
May 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.



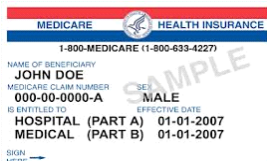
Founders' Gallery features Artist Barb Hayden. “I am a contemporary oil painter. My paintings are inspired by colors, textures, light and location. Painting outside or “en plein air” has informed and influenced my work. Nothing gives me greater joy than to travel and paint the wonderful scenes of “everyday life.” Barbara Hayden comes from a small town in Wisconsin. Her family is creative and interested in the outdoors, they like to explore rural Wisconsin. Barb attended and graduated from LaCrosse Technical College with a degree in commercial art and worked in that field for many years. While rearing her family, Barb studied and painted in watercolors. Many of her watercolor paintings are in many private and corporate collections throughout the Midwest. Barb has offered her time to Shorehaven and has worked with memory care patients teaching them to paint. Barbara paints in her studio and outdoors (plein air). Her love of outdoor painting gives her opportunity to compete in judged plein air events all over the country. Listed are some of the awards she has earned: Grand prize at Bluff Strokes Paint Out, Dubuque Iowa, 2016, Dubuque Arboretum, first place 2018, first place West Bend Mutual Insurance, 2014, first place Pewaukee Antique Boat and Car Show, 2014, first place plein air contest, WIPAPA, 2015 and other awards throughout the years. **Barb’s work will be on display and available for purchase from May 1 through June 30, 2019. Barb will be in the Café Labelle Courtyard, plein air painting and available for discussion on Thursday, May 9, 2019 from 1:00 - 3:00pm.**



Jessica Michna Presents: Edith Galt-Wilson, Wednesday, May 1, 2019, dining service begins at 11:15 am, performance is from 12:00 pm - 1:15 pm. Cost: \$30 for luncheon and performance. Jessica Michna will impersonate Edith Galt Wilson, the second wife of President Woodrow Wilson. During his time in office, Wilson suffered a stroke that severely affected his left side. To protect her husband’s place in history, Edith Wilson, who married the president during his first term in office, screened all matters of state and decided which were important enough to bring to the bedridden president. White House physicians kept the condition of the president quiet until many years after he left office and died. Ms. Michna appears in a period appropriate costume and will take questions from the audience following the presentation. Lunch includes: Pecan chicken with buttermilk mashed potatoes and country gravy, served with steamed green beans and a honey buttered biscuit. Fresh peach pie for dessert, coffee, tea, and ice water are included. **Registration and payment are required by April 25, 2019. 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**



Getting to Know Medicare, Monday, May 6, 2019 from 6:00 – 7:30pm OR Monday, May 13, 2019 1:00 – 2:30pm 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.**



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.



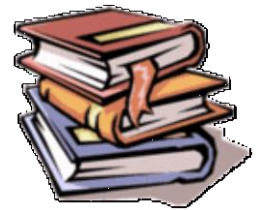
Soap Carving, Wednesday, May 8, 2019 from 1:00 - 2:00pm. Cost: \$5 supplies included. Wood



Carving Specialists, Ernie Beil and Anne Goode will offer an easy to do carving class. Students will learn the art of wood carving on a simple soap bar. The utensils needed will be provided for you to use and take home for personal use. **Registration and payment is required for this event by May 2, 2019. Only 10 spots available.**



Life Enrichment Book Club, Thursday, May 9, 2019, noon at Café LaBelle, Free Event. Celine: Peter Heller. Celine is not your typical private eye. With prep school pedigree and a pair of opera glasses for stakeouts, her methods are unconventional but extremely successful. Working out of her jewel box of an apartment nestled under the Brooklyn Bridge, Celine has made a career out of tracking down missing persons nobody else can find. But when a young woman named Gabriela employs her expertise, what was meant to be Celine's last case becomes a scavenger hunt through her own memories, the secrets there and the surprising redemptions. Gabriela's father was a National Geographic photographer who went missing in Wyoming twenty years ago, and while he was assumed to have been mauled by a grizzly, his body was never found. Celine and her partner set out to Yellowstone National Park to follow a trail gone cold, but soon realize that somebody desperately wants to keep this case closed. Combining ingenious plotting with crystalline prose and sweeping natural panoramas, Peter Heller gives us his finest work to date. **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.**



Below the Belt - Pelvic Floor Workshop, Wednesday, May 15, 2019 from 1:00 – 2:30pm, Free Event.



