



May

Ehahkiiheet Niipaahum

(Munsee)

Planting moon

ELDERLY STREAM



Koolamalsi,

Hope this message finds you well.

My name is Diane Burr and I am absolutely honored to introduce myself as the Eunice Stick Gathering Place manager. My father was Sidney Burr and my mother was Darlene Rittenhouse. I'm a proud mother of Travis Spice, AnnMarie Spice, and Bryn-dog. I am an enrolled citizen of the Stockbridge-Munsee Community and looking forward to serving you.

Please check out our fun filled calendars attached for new exciting opportunities and our lunch menu. We ask that you sign up ahead of time for meals to help the cooks with meal preparation. Meals are served Monday-Thursday at noon and breakfast is served Fridays from 7:30am-10:00am. The costs of the meals are \$1.00 for elders and \$3.00 for others. Don't be afraid to offer ideas and suggestions for new activities, trips, and foods.

Transportation is available weekly to local vendors on Mondays and Wednesdays, Shawano on Fridays, and once per month to Green Bay. Call 715-793-4236 for more information.

We also have an Elder Visitor and a Home Health Aide that are available to help with light chores around your home or grocery pickups for home bound elders. Please reach out if you need some help.

I believe in open communication and would love to hear your thoughts, ideas, or even just share a story over coffee. Please feel free to stop by my office or call me at 715-793-3044 to introduce yourself.

Anushiik/Oneewe/Thank You,

Diane M. Burr



Eunice Stick Gathering Place will be **closed**
Monday, May 25th for Memorial Day!

15 Best Brain Exercises To Improve Memory In Seniors

May 29, 2025 HealthPrep.com

By

Akanksha Sharma

Presented by Stephanie Bowman, Elder Social Worker May 2026 Elderly Stream

Just like your muscles need movement, your brain needs challenge to stay sharp—especially as you age. While memory lapses and slower recall may feel like an inevitable part of getting older, science shows that targeted mental activity can keep your brain agile well into your senior years. Whether it's remembering names, juggling tasks, or staying focused during conversations, consistent brain training can make a real difference. From puzzles and games to creative hobbies and mindful habits, there are countless ways to strengthen memory and improve overall cognitive function. That's why we've expanded our list to include the 15 best brain exercises to improve memory in seniors—fun, accessible, and scientifically backed strategies to keep your mind engaged and resilient. Because staying mentally active isn't just about remembering more—it's about living more fully, with clarity, curiosity, and confidence.

1. Completing Logic Puzzles

Completing logic puzzles can help seniors regain and maintain cognitive skills that require them to think unconventionally. Logic puzzles work on the left side of the brain, which is responsible for deciphering the logic and order of things. Logic puzzles are puzzles or problems that can be solved by using deductive reasoning skills and are often math-based or use numbers in some other fashion. They are great for the elderly because they aid in helping the individual engage in problem-solving from various angles. Logic puzzles aid not only in the resurgence of cognitive reasoning skills but also help in memory retention and maintenance.

2. Trying Word Puzzles

Studies indicate that seniors who engaged in the completion of word puzzles, such as crosswords or word searches and similar puzzles and games, experienced a delay in memory decline related to dementia. What's great about word puzzles is the fact they are widely available both online and in stores. There is also a lot to choose from, which helps keep individuals entertained and engaged. For many individuals, the enjoyment and benefit lie primarily within the challenging aspect of the puzzle, not the completion, which makes them a good long-term brain exercise to engage in.

3. Playing a variety of card games

Playing a variety of card games is a great brain exercise for improving the memory of seniors. Studies indicate playing card games, such as bridge, can aid in boosting short term and long term memory. In addition to memory retention, card games are a great way to help seniors socialize with others, something that may be difficult

15 Best Brain Exercises To Improve Memory In Seniors

after retirement. The best card games for improving memory are those that incorporate both memory and attentiveness. Games such as Go Fish can be a fun way to incorporate these cognitive functions for those whose memory or cognitive skills has declined significantly, while a rousing game of blackjack or spades can be helpful to those looking to maintain memory function.

4. Engaging In a Game Of Chess

Engaging in a game of chess can help seniors improve their memory. Recent studies indicate chess is a great cognitive exercise for seniors as it is easy to learn and it incorporates socialization. Individuals over seventy-five years old who participate in what are known as 'brain sports' such as chess have been found to have fewer symptoms related to dementia as well as increased memory and cognitive function and an overall sense of wellbeing. Research also indicates playing chess activates different areas of the brain while playing, which keeps the brain healthy and alert and reduces atrophy.

5. Reading Lots Of materials

6. Learning a New Language

Learning a new language is one of the most powerful cognitive exercises for seniors. It strengthens both short-term and working memory while boosting attention and problem-solving skills. **We have our Munsee Language Class starting up, you can join the class just call the Stockbridge-Munsee Museum/Cultural Center for time and place.**

7. Practicing Meditation and Mindfulness

For seniors, starting with just 10 minutes a day can foster calm and clarity while supporting long-term brain health.

