

In an effort to reduce printing costs, we would request that you call or email Jill (262-354-1375 or jhalliburton@lho.org) to cancel mailing of this newsletter if you are unlikely or unable to attend classes for any reason. Monthly newsletters are available on our website at shorehavenliving.org or can be emailed directly to you if you provide Jill with your email address.

January 2019



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

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.

~ Celebrate what you want to see more of ~

Life Enrichment and Café LaBelle will be closed on New Year's Day. Also, we will be closing at 2:00pm on New Year's Eve.

Oconomowoc High School Art Students Art Display from January 3 through February 28, 2019

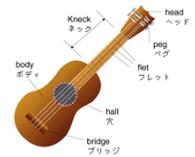


OHS Visual Art and Design, "Confluence". You are invited to view the newest artwork on display in the Founders' Gallery. This exhibit will bring together a number of different students from the OHS Art Department to showcase their talent. Art will vary in style and influence. We are happy to share this venue with Mr. Brock Rumohr and his talented and hard-working art students.

Art is not for purchase.

6 - Week Ukulele, Advanced Beginner, Monday, January 7 thru February 11, 2019 from 1:30 – 2:30pm, \$30 for six week session. Returning Ukulele Students. This class is intended for those who

have already played the ukulele and are familiar with basic chords and playing songs from chords sheets. Students should be able to move comfortably between the C, A, F and G chords and have mastered at least one strum pattern. This class will continue to develop a player's skill and introduce more chords and songs. You will learn a variety of strum techniques and some simple finger picking patterns. Take your ukulele playing to a new level. So, tune up your "uke" and prepare to have some fun, while learning a thing or two (e.g. the major scale, 12 bar blues, reggae and ragtime). *Note: We will be working in "G" tuning (G-C-E-A); soprano, concert & tenor ukuleles; Material will not be arranged for baritone ukulele, which is tuned differently.* **Registration is required for this class by January 3, 2019.**



6 – Week Great Courses DVD Series Part 1, Making History: How Great Historians Interpret the Past Tuesdays, January 8 thru February 12, 2019 from 10:00 – 11:00am, Free Event.



In **Making History: How Great Historians Interpret the Past**, award-winning scholar Allen C. Guelzo of Gettysburg College, takes you inside the minds of our greatest historians. Over 24 intriguing lectures, he challenges you to explore the idea of

written history as it has shaped humanity's story over 2,000 years. Told through enthralling historical anecdotes, the course travels deep into mankind's fundamental desire to record and understand the world, to shed new light on the events and experiences of yesterday, and to use the past as a window into the present and the future. Part 2 will begin Tuesday, February 26, 2019 from 10:00 – 11:00am. **Registration is required for this class by January 3, 2018. Only 24 spots available.**



Life Enrichment Book Club, Thursday, January 10, 2019, Noon at Café Labelle, Free Event. Everything



Happens for a Reason: and Other Lies I've Loved: by Kate Bowler. Author Kate Bowler is a professor at Duke Divinity School with a modest Christian upbringing, but she specializes in the study of the prosperity gospel, a creed that sees fortune as a blessing from God and misfortune as a mark of God's disapproval. At thirty-five, everything in her life seems to point toward "blessing." She is thriving in her job, married to her high school sweetheart, and loves life with her newborn son. Then she is diagnosed with stage IV colon cancer. The prospect of her own mortality forces Kate to realize that she has been subscribing to the prosperity gospel, living with the conviction that she can control the shape of her life with "a surge of determination." Even as this type of Christianity celebrates the American can-do spirit, it implies that if you "can't do" and succumb to illness or misfortune, you are a failure. Kate is very sick, and no amount of positive thinking will shrink her tumors. What does it mean to die, she wonders, in a society that insists everything happens for a reason? Kate is stripped of this certainty only to discover that without it, life is hard but beautiful in a way it never has been before. Frank and funny, dark and wise, Kate Bowler pulls the reader deeply into her life in an account she populates affectionately with a colorful, often hilarious friends, mega-church preachers, relatives, and doctors. Everything Happens for a Reason tells her story, offering up her irreverent, hard-won observations on dying and the ways it has taught her to live. **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.**



Beer Appreciation, Wednesday, January 10, 2019 from 3:00 - 4:00 pm, Free Event. Chad Ostram, owner of Brewfinity, a local brew house in Oconomowoc, will share the art of beer making and will lend some tips on what to look for in the different styles of beer as we sample his brewery's products. **Registration is required by Thursday, January 3, but walk-ins are welcome. Note only those registered will be notified if the offering is cancelled due to low registration.**



ProHealth Senior Breakfast Club, Tuesday, January 15, 2019 from 8:30 – 10:00am, Free Event. Below the Belt Education - Pelvic Floor 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.). **This program will help you understand the role of the pelvic floor, prostate and bladder and teach you strategies to maintain a strong pelvic floor to enhance bladder 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 or call. Class Enrollment Service, 262-928-2745.**



Lunchtime Cinema, "Book Club", Wednesday, January 16, 2019 from 12:30 – 2:30pm, Free Event.

