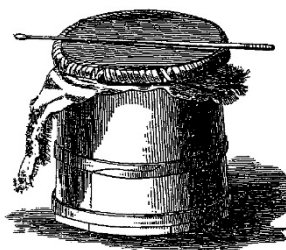


# DRUMS ACROSS ONEIDA

Oneida Elder Services  
Lee McLester II Building  
P.O. Box 365, 2907 S. Overland Rd.  
Oneida, WI 54155  
Phone: 920-869-2448  
1-800-867-1551

Speak to live operator at this phone number 24/7



Elder Services Congregate Meal Site  
2901 S. Overland  
Oneida, WI 54155  
Phone: 920-869-1551  
Drums Contact: Sacheen Lawrence  
Email: slawrenc@oneidanation.org  
Drums can also be viewed  
at [Oneida-sn.gov/elderservices/](http://Oneida-sn.gov/elderservices/)



Visit our Facebook page at <https://www.facebook.com/OneidaElderServices/>

Tsha'tekohsélha? Wehní'tale?

Mid-Winter Moon

January 2019

# January

Memory Cafe	January 7 <sup>th</sup> , 2020	1:30pm -3:00pm	Oneida Library
Opioid Misuse Prevention	January 9 <sup>th</sup> , 2020	12:15pm-1:00pm	Elder Meal Site
ONCOA Meeting	January 14 <sup>th</sup> & 28 <sup>th</sup> , 2020	1:00pm-4:00pm	Elder Services Conference Room
Nutrition Advisory Council	January 17 <sup>th</sup> , 2020	1:00pm-2:00pm	Elder Meal Site
Elder New Year's Celebration	January 28 <sup>th</sup> , 2020	1:30pm-4:00pm	Elder Meal Site
GLNAEA	March 4 <sup>th</sup> & 5 <sup>th</sup> , 2020	8:00am-4:00pm	Menominee Casino, Keshena, Wisconsin

## **Menu**

**January 2020**

**Congregate Meal Site**

**2901 S. Overland Road**

**1 Tuesday**

**CLOSED IN OBSERVANCE OF  
NEW YEAR'S DAY**

**2 Thursday**

Soup Cold Sandwich, Lettuce Salad  
Fruit, Ice Cream

**3 Friday**

Potato Crusted Cod, Mashed Potatoes  
Mixed Vegetables, Dinner Roll, Fruit

**6 Monday**

Barbecued Chicken, Mashed Potatoes  
Broccoli, Cole Slaw, Fruit

**7 Tuesday**

Ring Bologna, Parsley Boiled Potatoes  
Carrots, Homemade Bread, Fruit

**8 Wednesday ALL STAFF MEETING**

Chef Salad, Dinner Roll  
Fruit, Dessert

**9 Thursday**

Chili, Cold Sandwich  
Fruit, Dessert

**10 Friday**

Pork Chops, Mashed Potatoes  
Green Beans, Dinner Roll, Fruit

**13 Monday**

Baked Ham, Scalloped Potatoes  
Green Beans, Bread, Fruit

**14 Tuesday**

Corn Soup, Cold Sandwich  
Lettuce Salad, Fruit

**15 Wednesday**

Oven Roast Beef, Mashed Potatoes  
Carrots, Bread, Fruit

**16 Thursday**

Swedish Meatballs, Noodles  
Squash, Fruit, Dessert

**17 Friday**

Honey Dipped Chicken, Rice Pilaf  
Mixed Vegetables, Dinner Roll, Fruit

**20 Monday**

Liver & Onions, Mashed Potatoes  
Carrots, Bread, Fruit

**21 Tuesday**

Spaghetti W/Meat Sauce, Cheesy Bread  
Hot Vegetables, Lettuce Salad, Fruit

**22 Wednesday**

Swiss Steak, Buttered Noodles  
Hot Vegetables, Bread Pudding

**23 Wednesday**

**Beef Stew, Mashed Potatoes**  
**Dinner Roll, Fruit**

**24 Friday**

Cod Fillet, Hash Brown Patty  
Mixed Vegetables, Rye Bread, Fruit

**27 Monday**

Hamburger W/Bun, Baked Beans  
Baked Chips, Fruit, Sherbet

**28 Tuesday**

Tomato Soup, Grilled Cheese  
Lettuce Salad, Fruit, Dessert

**29 Wednesday**

Roast Turkey, Sweet Potatoes, Wax Beans  
Cranberry Sauce, Corn Muffin, Fruited Jell-O

