

AAMWEEWI-NIIPAAHUM

(MUNSEE)

HONEY BEE MOON

JULY

ELDERLY STREAM



Koolamalsi,

Hope this message finds you well.

When it's too hot to be outside, Eunice Stick Gathering Place offers air-conditioning, socialization, well-balanced meals, and activities. Hope to see you soon.

Important dates in July:

- Elder Center closed on July 3rd
- Lunch in the park on July 14th

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 whenever possible, to eliminate food waste and to help the cooks with meal preparation. Join us for a meal 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 menu options.

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. This is a reminder that scheduled cleaning times and shopping days are approximate.

Thank you for being such an important part of our community. We look forward to seeing you soon! If you have any questions, or if you need assistance with meal registration, or activities, please don't hesitate to reach out at 715-793-3044. Sending caring thoughts and warm wishes your way.

Anushiik/Oneewe/Thank You,

Diane M. Burr

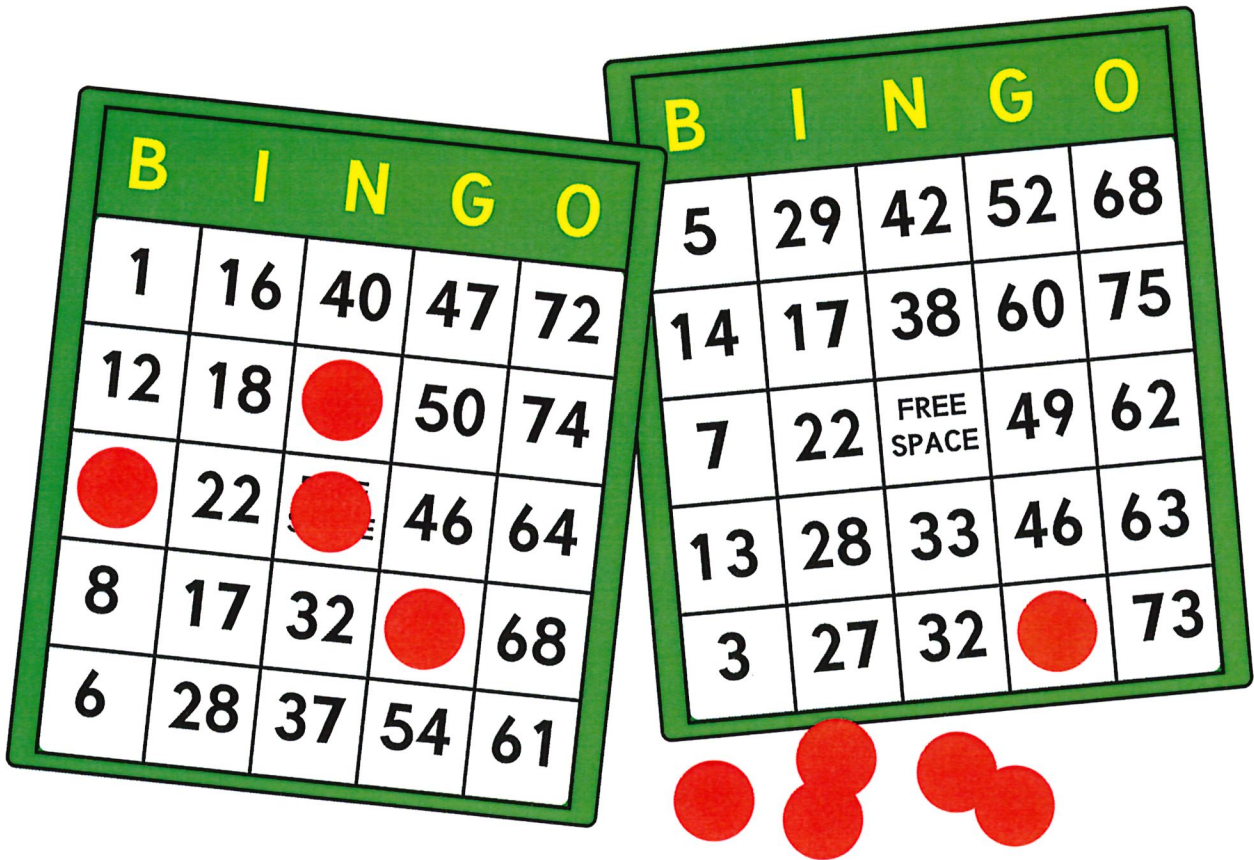


WHAT DO YOU CALL
A PERSON WHO IS HAPPY
ON MONDAYS?