Diane (Diane Keaton) is recently widowed after 40 years of marriage, Vivian (Jane Fonda) enjoys her men with no strings attached, Sharon (Candice Bergen) is still working through her decades-old divorce, and Carol's (Mary Steenburgen) marriage is in a slump after 35 years. The lives of these four lifelong friends are turned upside down after reading the infamous 50 Shades of Grey, catapulting them into a series of outrageous life choices. **Lunch purchase is not required but you are welcome to arrive early and dine at Café Labelle. Register by Monday, January 14, 2019. Walk-ins are welcome.**





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.**



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.**



The Kiwanis Blood Drive will be held in the Roehl Auditorium at the Center for Life Enrichment on Tuesday, January 22, 2019 from 1:00 – 5:00pm.



Michelle Anderson Presents: From Hiding to Healing: Sharing the Most Difficult Part of Yourself, Wednesday, January 23, 2019 from 11:00am – 12:00pm, Free Event. Join inspirational speaker, **Michelle Anderson** as she presents her moving story about growing up with a lifelong disease. Michelle learned through her epilepsy how to accept life's problems and become stronger as she confronted her disease. Her story reflects the true survivor that she is. Now, she shares these common struggles and the tools it takes to overcome one of life's difficulties. Michelle has learned that the most difficult part of herself has become the part she can use to help others. Michelle lives in New Berlin, WI with her husband Erik and their two children. **Registration is appreciated but walk-ins are welcome.**

Join inspirational speaker, **Michelle Anderson** as she presents her moving story about growing up with a lifelong disease. Michelle learned through her epilepsy how to accept life's problems and become stronger as she confronted her disease. Her story reflects the true survivor that she is. Now, she shares these common struggles and the tools it takes to overcome one of life's difficulties. Michelle has learned that the most difficult part of herself has become the part she can use to help others. Michelle lives in New Berlin, WI with her husband Erik and their two children. **Registration is appreciated but walk-ins are welcome.**



Paint & Create, Wednesday, Jan. 30, 2019 from 2:00 – 4:00pm OR 6:00 – 8:00pm, \$30 Includes Supplies.



This casual, hands-on painting class is perfect for people of all skill levels. Mingle, paint, explore and learn! Only 15 spots available per session. Follow professional artist Lee Hayden's step-by-step painting demonstration. Create your own masterpiece to take home! Cost: \$30 which includes paint supplies and canvas. Please bring your own smock. **Beverages will be available for purchase. Registration is required by Monday, January 28, 2019.**



Artist Needed, Founders' Gallery Information. The purpose of the Founders' Gallery is to provide art appreciation for Shorehaven residents, families, staff and patrons. The Gallery also serves as a venue for artists to display and sell their 2D work. The gallery offers 100 lineal feet of viewing. A typical show runs two months. The show may include the work of one or more artists. Art is available for purchase with 20% of art sales benefitting the Center for Life Enrichment. Please contact Jill Halliburton at 262-354-1375 or jhalliburton@lho.org if you are interested in displaying your 2D art work.



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.



January Schedule

- 1/08/19 – **Matthew Walker: Why we sleep: The new science of sleep and dreams.**
- 1/15/19 – **David Katz: The surprising solution to ocean plastic.**
- 1/22/19 – **Amar Inadar: The thrilling potential for off grid solar energy.**
- 1/29/19 – **Lorrie Faith Cranor: What's wrong with your pa\$\$w0rd?**



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 or 262-443-3638 to register.



MONTHLY MEETINGS & SUPPORT OPPORTUNITIES

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 for additional information.

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

First & third Tuesday (January 15) 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

The Lake Country Carvers is a group that meets the second Thursday of the month (January 10) at the Center for Life Enrichment at

5:00 pm. Please note that the doors automatically lock at 6:30 pm. If you have questions, please contact Ray Burow at 920-474-4075.



To find out more about 4 Rivers Center for Well Being offerings, please contact 4Rivers at www.4RiversCenter.com or Kathy Ginn 608-334-8592.



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

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.