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November 2018



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The Center For Life Enrichment  
1306 W. Wisconsin Ave.  
Oconomowoc, WI 53066  
262-354-1375



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For **FREE EVENTS** that do not require registration and welcome walk-ins, only those who register will be notified if the class is cancelled for any reason.

**Please send separate payments for each event you are registering for.**



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We give much thanks to you, our patrons. May Thanksgiving fill your heart with many blessings.

Life Enrichment and Cafe LaBelle will be closed on Thursday, November 22, 2018 and will return to regular hours on Friday, November 23, 2018.



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**Ho Ho Healthy Eating, Tuesday, November 6, 2018 from 11:00am – 12:00pm, Free Event.** The holidays are upon us.....Thanksgiving pumpkin pie, Christmas cut out cookies, New Year's Eve indulgences. The average American gains 5 lbs. over the holidays. Join Shorehaven's clinical Dietitian, Melissa Burchardt RD, CD, CGP, as she addresses how to enjoy the holidays without adding to your waistline this year. Melissa Burchardt RD, CD, CGP graduated from Mount Mary College in 1999 and has been the clinical dietitian at Shorehaven for over 18 years. Burchardt is passionate about disease prevention through eating whole, real foods. "Eating healthy doesn't have to be expensive or confusing. And yes, you can eat more and weigh less." said Burchardt. "Even during the holidays." **Registration is encouraged and walks-ins are welcome.**



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**Friends of Life Enrichment – Tricia's Troops, Wednesday, November 7, 2018**

**from 1:00 – 2:00pm, Free Event.** Tricia's Troops Cancer Connection is non-profit cancer support organization located in downtown Oconomowoc. The group raises funds so they can provide financial assistance and free support services to patients in southeast Wisconsin who are in need during cancer treatment. Tricia's Troops was founded in 2011 by Tricia Wright, a young mom who was battling stage IV colon cancer. The organization is now led by Candice Strong, sister of Tricia Wright, and we invite you to learn more about this local charity making a difference in our community. **Walk-ins are welcome but only those who register will be notified if the event is cancelled for any reason.**



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**Life Enrichment Book Club, Thursday, November 8, 2018, Noon at Café Labelle, Free Event.**



The Sisters Brothers by: Patrick deWitt - Hermann Kermit Warm is going to die. The enigmatic and powerful man known only as the Commodore has ordered it, and his henchmen, Eli and Charlie Sisters, will make sure of it. Though Eli doesn't share his brother's appetite for whiskey and killing, he's never known anything else. But their prey isn't an easy mark, and on the road from Oregon City to Warm's gold-mining claim outside Sacramento, Eli begins to question what he does for a living-and whom he does it for. With *The Sisters Brothers*, Patrick deWitt pays homage to the classic Western, transforming it into an unforgettable comic tour de force. Filled with a remarkable cast of characters-losers, cheaters, and ne'er-do-wells from all stripes of life - and told by a complex and compelling narrator, it is a violent, lustful odyssey through the underworld of the 1850s frontier that beautifully captures the humor, melancholy, and grit

of the Old West and two brothers bound by blood, violence, and love. **No registration is necessary and new members are always welcome. Books are available at Books and Company. Readers are eligible for a 15% Book Club discount when you mention the Life Enrichment Book Club.**



**VETERANS DAY TRIBUTE, Remembering Those Who Served our Nation, Saturday,**



**November 10, 2018 from 11:00 am – 1:00 pm, Call to reserve your seat.**

Veterans and (1) guest eat FREE at Café LaBelle located in Shorehaven's Center for Life Enrichment Building, 1306 W Wisconsin Ave. This free luncheon and program is sponsored by Oliver Construction. Additional sponsors include First Bank Financial Centre, Culvers of Johnson Creek and Stifel Nicolaus. The ceremony master will be Randy Otto. The observance will also include the Honor Guard presentation of colors, a guest Taps soloist and special speaker Veteran Vern Larson. Limited seating. No walk-ins allowed. **To reserve your seats please call or email Deb Friedrich at (262) 354-1920 or dfriedrich@lho.org.** Please provide your phone number and the names of those attending. Please designate which attendees are veterans. **Registration deadline is November 2, 2018.**



**Stroke - What you should know! Monday, November 12, 2018 from 1:00 – 2:30pm, Free Event.**

Stroke Warning Signs, Emergency Actions, Treatments and Prevention - Join the experts from ProHealth and learn about stroke and transient ischemic attack (TIA). Discover the various risk factors for stroke, along with the warning signs and emergency responses. You will also receive information about acute treatments that are available. **Registration is appreciated but walk-ins are welcome.**



**Live "TED" Talk - Student led discussion, Tuesday, October 16, 2017 from 1:00 – 2:00pm, Free Event. Back by Popular Demand!** Oconomowoc High School Digital Communications team will be presenting a live version of a "TED" talk. Each student will research certain topics and present two topics per month per one hour session.