Retired

ATTENTION ELDERS THAT LOVE BINGO

Starting in July, we will no longer be having Night Bingo. According to the surveys that were completed by the elders that attend Weekly Bingo, 86% of the elders wanted night Bingo eliminated. Four of the elders wrote that they did not care either way and only 5 elders wanted to keep night bingo. After comparing the sign in sheets for day and night bingo, we noticed those that attend at night, also can attend during the day.



We apologize to those that love night bingo, but the surveys say DAY BINGO!

Melissa Penass-Aging & Disabled Services Area Manager

Diane Burr-Eunice Stick Gathering Place Manager

The background of the entire page is a vibrant tropical leaf pattern. It features various types of leaves in shades of green, yellow, and blue, set against a white background. The leaves are scattered and overlapping, creating a lush, natural feel. A large, dark green circle is centered on the page, serving as a backdrop for the main text.

You are not ALONE Join us

Every caregiver needs a care circle

If you are a caregiver taking care of kids, grand kids, parents, spouses or just come and talk, get a break; maybe we can offer the support, ideas, community connection.

Starting Wednesday July 15, 2026

1:30-2:30 PM

AT Eunice Stick Gathering Place

Questions call Stephanie at 715-793-5619.




Stockbridge-Munsee Elderly Services

COOKOUT AT THE PARK



**Let's spend the
day outside!**

Many Trails Park & Campground
July 14 @ 10:00 AM - 3:00 PM



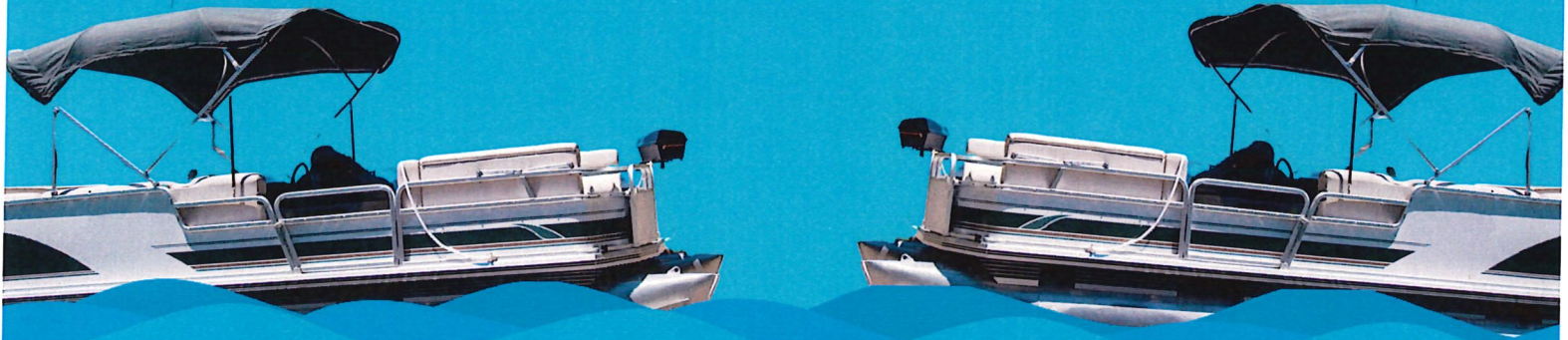
Join us as we plan to enjoy the outdoors all day
down in the park where we will host our activities
for the day and also our congregate meal



There will be no activities or meal served at the
Eunice Stick Gathering Place



WALKING CLUB @ 11 A.M.
COOKOUT IN THE PARK @ 12 P.M.
BINGO IN THE PARK @ 1:30 P.M

PARTY ON A PONTOON



 **WEDNESDAY JULY 29** 

**THE STOCKBRIDGE-MUNSEE ELDERLY SERVICES IS
RENTING 2 PONTOONS TO CRUISE SHAWANO LAKE
BRING YOUR SUNSCREEN AND YOUR SWIMSUITS!**

BUS LEAVES AT 8:15 A.M.

**WE WILL BE OFFERING RIDES HOME AT 1PM AND 5 PM
WE WILL HAVE A PICNIC LUNCH AND REFRESHMENTS
LIMITED SPOTS AVAILABLE SO BE SURE TO SIGN UP**

STOCKBRIDGE-MUNSEE ELDERLY SERVICES

Tribal Caregiver Conference



“Finding Strength in the Journey of Caregiving”

Free event and open to the public!
Presented by Wisconsin’s Tribal Dementia
Care Specialists

August 25, 2026 | 8:00am – 5:00pm
At the North Star Mohican Casino Resort
In the Orion Event Center
W12180 County Road A
Bowler, WI 54416

Join us for an event that brings together caregivers and others to share stories, resources, and support to guide us on our caregiving paths. Breakfast and lunch will be provided, followed by bingo with door prizes!
Register to attend or to be a vendor.