8. Learning a Musical Instrument

9. Creating Art or Drawing

10. Gardening With Purpose

Gardening combines physical movement with routine planning, sensory stimulation, and goal-setting—making it an ideal cognitive exercise for seniors. Keeping track of planting schedules, soil conditions, and harvest windows stimulates memory and sequencing.

11. Following recipes while cooking

12. Taking up creating writing

13. Joining a book club

14. Solving Jigsaw Puzzles

15. Dancing to Music

🌸 🌸 **SPRING CELEBRATION EVENTS** 🌸 🌸
Come Celebrate, Connect, and Learn Together!

OLDER AMERICANS MONTH



CHAMPION YOUR HEALTH: MAY 2026

Senior Health Fair 🌸 You're Invited!

Get out of the house and join us in celebrating Spring!
Gather with friends, meet new people, and discover
valuable information!

● **Location:**

S/M Elderly Services & The Eunice Stick Gathering Place
N8651 Maplewood St.
Bowler, WI


🌟 **TWO SPECIAL EVENTS —**


Come to ONE or BOTH! 🌟

See reverse side for details. Hang on the refrigerator
as a reminder 😊


  **SPRING CELEBRATION EVENTS**  
Come Celebrate, Connect, and Learn Together!




 **May 7th, 2026**

 11:00 a.m. – 1:00 p.m.

- Browse tables from local vendors
 - Meet staff & ask questions
 - Mingle with friends
- Enjoy a **delicious lunch together**  Door prize drawings for attendees



 **May 21st, 2026**

 11:00 a.m. – 1:00 p.m.

-  Learn about the **STRONG BODIES Program**
 -  Discover **BINGOCIZE**
 - Connect with program leaders
- Enjoy a **delicious lunch together**  Door prize drawings for attendees



 These programs are designed especially for our elder community!

 **Calling All Alumni Elders!**

- Wear your Strong Bodies / Bingocize T-shirt →  *Earn an extra door prize ticket!*
- Bring a friend →  *Earn another ticket!*


Come show others how fun and beneficial these programs can be!

 **Reserve Your Lunch Spot Today!**

Call: 715-793-4236  We can't wait to celebrate Spring with you! 

Prevent Falls and Fractures

Having strong and healthy bones is important as we age. Osteopenia and osteoporosis (defined on the next page) are not inevitable! By taking some simple steps, we can reduce the risk of falls and bone fractures to enjoy a safer, more confident lifestyle.



- **Stay active.** Do regular strength exercises to stimulate bone-building cells and increase bone health and density and practice balance exercises to reduce the risk of falls.
- **Eat for bone health.** Get enough calcium and vitamin D to support bone health and density. Ask your doctor what's right for your needs.
- **Make your home safer to reduce the risk of falls.** Secure loose mats or rugs, install handrails or grab bars, keep regularly used items at an easy-to-reach level, and check that your stair handrails are sturdy and secure.
- **Avoid smoking and limit alcohol.** Smoking cigarettes can decrease blood supply to the bones and slow production of bone-building cells. Heavy alcohol consumption can decrease vitamin and mineral absorption into the bones, which slows bone formation and repair.
- **Care for your vision.** Keep glasses clean, use caution with bifocals on stairs, and wear sunglasses to reduce glare.
- **Choose comfortable shoes with good support** and non-slip soles for stability.

Bone Health & Falls

Osteopenia is the stage before osteoporosis, when bone density is lower than normal and the risk of osteoporosis is higher. We can reduce our risk by strengthening our bones and asking our doctor for a bone density test.

Osteoporosis is a disease that causes bones in the spine and limbs to lose density and strength over time. This can lead to pain and make daily activities harder. The risk increases as we age and is more common in women.


How are Falls and Bone Health Linked?

Weaker bones break more easily—sometimes slowly over time, or suddenly after a fall. Once one fracture happens, the chance of another goes up. Osteoporosis and muscle weakness are closely connected, and inactivity can further increase the risk of falls, fractures, and loss of balance.

Osteoporosis in the spine may also cause posture changes, such as a curved upper back, which can make daily activities more difficult or painful.



Learn more about bone health from the Bone Health & Osteoporosis Foundation at [AmericanBoneHealth.org/density](https://www.AmericanBoneHealth.org/density) and use the Fracture Risk Calculator to find your risk: [AmericanBoneHealth.org/ncoafrc](https://www.AmericanBoneHealth.org/ncoafrc).



Bone Health and Falls

Recommendations & Resources:

- Follow the U.S. Preventive Services Task Force Screening recommendations: bit.ly/USPSTFOsteoporosis.
- Look at your local falls and osteoporosis/osteopenia prevalence data to inform prevention.
- Share this information with patients to raise awareness, prevent injuries, and improve health outcomes.
- Refer patients to community exercise or health promotion programs. Aging & Disability Resource Centers (ADRC) are a great starting place: dhs.wisconsin.gov/adrc/contacts.htm.

