



Port Washington Senior Center

The Leisure Times JANUARY 2007



Port Washington Senior Center
102 East Pier Street
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Catherine Kiener, Director
Bonnie Knaub, Assistant
Kandy Bichler, Environment

Center Office Hours: Monday – Thursday 8:30AM – 4:00PM
Friday 8:30AM- 2:00PM

Mission: To promote healthy aging by providing cost effective programs, classes, activities and services to citizen's 55 years and better. Adopted April 10, 2002

Director's Report

As the New Year begins, the staff wishes each of you a happy, healthy, and active year especially at the Senior Center. As Orison Marsden, American founder of Success Magazine said, "Our thoughts and imaginations are the only real limits to our possibilities"! What a year the Center can have. I challenge each member to find a reason to come to lunch once a month, try a new activity, or attend a physical activity class.

Sincere appreciation is extended to the members who donated for the craft & bake corner. Over \$500 was raised. Thank you to the members who referred friends and family and who also supported the event with purchases!

UPCOMING EVENTS:

- **Jan. 10 Fireside Preview**
- **Lunch Seminar Series Jan 4, 11, and 24 see Community events**
- **Feb. 14 Valentine Party with Chocolate Fountain & Music**
- **Registrations open for various 2007 Day Trips**

HOLIDAY CLOSINGS

Senior Center & Dining Site will be closed January 1, 2007.

Sentry Receipts Due

The next quarter is due Jan 2, 2007.

Thank you to all who donate receipts! Sentry will only accept the receipts for each quarter! *Thank you Rhea for totaling the receipts!*

Pick-n-Save We Care Program

The Center is now registered for this program. If you do not have a charity chosen and shop at Pick-n-Save you may choose Port Senior Center as a recipient of the Community dollar program. **The number is 620450!** Thank you for the support.

Gifts to the Center

Continuing a Center tradition, a collection of paper products received over 17 items received with 6 being multi-packs. *Thank you Tuesday Bridge for your group effort!*

Thank You, Thank You

December Newsletter crew:

Ethelyne Schumacher, Nelda Bartz, Betty Last, Rosemary Weiland. Lois Schanen, Marilyn Schmit, Sandy Preisler, and Joan Murphy.

Thank you to all the Bakers & Crafters who made the craft sale a great success.

Volunteer Opportunities

On-Call Office Assistant- Anyone interested in learning about the Center through office volunteering, call Catherine.

Donations, Gifts or Memorial

“No man can become rich without himself enriching others.” Andrew Carnegie

The family of Milford Van De Loo has made a donation to the center for the expansion! Thank you for remembering his time at the Center with this gift.

You can make the Port Senior Center a recipient of a gift, any time of the year. Designated or undesignated gifts are beneficial to achieving the Centers mission.

Winter Weather

The Senior Center will close during severe weather such as a blizzard. The closing will be announced via Fox 6.

Programs & Classes For Healthy Living

For seniors, Staying Fit Pays Big Safety Dividends . . . Be ahead of your New Year’s Resolution and engage in physical activity known as exercise!



Aqua Exercise Class

One 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.

New session

Arthritis Foundation Exercise Course

Evidence based means studies have been done on the effectiveness of the course for participants. **Try the class on free day Wed. Jan. 24 at the Center!**

The 7-week evidence based program will begin Mon. Jan.29 –March 21, no classes week of Feb. 26 at 9:30 AM. It will meet at the Center or Christ the King Lutheran, due to limited space for a full class at the Center, Mon & Wed. The fee includes an Arthritis Foundation trained instructor with experience, exercise instruction & arthritis information. Member fee is \$25.00 per member (less than \$2.00 per class!) & \$35.00 for guest. **Class minimum is nine.**



Friday Book Talk

Friday, Jan 12 at the Library beginning at 9:30 AM. The group will compile a 2007 reading list. New Year, new Group! New members welcome! No fee program.

New Price

Strength Training

Join in these Steps to Healthy Aging & pump up your bones! Class meets **Tuesday 9:00 – 10:00**. The instructor is a certified personal trainer & senior exercise specialist.

The fee for **this weekly class is \$10.00**

per month member & \$15.00 for guest. NO FLOOR WORK! New students **go at your pace!** *Resistance training is most likely the best bone saving workout! – Fit Smart Jorge Cruise, USA WEEKEND.*

Blood Pressure Checks

Tuesday, January 2nd at 12:30 by a volunteer nurse. No fee.

