



Amery Area Community Center

Newsletter for July & August 2026

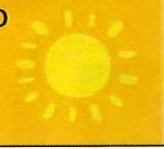


Do you volunteer around our community? Did you know that by telling us your volunteer hours it helps gain grant dollars by showing how active our members are? **In 2026 we have 1369.75 volunteer hours so far!** WOW, thank you all for your donated hours around the community! I am positive there are more 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!



Our next regular board meeting will be held on **Monday July 20th at 2:00pm.** All members are welcome.

There were 12 Suns hidden in our last newsletter! Congratulations to Bobbi Starsky for finding them all!



Wow, how can it be July already?!

For our family this month hasn't even started and I feel like it is already over, we have a lot of fun planned and I wouldn't want it any other way! I soak up everyday because I know they can be numbered! If you get this before the 4th, this is a reminder that we are closed on Friday, if you get this after the 4th I hope you had a wonderful and safe 4th with your family and friends! Summer is in full swing at the Center with a lot of activities this summer and rentals! We also have some great community events going on in Amery in the next couple of months! The Historical Society is going to be celebrating our 250th birthday with a block party with brats and some other fun events on Saturday July 4th! Instead of hiding something in the newsletter this month I have added a riddle somewhere in the newsletter; find it; figure it out and enter your guess and all the correct guesses will be entered into a drawing for a fabulous prize! I am excited to see how we can grow our programming over the next year. IF there is ever a time you want something new, please stop in and chat with me, I am always open to new ideas and remember we do have after hours groups that meet here as well! As you know, plans can change as do some of our Center activities so be sure to watch the paper and Center for some activities that may not be scheduled yet! Enjoy the warmer weather, stay healthy and hope to see you all soon!

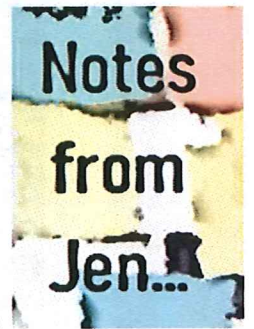


We will be closed **Friday July 3rd** in observance of Independence Day.

Our next 5th Friday Craft Day is Friday July 31st! 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. The last 5th Friday of the year will be on Friday October 29th, make plans to join us!



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.



Jen

AMERY AREA COMMUNITY CENTER
Join Us at the Center of Activity!

Introducing SAFE Circle
A Space to Pause and Reset

OPEN TO THE PUBLIC!

Looking for a space to hit the pause button, breathe and genuinely reset? You are invited to SAFE Circle - a relaxed, down-to-earth gathering designed to help you calm the spiral and reconnect with your body.

In our busy lives, stress and overstimulation can easily take over. This circle isn't about 'fixing' anything; it's a gentle, supportive space to learn how to navigate your nervous system in real time. Together, we will explore simple, practical somatic practices and breathwork to help you ground, release tension, and find your calm.

What to expect:

- A safe, welcoming, and non-judgmental environment
- Guided, easy-to-follow somatic and breath tools you can actually use in daily life.
- Good conversation and community connection

Whether you are feeling completely overwhelmed or just want a mindful moment to yourself, you belong here. Bring an open heart and comfortable clothes.

SAFE Circle
Midweek Reset

S - Slow & Ground
A - Acknowledge Sensation
F - Feel & Release
E - Empower & Integrate

Grounded Nervous System Reset

Date: 2nd and 4th Tuesday of the Month starting June 23rd
Time: 6:30 - 7:30 p.m. Cost: \$20

715-268-6605
608 Harriman Ave S.
Amery WI 54001
aaccjen@outlook.com

Brittney Holm
sapphirewellnessstudio.com



CUPS & CONVERSATION

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 and Senior Center
608 Harriman Ave. S.
Amery, WI 54001

TO REGISTER:
Makenzie Gustafson
877-485-2372



Join us on
Tuesday July 28th at 1:00 PM
To make your very own stepping stone. There will be a variety of supplies to choose from to make your stone from; but if you have something of your own you want to add; please feel free to bring it along.

