

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 have not attended classes in the past year. 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.

February 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.



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



OHS Visual Art and Design, “Confluence”. This exhibition is comprised of artwork created by the visual art and design students from Oconomowoc High School. The artwork varies in the areas of focus within visual arts and brings together personal and expressive viewpoints. Just as tributaries come together to form a more powerful river, our OHS Visual Art and Design students come from various influences to work and study together at OHS. Aligning themselves around the meaning and purpose of art, they collectively share their artistic voice. This exhibition is a snapshot of the high quality creation and dedication of our visual art and design students at OHS main and east campus.



Golden Age of Aviation, Wednesday, February 6, 2019 from 11:00am – Noon, Free Event. Who hasn't heard of a Learjet, Boeing or a Cessna? These are the more common twentieth century airplanes built and flown. But have you heard of the Piper or the Fairchild? Join Patrick Weeden, Executive Director of the Kelch Aviation Museum in Brodhead, Wisconsin. Pat will present the “Golden Age of Aviation,” the period between the wars when the engineering and technological advancements were made by the civilian aircraft builders. He will share slides and will speak about the early aviation history in Wisconsin and the vintage aviation movement that is active today. Learn more about the history and the progression of aviation and how our world has been shaped by it. **Please Register by Monday, February 4, 2019. Walk-ins are welcome.**



JAVA Time - Let's talk hand held devices, Thursday, February 7, 2019 from 1:00 – 2:00pm, Free Event. Are you interested in learning more about your iPad or your iPhone? Join us in the Café this month to chat about technology. This casual meeting time allows you to ask questions about your “iDevice” that others in the group may require help solving as well. Let's have a “byte” to eat or a cup of “java” and become more acquainted with technology.



No registration required.



Monumental Moments Workshop - Student led Workshop, Session 1: Wednesday, February 13 from 1:00 – 2:00pm, Session 2: Wednesday, February 20 from 12:30 – 2:30pm, Free Event. The OHS students along with Visual Art and Design Department Teacher, Brock Rumohr, will lead a two session workshop. This class is looking for students, like you, who are willing to share your life experiences. The OHS art students are requesting you bring copies of the people, places and experiences that reflect your life journey to the initial session. This could be in the medium of a photo, a written poem, an article, or a



magazine picture, etc. Personal art ability welcome but not necessary. The student teachers will compile the data and design a mixed media 2D piece as the project to be worked on together during the second session on February 20 from 12:30 – 2:30pm. **Registration is required by February 7, 2019 and we ask that you attend both sessions.**



Life Enrichment Book Club, Thursday, February 14, 2019, Noon at Café Labelle, Free Event.



Southernmost Silas House - In this stunning novel about judgment, courage, heartbreak, and change, author Silas House wrestles with the limits of belief and the infinite ways to love. In the aftermath of a flood that washes away much of a small Tennessee town, evangelical preacher Asher Sharp offers shelter to two gay men. In doing so, he starts to see his life anew—and risks losing everything: his wife, locked into her religious prejudices;

his congregation, which shuns Asher after he delivers a passionate sermon in defense of tolerance; and his young son, Justin, caught in the middle of what turns into a bitter custody battle. With no way out but ahead, Asher takes Justin and flees to Key West, where he hopes to find his brother, Luke, whom he'd turned against years ago after Luke came out. And it is there, at the southernmost point of the country, that Asher and Justin discover a new way of thinking about the world, and a new way of understanding 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.



Love of Candy, Candy Class, Thursday, February 14, 2019 from 1:30 – 2:30 pm, Cost: \$10. Let your love for candy be satisfied. You are invited to take an hour for yourself and learn how to make special Valentine candies. Ashley Kloss will be ready with new recipes such as: mocha meringue Kisses, homemade gum drops and stained glass treasures to name a few. Ashley will share the “how to” and the recipes to take and try. As always, samples will be made available for you to enjoy. **Registration and payment is required for this class by February 11, 2019.**



