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December 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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**Bring peace to your gatherings and fill your stockings with joy.**

Life Enrichment and Cafe LaBelle will be closed on Christmas Day and New Year's Day. Please note that we will also be closing at 2:00 pm on Christmas Eve and New Year's Eve.



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**Nordic Walking, Monday, December 3, 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

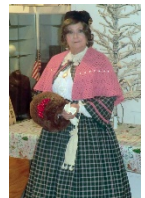
walking! This Nordic walking lesson will take place on Shorehaven's campus and we will meet at the main door (door #41) of the Center for Life Enrichment. **All levels invited! Dress in comfortable clothes appropriate for weather. Poles provided. Cash only. Registration required by Thursday, November 28, 2018.**



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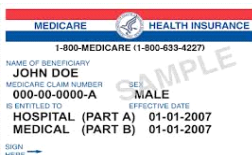
**Jessica Michna Presents: Mrs. Charles Dickens, Wednesday, December 5, 2018 from 11:15am – 1:15pm, Dining service begins at 11:15 am, performance is from Noon until 1:15 pm. Luncheon and Performance Cost: \$30.** "The Women of Dickens" - Charles Dickens, author, playwright, actor and social activist, 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.**



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**Getting to Know Medicare, Thursday, December 6, 2018 from 6:00 – 7:30pm OR Friday, December 7, 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. This is your last time to attend in 2018.**



**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 with 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. Walk-ins are always welcome. A free will offering will be taken at the concert.**



**Live “TED” Talk - Student led discussion, Tuesday, December 11, 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, December 12, 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, December 10, 2018. This is your last time to participate.**



**Life Enrichment Book Club, Thursday, December 13, 2018, Noon at Café Labelle, Free Event.**

**Pride and Prejudice by Jane Austen** - Jane Austen is one of the founders of classic novels for women. Her most famous novel Pride and Prejudice is rightfully considered to be the masterpiece of the world literature. Walter Scott, Somerset Maugham, Virginia Woolf and Richard Aldington admired the talented “first lady” of English literature. Wittily and directly described actions of the novel happen in provincial England in the end of the eighteenth century. For about two hundred years, readers have been mesmerized by the love story of Mr. Darcy and Miss Elizabeth who managed to correct the mistake of pride and prejudice. **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.**



**Sacred Christmas Concert, Friday, December 14, 2018 from 1:00 – 2:00pm, Free Concert.** Enrich your Christmas season with a concert collection of string and piano arrangements and compositions centered on the true meaning of peace. Accomplished performer, David Ledgerwood, is professor of music at Maranatha Baptist University, where he has taught since 1986. He has earned degrees in Music Education, Sacred Music, and Theory/Composition. He chairs the music department, teaches counterpoint and orchestration, and conducts the Chamber Singers. **Dr. Ledgerwood will be performing with viola soloist Lewis Rosove, a part-time associate professor of violin and viola at Maranatha Baptist University and instructor of violin with the String Prep Program.** Lewis 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. **Register by Monday, December 10, 2018. Walk-ins are always welcome. A free will offering will be taken for this event.**



**Lunchtime Cinema, “Christmas for a Dollar”, Monday, December 17, 2018 from 12:30 – 2:30pm, Free Event.** “A Good Ol’ Fashioned Meaning to Christmas” Movie! During the Great Depression, the Kamp family struggles to get by after Mrs. Kamp passes away. The children expect another Christmas without presents until their father brings home one dollar for them to spend on gifts. **Lunch purchase is not required but you are welcome to arrive early and dine at Café Labelle. Register by Thursday, December 13 2018. Walk-ins are welcome. Only those who register will be notified if the event is cancelled for any reason.**



**ProHealth Senior Breakfast Club, Tuesday, December 18, 2018 from 8:30 – 10:00am, Free Event.**



**Eating for Brain Health.** 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.). **Diet and nutrition can have a major effect on your memory. Attend this session for tips on eating for**

**brain health.** *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.**



**3 – Week Memory Boost, Scientific Secrets for a Powerful Memory, DVD Series, Thursdays, January 17, 24, 31, 2019 from 10:00 - 11:00 am, Free Event.** What was the name of your first pet?

Where did you put your house keys? How do you get to work every morning? Most likely, you didn't need to look up the answers to these questions. You *remembered* them. Memory is, without a doubt, the most powerful (and practical) tool of everyday life. By linking both your past and your future, memory gives you the power to plan, to reason, to perceive, and to understand. As long as thinking and insight are important in *how* we live our lives, memory will be critical as well. The better your memory is, the more information you'll have at your immediate disposal and the stronger your thinking will be. **Registration is required for this class by January 14, 2019. Only 24 spots available.**



**Tuesdays from 1:00 – 2:00pm, Free Event.** TED is an acronym for Technology, Education and Design. TED talks are online mind engaging learning. They are presented and recorded by experts and professors in the various fields of study mentioned above. Most of them run about 9 - 20 minutes in length. After viewing the TED Talk, participants will be lead in a group discussion. This is a fun and interactive way to share your views on the subject.



**December Schedule**

- 12/04/18 – **Andres Bastawrous: A new way to find health care for the most vulnerable.**
- 12/11/18 – **Live “TED” talk: OHS student led discussion**

- 12/18/18 – Susan David: The gift and power of emotional courage.
- 12/25/18 – No Class – Merry Christmas!



## 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

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.



## 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 (December 4 and 18) 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 (December 13) at the Center for Life Enrichment at 5:00 pm. **This month carvers will host their annual Christmas party from 5:00 – 8:00 pm. There will be no carving on this night.** 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.**

**The Season of Silent Nights – The Invitation** - This class invites you to enter into this beautiful season of Silent Nights with a quality of contemplation and reverence. Our culture bombards us with advertisement; selling the outer-ware of the Christmas season. How can we begin to truly savor this season of silent nights and quietly seek the real meaning of Christmas and not merely survive? **December 3, 2018 from 2:00 – 4:00pm and December 15, 2018 from 10:00am – Noon, Cost: \$20**  
**Registration required: Call - 608-334-8592 or [Kathy@4riverscenter.com](mailto:Kathy@4riverscenter.com)**



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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.



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).