\$15 per person
10 spots available.

Call or email today to
Reserve your spot.



xxxx's & oooo's

AMERY AREA COMMUNITY CENTER
Join Us at the Center of Activity!

OPEN TO THE PUBLIC!

Every Wednesday at 8:00am



Join Andrea of YogSol at 8am on Wednesday mornings for a calming and energizing midweek pick me up! Yoga experience is not required! \$5 per person. Membership to the Community Center is not required; if you choose membership your first day of yoga is FREE.

NATIONAL DAY CALENDAR™

THURSDAY JULY 15TH IS NATIONAL GUMMI WORM DAY!

Gummy worms are green and red but come in a variety of flavors, such as sweet and sour! These creepy treats are one of the best-selling candies of all time.

THURSDAY AUGUST 6TH IS NATIONAL ROOTBEER FLOAT DAY!

The root beer float got its start in Colorado in a mining camp. Frank J. Wisner of Cripple Creek, Colorado, gets the credit for inventing the "Black Cow" way back in August of 1893.

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



thank you

Thank you to the Buck Family for your generous donation of material and craft supplies in memory of Betty. Also, thank you to Marilyn Swanson for packing up all of the supplies and material; and then organizing it. Also, to all the of the women and crafters that generously donated to the Betty Buck Memorial Fund here at the Community Center; you raised almost \$3000.00 to be used at the Community Center!

NEWSLETTER

In order to be more budget efficient, the Amery Area Community Center newsletters will now be emailed out or available for pick up at the Community Center on the first of the odd months of the year. It will also be posted on the Community Center's website; www.amerycommunitycenter.com

If you are a regular at the Community Center you will have a newsletter with your name on it and I will be emailing out the newsletter to everyone else. If you prefer to have yours only emailed or only printed; please let the office know. Thank you for your understanding!

Please call the Community Center if you have any questions.

Congratulations to Heidi Racanelli on winning the quilt!

QUILT RAFFLE

Your Center Quilt of the Apple River Quilt Guild: What a lovely, vibrant, flower quilt that you created and donated to the Amery Area Community Center - Thank you for the creativity and attention to detail and your generosity. What talent and skill! Many thanks, Heidi

Thanks Heidi!

LONG-TERM MEMBERSHIP

Starting January 2027

\$25
Annual Membership
(January 1-Dec 31)

\$70
3-Year Membership
(\$5 off)

\$110
5-Year Membership
(\$10 off)

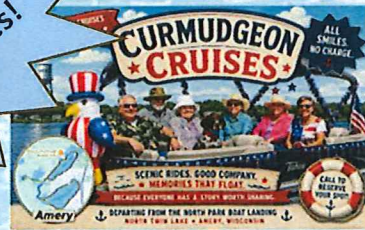
\$235
10-Year Membership
(\$15 off)

Why pay for a long-term membership? You will be locked in at that price for the duration of your term. The remaining amount will be invested in funds for the following years. Non-Refundable.

AMERY AREA COMMUNITY CENTER
Join Us at the Center of Activity!

715-268-6605 608 Harriman Ave S. * aaccjen@outlook.com

Call for available dates and times!



CURMUDGEON CRUISES ARE SETTING SAIL THIS SUMMER! 🚢

They may call themselves *Curmudgeons*, but don't let the name fool you... these are some pretty good-hearted captains.

This summer, local volunteers on North Twin and Pike Lakes are donating their time, their pontoons, and a couple hours each month to give area senior citizens a chance to enjoy the beautiful lakes we often take for granted.

For many people, getting out on the water just isn't easy anymore. Some no longer have boats. Some no longer drive. Some simply don't have access.

So a few neighbors stepped up and said:

"I've got a pontoon. I've got two hours. Let's make some memories."