Falls, Hip Fractures, and Osteoporosis Data:

- In the U.S. it is estimated that 10 million people ages 50+ have osteoporosis (80% of which are female), and over 43 million more people have low bone mass (63% female).¹
- In the U.S., **13%** of people 50+ years old have osteoporosis at either the femur neck or lumbar spine. For prevalence of low bone mass, this increases to **43%**.²
- Each year, almost **319,000 hospitalizations** are due to fall-related hip fractures in older adults.³
- Low bone mass (below peak) in the hip leads to a 2.5x greater risk of hip fracture.⁴

References

1. [Healthy People 2030](#).
2. [Centers for Disease Control and Prevention](#).
3. [Centers for Disease Control and Prevention](#).
4. [John Hopkins Arthritis Center](#).

EXERCISE WORKSHOP



BINGO + EXERCISE = BINGOCIZE

**LOOKING FOR A FUN, NEW
WAY TO BE ACTIVE?**

Bingocize is a 10-week health promotion program that combines the game of bingo with inclusive exercises for everyone! Come play bingo and meet new people while learning about how to reduce your risk of experiencing a fall. BINGOCIZE IS EXERCISE FOR YOUR MIND, BODY, AND SPIRIT!

JOIN THE FUN!

Every Tuesday & Thursday

WHERE: *Ella Besaw Center*

WHEN: *Starts June 16th*

TIME: *10:00 - 11:00AM*

Limited Spots! CONTACT CAMI TO SIGN UP!

 715-793-5064

 cami.miller@mohican.com



- Free Prizes
- Open to Everyone
- Free Smiles!



Stockbridge-Munsee
COMMUNITY HEALTH DEPARTMENT



Positive
Approach
to Care®
www.TeepaSnow.com

Teepa Snow CONFERENCE

Wed. Jun. 10
2026

At 12:00 PM - 7:00 PM

Weidner Center For the Performing Arts;
Cofrin Family Hall and Grand Foyer
2420 Nicolet Dr, Green Bay, WI 54311

Registration/Exhibits Noon-1PM
Networking/Reception 5-7PM

Reserve Your Spot

TEXT
TEEPA26
TO 76278



This is a FREE event, but registration is required to attend, please visit TEEPA26.givesmart.com

TEEPA SNOW

Join Us to See Teepa Snow
06/10/2026 at the Weidner
Center!

Teepa Snow, a nationally recognized expert in dementia care and positive caregiving, will be speaking this June, and we are looking to send a bus full of elders from our community to attend this special event. This is a great opportunity to:

- Learn valuable caregiving techniques
- Gain insight into dementia and memory care
- Experience an engaging and uplifting presentation



Spots will depend on interest
— sign up soon!

Contact Elderly Services to sign up @
(715)793-4236

Foraging Walk

Traditional Foods with Misty Cook

Thursday, May 7th

12:00 - 1:00 PM

AT THE STOCKBRIDGE MUNSEE
HEALTH & WELLNESS CENTER

Lunch will be provided

Please RSVP to Vi Azzolina at 715-793-3018 or
violet.azzolina@mohican.com



Stockbridge-Munsee
COMMUNITY HEALTH DEPARTMENT

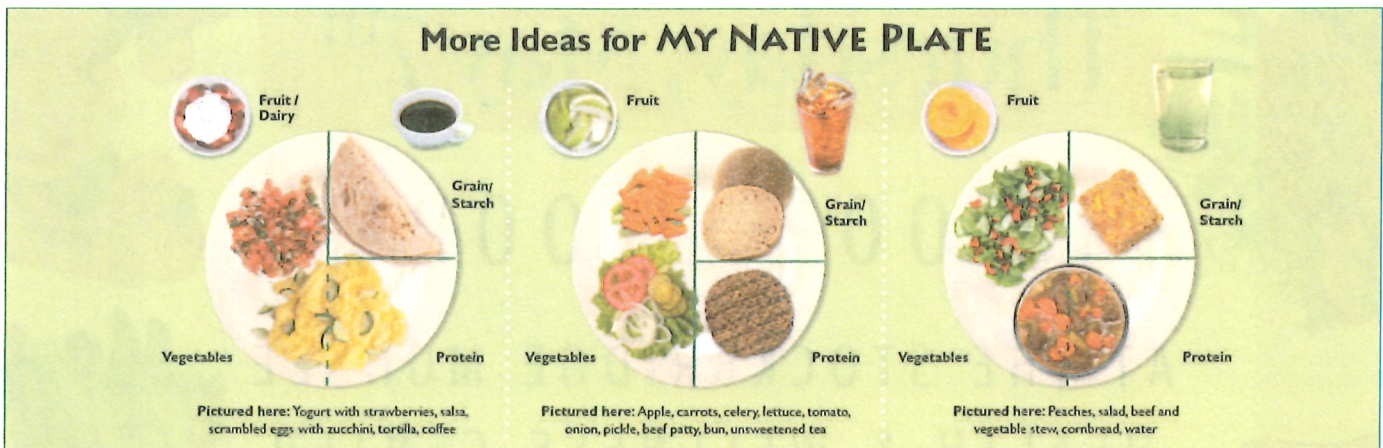
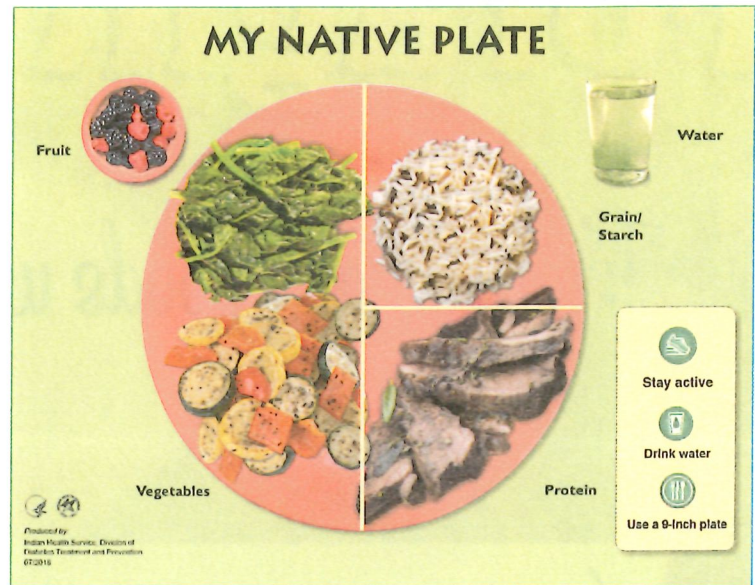