**30 Thursday**

**BIRTHDAY LUNCH**

Beef Stroganoff, Noodles Hot vegetables  
Dinner Roll, Fruit, Birthday Cupcake

**31 Friday**

Salmon, Cream Pea Sauce  
Potatoes, Rye Bread, Gelatin

## **Elder Activities for January, 2020**

### **Oneida Language Class - Meal-site**

Learn Oneida language on a slow fun pace.

Monday, January 13 & 27

9:30 to 10:45

### **Exercise Class - Meal-site**

This is a group exercise class that helps reduce pain and stiffness, helps maintain or improve mobility, muscle strength, endurance and functional ability.

Monday, January 6,13,20,27 & Wednesday, January 8,15,22,29

11:00 – 11:30

### **Wii Bowling – Meal-site**

Come out and socialize. Good for eye and hand coordination.

January 6 & 20

9:30 -10:45

### **Bingo – Meal-site**

Monday, January 6 & 20

1:00 – 3:00

### **Bingo - Cliff Webster Building - Sponsored by Oneida Recreation**

Wednesday January 8,15,22,29

1:30 – 3:00

### **Pottery Class - Cliff Webster Building - Sponsored by Oneida Recreation**

January 13 & 27- continuation of class on the 13th

(Must be able to attend both classes)

Must be signed up to attend class- only 6 participants

1:30 – 3:00

### **Crafts – Meal-site**

We do a variety of Crafts which vary from session to session.

January 14 & 28

9:30 – 11:15

### **Tai Chi – Meal-site**

This Exercise is Good for balance, help reduce falls, strength, endurance, stabilize muscles and more.

January 7 & 21

1:30 – 2:15

### **Book Club – Meal-site**

Group reads a variety of books with discussion in class of the book.

January 8,15,22,29

9:30 – 10:45

**Show and Tell – Meal-site**

Bring in anything you have made or received that you would want to share with us. It could even be a happy memory or story.

January 2

10:30 - 11:30

**Maple Wood Meats Store – Green Bay**

Shop at store

January 16

9:30

**Good Will Store – Green Bay**

Shop at store

January 30

9:30 – 11:00

**Walking Stick Class – Meal site - with Adventures Program**

Limited to 7 NEW Participants.

Please sign up for class.

**Must be able to attend both classes.**

January 9 & 23-Continuation of class on the 9<sup>th</sup>.

9:30 – 11:30

**Chair Yoga – Meal-site**

This exercise helps improve Strength, flexibility, reduce stress, relaxation, improve mental clarity and more.

January 2 & 16

1:30 – 2:15

**Bowling – Ashwaubenon Lanes – Sponsored by Oneida Recreation**

Great exercise, socialization and a lot of fun.

January 9 & 23

1:30 – 3:00

Only 17 spots available, please sign up to go. (12 on bus)

**Birthday Lunch – Meal-site**

Come join us for a nice lunch and Music by “Good for the Soul”

January 30

12:00 – 1:00

**Movie - Meal-site**

Movie's vary from month to month, popcorn and drink.

Thursday, January 30

1:00 – 3:00

**Banks, Shopping, Lunch Out - Green Bay**

Stop at Banks, Stores vary to shop at, and a restaurant will be picked to eat lunch at by an Elder.

January 3,10,17,24,31

10:00 – 3:00

No transportation for lunch these days.