Cruises will accommodate 6-10 passengers, depending on pontoon size, and signups will be coordinated through Jen at the Amery Community Center.

A special THANK YOU to our volunteer captains and lake residents making this happen. You aren't just giving boat rides... you're giving people fresh air, scenery, laughter, stories, and memories.

Official Curmudgeon Cruise Voyage Warnings

- ⚡ Wisconsin weather has commitment issues. Bring sunscreen, sunglasses, a hat... and maybe a jacket too.
- ⚡ Departing from the North Twin boat landing across from North Park
- ⚡ Cruises may last up to 2 hours
- ⚡ Pontoon boats are wonderful inventions. Bathrooms are generally not included
- ⚡ These rides are FREE, made possible entirely by volunteers so seniors who normally don't have access can enjoy the lakes we call home.

Scenic rides. Good company. Memories that float.

Or as a Curmudgeon might say: *"No smiling... unless you absolutely can't help it."* 🙄

AMERY AREA COMMUNITY CENTER
Join Us at the Center of Activity!

715-268-6605
608 Harriman Ave S.
Amery WI 54001

Aging Well Starts with Knowing Your Options.



Levels of Care

Thursday,
August 13
9:00 - 10:00am

Amery
Senior Center
608 Harriman Ave. S
Amery, WI

Join Adoray Home Health & Hospice and the Amery Senior Center for an engaging and informative presentation on the different Levels of Care available as you age — wherever you call home.

Whether planning ahead or navigating decisions for a loved one, understanding your options brings confidence and peace of mind. This educational event will help you:

- Learn about the full spectrum of care available in our community
- Understand how to age safely and comfortably in place
- Recognize when additional support may be beneficial
- Ask questions in a welcoming, no-pressure environment

Knowledge is empowering. Make time to gain clarity, explore resources, and feel confident about the next steps for yourself or someone you love. You and your loved ones future deserves thoughtful planning — join us.



Adoray Home Health & Hospice... Your Partner in Care since 1995 | 715-629-288 | adoray.org



EDUCATIONAL MEDICARE SEMINARS

Understand Your Options. Make Confident Choices.



	AMERY:	Thursday, July 9th @ 10am - noon Amery Community Center, 608 Harriman Ave S
	OSCEOLA:	Tuesday, July 21st @ 4 - 6pm Osceola Senior center, 310 Chieftain St.
	PRESCOTT:	Wednesday, August 5th @ 4 - 6pm Prescott Public Library, 800 Borner St N
	AMERY:	Tuesday, August 18th @ 4 - 6pm Amery Community Center, 608 Harriman Ave S
	OSCEOLA:	Tuesday, September 1st @ 10am - noon Osceola Senior Center, 310 Chieftain St.
	PRESCOTT:	Thursday, September 17th @ 4 - 6pm Senior Gathering Place in Prescott Middle School
	AMERY:	Wednesday, September 30th @ 4 - 6pm Amery Community Center, 608 Harriman Ave S
	OSCEOLA:	Thursday, October 15th @ 4 - 6pm Osceola Senior center, 310 Chieftain St.
	PRESCOTT:	Tuesday, October 27th @ 10am - noon Senior Gathering Place in Prescott Middle School
	AMERY:	Tuesday, November 10th @ 4 - 6pm Amery Community Center, 608 Harriman Ave S
	OSCEOLA:	Tuesday, November 24th @ 10am - noon Osceola Senior Center, 310 Chieftain St.
	PRESCOTT:	Thursday, December 10th @ 4 - 6pm Prescott Public Library, 800 Borner St N

JOIN US FOR A COMPLIMENTARY SEMINAR NEAR YOU!
Seating is limited. Reserve your spot today!
(715) 268-6624 | noahinsurancegroup.com

Do you have S, T, R, E, S, S,

Come kick back your heels and rest your souls.

