Dear Friends,

All of us here at the Lew Martin Senior Center wish you a very Happy New Year! We have a lot to be thankful for in this new year and we are excited to launch new programming as we continue to find innovative ways to serve senior citizens and set a positive example in our community. Our intern Andrea graduated and we wish her the very best in her journey! We send WITC our gratitude for connecting us with such a high caliber student and for her 130+ hours. Speaking of students, we are working with Senior High to help seniors learn a skill and teach a skill through their Senior Projects. This is an opportunity to shape our next generation, and help students pitch in around their neighborhoods. More details on this exciting development very soon!

Also, DOVE home health is back at the Center! Every Monday exercise is free with a professional instructor. Lastly, computer classes begin very soon, so be sure to sign up with WITC to reserve a spot.

See you at the Center!
Jenny Van Sickle

The New Year is a perfect time to check your smoke alarms!

Happy New Year!
We are closed Monday
February 17th
Presidents Day

We are
Dementia Friendly

ANNUAL MEMBERSHIP DUES
Individual $12/ year
Couple $20/ year
Thank you!
WE HAD A WONDERFUL HOLIDAY PARTY. THANK YOU TO EVERYONE WHO BRAVED THE WEATHER TO CELEBATE WITH US! WE are SO grateful to our community sponsors, Epicurean and UpNorth Sundries for helping us ensure everyone had a beautiful gift!

And the band—Harmony-N-Strings!

Community Events
Lake Superior Ice Festival Barkers Island January 24-25
Local & Congressional Primary Election Tuesday February 18

CENSUS 2020
IF YOU'RE INTERESTED IN HELPING, THEY'RE HIRING AT $24/HOUR! PLEASE ASK IN THE OFFICE FOR MORE DETAILS. FLEXIBLE HOURS. THE CENSUS IS DIRECTLY TIED TO SERIOUS FEDERAL DOLLARS FOR OUR AREA, BE SURE TO GET COUNTED!

AVADA (formerly Hearing Life) will be holding monthly clinics right here at the Center!
Every 4th Friday of the month, Dr. Robert Neve will see patients here for

- HEARING TESTS
- CHECK UPS
- CLEANING
- SUPPLIES

Next DATES!
FRIDAY 28 MARCH 27

For more information or to schedule a FREE hearing evaluation:
gifr@hearinglife.com
1-218-722-6611
### WEEKLY ACTIVITIES

<table>
<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
</tr>
</thead>
<tbody>
<tr>
<td>Blood Pressure  by DOVE 10:15 (monthly)</td>
<td>Tai Chi 10-11 am</td>
<td>EXERCISE 9:30-10:30</td>
<td>Tai Chi 10-11 am</td>
<td>EXERCISE 9:30-10:30</td>
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<tr>
<td>SMEAR 1:00</td>
<td></td>
<td>BINGO 1:00-3:30</td>
<td>CRIBBAGE 12:30-4:00</td>
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<td>CRAFTY LADIES 1:00-3:30</td>
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**THANK YOU ASSOCIATED BANK FOR YOUR SUPPORT!**

This generous donation of $1,000 goes directly towards our Volunteer Income Tax Assistance (VITA) program and contributes to our efforts to increase financial literacy in the Northland!
As a non-profit organization, dedicated to serving the low income of Douglas, Ashland, Bayfield, Iron and Price Counties of Northwestern Wisconsin, we continually strive to improve all programs to meet these needs within communities where we operate.

COMING UP!
We will now be a SIGHT for the Superior Evening Lions Club eyeglass collection! Please donate glasses (new or used) as you are able!
THANK YOU!

We are organizing a SNACK DRIVE for Northern Lights Elementary!
Please donate packs of “healthy” shelf stable snacks (think Graham Crackers/Goldfish not Doritos) for students who are unable to bring a snack to school. This was brought to our attention by a local teacher.

Please drop off at our Center through April!

Thank you Robyn from Edward Jones!

Robyn trained us in spotting and avoiding the cutting edge ways that scammers are using to target vulnerable senior citizens. And thank you to Jan for being willing to film for Fox 21!