Find the Carbohydrates on My Native Plate

For use with Carbohydrates by Color Fact Sheet

Knowing which foods have carbohydrates (carbs) is one of the first steps to choosing healthy foods. Use the four plates shown to practice finding carbs. (See answers below.)

1. Find the grains and starches using the color shades of white, brown, and colored foods on the plates.
2. Find the other brightly colored carbs. (Hint, they are naturally sweet.)
3. Find the foods that have low carbs or no carbs.



Helpful Tips

- Try choosing healthier carbs for meals and snacks. Balance the carbs you eat throughout the day.
- Eating the right kinds and amounts of carbs can help with blood sugar control.
- Visit a dietitian or diabetes care specialist. They can help you learn how many carbs are right for you.

Answers to finding the carbs on My Native Plate

- 1.) Answer: rice, tortilla, hamburger bun, cornbread 2.) Answer: berries, apple slices, canned peaches
3.) Answer: meat, egg, non-starchy vegetables: salad, carrots, celery, tomato, zucchini, and greens

This worksheet is a companion material to the Carbohydrates by Color fact sheet. Find it at www.ihs.gov/diabetes/education-materials-and-resources/diabetes-topics/nutrition/carbs-by-color/





Give Them More
of the
Good Stuff!

Leek Basics

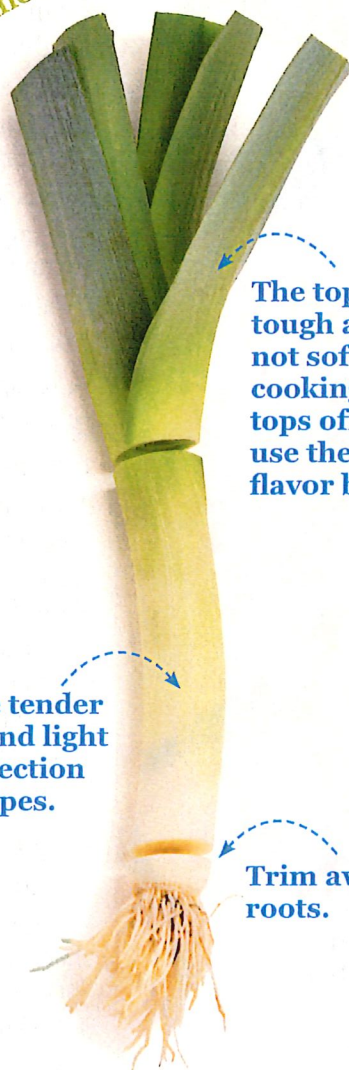
Shop and Save

- Choose leeks with firm, crisp stalks and as much white and light green as possible. Avoid leeks with cuts or bruises.
- The dark green tops of leeks should look fresh. Avoid leeks with yellowing or wilting tops.
- Choose smaller, younger leeks when you want to eat them uncooked.
- Fresh leeks are usually available year round. In Oregon, look for local leeks from September through April.

Quick Fix

- Leeks are sweeter and milder than onions and can be eaten raw or cooked. Any recipe that calls for onions can use leeks.
- Use sliced leeks in any type of salad or grain bowl.
- Add leeks to casseroles, soups or stews.
- Roast leeks in the oven along with your favorite vegetables.
- Serve cooked leeks with a vinaigrette dressing.
- Use raw chopped leeks as a garnish like green onions.

Leeks provide antioxidants and nutrients for good health, including vitamins A, C and K.



The tops are tough and do not soften with cooking. Cut tops off and use them to flavor broth.

Use the tender white and light green section for recipes.

Trim away the roots.