**Device Help is on the Way! Wednesday, Nov 14, 2018 from 1:00 – 2:00pm, Free Event.** Does your hand held device have you puzzled and perplexed? Are you looking for someone to answer a few questions? We have just the solution for you! The Oconomowoc High School students from the AP Digital Communications program are willing to lend their time and expertise and help you find solutions to your iPhone, Samsung, and tablet questions. **Registration is required for this workshop by Monday, November 12, 2018.**



**Getting to Know Medicare, Wednesday, November 14, 2018 from 6:00 – 7:30pm OR Thursday,**



**November 15, 2018 from 10:00 – 11:30am, Free Event.** This class is designed to acquaint current and future Medicare beneficiaries with the four parts of Medicare, as well as equip them to navigate through the various insurance options. Getting to Know Medicare will help answer: What are the differences between Medicare Parts A, B, C and D? What are my options in enrolling for Medicare? What are the differences between Medicare Supplement and Medicare Advantage plans? How do I figure out the Prescription Drug plans and what is the "Donut Hole?" John Leis will be the presenter. **No registration required. Walk-ins are welcome.**



**Nordic Walking, Thursday, November 19, 2018 from 10:00 – 11:00am, Cost: \$20**

**for a 45 min lesson.** Nordic walking is the sport of engaging the upper body using poles while walking naturally. The technique is unique and subtle, but brings great results through low impact movement. Join certified instructor, Susanna Rosario as she shares techniques that will improve your posture, increase oxygen and blood flow to your body tissue, and help reduce aches and pains in your back muscles. The poles help support joints while encouraging a bigger stride. You will be surprised how much further you end up walking! This Nordic walking lesson will take place on Shorehaven's campus and we will meet at the main door (door #47) of the Center for Life Enrichment. **All levels invited! Dress in comfortable clothes appropriate for weather. Poles provided. Cash only. Registration required by Thursday November 15, 2018.**



**ProHealth Senior Breakfast Club, Tuesday, November 20, 2018 from 8:30 – 10:00am, Free**



**Event. Normal Aging versus Dementia** - Join us as we welcome the ProHealth Senior Breakfast Club to our campus. This monthly meeting will include a light breakfast which will be served at 8:30am and an educational topic will follow at 9:00am. The meeting will be held in Shorehaven's Lake Terrace Clubhouse (1380 W. Wisconsin Ave.). As you age, you may experience memory changes. Learn what is normal and what is not. You will also learn how to identify memory changes in a friend or family member and when to be concerned. *The ProHealth Senior Breakfast Club meets the third Tuesday of every month at the Shorehaven Clubhouse and the third Thursday of every month at Tuscan Hall in Waukesha. The club is open to anyone age 55 or older.* **Registration is required. Please register with ProHealth by contacting: [ProHealthCare.org/Classes](http://ProHealthCare.org/Classes) or call Class Enrollment Service, 262-928-2745.**

ProHealth speech therapists will be offering valuable memory and cognitive screenings at the November 20<sup>th</sup> Senior Breakfast Club. Attend this one-hour program on normal aging versus dementia, and take advantage of this screening opportunity. Speech therapists will offer creative ideas on how to live successfully with a changing memory. **To register for this program visit [ProhealthCare.org/Classes](http://ProhealthCare.org/Classes) or call 262-928-2745.**



**BMO Harris Presents: Retirement Income Planning Seminar, Monday, November 26, 2018**

**10:30 – 11:30 am, Free Event.** The Retirement Income Planning Seminar provides a look at common concerns and considerations, as well as a 4-step process when planning for the income you will need in retirement. Specific areas of focus include understanding the vision of your retirement lifestyle, consolidating and aligning your assets with your goals, and implementing a strategic plan that can be reviewed and adjusted in order to stay on track leading up to and throughout your retirement years. We will also address various risks and other external factors that can impact the creation and maintenance of your personal retirement plan. Tom Daniels, Senior Financial Advisor from BMO Harris will present. Tom has 33 years of experience in providing an in-depth analysis of clients' unique goals, time horizon, income needs, and tolerance for risk. Tom customizes easy-to-understand financial plans to help meet the needs of individuals and their families. He earned a Bachelor of Science degree in business management from the University of Wisconsin-Parkside. Scott Mell, Senior Premier Banker will also be presenting. Scott has 20 years of experience helping customers meet their financial goals and build a solid foundation for their future with a thorough understanding of their needs, thoughtful preparation and an integrated approach to banking. Scott received his Bachelor of Arts degree in business administration with an emphasis in marketing along with a history minor from Carroll University. **Registration is required for this event by Wednesday, November 21, 2018. Walk-ins are welcome but only those who register will be notified if the event is cancelled for any reason.**

