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**March 2019**



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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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**Founders' Gallery Features Artist Carolyn Larkin.** "When I create art I feel a strong connection to the natural world and the wonder that it communicates. I have been exploring painting on location throughout the seasons. I hope to capture the sense of place, color, light, sounds, and emotions of the moment." Carolyn grew up in the coastal areas of Virginia as well as the mountains of West Virginia. She began painting when she moved to Milwaukee. Carolyn studied at the Milwaukee Museum of Art. She enjoys plein air painting year-round in beautiful Wisconsin. Before moving to Wisconsin, she studied design, drawing and printmaking at the University of Texas Austin. She has continued to study with various artists such as Joaquin Sorolla and John Singer Sargent. Through her years of study, Carolyn has found the French and Russian impressionists have most inspired her sense of color and brushwork. **Carolyn's work will be on display and available for purchase from March 10 through April 30, 2019.**



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**Friends of Life Enrichment, Wednesday, March 13, 2019 from 1:00 – 2:00pm, Free Event.** The Oconomowoc Memorial Auxiliary has been a constant source of support and generosity to ProHealth Oconomowoc Memorial Hospital and the local community since its founding 65 years ago. Please join us and learn how today's Auxiliary members share their time and talent through volunteer service, community outreach, and fundraising for hospital equipment, programs, and health-related scholarships. You will also have the opportunity to learn how to become involved as an Auxiliary member and/or volunteer, joining dedicated men and women who participate in Auxiliary events, projects, and social activities. This informative session will give you an understanding and appreciation of the significant impact the Auxiliary provides ProHealth Oconomowoc Memorial Hospital, its patients and staff, and our neighbors and friends. **Registration is required for this event by Monday, March 11, 2019.**



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**Life Enrichment and Café LaBelle host the 2<sup>nd</sup> annual Irish Party, Thursday, March 14, 2019, dining service begins at 11:30am, enjoy the music until 1:00pm, Event Cost: \$13.50.** Join the fun and celebrate St. Patty's early. Tale Spin will perform live at Café LaBelle throughout the lunch hour. A Spring Gaelic prayer will be offered as part of this year's festivities. Be sure to dress the Irish part. **Lunch will include: corned beef and cabbage, red potatoes and carrots and bread. All beverages, including beer and wine, may be purchased.** **Registration and payment are required by Monday, March 11, 2018.**



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**Life Enrichment Book Club, Thursday, March 14, 2019, Noon at Café LaBelle, Free Event. Every Soul A Star: Wendy Mass.** At Moon Shadow, an isolated campground, thousands have gathered to catch a glimpse of a rare and extraordinary total eclipse of the sun. Three lives will change forever: Ally: Ally likes the simple things in life-labyrinths, star-gazing, and comet-hunting. Her home, the moon shadow campground, is a part of



who she is. She refuses to imagine it any other way. Bree: Popular, gorgeous (everybody says so), a future homecoming queen for sure. Bree wears her beauty like a suit of armor. But what is she trying to hide? Jack: Overweight and awkward, Jack is used to spending a lot of time alone. But when opportunity knocks, he finds himself in situations he never would have imagined. Told from three distinct voices and perspectives, Wendy Mass weaves an intricate and compelling story about strangers coming together, unlikely friendships, and finding one's place in the universe. **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.**



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**Town Hall Meeting with Mayor David Nold and Alderman Lou Kowieski, Monday, March 18, 2019 from 2:30 – 3:30pm, Free Event.**



Mayor Nold and Alderman Kowieski are coming to Shorehaven's Center for Life Enrichment to a daytime town hall meeting. This is an opportunity to hear from the mayor and the alderman as well as have the chance to voice opinions on city wide issues. Mayor David Nold has

been the Mayor of Oconomowoc since 2015 after being appointed to complete former Mayor Daley's term. Dave Nold lives and works in the community. He has served on the city council since 1994. Mayor Nold is married to Diane and has three adult sons. Lou Kowieski has lived in Oconomowoc for 20 years and has a passion for his community. He gives freely of his time in various community events and organizations. His marriage to his wife of 20 years and 4 kids (Megan 22, Sawyer 18, Quinn 13, Walker 10) are his primary focus and ultimate love. Coaching, scouts, camping, taking walks around Fowler Lake and hanging out in his neighborhood are all things he enjoys doing when not working. Lou is the principal of iQ Commercial Resources. **Registration is required for this event by March 14, 2019. Walk-ins are welcome.**



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**ProHealth Senior Breakfast Club, Tuesday, March 19, 2019 from 8:30 – 10:00am, Free Event, Knee and Hip Replacements.**

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.) **At some time in life, almost everyone experiences knee or hip pain and sometimes both. If pain is preventing you from participating in the activities you enjoy, it's time to get help.** Mitchell Klement, MD, will discuss new advances in joint replacement surgery and provide an insider's look at some of the most sophisticated orthopedic technology and procedures available today.