Store Well Waste Less



- Refrigerate leeks in a container with airflow for up to two weeks.
- Rinse leeks just before using. Trim away the roots and dark green tops. Cut the middle section in half lengthwise. Rinse under cool running water. Allow water to reach between all the layers.
- Freeze extra leeks for cooked recipes. Cut into pieces and freeze on a baking sheet until firm. Store in labeled airtight containers. For best quality, use within a few months.



Leeks belong to the allium family with onions, scallions, chives and garlic.



This material was funded by USDA's Supplemental Nutrition Assistance Program - SNAP. For information on nutrition assistance through Oregon SNAP, contact Oregon SafeNet at 211.

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Share on:



Enjoy Leeks

Sautéed Leeks and Apples

Ingredients:

- 1 medium **leek**, chopped (about 3 cups)
- 2 teaspoons **vegetable oil**
- 2 medium **apples**, cored and chopped
- 1 Tablespoon **honey** or brown sugar (see **Note**)
- 1 teaspoon **vinegar** (any type)
- ¼ teaspoon each **salt** and **pepper**

Directions:

1. Wash hands with soap and water.
2. In a medium skillet over medium heat, sauté leeks in oil until soft, about 5 minutes.
3. Add apples. Stir often while cooking until the apples begin to soften, about 3 minutes.
4. Remove from heat. Add honey, vinegar, salt and pepper. Stir gently to combine all ingredients. Serve warm.
5. Refrigerate leftovers within 2 hours.

Note: Honey is not recommended for children under 1 year old.

Makes about 4 cups

Prep time: 10 minutes

Cook time: 8 to 10 minutes

Go to
FoodHero.org
for easy, tasty
leek recipes

Leek and Mushroom Orzo

Ingredients:

- 2 cups chopped **leek**
- 1 Tablespoon **vegetable oil**
- 2 cups sliced **mushrooms**
- 1 cup dry **orzo** (rice-shaped pasta) or bulgur
- 2 cups low-sodium **broth** (any type)
- 1 ½ cups chopped **tomato** (fresh or canned)
- 3 Tablespoons **cream cheese**
- 1 teaspoon **garlic powder**
- ¼ teaspoon each **salt** and **pepper**

Directions:

1. Wash hands with soap and water.
2. In a medium skillet over medium heat, sauté leeks in oil until soft, about 5 minutes.
3. Add mushrooms and cook until soft, about 5 minutes.
4. Stir in the orzo and toast lightly, stirring often, for about 3 minutes.
5. Add broth and bring to a boil. Reduce heat to simmer, stirring once in a while until the orzo is almost tender, about 8 minutes.
6. Add the tomatoes and simmer until orzo is tender, about 2 minutes.
7. Remove from heat and stir in cream cheese, garlic powder, salt and pepper. Serve warm.
8. Refrigerate leftovers within 2 hours.

Makes about 4 ½ cups

Prep time: 15 to 20 minutes

Cook time: 25 to 30 minutes



**Kids
Can!**

When kids help make healthy food, they are more likely to try it. Show kids how to:

- ❁ rinse produce under cool running water.
- ❁ measure and mix ingredients.
- ❁ slice or chop produce on a cutting board by cutting down and away from their fingers and body.

MAY 2026 MAKE & TAKE



Sausage & Veggies Skillet

Participants must have access to internet as the Make & Take will be done virtually, sessions will be pre-Recorded and sent out via email prior to pick up. Ingredients must be picked up on Wednesday, May 20th, at the SMHWC from 11:45am -1:15pm. **Sign up is May 4th-8th.** We will be drawing names for the virtual Make & Take. We will contact you on Monday, May 11th if your name has been chosen.

Contact Violet Azzolina, Community Health Representative to sign up!

PHONE: 715.793.3018

EMAIL: VIOLET.AZZOLINA@MOHICAN.COM

ATTENTION: MAKE & TAKE ACTIVITIES ARE MADE POSSIBLE THROUGH GRANT FUNDING. PICTURES OF YOUR COMPLETED CREATIONS MUST BE SUBMITTED TO VIOLET. PICTURES ARE PART OF THE VERIFICATION OF APPROPRIATE FUNDING USE TO OUR GRANTOR, WHICH ALLOWS US TO CONTINUE TO PROVIDE THIS PROGRAM. FAILURE TO DO SO MAY EFFECT YOUR FUTURE ELIGIBILITY.



Stockbridge-Munsee
COMMUNITY HEALTH DEPARTMENT

MAY 2026

MAKE & TAKE

Sausage and Veggies Skillet

INGREDIENTS

- 2 CUP CORN KERNELS (3 EARS COMPLETELY COOKED)
- 1 TABLESPOON OLIVE OIL
- 12 OZ SAUSAGE COOKED, SUCH AS CAJUN SAUSAGE, ANDOUILLE SAUSAGE, OR SMOKED SAUSAGE
- 1 LARGE RED BELL PEPPER DICED
- 1 LARGE ZUCCHINI LARGE, SLICED
- ½ TEASPOON CHILI POWDER
- FRESH CILANTRO CHOPPED



INSTRUCTIONS:

COOK SAUSAGE

1. HEAT 1 TABLESPOON OLIVE OIL IN A CAST-IRON SKILLET ON MEDIUM HEAT.
2. SLICE COOKED SAUSAGE INTO COINS AND ADD TO THE SKILLET.
3. COOK ON MEDIUM HEAT IN A CAST-IRON SKILLET FOR 5 MINUTES ON ONE SIDE, THEN FLIP OVER AND COOK FOR ABOUT 3 MINUTES ON THE OTHER SIDE. REMOVE FROM SKILLET TO A LARGE PLATE.
4. YOU WILL HAVE OIL FROM THE SAUSAGE. LEAVE SOME OIL IN THE SKILLET FOR THE VEGGIES. REMOVE EXTRA OIL TO A SMALL, HEAT-PROOF BOWL, AND RESERVE.



