

**Severe Weather Policy:** Programs scheduled by Life Enrichment will cancel when Oconomowoc School District closes school. The Center for Life Enrichment building and Cafe LaBelle remain open. For those who rent or use space at the Center for Life Enrichment, it is at the discretion to the coordinator whether to run or cancel. The group coordinator shall contact the Center for Life Enrichment to inform us of their status. Additionally, the group coordinator is responsible for communication with their attendees.

Please include your phone number and email address when registering.

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**April 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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**6 - Week Ukulele - Advanced Beginner, Monday, April 1 through May 6, 2019 from 12:00 – 1:00pm, \$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 March 28, 2019.**



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**Paint & Create, Wednesday, April 3, 2019 from 2:00 – 4:00pm OR 6:00 – 8:00pm, \$30.00**



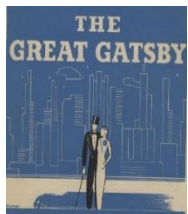
**Includes Supplies.** This casual, hands-on painting class is perfect for people of all skill levels. Mingle, paint, explore and learn! Only 15 spots available per session. Follow professional artist Lee Hayden’s step-by-step painting demonstration. Create your own masterpiece to take home! Cost: \$30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



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**“It Was not as Good as the Book: *The Great Gatsby* and the Difficulties of Film**



**Adaptation”, presented by: John McGuigan III, Monday, April 8, 2019 from 10:30 – 11:30am, Free Event.** “It wasn’t as good as the book.” This statement is not unusual

for book lovers as they find disappointment in the film version of their favorite novel. What dynamics are at work in creating the story we imagine onto the big screen? Join John McGuigan III, Associate Professor of English and Film Studies at the University of Wisconsin-Whitwater, an accomplished author in film adaptation to explore answers to this question. In his presentation, John will take a look specifically at the 1974 (Jack Clayton) and 2013 (Baz Luhrmann) adaptations of the F. Scott Fitzgerald’s classic, *The Great Gatsby* (1925). This talk will explore both the struggles as well as the possibilities that lie before the screenwriter and director as they give visual life to a book. **Registration is required for this event by April 4, 2019.**

**Only 24 spots available.**



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**8 – Week Great Courses DVD Series, *God and Mankind*, Tuesday, April 9, 2019 from 10:00 - 10:45am, Free Event.**

How do the major religions answer unanswerable questions? What can we gain from their answers? Why are we here? What is my purpose? Where do we go when we die? Will I be forgiven? Will we ever discover the source of the mystery? Each of these questions raises countless more. Dr. Robert Oden will present eight lectures on religion and the



influences it can make on mankind. He is the former president of Carleton College and Kenyon College. He earned his bachelor's degree in history and literature, magna cum laude, from Harvard University, where he was a member of Phi Beta Kappa. Dr. Oden earned a Th.M. and Ph.D. with the highest distinctions from Harvard Divinity School, as well as earning the Whiting Fellowship in the Humanities. **Registration is required for this event by April 4, 2019. Only 24 spots available.**



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**Virtual Tour of the Holy Land, Presented by: Tom Schweizer, Wednesday, April 10, 2019 from 11:00am – 12:00pm, Free Event.**



Now is the time for you to take that long awaited trip to the holy land. Tom Schweizer and his wife Karen made that memorable trip in 2015. Tom will share the sights and stories they experienced, creating a sensational tour for you to step into. Take the pilgrimage down the

sacred paths where Christ walked and taught. See the splendor throughout the holy city of Jerusalem and solemnly reflect on the road to Christ’s crucifixion. This presentation is sure to enrich your life as it has for Tom and Karen. **Please Register by April 8, 2019. Walk-ins are welcome.**

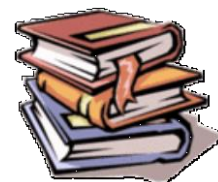


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**Life Enrichment Book Club, Thursday, April 11, 2019, Noon at Café LaBelle, Free Event. The**

**Almost Sisters: Joshilyn Jackson.** Superheroes have always been Leia Birch Briggs’ weakness. One tequila-soaked night at a comic’s convention, the usually level-headed graphic novelist is swept off her barstool by a handsome and anonymous Batman. It turns out the caped crusader has left her with more than just a nice, fuzzy memory. She’s having a baby boy—an unexpected but not



unhappy development in the thirty-eight year-old’s life. But before Leia can break the news of her impending single-motherhood (including the fact that her baby is biracial) to her conventional, Southern family, her step-sister Rachel’s marriage implodes. Worse, she learns her beloved ninety-year-old grandmother, Birchie, is losing her mind, and she’s been hiding her dementia with the help of