Join ProHealth Care Occupational and Physical Therapists for this first of three pelvic floor clinics. Each clinic will be held on the third Wednesday of the month through July 2019. On Wednesday, May 15, 2019, the focus is **“Be Strong – Building Strength from the Inside Out”** teaching you about the anatomy of

your pelvic floor and the proper moves you can do to build and maintain strength for optimal pelvic floor health. If able and interested, you will also have the opportunity to participate in some light stretching and core strengthening. Please bring a blanket or a yoga mat to this program. **Registration is required for this event by May 9, 2019. Only 30 spots available.**



ProHealth, 6-Week Powerful Tools for Care Givers, Thursdays, May 16 through June 20, 2019 from



10:00 – 11:30am, Free Event. Caring for someone with a chronic illness such as dementia, cancer, heart disease, Parkinson's disease or stroke can be physically, emotionally and financially exhausting. Powerful Tools for Caregivers will help caregivers learn how to take care of themselves while caring for a relative or friend. Participants will learn to: Reduce stress, improve self-confidence, better communicate feelings, increase their ability to make tough decisions, locate helpful resources.

Registration is required for this event by May 9, 2019. Only 12 spots available.



Trishaw Debut and Demonstrations, Friday, May 17, 2019 at 10:00am. Shorehaven, partnering with *Cycling Without Age*, purchased a trishaw bicycle for the social, physical and emotional benefit of residents across campus. Trishaws, or three wheeled cycles, provide seniors the experience of riding a bike while bringing them out of their daily routine and out into the community. Shorehaven and *Cycling Without Age* share the philosophy that everyone, regardless of age, has the right to experience the wind in their hair.



Each trishaw has a couch like seat wide enough for two people that is perched over its two front wheels. A volunteer cycling "pilot," who can use an electric motor assist as necessary, powers the trike from behind. The purchase of the trishaw, made possible by an anonymous donor, helps Shorehaven provide recreational programs which are innovative, beneficial and therapeutic for seniors. Volunteering as a trishaw pilot can remind people how important it is to build relationships with our elders. The shared experience of a bike ride can remind seniors of their youth and can provide storytelling opportunities that build social connections with neighbors in the community. **Shorehaven will debut the trishaw to residents and the public on National Bike to Work Day, Friday May 17. The celebratory event, featuring trishaw demonstrations, guest speakers, and fun, will begin at 10 a.m. near the Service League Pavilion on the Shorehaven campus lakefront.**



Lunchtime Cinema, "Green Book", Monday, May 20, 2019 from 12:30 – 2:30pm, Free Event. Green



Book is the life account of Jamaican born pianist, Don Shirley's musical tour through the Deep South during the Jim Crow era. Shirley (Mahershala Ali) enlists the services of rough and tough New York City bouncer Tony Lip (Viggo Mortensen) as his personal chauffeur and bodyguard as he performs jazz piano sets through a section of America where he is most unwelcome. While the duo's personalities and lifestyles clash at first, their bond on the road strengthens as they navigate the culture shock and harsh racism of the 1960s.

Lunch purchase is not required, but you are welcome to arrive early and dine at Café Labelle. Register by May 16, 2019. Walk-ins are welcome, but only those registered will be notified if the event is cancelled.



ProHealth Senior Breakfast Club, Tuesday, May 21, 2019 from 8:30 – 10:00am, Free Event.

Depression, Anxiety and Dealing with Difficult Emotions. 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.) Join Richard Yanchar, PhD, ProHealth Care psychologist, to learn about the symptoms of depression and anxiety. Gain helpful tips on how to deal with difficult emotions, when to get help, and what resources are available to you. *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.



Drum Circle, Wednesday, May 22, 2019 from 1:00 – 1:45pm, Free Event. Drum circles have been a part of community building in many cultures for centuries. They present an opportunity to connect with others in a group while you play along. Drumming provides not only rhythm, but steadiness in mind and body. The drums and hand held instruments will be provided by Percussion Instructor, Gary Huber. Join in as Gary creates a sense of community through drumming. **Registration is required for this event by May 16, 2019. 25 spots available.**



Kiwanis Blood Drive
Will be Held in the Roehl Auditorium on May 28, 2019
From 1:00 – 5:00pm



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.**



May Schedule

- 5/07/19 – Sheldon Schocken: What a bike ride can teach you
- 5/14/19 – Ole Kassow: Cycling Without Age
- 5/21/19 - Charles Limb: Building the musical muscle
- 5/28/19 – Shubhendu Sharma: How to grow a forest in your backyard



FITNESS CLASSES

Shorehaven Strength & Fitness Flyer

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 for additional information.

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

First & third Tuesday (May 7 and 21) 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

The Lake Country Carvers is a group that meets the second Thursday of the month (May 9) at the Center for Life Enrichment. Doors open at

5:00 pm and the meeting begins at 5:30 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 & Health Benefits? May 13, 2019, 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.



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.