Sample hand and/or foot reflexology with a 15-minute mini session with
Lightfoot Reflexology

At the Amery Community Center
On the 2nd & 4th Thursdays
from 2:00-3:30

Donations accepted

Reflexology is an integrative health practice that maps a reflection of the body predominately on the feet, hands, and outer ears. It uses unique manual techniques to deliver pressure to neural pathways assisting the body to optimal health.



Bonus
Reflexology Day
July 30th!

715-268-6605
608 Harriman Ave S.
Amery WI 54001
aaccjen@outlook.com

Reflexologist
Donna Mumm
715-781-3956



Lawnmower Needed!

The Amery Community Center is looking to purchase a used lawn mower either self-propelled or riding.

Are you upgrading or have an extra one laying out that you are not using currently?
We would gladly take it off your hands!
I am willing to pay you for a reasonable price as well!
Call or stop by the office to talk with Jen!

I make a loud sound when I am changing.
When I do change, I get bigger but weigh less, what am I?
(One guess per person, all guesses must be turned in by July 31st.)



HAPPY BIRTHDAY

Happy birthday to our July & August Members! **July:** Dawn L., Jane A., Sheryl H., Marilyn S., Ione G., Judy S., Denise H., Marrienne S., Larry W., Sally N., Miranda D., Laura P., Duane M., Janet L., Nan B., Jody W., Connie S., Arlene D., Sandy V., Bonnie T., Sue D., & Barndon J. **August:** Dean E., Sharon P., Martha L., Dave O., Paul C., Glenn S., Steve B., Irene B., Rosemary K., Mike S., Anne C., Cliff P., Craig K. Randa P., Ken N., Pat T., Les P., Bonne K., Elaine W., Regis J., Lori M., Kathy J., Bev G., Bette A., Judy W., & Ryan R. 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.

Upcoming Events

September: Closed for Labor Day (September 7th)

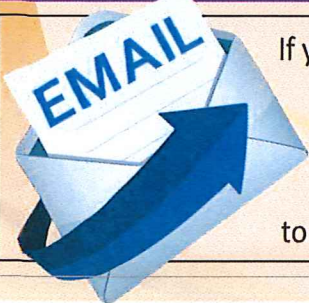
Rummage Sale; Amery Fall Festival; & Pancake Breakfast.

October: Scrap-A-Thon; Fifth Friday Craft Day

November: Closed November 26th & 27th in observance of Thanksgiving

December: Closed December 24th, & 25th. Christmas Day Dinner on December 25th. Closing at 1:00pm on December 31st and Closed on January 1st.

Don't have a computer or do you want to learn some new computer skills? Thanks to the AnnMarie Foundation we now have a computer on site for members to use at the Community Center! Stop in the office to learn more! Someone will be happy to assist you!



If you would like us to email your newsletter instead of picking one up in person please let me know and I will add you to my list. aaccjen@outlook.com

Thank You TO OUR DONORS

Gold Partners

City of Amery

Silver Partners

Amery Lions Club
Town of Lincoln

Sustaining Partner: Friends & Patrons

Worn Again
Amery Snowmobile Club
Lake Wapogasset & Bear
Trap Improvement
Association. Inc

Community Support

Bremer Bank
CarlsonSV

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

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 refunding through
222 Harriman Avenue North
Amery, WI 54001
715-268-7111

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!

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 know that this never changes but I truly do believe this and appreciate all of you! 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 \$25
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
Steve Sondreal - Secretary
Dirk Prindle – Treasurer
Sharon Marks-City Representative

Open- Director

Wendell Anderson - Director
Jean Mattakat - Director
Jean Frank - Director

Open - Chair, Personnel and Volunteer Services

Cynthia Sherar- Finance and
Governance Services
Angela Molls-Facility

NON-PROFIT
ORGANIZATION
Permit #21
U.S. POSTAGE
PAID
Amery, WI 54001

Address Service Requested