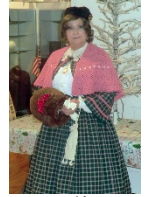




**Christmas Craft Making, Wednesday, November 28, 2018 from 11:00 – 12:30pm, \$12 includes supplies.** Let's get Christmas crafty! Please join florist, Carol Krug as she brings out your creative side. The arrangements will be made with various artificial flowers and branches set in a unique basket for you to gift or use in your home. **Registration and payment required by Monday, November 26, 2018.**



**Jessica Michna Presents: Mrs. Charles Dickens, Wednesday, December 5, 2018 from 11:15am – 1:15pm, Dining service begins at 11:15 am, performance is from Noon until 1:15 pm. Luncheon and Performance Cost: \$30.** "The Women of Dickens" - Charles Dickens, author, playwright, actor and social activist, was indeed a master of characters. Many of his characters were drawn from his surroundings and life experiences. Historian, Jessica Michna, recreates a portrayal of Catherine Dickens, his long suffering wife and mother of ten children. In this first-person monologue, Mrs. Dickens will give the audience an unflinching look into the lives of this couple and introduce the audience to such women as: Nancy from Oliver Twist, Miss Havisham from Great Expectations, Betsey Trotwood from David Copperfield and others. Ms. Michna appears in a period appropriate costume and will take questions from the audience following the presentation. Lunch includes: Glazed Christmas ham, with pecan sweet potato casserole, green beans with hints of red peppers, a dinner roll, and chocolate peppermint cake, coffee and hot tea are included. **Registration and payment are required by November 27, 2018. Please note that this event will be held in the Shorehaven Clubhouse located at 1380 W Wisconsin Ave. Park near the Lake Terrace entrance, door # 7. Doors open no earlier than 11:00am.**



**Fine Arts Solo Recital with Lewis Rosove, MSO retired Assistant Principal Violist, Monday, December 10, 2018 from 1:00 – 2:00 pm, Free Event. "Music of the Alto Clef Persuasion"** You are invited to attend this outstanding concert held at the Center for Life Enrichment. Join us as Mr. Rosove presents a concert filled with fine musicianship as well as lending descriptive meaning to the music. His delivery is clear and often times humorous. Lewis Rosove is a part-time associate professor of violin and viola at Maranatha Baptist University and instructor of violin at the String Prep Program and received his musical training in southern California and Wisconsin. He was assistant principal viola of the Milwaukee Symphony Orchestra for twenty-two seasons and appeared as soloist with that organization, as well as the Milwaukee Chamber Orchestra, the Festival City Symphony and UWM Symphony Orchestra. In 1977 he was the featured soloist in the American premiere of the **Concerto for Viola, Winds and Percussion**, written by Swiss composer Frank Martin. Since the fall of 2013, Mr. Rosove has also been co-director of the Maranatha Symphony Orchestra and is responsible for the educational outreach programs that are presented annually at Calvary Baptist Church. Mr. Rosove has also narrated a five-part series on the Beethoven string quartets for National Public Radio. **Please register for this event by December 6, 2018. Free will offering will be taken at the concert.**



## FITNESS CLASSES

**All classes are held in the Shorehaven Strength & Fitness Aerobic Studio or the Shorehaven Pool**



**Wellness TED Talk Thursdays - 1:00 - 2:00pm Begins Nov 1, 2018**

**Each week a health and wellness TED talk topic will be shown in the Shorehaven Aerobic Studio. Invest in your health and join in on a weekly discussion after viewing.**

## **Zumba**

### **Zumba Gold - \$5 per class**

Tuesdays & Thursdays 9:00 - 9:45am

Wednesdays 9:30 - 10:15am

**Contact Jennifer Aune, 920-342-5535 for additional class information.**

## **SilverSneakers – All Ambulatory levels welcome**

### **SilverSneakers Circuits**

**Mondays, Wednesdays & Fridays 8:00 – 8:45am**

### **SilverSneakers Cardio & Strength**

**Mondays & Wednesdays 1:00 – 1:45pm**

### **SilverSneakers Classic**

Tuesdays 10:30 - 11:15am

### **Senior Stretch**

Wednesdays 3:00 - 3:45pm

### **Balance, Strength & Stability**

Mondays 3:00 - 3:45pm and Thursdays 10:30 - 11:15am

### **SilverSneakers Splash - Cost: \$3 per class**

**Tuesdays and Thursdays 8:30 – 9:30am and Tuesdays and Fridays 1:00 – 2:00pm**

**Contact Trish Sargent, 262-370-5509 for additional SilverSneakers class information.**

Cost: SilverSneakers members are FREE, non-members pay \$2.00 per class, pay as you attend.