\*Please sign up for trips and activities at the Meal-site

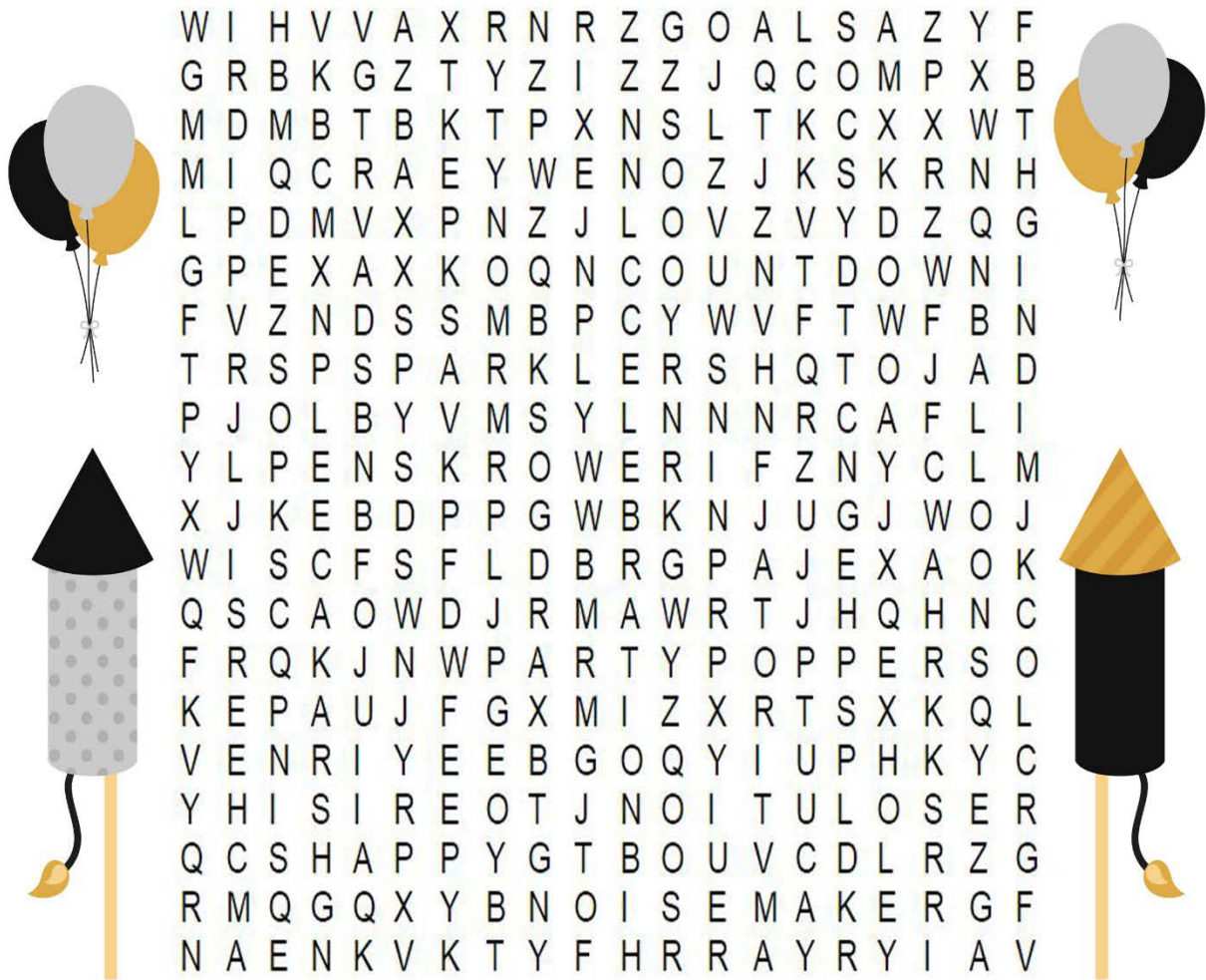
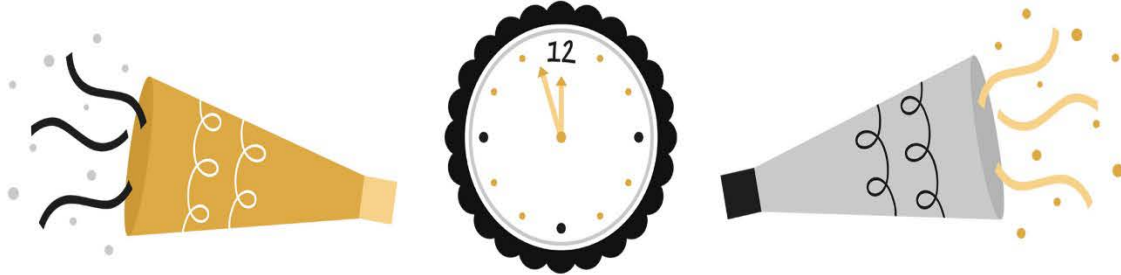
\* Check departure time on sign-up sheet – different then calendar time

