



Community Programs for Adults 55 and better & Adult Guests Summer/Fall 2011

To Register: Call 284-5821 or e-mail ckiener@ci.port-washington.wi.us

Wellness Classes

Arthritis Foundation Exercise Course III

Dates: Mon & Wed September 7—October 19, 2011

Meets at 9:30 am First floor Port Adult Senior Center

The fee includes an Arthritis Foundation certified instructor with experience, exercise instruction & arthritis information. Member fee is \$30.00 per member & \$35.00 for guest due with registration.

Aqua Exercise Class

Class is held on Tuesday, Thursday, and Friday at 6:40 AM. Cost is \$6.00 for member and \$10.00 for non-member per month. Class is held at the District Aquatic Center TJ School on Holden St.

Lift to Live Class Session III

Dates: Tues & Thurs September 6—October 20, 2011 9:00 – 10:00 AM first floor of the Port Adult Community Senior Center

This 7-week exercise *program for women 40 and older* is based on the “Strong Women Program” by Tufts University. The cost will be \$30 per member and \$40 per guest plus equipment. A Physician release form must be completed for all new participants or present members with physical or health changes.

Tai Chi Beginners Course Session III

Dates: Mondays October 3– December 19, 2011

12-week course at 11:30 am. Tai Chi promotes balance, flexibility, & good overall health. Meets on the first floor of Port Adult Senior Center. Class fee \$95.00 per member and \$105.00 guest. Register with fee by first class attending. Max. 18

Tai Chi Continuing Course II

Dates: Mondays October 3—December 19, 2011

12-week course for continuing students. Meets at 10:00 am. Tai Chi promotes balance, flexibility & good overall health. Meets on the first floor of Port Adult Senior Center. Class fee \$95.00 per member and \$105.00 guest. Register with fee by first class attending. Max 15

Zumba Gold Introductory Class

Dates: Wednesday & Friday Meets at 8:15am First floor Port Adult Senior Center

The lower impact, easy to follow, Latin-dance inspired fitness party... Keeps you in the groove of life! Certified Instructor.

Cost: \$10.00 for Senior Center members or Friends of the Senior Center for Course or \$3.00 per class.

Non-members cost: \$20.00 course or \$4.00 per class

Special Events September National Senior Center Month

Lakeside Tea Society—register 1 week prior; starts at 1:30 fee applies

September 21– Author Tea “Penny Loafers & Bobby Pins”

Lottery Lunches—register by noon the prior business day at 483-9753 Sept 8, Wed 14, Tues 20, Mon 26

CREATIVE & EDUCATIONAL PROGRAMS

Lunch & Learn: How to Drive on a Round-a-bout?

Presented by Ozaukee County Deputy Schmidt

Date: Thurs Sept 22 12:45-2pm Come & be educated about driving on the upcoming Hwy 33 round-a-bouts.

There will be a presentation, literature offered and time to answer all questions you may have. Lunch & Learn (donation) reservations due by noon Wed. Sept 21; Learn only (Free to Attend) reservation due Tues. Sept 20.

Painting – All Media

Dates: Wed. Sept. 14—Oct. 19, 2011 **Time: 3:15-5:15**

Cost: \$50.00 per senior center member \$60.00 per guest.

Make-n-Take Spring Greeting Card Camp

Date: Wed. Sept 28 at 1:00 –2:30 PM

Make 5 Greeting Cards. Theme cards will be Easter & Spring Fee: \$10.00 per member and \$12.00 per guest

TURN OVER FOR MORE!

Drawing & Watercolor for Adults

Dates: Mondays Oct. 3—Nov 7 1:15-3:15 Registration & fee due Sept. 29

Class fee: \$55.00 member and \$65.00 guest.

Ballroom Dance for Adults

Dates: Thurs. Oct 6- Nov 3

Registration & payment due by Oct. 3

Build on the beginning steps of the dances chosen. Instructor has won several competitions in ballroom dance. Meets in wellness area 4:30 – 5:30 PM. This class is for those who would like a refresher on the steps or is interested in learning new steps. Also, dance is a fun approach to wellness!

Fee: \$35 member; \$60 member couple and \$40 non-member \$70 non-member couple.

Minimum class size is 3 people or 2 couples.

“Hand and Foot” or Canasta

Players meet at 7:00 PM on the 1st & 3rd & 5th Mondays: Sept. 19, Oct. 3, 17, & 31. Everyone is welcome!

Non-member fee is \$1.00 per week.

Senior Singers –A Community Service

Resumes Mon. September 19 at 9:30 in the mezzanine (2nd floor).

This community service group meets Mondays at 9:30 -11:00AM. No fee members/ \$1.00 per week guest.

DAY ADVENTURES Pick up Details at the Port Adult Community Senior Center

Potosi and Stonefield

Date: Tuesday, September 27th

Come explore the history, Memorabilia, and gift shop and see the Potosi Brewing Company Transportation Museum, Great River Road Interpretive Center, & National Brewery Museum. **Lunch will be included today at the Potosi Brewery.** After lunch, hop back on board the bus as we head over to **Stonefield Village** in Cassville. Depart 6:30 AM . Cost: \$75.00 per person.

PACKERS vs BRONCOS at Lambeau

October 2, 2011

INCLUDES: Deluxe Motorcoach Transportation;

Packers V. Broncos Game Ticket—Lower Level End Zone Section 134 (Rows 41-44)

You'll arrive in time to enjoy pre-game festivities that take place at the restaurants and bars around Lambeau Field. Price to be announced! Only registration with payment accepted.

Kenosha Civil War Museum

Date: Wed. Oct. 12

Prepare for the 150th anniversary year of the civil war with a visit to one of the area's newest museum exhibits. It is like no other museum in the country. **Lunch at Spinnakers Restaurant on Lake Michigan** in Racine.

Payment due with registration.

Cost: \$60.00 member and \$64.00 Guest. Depart: 7:30 AM

FIRESIDE CHRISTMAS

Date: Thurs. Nov. 10

Cost: \$86.00 member and \$89.00 guest includes deluxe motor coach, dinner, show, gratuities, and escort! Depart Port at 8:00 AM. Return 6:30PM Payment due Oct. 13.

Fox River Mall Shopping Appleton

Date: Mon. November 21

Cost: \$24.00 Depart Port at 8:30 AM.

Sponsored by the Port Washington Adult Community Senior Center