
June 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 private and corporate collections throughout the Midwest. Barb has taught Shorehaven’s residents her painting techniques. Her love of outdoor painting gives her opportunities 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.**



Historic Boat Tours, Monday – Friday, August 12 through 16, 2019, 1:00 and 6:00pm Tours - Ticket sales begin June 1, 2019. Shorehaven’s Oconomowoc Historic Boat Tours on Lac La Belle take place Monday, August 12 through Friday, August 16 during Festival Week. The narrated tours are a sellout each year as people come from miles around to cruise Lac La Belle learning about the area’s rich past. Boats launch from the dock behind the Center for Life Enrichment at 1306 W. Wisconsin Ave. on the shores of Lac La Belle. Tours run 90 minutes at 1:00 and 6:00 pm. Tickets must be purchased in advance. There is no parking at the lakefront. Cars may unload at the Service League Pavilion and return to the Life Enrichment parking lot to park, or participants can walk ¼ mile from the parking lot to the lakefront and back again on a paved road. Please allow enough time to walk the distance prior to tours. Tickets are \$15 per person, payable to Shorehaven, mail to Shorehaven, attention: Boat Tour, PO Box 208, Oconomowoc WI 53066. Include date and time (1 or 6 p.m.) of tour and phone number on your check. Tickets will be mailed to the address on check unless otherwise noted. All riders must be ticketed. No phone reservations accepted. No refunds. Boats travel rain or shine. **Call Amanda Johnson at 262 567-8341 or email ajohnson@lho.org with questions. Go to shorehavenliving.org to learn more. Anyone interested in driving a boat or narrating for a tour please contact Amanda Johnson. \$15 per person.**



Grief Support – Grief Share, Hosted by: Pagenkopf Funeral Home, Monthly Meetings Begin Monday, June 10, 2019 from 10:30am – 12:00pm, Free Event. The death of a spouse, child, family member or friend can be overwhelming. Some people need additional support and encouragement as they return to life’s daily routines. Grief Share provides participants the opportunity to go through their personal journey from grief to healing in a Christ-centered small group. Join Wes Werner, of Pagenkopf Funeral Home, as he leads each month’s



session. Monthly meeting will include a DVD video as well as group conversations on a variety of grief-related topics that blend biblical instruction and practical guidance. Open to all.

Registration is required by June 6, 2019.



ProHealth Balance Screening, Thursday, June 6, 2019 from 1:00 – 4:00 pm, Free Event. Watch your step! Are you concerned about your balance? Falls are one of the greatest causes of serious health problems among older adults. Prohealth Care Physical Therapy will test your balance during our Fall Risk Screening & Conditioning event. Using the Biodex BioStep technology, participants will receive data-driven analysis of personalized fall risk factors. A licensed therapist will provide you with easy-to-understand feedback and when appropriate make recommendations for services or programs to keep you motivated, reduce your risk for falls, and generally improve your mobility. **There are 18 ten minute appointments available. Register for your free screening by June 4, 2019.**



Getting to Know Medicare, Monday, June 10, 2019 from 6:00 – 7:30pm OR Wednesday, June 12, 2019 from 10:00 – 11:30am, 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.**



Paint & Create, Wednesday, June 12, 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 June 10, 2019**



Life Enrichment Book Club, Thursday, June 13, 2019, Noon at Café LaBelle, Free Event.

Exit West: Mohsin Hamid In a country teetering on the brink of civil war, two young people meet—sensual, fiercely independent Nadia and gentle, restrained Saeed. They embark on a furtive love affair, and are soon cloistered in a premature intimacy by the unrest roiling their city. When it explodes, turning familiar streets into a patchwork of checkpoints and bomb blasts, they begin to hear whispers about doors—doors that can whisk people far away, if perilously and for a price. As the violence escalates, Nadia and Saeed decide that they no longer have a choice. Leaving their homeland and their old lives behind, they find a door and step through. . . . **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.**



Celebrate Flag Day at the GREAT GRILL OUT, Friday, June 14, 2019 from 11:00 am - 1:30 pm. Menu: Hamburgers, brats and hot dogs with chips, cookie and lemonade for \$8.00. **"A Little Bit of Heaven"** will perform from 12:00 – 1:00 pm. **Proceeds** will be used to purchase lifelike therapy Baby Dolls and Companion Pets with built in sensors that respond to motion and touch for residents of Memory Care. **Bring your retired flags for proper disposal. Public invited. In front of Forgotten Treasures.**



JAVA Time - Let's talk hand held devices, Monday, June 17, 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.**



ProHealth Senior Breakfast Club, Tuesday, June 18, 2019 from 8:30 – 10:00am, Free Event. Tips from Lifelong Gardeners. 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 features tips on how to protect your joints and minimize injuries so you can enjoy gardening long-term. You can also try out ergonomic gardening tools!** *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.*



Below the Belt - Pelvic Floor Workshop, Wednesday, June 19, 2019 from 1:00 – 2:30pm, Free Event.



Join ProHealth Care Occupational and Physical Therapists for the second of three pelvic floor clinics. You are welcome to come to any or all three. Each clinic will be held on the third Wednesday of the month through July 2019. On Wednesday, June 19, 2019, the focus is **Stay Strong – Caring for Your Pelvic Floor Through Menopause and Beyond.**

While “Be Strong” (May 15, 2019 presentation) focused on general pelvic floor health, “Stay Strong” teaches you about keeping a healthy pelvic floor throughout life's many phases. **Registration is required for this event by June 17, 2019. Only 30 spots available.**



5 – Week World Religions - “The Other Religions” DVD Study, Mondays, June 24 through July 22, 2019 1:00 – 2:00pm, Free Event. Join us as we take a look at the “other” religions of the world.

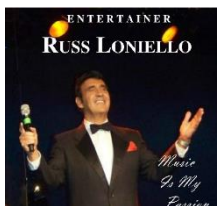
Weekly we will explore the religion of Islam, Hinduism, Buddhism, Shinto, Confucianism and Taoism. Gain a greater understanding of the world and history by studying religion. Please note, Judaism and Christianity have been covered in the previous *God and Mankind* series.



Registration is required by June 18, 2019. 24 seats available.



Las Vegas Performer - Russ Loniello, Wednesday, July 10, 2019 from 1:30 – 2:30 pm, \$15 Includes



Dessert and Performance. Please welcome Las Vegas Showman, Russ Loniello! Russ has performed all over the country, in places such as: Brandon MO, Palm Springs, CA and plays annually for the Dean Martin Festival in Martin's hometown, Steubenville Ohio. His show will evoke fond memories through classic hit songs by Dean Martin, Frank Sinatra and many other famous crooners. You are sure to be entertained! **This event will be held in the LTA Clubhouse, 1380 W. Wisconsin Ave. Door # 7.**



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 led in a group discussion. This is a fun and interactive way to share your views on the subject. **No registration required**
June Schedule



- 6/04/19 – Noah Wilson-Rich: Every city needs healthy bees
- 6/11/19 – Clay Christensen: How will you measure your life?
- 6/18/19 - Health related topic
- 6/25/19 – Andrew Tarvin: The skill of humor



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 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.



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.