*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.**



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**LaBelle Cemetery History with Barb Hirsch, Wednesday, March 20, 2019 from 1:00 – 2:00pm, Free Event.**



Many people find cemeteries fascinating. This session will provide an overview of the La Belle Cemetery, one of Oconomowoc's "hidden gems." Barb will talk about cemetery history, notable people who are interred, as well as a comparison of old and new grave markers. Barb has presented in a number of other community venues over the years, but she has added additional material to this presentation at the

Life Enrichment Center. **Registration is required for this class by Monday, March 18, 2019.**





**7 Week - Stepping On, Thursdays, March 21 through May 2, 2019 from 10:00am – Noon, Free Event. Step Safely...Enjoy Life!**

Stepping On is a program proven to reduce falls and build confidence. This casual, small-group workshop will help you gain specific knowledge and skills to prevent falls at home and in community settings.

Stepping On is for YOU if you: \*Live in your home or independent apartment, \*are able to walk without the help of another person, \*do not use a walker, scooter or wheelchair most of the time indoors, \*are cognitively intact, are at risk of falling, \*have a fear of falling or have fallen one or more times. Subjects covered include: Simple and fun strength and balance exercises, the role vision plays in keeping your balance, how medications can contribute to falls, ways to stay safe when out and about in your community, what to look for in safe footwear and how to check your home for safety hazards.



**Classes include a healthy snack. Class size is limited to 14 people. ProHealth Care is sponsoring this program. Registration is required by Monday, March 18, 2019.**



**Take me out to the Ball Game - History of Baseball in America, presented by Historian, David Wiedenkiller, Wednesday, March 27, 2019 from 11:30 – 1:00pm, \$15**



**includes Luncheon and Presentation.** The crack of the bat, the roar of the crowd, and the smell of popcorn and peanuts! Baseball is one of the oldest and most beloved sports making up the fabric of America. Even if you are not a

baseball fan, most have visited a baseball stadium at least once in their lifetime. Join us as David Wiedenkiller presents stories about the men and women who made this sport what it is today. David will share the early years of the sport and the years following World War II. See vintage baseball equipment, including baseball uniforms from local teams such as the “Racine Belles.” Come on out to the “old ball game” presentation, wear your favorite team apparel and get ready for Opening Day 2019! **“Tailgate” buffet lunch includes: Hot dogs with ketchup, mustard, and pickle relish, Italian pasta salad, potato chips, stadium style nachos with cheese sauce and jalapeno peppers (optional), chocolate chip cookie, coffee and tea. Registration and payment are required for this event by March 21, 2019. This event will be held at the Lake Terrace Clubhouse, 1380 W Wisconsin Ave.**



**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.**



**March Schedule**

- 3/05/19 – Jason B. Rosenthal: The journey through loss and grief
- 3/12/19 – Janine Shepherd: A broken body is not a broken person
- 3/19/19 – Emily Balcetis: Why some people find exercise harder than others
- 3/26/19 – Mark Pollock and Simone George: Love letter to realism in a time of grief



**SHOREHAVEN FITNESS CLASSES**

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

**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

**\*\*NEW CLASS\*\* SilverSneakers Beginner Line Dance – Wednesdays 10:45 – 11:30am**

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](mailto:kmkasprzak@yahoo.com) for additional information.

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

First & third Tuesday (March 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](http://stbarnabaswi.org)

**The Lake Country Carvers** is a group that meets the second Thursday of the month (March 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.





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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.

**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](mailto:Kathy@4riverscenter.com)**  
**Monday, March 4, 2019 from 1:00 - 3:00pm OR 6:00 - 8:00pm, Cost: \$5 each session**



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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 Jill Halliburton at [jhalliburton@lho.org](mailto:jhalliburton@lho.org).