Canasta

Players meet at 7:00 PM on the 1st and 3rd Monday’s. The month of January we will meet on the 15th and 29th. Every one is welcome! **Non-member fee is \$1.00 per week.**

Ceramic Pottery- ALL Skill Levels

Meets Thursday mornings from 9:00 – 11:00 A.M. for senior center members and friends. The fee is \$2.00 per week for members plus glaze, firing, and green ware piece! Non-member fee is \$4.00 per week plus supplies.



Computer Learning Lab

The computers are available for members on Tues. & Thurs. from 10:00 AM-3:00 PM.

Sign in & out at the office *No lab time when a class is scheduled.*

CHICKS WITH STICKS

Meets Wed. at 1:00 at the Center. Come share your patterns and ideas. Non-member fee is \$1.00 per week.



Knitting Review

The second Wednesday of the month at 1:30 will be a review with new tips and patterns. It will meet separately if needed from the main group. There is no fee for members of Chicks with Sticks and for guests it is \$2.00 per class with registration due the first Wed. of the month.

The outline:

January 10 – Reading a pattern (abbreviations)

Feb 14 – Knit & Purl Stitches with ribbing patterns

Library Project at Center

The Library arranges for books and videos to be checked out on an honor system for senior's convenience. Please keep video's 1 week or less! Thank you. *There is a sign posted for the date the Center returns the books and videos to the Library. Please return by this date.*



Monday Afternoon at the Movie

Love's Abiding Joy based on the Janet Oaks book is a film about the Wild West to be shown Mon. Jan. 22. Directed by Michael Landon, Jr., this is a heartwarming story for the New Year. Lunch reservations to Jill.

Green Felt Club – Senior 8 Ball League

Mid-Season Luncheon Wed. Jan. 10 see special events section in this issue for more information! Interested members need to have a committee rating for this Wed. league and if they qualify, will be assigned as a substitute. Cost is \$18.00 plus must be member of Senior Center.

Pinochle

This card game is played Wed. at 10:00 AM. If interested, come to the center on Wed. There is no fee for members and non-members, \$1.00 per week.

Water Color Studio

January 29 & Feb 5 beginners & artists interested in painting and sharing ideas meet

at 1:30 – 3:30. Fee is \$2.00 for members and \$4.00 for guests.

Weekly Activities

Singers (Chorus) –Mon. 9:30-11:00 AM
Aqua Exercise -Tues., Thurs. 6:40 AM & Fri. at 6:40AM

Piano Lessons –Tues. by appointment
Strength Training - Tues. at 9:00AM
Green Felt Club – Senior 8 Ball League Wed., open play Mon & Fri. after 2:00.
Chicks With Sticks- Wed. at 1:00PM
Ceramics - Thurs. at 9:00AM

For information on class cost please call the center at 284-5821!

Card Clubs

There is no charge for members as your membership assists with center operations.

Non-members & out of town participants contribute \$1.00 per week in the office!

Bridge - Tues. Ladies Bridge, Thurs. & Fri. at 1:00PM

Cribbage - Tues. at 1:00PM

Sheepshead - Thurs. at 1:00PM

500 Party - 1st Thurs. at 1:00 P.M.

Public Card Parties:

Canasta 1st & 3rd Mon. 7:00PM

Sheepshead -7:00 PM Tues.

Pinochle-10:00 AM Wed.



Clubs and Organizations Meeting

At the Center

Greenfelt Club - Mon.-Fri. at 2:00PM and Sat. at 9:00AM.

City Commission on Aging - 2nd Mon. at 7:00PM in the lower level

VFW - Last Wed. at 7:00PM

Special Events



Lakeside Tea Society

Amish America Tea

Wed. Jan. 17 is an Amish Tea featuring the Center trip to Shipshewana. A video will be shown from the fall trip. Any member who has traveled to Amish Communities is encouraged to bring any special items. Plan to bring your photos! A black tea will be served with an Amish specialty and pie.

Preview for Feb. 20: Chinese New Year!

March 20: *German Easter traditions & Milwaukee History with Chicks with Sticks member and author Trudy Paradeis!*

Green Felt Club Mid-Year Party

The Club will host a special recognition for Nic Jacque at the mid season luncheon on Wed. January 10, 2007. The luncheon will be 11:00-12:00 with a program at noon including a history of the club!