Stockbridge-Munsee
COMMUNITY HEALTH DEPARTMENT

Sausage and Veggies Skillet

PREPARE VEGGIES

1. TO THE SAME, NOW EMPTY, SKILLET ADD DICED BELL PEPPER, AND COOK FOR ABOUT 4 MINUTES ON MEDIUM HEAT. YOU MIGHT HAVE TO ADD SOME OF THE RESERVED OIL TO THE SKILLET TO PREVENT VEGGIES FROM STICKING TO THE BOTTOM OF THE PAN. REMOVE COOKED BELL PEPPER TO THE SAME LARGE PLATE WITH SAUSAGE.
2. TO THE SAME, NOW EMPTY, SKILLET ADD SLICED ZUCCHINI, AND COOK FOR ABOUT 3 MINUTES ON MEDIUM HEAT. YOU MIGHT HAVE TO ADD SOME OF THE RESERVED OIL TO THE SKILLET TO PREVENT VEGGIES FROM STICKING TO THE BOTTOM OF THE PAN.
3. SLICE CORN KERNELS OFF THE COB WITH A KNIFE.

ASSEMBLY

1. IN THE SAME SKILLET COMBINE TOGETHER COOKED SAUSAGE, COOKED BELL PEPPER, COOKED ZUCCHINI, AND COOKED CORN KERNELS. MIX EVERYTHING WELL. ADD RESERVED OIL FROM COOKED SAUSAGE, AND MIX. ADD CHILI POWDER AND REHEAT ON LOW HEAT.
2. REMOVE FROM HEAT. TOP WITH CHOPPED CILANTRO.
3. NOTE: I DON'T THINK SEASONING THIS DISH WITH SALT IS NECESSARY AS THE SAUSAGE IS USUALLY QUITE SALTY. HOWEVER, USE YOUR BEST JUDGMENT AND SEASON WITH SALT, IF NEEDED. \"/>



Stockbridge-Munsee
COMMUNITY HEALTH DEPARTMENT

May 2026 Lunch Menu

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1 Scrambled Eggs Toast Hashbrowns Fruit	2
3 Tuna Croissant Veggie Pasta Salad Orange	4 Taco Bar Pineapple	5 Chicken Vegetable Soup Roll Salad Peaches	6 Baked Fish Rice Pilaf Vegetables Oatmeal Fruit Bake	7 Pancakes w/ Berries Sausage Yogurt Strawberries	8 Banana Foster French Toast Eggs Turkey Bacon Orange	9
10 Ham & Cheese Croissant Salad Cucumbers Apple	11 Salad Bar w/ Italian Pasta Melon	12 Beef Barley Soup Crackers Spinach Salad Applesauce	13 Meatloaf Mashed Potatoes Green Beans Oatmeal Fruit Bake	14 Breakfast Casserole Toast Yogurt Berries	15	16
17 Pizza Burger Sweet Potato Fries Veggies Yogurt Parfait Spaghetti Squash Bake	18 Stir Fry Bar w/ Rice and Vegetables Pineapple	19 Tomato Soup Grilled Cheese Carrots Pears	20 Cabbage Rolls Mashed Potatoes Carrots Roll Fruit	21 Breakfast Bar	22	23
24	25 Closed Memorial Day	26 Chicken Salad Wrap 3 Bean Salad Banana	27 Ham & Bean Soup Cornbread Slaw Peaches	28 Spare Ribs Kraut & Potatoes Roll Applesauce	29	30
31	Menu is Subject to Change Please Call (715)793-4236 to sign up for Lunch or Breakfast					