ProHealth Senior Breakfast Club, Tuesday, February 19, 2019 from 8:30 – 10:00am, Free Event. Care for a Healthy Heart. 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.) A ProHealth Care expert will provide information about keeping your heart healthy throughout life. The more education about heart disease that you receive, the more empowered you are to make

informed decisions about your health care. *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.*

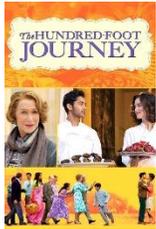


3 – Week Study of Viet Nam with Dale Reich, Thursdays, February 21 through March 7, 2019 from 1:00 – 2:00 pm, Free Event. This course will provide a detailed look at the causes and outcomes presented in a chronological order. It will include a look at the conflict from both the U.S. and the North Vietnamese perspective, and give students the opportunity to ask questions and gain insight as presented by Dale Reich, Vietnam

War combat veteran who served during the height of the war. Dale is an Oconomowoc native. He served



with the U.S. Army in Vietnam from 1968-69. His one-year tour of duty included life in the field as an infantryman and several months as a combat correspondent serving as a newspaper writer and editor with the 11th Infantry Brigade. Reich has written about his experiences in a book titled Rockets like Rain. His award winning writing on the subject has appeared in the Wisconsin Magazine of History. Dale is a frequent speaker at various veteran's gatherings. **Registration is required for this class by Monday, February 18, 2019. Only 24 spots available.**



Lunchtime Cinema, "The Hundred Foot Journey," Monday, February 25, 2019 from 12:30 – 2:30pm, Free Event. Hassan Kadam (Manish Dayal) is an extraordinarily talented and largely self-taught culinary novice. When he and his family are displaced from their native India and settle in a quaint French village, they decide to open an Indian eatery. However, Madame Mallory (Helen Mirren), the proprietress of an acclaimed restaurant just 100 feet away, strongly objects. War erupts between the two establishments, until Mallory recognizes Kadam's impressive epicurean gifts and takes him under her wing. **Lunch purchase is not required but you are welcome to arrive early and dine at Café Labelle. Register by February 21, 2019. Walk-ins are welcome but only those registered will be notified if the event is cancelled.**



6 – Week Great Courses DVD Series Part 2, Making History: How Great Historians Interpret the Past, Tuesdays, February 26, through April 2, 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 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. **This is the second Part of a 12 week DVD series. Registration is required for this class by February 21, 2019. Only 24 spots available.**



Historical Society Presents: The History of Oconomowoc and Surrounding Area Townships, Wednesday, February 27, 2019 from 1:00 – 3:00pm, Free Event. Join Jolayne Lindberg and Barb Elwood-Goetsch as they present history and stories about Oconomowoc. They will also share tidbits about the surrounding townships of Monterey, Mapleton, and Okauchee. This is your opportunity to learn more about your city and its rich heritage. **This event will take place in the Shorehaven Community Room located on the second floor, 1305 W Wisconsin Ave. Please register by Monday, February 25, 2019. 30 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. **No registration required.**



February Schedule - A Look at China

- 2/05/19 – Martin Jacques: Understanding the rise of China.
- 2/12/19 – Eric X. Li: A tale of two political systems.

- 2/19/19 – Graham Allison: Is a war between China and the U.S. inevitable?
- 2/26/19 – Leslie T. Chang: The voices of the China workers.



FITNESS CLASSES

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

TED

TALKS

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

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 at 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 for additional information.

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

First & third Tuesday (February 5 and 19) 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 (February 14) 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.

Curious about CBD oil & health benefits?

Please join Kathy Ginn, Licensed and Board Certified Massage Therapist, at 4 Rivers Center for Well Being in a discussion regarding the benefits, uses, and science behind Cannabidiol products. What is CBD, how does it affect the body, and who should try CBD oil? She will share with you how CBD is being used to treat certain conditions such as inflammation, joint and muscle pain, anxiety, depression, cancer pain and memory loss. Please join us and learn how CBD may help you. **Registration: 608-334-8592 / Kathy@4riverscenter.com Monday, February 4, 2019 from 1:00 - 3:00pm OR 6:00 - 8:00pm, Cost: \$5 each session**



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 Jill Halliburton at jhalliburton@lho.org.