## **YMCA**

### **YMCA Strength and Conditioning for the Active Older Adult**

Mondays & Fridays 9:00 - 9:45am.

### **YMCA Yoga for the Active Older Adult – Mobility required. Mat class**

Wednesdays 9:00 - 10:00am

Cost: Community Partner punch cards available at the Y or at the Center for Life Enrichment for \$40, Y members are Free. Registration is not required.

## **NEW DAY YOGA**

**Chair Yoga - Fridays, 10:15 – 11:15am Drop in fee \$5 or Punch card for \$40**

**Contact Jill Halliburton [newdayyoga7@gmail.com](mailto:newdayyoga7@gmail.com) or 262-443-3638 to register.**



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## **MONTHLY MEETINGS & SUPPORT OPPORTUNITIES**

### **TOPS (Taking Off Pounds Sensibly) Oconomowoc Chapter 0258**

Mondays – weigh-in 6:15 - 6:45 p.m. and meeting 7:00 - 8:00 p.m. Group meets on the 2nd floor. Contact Karen Kasprzak, 262-468-4251, [kmkasprzak@yahoo.com](mailto:kmkasprzak@yahoo.com) for additional information.

### **Morning Alzheimer's Support Group - Led by Pam Thomas - FREE**

First & third Tuesday (November 6 and 20) of the month, 10:00 – 11:30 am. Meetings are open to caregivers or family members whose loved one has been diagnosed with dementia, no registration required. For additional information, call Pam at 262-560-6915.

**St. Barnabas Anglican Church** meets each Sunday morning for worship at 9:30 a.m. in the Roehl Auditorium for more info please contact Fr. Eric Raskopf at 262-490-9836 or [stbarnabaswi.org](http://stbarnabaswi.org)

**The Lake Country Carvers** is a group that meets the second Thursday of the month (November 8) at the Center for Life Enrichment at 6:00 pm. Doors open at 5:30pm and the business meeting and carving

are held from 6:00 - 8:00 pm. Please note that the doors automatically lock at 6:30 pm. If you have questions, please contact Ray Burow at 920-474-4075.



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**To find out more about 4 Rivers Center for Well Being offerings, please contact 4Rivers at [www.4RiversCenter.com](http://www.4RiversCenter.com) or Kathy Ginn 608-334-8592.**

### November Classes

#### **Your Grieving Body – Inviting your body into your experience of grief and loss**

Learn ways to bring healing and renewal to your mind and body **Dates/Times: November 13 - 1-3pm**

**Fee: \$20 – registration is required**

#### **Gut-Brain Connection – Yes, we have two brains**

Learn about the emerging science of gut-brain health and wellness and the impact imbalances have on your health. **Dates/Times: November 12 – 1-2:30 & 6:30-8:00, Fee: Free /**

**Registration required**

**Registration: <https://www.eventbrite.com/e/gut-brain-connection-tickets-49282178322> or**

**Kathy at 608-334-8592**



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### **CENTER FOR LIFE ENRICHMENT AND CAFÉ HOURS OF OPERATION**

Classes that require registration may be cancelled due to low interest. Though walk-ins are welcome, only those registered will be notified in the event of cancellation. Please register early if you plan to attend so that classes are not needlessly cancelled. If classes will be held regardless of registration, it will be noted that 'No registration is required'.

**Life Enrichment Administrative** office hours are Monday and Wednesday from 10:00 a.m. to 4:00 p.m., and Tuesday and Thursday from 9:00 a.m. to 3:00 p.m. Offices are closed Friday through Sunday.

**Cafe LaBelle** is open 7 days a week from 8:00 a.m. to 4:00 p.m.



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**Rooms are available to rent at Life Enrichment for your event.**

**Please contact us for more information.**



*Like us on Facebook!*

*[www.shorehavenliving.org](http://www.shorehavenliving.org)*

To register: send payment to Center for Life Enrichment, 1306 W. Wisconsin Ave., Oconomowoc, WI 53066 Please include names of attendees and contact phone number. For more information or to receive our e-newsletter, call (262) 354-1375 or email [jhalliburton@lho.org](mailto:jhalliburton@lho.org).