\*Activities subject to change if necessary

\*The Month of your Birthday, you must sign up in the Birthday Book at the meal-site and you must be at the Birthday lunch to receive your gift card.

If you have any questions, Please call Michelle Cottrell at 869-6733

# HAPPY NEW YEAR!



Countdown  
Confetti  
Midnight  
Balloons

Celebration  
Fireworks  
January  
Happy



New Year  
Clock  
Cheers  
Goals

Party Poppers  
Noisemaker  
Resolution  
Sparklers



# Homemade Cranberry Sauce

For nutrition information, please visit  
Homemade Cranberry Sauce at  
What's Cooking? USDA Mixing Bowl.

**Makes 8 servings.**



## Ingredients

3 cups fresh cranberries (12 ounces, can also use frozen)

1 orange

1 cup sugar

## Directions

Place all ingredients in a blender and blend until mixed well.

Heat up and serve over turkey, ice cream sandwiches, etc.

**Note: 1 cup white grape juice concentrate can be substituted for 1 cup sugar.**



# “Gift Shop Notice”

## **Attention Elders!**

The Elder Services Gift Shop is meant for homemade elder crafts and not as a garage sale, resale, etc. We will be going through the gift shop items and will be making phone calls for elders to pick up their items that we feel are not eligible.

\*Items not marked will not be sold.

\*Items that have been in the gift shop longer than a year – vendors will be receiving a phone call to pick up their items.

\*No used item will be accepted

Come and Enjoy  
**Hoyan Donuts!!!**  
**Oneida Elder**  
**Services Pod A**  
December 31, 2019  
9:00 am – 2:00 pm



# Caregiver Support Group

January 16, 2020

Elder Services Pod A  
1:30-3:30 p.m.

Join us, lets talk about  
what's available for  
Caregiver's if you have  
questions or need help  
with you loved ones, lets  
see how we can help



## Caregiver Resources

- Native American Family Caregiver Support Program
- Alzheimer Family Caregiver Support Program
- Stress Relief
- Respite Relief
- Alzheimer Information
- Powerful Tools for Caregivers (Evidence based workshop)

For more information contact

Carol Bogda NAFCG  
Coordinator/Outreach

Oneida Elder Services

2907 S. Overland Rd.

920-869-2448



A good mind. A good heart. A strong fire.

**\*PRIZES**

**COMING SOON!**

**\*MUSIC**

**Elder New**

**\*GAMES**

**Year's  
Celebration!**

**Hosted by Oneida Elder Services**

**\*SNACKS**

**Date: January 31, 2020**

**Location: Elder Services Congregate Meal Site  
2901 S. Overland Rd, Oneida, WI 54155**

**Time: 1:30-4:00 P.M**

**FOR ONEIDA ELDERS 55+ & THEIR SPOUSES (NO CHILDREN  
ALLOWED)**