Scan this QR code with your phone camera, or go to this link:
<https://glitec.tiny.us/caregiver>
to register by August 15



Special Guest Speaker
Martin Schreiber

Former Wisconsin Governor
Author of “My Two Elaines”

Room block available at the North Star Mohican Casino Resort Hotel for August 24 and 25

- Rooms available on a first-come, first-serve basis
- Room block expires on August 10
- Booking ID: Tribal Caregiver Conference or #309
- Hotel phone: (715) 787-3110

If you have any questions or want to register over the phone, contact Briana Terrio at (715) 793-3035.



FIT FAMILY FUN DAY

at Many Trails Park

CHILDREN
MUST BE
ACCOMPANIED
BY AN ADULT

SATURDAY
25 JULY

9:30AM TO 1:30PM

Giveaways
& Prizes

ACTIVITIES:

- EXCITING GAMES
- FOOD & REFRESHMENTS
- CORNHOLE TOURNAMENT
- BOUNCE HOUSES

Please no pets!



IT IS RECOMMENDED TO GET 150 MINUTES OF PHYSICAL ACTIVITY A WEEK TO PREVENT, DELAY, AND MANAGE DIABETES.

CALL OR EMAIL VI TO SIGN UP FOR THE CORN HOLE TOURNAMENT:

VI AZZOLINA: (715) 793-3018



VIOLET.AZZOLINA@MOHICAN.COM



July 2026 Make & Take Sweet Chili Roasted Chicken & Vegetables

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, July 15th, at the From the Earth Farm from 11:45am -1:15pm. Sign up is June 29th-July 3rd. We will be drawing names for the virtual Make & Take. We will contact you on Monday, July 6th 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



July 2026

Make & Take

Sweet Chili Roasted Chicken & Vegetables

Prep Time: 5minutes minutes Cook Time: 15minutes minutes Total Time: 20minutes minutes
Servings: 4

Ingredients

- 1.25 pounds boneless skinless chicken breasts, diced into bite-sized pieces
- 3 cups broccoli florets
- 3 cups cauliflower florets
- 2 large carrots, sliced into 1/4-inch rounds on the bias
- 2 to 3 tablespoons olive oil
- ½ teaspoon freshly ground black pepper, or to taste
- 10- ounces sweet chili sauce, or as desired; divided

Instructions

- Preheat oven to 425°F. If you have a convection oven, use it; if not a conventional oven is fine.
- Line a sheet pan with aluminum foil for easier cleanup and to it add the chicken, vegetables, evenly drizzle with olive oil, season with pepper, evenly drizzle with 3/4 of the chili sauce, toss with your hands to combine, and roast for about 14-15 minutes, or until chicken is cooked through and vegetables are crisp-tender. If baking in a conventional oven, you may need to bake slightly longer, 17-18 minutes, but watch your food and not the clock.
- Evenly drizzle with the remaining chili sauce, if desired, and serve immediately. Recipe will keep airtight in the fridge for up to 5 days or in the freezer for up to 4 months.



Stockbridge-Munsee
COMMUNITY HEALTH DEPARTMENT





W5646 Lindsten Rd

Shiocton, WI 54170

Senior Safari

Thursday July 2, 2026

**Be sure to
sign up
before spots
are filled!**

11:00 a.m. to 1:00 p.m.

Bus leaves at 9:30 a.m.

Canines And Cats

Presenter: Naturalist Kaylee Lietz

"Canines and Cats are not meant to get along, but during our July Senior Safari presentation, they will. You will learn more about these two popular animal groupings that occur here in Wisconsin. Join Naturalist Kaylee Lietz and learn about all of Wisconsin Canines (Foxes, Coyotes, and Wolves) as well as Wisconsin Feline (Bobcat) and other felines who have been spotted in Wisconsin. Come and learn facts, behaviors, life history, and more about these curious creatures at our next Senior Safari presentation in July."



Call Tina at 715-526-4682 or the ADRC at 855-492-2372, to reserve your spot.

