

E-MAIL ADDRESS _____

EMERGENCY CONTACT/PHONE: _____

WOULD YOU LIKE TO BE ON A COMMITTEE? ___Finance___Membership___Personnel___Board Member

___ Individual \$20
To become a Patron;
Members donate \$10 or more
in addition to the Individual
membership fee.

By signing this form, I will hereby follow the Code of Conduct that was given to me. (On Back)

Member Signature

Amery Area Community Center

608 Harriman Ave. South

Amery, WI 54001

715-268-6605



Ann Richter - President
Bonnie Timm - Vice President
Jean Mattakat - Secretary
Dirk Prindle – Treasurer
Sharon Marks-City Representative
Dean Elken- Director
Wendell Anderson - Director
Marv Sias - Chair, Personnel and
Volunteer Services
Cynthia Sherar- Finance and
Governance Services

NON-PROFIT
ORGANIZATION

Permit #21

U.S. POSTAGE

PAID

Amery, WI 54001

Address Service Requested