Bingo with Eleanor

Senior Center Members & Dining Center Participants are welcome to play bingo the second Monday of the month, January 8th at 12:30. Culver's is a sponsor of this event with coupons for a free single scoop as an added prize. It is a nickel a game. Lunch reservation due to Jill at 284-5672 by the prior Friday!

Seminar Series After Lunch in January

Register for each one in the office or e-mail 24 hours in advance. To make a lunch reservation call Dining Site Manager 24 hours in advance at 284-5672.

Fire Safety – January 4

What is Hospice – January 11

Finding Relief for Pain After

Shingles – January 24

No fee for the series, lunch donation only.

Community Events

Hatha Yoga – Registration begins Jan. 15

The *benefits of yoga* include tension relief, deep breathing, and stress management. This popular 7-week class will return on Sat. March 10 with Bruce Van Dyke! Location to be announced in February Leisure Times.

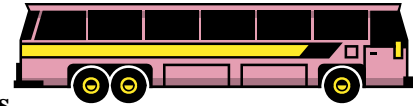
Brunch & Learn on Diabetes

The First Tues. of Feb (6th) the Center will host a program by the Senior Network. This health and wellness seminar will be on the topic *How I do Diabetes* for people with type 2 diabetes. There will be a short video, informational cards, and breakfast items. The time will be 10:00 AM. There is no fee

for members, non-members pay \$2.00. Registration begins Jan. 2.

Massage Drawing

The winner for December is: Sandy Preisler!



Trip News

Trip Policy: Join us for trips we plan at the center or that we join with other Centers. Prices are quoted for center members; guests add \$3.00 for day trips or as quoted for a specific trip as a non-member price. Sign up is on or after the call in day listed with each trip. You must register in advance and pay by the deadline or your name will be dropped from the list! *Cancellations are not guaranteed a refund. Cancellations within TWO weeks will be refunded only if someone fills the opening!* There are trips we reserve the right to advertise which are sponsored by travel agencies. It is for your convenience that we advertise them. All other information is handled by the agency. Brochures that are sent to us are made available on the craft counter or on the bulletin board. Contact the office regarding any special needs.

WHEN LEAVING ON A DAY TRIP PLEASE PARK YOUR CAR IN THE SECOND & THIRD SET OF PARKING ROWS. THANK YOU!

Lunch Bunch

Next scheduled date is Jan. 25 at New Port Shores to plan dining locations for 2007. Reservations due at Center by Jan. 23. Cost is on your own.

2007 Trips

Hollywood Sings at the Fireside –filled Date: Thur. Jan. 18, 2007

As soon as the movies learned to talk they began to sing. From Al Jolson to Fred Astaire, Ginger Rogers, Gene Kelly, Judy Garland, Elvis Presley, the Beach Party movies of Frankie Avalon and Annette Funicello up to the Beatles, John Travolta, and Olivia Newton John the Movie Musical

New

has been entertaining millions of happy people for over 75 years. **The Menu:** Cream of Carrot soup, chicken & ribs, potato croquet au gratin, green beans, coconut cake with amaretto cream filling & a raspberry sauce, coffee, tea or milk.
Depart Port at 8:00 AM.

"Mid-Life" - The Crisis Musical
Trip Date: Sunday, January 21, 2007

It's a humorous, forthright, no-holds barred assessment of what is often characterized as a challenging time in one's life -- that's MID-LIFE! If you bought some Ginkgo Biloba, but can't remember which cabinet you put it in -- then you're ready for MID-LIFE! Getting older might stink, but it sure beats the alternative!

Cost: \$51.00 includes meal which is a **choice off the menu ordered upon arrival:** ribs, duck, salmon, chef special, and more, ticket with show starting at 4:00p.m., Johnson School Bus, escort, & gratuities. Guests: \$54.00 **Depart:** Port Washington at 1:15. Return approximately 6:30PM



Second Show Date

Hollywood Sings at the Fireside –20 seats
Registration begins Jan. 2, 2007
Date: Fri. Feb. 9, 2007
Payment due with registration

Due to the popularity of this trip, a second show date has been added. And now, continuing the tradition of their wildly popular live band shows, The Fireside presents this all new, spectacular musical revue paying tribute to the movie musical filled with singing, dancing, comedy, and great, great music.

The Menu: Cream of Carrot soup, chicken & ribs, potato croquet au gratin, green beans, coconut cake with amaretto cream filling & a raspberry sauce, coffee, tea or milk. .
 Depart Port at 8:15 AM.
 The cost is \$73.00 for members and \$76.00 for guests.