Wattie, her best friend since girlhood. Leia returns to Alabama to put her grandmother's affairs in order, clean out the big Victorian that has been in the Birch family for generations, and tell her family that she's pregnant. Yet just when Leia thinks she's got it all under control, she learns that illness is not the only thing Birchie's been hiding. Tucked in the attic is a dangerous secret with roots that reach all the way back to the Civil War. Its exposure threatens the family's freedom and future, and it will change everything about how Leia sees herself and her sister, her son and his missing father, and the world she thinks she knows. **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.**



**Lake Country Lutheran High School Choir Performs "Journey to the Cross", Monday, April 15, 2019 from 10:15 – 11:00am, Free Event.** It's the time of the year when the earth awakens, trees and flowers launch their new birth and we are reminded once again of the true meaning of Easter. This special time of the year invites each of us to turn inward and allow renewing to take place. The Lake



Country Lutheran High School Choir has prepared "Journey to the Cross" to generate the life giving meaning of Easter into our hearts. **This concert will take place in the LTA Clubhouse, 1380 W Wisconsin Ave. Door 7. Registration is required for this event by April 11, 2019.**



**ProHealth Senior Breakfast Club, Tuesday, April 16, 2019 from 8:30 – 10:00am, Free Event. Is Gluten For Me?** 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.) Gluten is a naturally occurring protein found in wheat, barley, rye and some oats, as well as many whole grain foods. Grocery stores are stocking more and more gluten-free items, which is good news for people with celiac disease who for health reasons should follow a gluten-free diet. But for the majority of people who don't have celiac disease, is a gluten-free diet really healthier? Join gastroenterologist James T. Kwiat, MD, and Joseph Schowalter, MD, for a discussion about gluten-free diets and the benefits for certain health conditions. *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.*



**Lunchtime Cinema, "I Can Only Imagine," Wednesday, April 17, 2019 from 12:30 – 2:30pm,**



**Free Event.** Growing up in Greenville, Texas, Bart Millard suffers physical and emotional abuse at the hands of his father, Arthur. When Arthur becomes terminally ill, he finds redemption by embracing his faith and rediscovering his love for his son. Years later, Bart's troubled childhood and mended relationship with his dad inspires him to write the hit song "I Can Only Imagine" as singer of the Christian band MercyMe. Lunch purchase is not required but you are welcome to arrive early and dine at Café Labelle. **Register by April 15, 2019. Walk-ins are welcome.**





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**JAVA Time - Let's talk hand held devices, Thursday, April 18, 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.**



**TED  
TALKS**

**Tuesdays, 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.**

### April Schedule

- 4/02/19 – Keith Barry: Brain Magic
- 4/09/19 – Conor Heffernan: The treadmills dark and twisted past
- 4/16/19 - Chimananda Nagozi Adichie: The danger of a single story
- 4/23/19 – Murat Dalkeling: Why sitting is bad for you
- 4/30/19 – Isabel Allende: How to live passionately – no matter your age



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**AARP Driver Safety Course, Wednesday, May 8, 2019 from 8:00am – 12:00pm, Cost: \$15 for AARP Members, \$20 for Non-Members. Refresh your driving skills and you could save on auto insurance.** When you take the AARP Smart Driver™ course, you could be eligible for a multi-year discount on your auto insurance. Plus safer driving can save you more than just money. The course teaches proven driving techniques to help keep you and your loved ones safe on the road. No test is required for this course.



### **Additionally, you'll learn:**

- Important facts about the effects of medication on driving.
- How to reduce driver distractions.
- How to maintain the proper following distance behind another car.
- Proper use of safety belts, air bags, anti-lock brakes and new technology found in cars today.
- Techniques for handling left turns, right-of-way, and roundabouts.
- Age-related physical changes and how to adjust your driving to compensate.

**Registration is required by Monday, May 6, 2019. Please make checks payable to AARP.**



## **Save the Date!**

**Jessica Michna will be performing Edith Galt Wilson  
On Wednesday, May 1, 2019 from 11:30am – 1:15pm  
Details to follow in the May newsletter**





## 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 (April 2 and 16) 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 am. 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 (April 11) at the Center for Life Enrichment. Doors open at 5:00 pm and the meeting begins at 5:30 pm. Please note 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 & Health Benefits? April 1st 1-3pm OR 6-8pm, \$5 per session.**

Please join Kathy Ginn, Licensed and Board Certified Massage Therapist, body-centered therapist and creative force behind 4 Rivers Center for Well Being in a discussion regarding the benefits, uses, and science behind CBD products. **What is CBD, how does it affect the body, and who should try CBD oil?** Kathy will share 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. **Register by contacting 4Rivers Center for Well Being.**



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