A \$5.00 per person contribution for the meal is suggested for those over 60. Under 60 is \$15.00

**** No eligible participant will be denied a meal based on their ability to contribute to the meal. ****

Also donations are welcome to support the Navarino Nature Center

July 2026

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 Ham & Potato soup Egg Salad on Wheat bun Beets Fruit Salad	2 Brat Sauerkraut Baby Red Potatoes Broccoli & Cauliflower Wheat Roll Banana Cake	3 Closed	4
5	6 Chef Salad Caramel Apple	7 Build a Burger Bar Potato Fries Jell-O	8 Cook Choice Bread Stick Pudding	9 Chicken A La King on a Biscuit Green beans/Lima Beans Brownie	10 French Toast & Berries Boiled egg Sausage Link Cinnamon Applesauce	11
12	13 Sloppy Joes on Wheat bun Baked Beans Chips Fruit Cup	14 Cookout at the Park Brat or Burger Crab Salad Broccoli & Cauliflower Salad Lemon Bar	15 Chicken Wild Rice Soup Cold Cheese Sandwich on Wheat Salad Greens Ice Cream	16 Scalloped Potatoes w/ Ham & Cheese Peas & Carrots Wheat Roll Cupcake	17 Oatmeal w/ Berries Bacon Poached Eggs Orange Juice	18
19	20 Sub Sandwich Cole Slaw Carrot-Celery sticks & dip. Sherbert	21 Salad Bar Watermelon	22 Veggie Soup Hot Beef & Cheese on Wheat Cottage Cheese Fruit Cocktail	23 Tater Tot Casserole w/ Green Beans Corn Wheat Roll	24 Ham, Egg, and Cheese Omelet ½ English Muffin Hash Brown Banana	25
26	27 Cheeseburger on wheat bun Sweet Potato Fries Tomato, Lettuce, and Onion Pudding	28 Pasta Bar Side Salad Breadstick Jell-O	29 Creamy Broccoli & Cauliflower Soup Hot Ham & Cheese on Wheat Salad	30 BBQ Chicken Mashed Red Potatoes Mixed Veggies Wheat Roll Cake & Ice Cream	31 Bacon, Egg, & Cheese Sandwich on Wheat Tater tots Avocado Slice Fresh Fruit	

July 2026

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 Tai Chi Walking 10:30 SM Farmers Market 10:45 Wittenberg Run 1:00pm	2 Strong Bodies 10:30am Senior Safari Navarino Nature Center 9:30AM	3 Independence Day CLOSED	4
5	6 Strong Bodies 10:30am Local Run 1:00pm Painting with Diane 1:00	7 Walking Club 11am SNAP Education 11:30am Bingo 1:30pm	8 Green Bay Run 9am Tai Chi Walking 10:30 SM Farmers Market 10:45	9 Food Box 10am Strong Bodies 10:30am Fishing 1:00	10 Shawano 9:00am Chair Yoga 10:00am Cardio Drumming 11am Sewing Club 11:00 Ho Chunk Run 1-3	11
12	13 Strong Bodies 10:30am Local Run 1:00pm	14 Walking Club Pow Wow Grounds 11am Cookout at the Park -NOON Bingo @ the park 1:30pm	15 Antigo Run-9am Tai Chi Walking Club 10:30 SM Farmers Market 10:45am Caregiver Talking Circle with Elder Social Worker:1:30pm	16 Strong Bodies 10:30am Pink Floyd Cover Band at Franklin Park 4:30pm Fishing 1:00pm	17 Shawano Run 9:00 Chair Yoga 10:00am Cardio Drumming 11:00am Sewing Club 11:00	18 Ride to Shawano Races 4:30pm-11pm
19	20 Strong Bodies 10:30am Nutrition Education 11:30am Local Run 1:00pm	21 Walking Club 11am Bingo 1:30pm	22 Tai Chi Walking Club 10:30 SM Farmers Market 10:45 Keshena Run 1:00pm Summer Youth Elder Interviews 1pm	23 Food Box 10am Strong Bodies 10:30am 1:00 Amish Stores Bonduel	24 Shawano 9am Chair Yoga 10:30 Cooking with the Cooks 11:00am North Star Run 1:30- 3	25
26	27 Strong Bodies 10:30am Local Run 1:00pm	28 Walking Club 11am Bingo 1:30pm	29 Marion Run 9:00 Pontoon Rides Shawano Lake 8:15am or 12:15 Tai Chi Walking Club 10:30	30 Strong Bodies 10:30am Birthday Meal 12pm Music at Franklin Park 4:30pm	31 Antigo City Wide Runmage 9am Shawano 9:00am Chair Yoga 10:30 Sewing Club 11:00	





July

Birthdays

**LAI LONNIE KOSOWSKI
KARMEN MASON
MARVEL MILLER
KATHLEEN MURPHY
RODERICK PECORE
LOIS REIMES
TERRIE TERRIO
KIMBERLY VELE
DIANN WADZINSKI
DAN MILLER
RANDEAN KUSSOW
LELAND GERBER
RONALD BLUM JR.
JOESPH DOXTATOR
SERALEE AZZOLINA
KATHY HILL
NORBERT EXFORD**

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)