May 2026

Mon	Tue	Wed	Thu	Fri	Sat
				1 Shawano Run 9am Marion City Wide Rummage 9am Bingocize 10:30am	2
4 Strong Bodies 10:30am Local Run 1pm	5 Walking Club 11am SNAP Education 11:30am Bingo 1:30pm	6 Green Bay Run 9am Bingocize 10:30am Expressive Art 1pm	7 Cardio Drumming 9am Strong Bodies 10:00am Health Fair 11am – 1pm Hat Beading 1pm	8 Shawano Run 9am Bingocize 10:30am Ashwaubenon Village Wide Rummage 9am	9 Clintonville City Wide Rummage 9am
11 Strong Bodies 10:30am Local Run 1pm Book Club 1pm	12 Walking Club 11am Fishing 1pm Bingo 5:30pm	13 Scrabble 9am Bingocize 10:30am Wittenberg Run 1pm Expressive Art 1pm	14 Chair Yoga 9:30am Strong Bodies 10:30am Bowling 1pm	15 Shawano Run 9am Bingocize 10:30am Sewing Club 11am	16
18 Strong Bodies 10:30am Nutrition Education 11:30am Local Run 1pm Menominee Casino Run 1pm	19 Walking Club 11am Bingo 1:30pm	20 Antigo Run 9am Bingocize 10:30am Flute Club 1pm	21 Cardio Drumming 9am Strong Bodies 10:00am Health Fair 11am – 1pm Hat Beading 1pm	22 Shawano Run 9am Bingocize 10:30am Sewing Club 11am	23
25 Memorial Day CLOSED	26 Walking Club 11am Expressive Art 1pm Bingo 5:30pm	27 Bingocize 10:30am Keshena Run 1pm	28 Chair Yoga 9:30am Strong Bodies 10:30am Painting with Janell 1pm	29 Shawano Run 9am Bingocize 10:30am Cooking with the Cooks 11:30am	30

May Activities at the Eunice Stick Gathering Place

May 1 (Friday)

- Marion City Wide Rummage – 9:00am

May 7 (Thursday)

- **Strong Bodies – 10:00am**
- Health Fair – 11:00am–1:00pm
- Hat Beading – 1:00pm Bring your own hat and Mark Shepard will teach you how to bead it up.

May 8 (Friday)

- Ashwaubenon Village Wide Rummage – 9:00am

May 9 (Saturday)

- Clintonville City Wide Rummage – 9:00am

May 11 (Monday)

- Book Club – 1:00pm The Maid by Nita Prose - A socially awkward hotel maid becomes the prime suspect in a wealthy guest's murder after she discovers his body. As she tries to clear her name, her unique perspective reveals hidden truths about the people around her.

May 12 (Tuesday)

- Fishing – 1:00pm

May 13 (Wednesday)

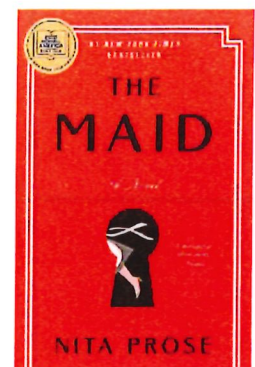
- Scrabble – 9:00am

May 14 (Thursday)

- Chair Yoga – 9:30am
- Bowling – 1:00pm

May 15 (Friday)

- Sewing Club – 11:00am Working on our quilting skills



May 18 (Monday)

- Menominee Casino Run – 1:00pm

May 20 (Wednesday)

- Cardio Drumming – 9:00am

May 21 (Thursday)

- Cardio Drumming – 9:00am
- **Strong Bodies – 10:00am**
- Health Fair – 11:00am–1:00pm
- Hat Beading – 1:00pm

May 22 (Friday)

- Sewing Club – 11:00am

May 28 (Thursday)

- Chair Yoga – 9:30am
- Painting with Janell – 1:00pm

May 29 (Friday)

- Cooking with the Cooks – 11:30am Come cook a take and bake meal with the cooks



Upcoming Book Club Books at The Eunice Stick Gathering Place:

May The Maid by Nita Prose - A socially awkward hotel maid becomes the prime suspect in a wealthy guest's murder after she discovers his body. As she tries to clear her name, her unique perspective reveals hidden truths about the people around her.

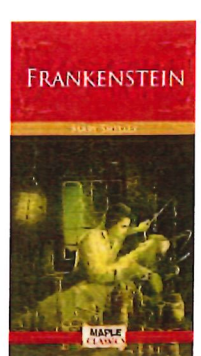
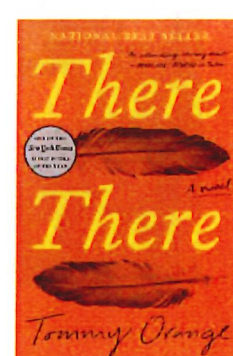
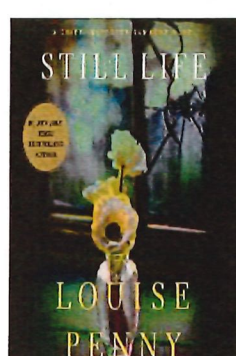
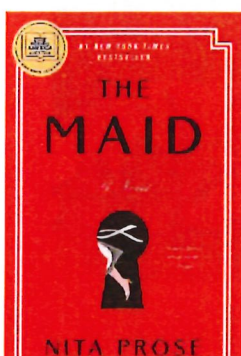
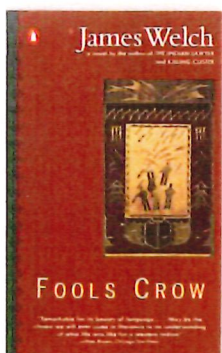
June The Lone Ranger and Tonto Fistfight in Heaven by Sherman Alexie - A collection of interconnected stories about life on a Spokane Indian reservation, following characters as they struggle with identity, poverty, alcoholism, and hope. Blending humor and heartbreak, the book explores what it means to be Native American in modern America.