Guys on Ice

Trip Date: Thur. Feb. 15, 2007

Payment due Jan. 4, 2006

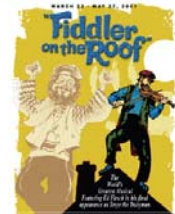


Join us for this Schauer Center show! Ya der hey-hop on the snowmobile and head to the Schauer for a look behind the ice shanty door where Lloyd and Marvin enjoy the simple things in life: a sturdy fishing pole, a warm snowmobile suit and plenty of good beer! In pursuit of good fishing, Lloyd and Marvin find companionship as they work together to protect their beer from Ernie "the Moocher." This hilarious production celebrates the joy of a warm snowmobile suit in "Ode to a Snowmobile Suit," and their elusive "prey" in "Fish is de Miracle Food" and "De One Dat Got Away." "Guys on Ice" marks Milwaukee Repertory Theatre's first appearance at the Schauer.

Dinner: *The Mineshaft in Hartford* please choose one:

1 lb T-bone steak (rare, medium, well) soup, salad & baked potato; **chicken stir fry** served on rice; **trio salad platter of chicken, tuna & crab salad** served on lettuce with fresh fruit & croissant.

Cost: \$54.00 includes deluxe motor coach, escort, dinner, gratuities, & show ticket. Guests: \$57.00 Depart: Port 4:15p.m.



Fiddler on the Roof at Fireside
Date: March 22, 2007

What can you say about FIDDLER ON THE ROOF?

That it played to sold out houses on Broadway for over seven years? That it has been revived three times including last season's smash hit production? That it won nine Tony Awards including Best Musical? That it has been performed in thousands of productions in over 43 countries? Or do you just say that it is arguably the greatest musical ever written. The Fireside is proud to present a sparkling new production of this time-honored classic featuring The Fireside's Artistic Director Ed Flesch in the

role that he is most associated with, Teveye the Dairyman. This will be his final appearance in the role so you won't want to miss it. The menu: **The Fireside's Signature Paradise Salad with warm breads** Cantaloupe, Watermelon, Strawberries, Blueberries, Mandarin Oranges, and Oriental Vegetables over Fresh Greens sprinkled with Sesame Croutons and topped with our famous Papaya Chutney Dressing; **Chicken Teveye** Skinless Chicken Breast lightly breaded, sautéed, topped with Caramelized Leeks, Pastrami and Jarlsberg Swiss Cheese resting on a Madeira Wine Sauce. Served with Roasted Seasoned Yukon Gold Potato Wedges and a Bouquetierre of Stir Fried Vegetables; **Fiddler's Roof** A Vanilla Bean Ice Cream Chimney, rolled in Ground Roasted Pecans, crowned with a Baked Meringue Cover on top of a Hot Fudge Roof; with Coffee, Tea or Milk
Payment is due Feb. 8, 2007.



Bucks vs. Wizards Game
Date: Sunday, April 1, 2007
Registration begins Jan. 1, 2007

New

Bring a grand child, they will enjoy it!
 Be HERD! We will be the "Group of the Game!" We have 50 seats available in the lower level (near entrance so very few stairs). Everyone in our group will receive a hot dog, soda, & Bucks memorabilia (Thundersticks & Headband).
 Depart from the Port Washington Senior Center at 1:00 p.m. and travel to the Bradley Center for a 2:30 p.m. game time and returning following the game. Cost is \$50.00 and includes deluxe motor coach transportation with drop off & pick up in front of Bradley Center, game ticket, soda, hot dog, and escort. Payment due March 1.

The Browns in Concert
Date: Tues. April 10, 2007

This concert will be at the Fireside Dinner Theater. The five voice musical styling exudes excitement on the stage. The Browns have been touring for over six years.

Voted a top 5 Horizon group of the year, this family will inspire you don't miss this new group! Depart from Port at 8:15 a.m. The cost is \$55.00 for members and \$58.00 for guests. Includes motor coach, Fireside Fish Fry Buffet featuring cod & corn fritters. Payment is due March 1, 2007.

Big Band Spring Fling

Date: Thursday, May 10, 2007

Registration begins Tues., Jan.2, 2007

The Ron Mills Orchestra returns for some fantastic music for your tap toes to, sing-a-long to, dance to, or just listen to! This 14-piece orchestra with the incredible voice of Kate Rafferty, will pound out those wonderful melodies and dance tunes of days gone by at the Alta Villa. **Menu:** Caesar salad, Pizza Bread, Chicken Marsala, roasted potatoes, vegetable, & ice cream sundae, with coffee & hot tea. Cost includes deluxe motor coach, luncheon, show, gratuity, and more! \$56.00 for members and \$59.99 for guests. Depart Port at 8:00 AM; return approx. 6:00.

New

General Trips

July 17 – Mystic Cruise Chicago with Navy Pier time released in February

July 22 – Sweet Charity in Milwaukee

Sept. - Mystery Day Trip

Oct.-Mystery Day Trip

Brewer's Baseball

AND SO MUCH MORE

2007 Day Trips to date:

Fireside Shows:

June 7 – Odd Couple - released in Feb.

Aug. 22 – Thoroughly Modern Millie

Nov & Dec – Christmas Shows

Center Operations and Procedures

Membership- Annual membership is paid January to December. Individual fee is \$12.00 and Couple \$17.00 for City and Town of Port Residents. Out of town individuals may subscribe to the newsletter for **\$7.00** per year or to receive membership the fee is \$1.00 per week or \$62.00 per year,

it includes the newsletter and may be paid quarterly.

Bulletin Boards & Information - Located on the glass counter in the main Room, on the television in the piano room, and the bulletin board in the main room are community and center related information of interest to you!

Recyclables – There is a container on both levels for aluminum cans. The can should be rinsed then deposited in container. Clean cans are preferred for recycling. Thanks to all who help.

In Memoriam

Our thoughts and prayers are with the families of: *Milford Van De Loo, and Lucille Drozd*

Welcome New Members

Gene & Mary Ann Meyer, Harold Reynolds, & John Torke

HAPPY BIRTHDAY

- 1 *Arthur Senn, Rita Palen*
- 2 *Harold Matthews, Patricia Gibes, Dennis McGuire, Shirley Parlow*
- 3 *Rita Knap, Joan Chasta Sanders*
- 5 *Mary Jo Bruecher*
- 7 *Eleanor Griksas, Sally Pierce Edward Adams, Wesley Blumenberg*
- 8 *Joanna Eckert, Harriet Augustin, Betty Schowalter*
- 9 *Marion Matthews, Peter Jushka, Jennie Greisch*
- 10 *Charles Schmit, Meg Adams*
- 12 *Ruth Heiser, Richard Webb*
- 13 *Marion Schmit*
- 15 *Betty Lanser, Carol Rheingans, Fred Michalowski*
- 16 *Maxine Bartelt*

- 17 *Agnes Schanen, Betty Wengel Marjorie Harms, Rosemary Linzmeyer, Gerald Downing*
- 18 *Marion Hurias Rhea Yovanovich*
- 20 *Janice Salchert*
- 22 *Helen Nenn*
- 24 *Arnold Ansay, Mary Donna Froh*
- 25 *Nancy Mersereau, Ethelyne Schumacher*
- 27 *Herbert Possley*
- 28 *Mildred Prom*
- 30 *Rose Gross*
- 31 *Herbert Russo*



Health News

Color your meals with fruits and vegetables! Research continues to confirm the health benefits of including generous portions of fruits and vegetables in your diet. The new pyramid recommends 1 ½ to 2 cups of fruits and 2 to 3 ½ cups of vegetables every day for people 65 and older! The exact amounts depend on age, sex and activity level.

Recipe Corner

From the Kitchen of Linda Gottlieb

CINNAMON CHEESE ROLLS-UPS

1 loaf of sliced, crustless bread or trim crusts—use the cheap store brand white bread
1 8-oz. pkg. cream cheese
1/2 c. sour cream
2 sticks butter or margarine, melted
cinnamon and sugar mixture to taste
Finely chopped nuts, if desired.
Flatten bread slightly with rolling pin. Combine softened cream cheese and sour cream. Thinly spread cream cheese and sour cream mixture on bread, leaving about an inch at the end without any filling, and roll up. Dip in melted butter or margarine and then roll in cinnamon-sugar mixture. Refrigerate an hour, overnight or freeze in glass baking dish. To serve, bake in 350 degree oven for 12-15 minutes or until slightly browned. If smaller portions are desired, cut each roll in half or thirds after cooled 15 minutes.