July Still Life by Louise Penny - In a quiet Canadian village, a beloved elderly woman is found dead in the woods, and Chief Inspector Armand Gamache investigates what appears to be a hunting accident—but soon reveals a deeper mystery within the tight-knit community.

August Fools Crow by James Welch - Set in the late 1800s, this novel follows a young Blackfoot man named White Man's Dog (later called Fools Crow) as he comes of age during a time of great change. As white settlers encroach on Native lands, he struggles to protect his people, traditions, and identity.

September There There by Tommy Orange - This novel follows multiple Native American characters living in Oakland, California, whose lives intersect on their way to a large powwow. Through their stories, the book explores identity, trauma, and what it means to be Native in urban America.

October Frankenstein by Mary Shelley - A young scientist, Victor Frankenstein, creates a living being through an experiment, but is horrified by what he's made. As the creature struggles with loneliness and rejection, it turns toward revenge, raising questions about responsibility, humanity, and the dangers of unchecked ambition.





MAY

Word Search

K P N Q P C D H M Z N E M X J	May
L H M A Q I G I S O L G O X K	May Day
A D L E B N S M C R D R T P G	Mother's Day
D F M V M C Q P M E Q J H L J	Flowers
Y Q A N T O M M R Z O B E A D	Spring
B U Y R J D R A R I T B R N G	Cinco de Mayo
U V A Y G E B I Y S N Y S T A	Garden
G V C N M M G U A D H G D S R	Memorial Day
G Q Z Q A A X I T L A T A S D	Butterfly
X K Q E Q Y Y G X T D Y Y N E	Ladybug
H M I F L O W E R S E A R W N	Plants
G B E F J F E W C F M R Y Z K	Grass
W W L I L G R A S S T K F F J	
H H U F K Z L I O E Z G T L F	
F U D F N I I U U M V Z H V Y	



MAY



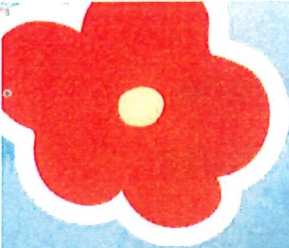
Word Search

K P N Q P C D H M Z N E M X J
 L H M A Q I G I S O L G O X K
 A D L E B N S M C R D R T P G
 D F M V M C Q P M E Q J H L J
 Y Q A N T O M M R Z O B E A D
 B U Y R J D R A R I T B R N G
 U V A Y G E B I Y S N Y S T A
 G V C N M M G U A D H G D S R
 G Q Z Q A A X I T L A T A S D
 X K Q E Q Y Y G X T D Y Y N E
 H M I F L O W E R S E A R W N
 G B E F J F E W C F M R Y Z K
 W W L I L G R A S S T K F F J
 H H U F K Z L I O E Z G T L F
 F U D F N I I U U M V Z H V Y

- May
- May Day
- Mother's Day
- Flowers
- Spring
- Cinco de Mayo
- Garden
- Memorial Day
- Butterfly
- Ladybug
- Plants
- Grass

ANSWER KEY





MAY BIRTHDAYS



Amber
Belzer



Bette
Besaw



Debra
John



Viann
Matson



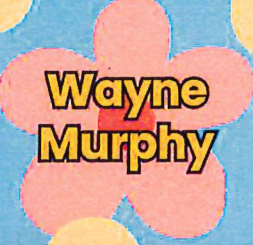
Micheala
Brown



Mark
Doxtater



Robert
Ninham SR.



Wayne
Murphy



Ila
Sanders



Mark
Church



Elaine
Jacobi



Lenore
Shepard



Randy
Lewis



Yvonne
Gleason



Sandra
Blaha



Robert
Little



HAPPY BIRTHDAY!

The Stockbridge-Munsee Meal Site is supported through State, Federal and Tribal Funding as well as donations received. State Grants recognize an elder at age sixty years or older and Federal Grants allow tribes to specify Native elder status, which the SM Tribe recognizes at the age of fifty-five years or older.

A contribution of \$1.00 is asked for delivered meals (your spouse is eligible regardless of age.)

A contribution of \$1.00 is asked for Congregate meals.

Anyone under the age of fifty-five is required to pay \$3.00 per meal.

NO ELDER WILL BE TURNED AWAY, REGARDLESS OF ABILITY TO PAY.

**WE ASK THAT YOU CALL AT LEAST 24 HOURS IN ADVANCE TO
RESERVE YOUR MEAL.**

Stockbridge-Munsee Elderly Services is also a satellite office of The Aging & Disability Resource Center of the Wolf River Region which also includes the counties of Shawano, Menominee, and Oconto. The ADRC offers information and assistance on issues affecting older people and those with disabilities regardless of their income. For more information call Toll Free 1-855-492-2372 or visit www.adrcwrr.org.

The Elderly Stream monthly newsletter is available online at www.mohican.com.

Mailing Address is: P.O. Box 70, Bowler WI 54416 (715-793-4236)