

Port Washington Senior Center



The Leisure Times August 2008

— The People's Choice —
The Best Wisconsin Town
on a Lake

Port Washington Senior Center
102 East Pier Street
(262) 284-5821
E-mail: ckiener@ci.port-washington.wi.us

Catherine Kiener, Director
Brenda Te Beest, 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

Congratulations to all the prize winners from the picnic! The weather cooperated, the food was delicious, and fun memories made by the 95 attendees. Thank you to everyone who entered the drawing with a donation of paper products. The Center received 45 multipacks and 64 single packs of paper products for the Center. It will be enough for the next six months!

I look forward to seeing the membership at the Aug. 7 Ice Cream Social in Rotary Park. There will be music and free ice cream to enjoy by the Lake.



UPCOMING EVENTS:

- **Ozaukee Bank & Rotary Ice Cream Social** in Rotary Park
Thur. Aug. 7; see details under Community Events
- **NEW One Day Trips for Oct/Nov**
- **AARP Mature Driving Class Sept**
- **September Senior Center Month**
- **Sept. 22-28 Active Aging Week**

Sentry Receipts

Third Quarter July 1- Sept 30, 2008. Thank you everyone for saving receipts.

Pick-n-Save We Care Program

If you shop at Pick-n-Save choose Port Senior Center as a recipient of the Community dollar program. **The number is**

620450! Customer service can help you add this to your card. We care is up to \$29.00!

Thank You, Thank You

Picnic Helpers: Heritage Staff Donna & Melanie, Tom Murphy, Geri & Harold Johnson

Office Volunteers: Vacation coverage

July Newsletter Crew: Ethylene Schumacher, Betty Last, Joan Murphy, Marilyn Schmit, Sandi Preisler, Aileen Wiltgen, Nelda Bartz, Louise Fahey, & Rosemary Weiland.

Volunteer Opportunities

Tuesday Night Sheepshead Coordinator-

Interested in rotating the responsibility of opening, set-up, & closing about 1x month. Contact Catherine or Esther Bley

Office Volunteer – On call individual to help answer phone, make change, record payments. Call Catherine for training.

Donations, Gifts or Memorial

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

You can make the Port Senior Center a recipient of a gift, any time of the year.

Thank you to the friends and family of Bob Zuba for the generous memorials. A portion will go toward the shade tent for bocce, new bingo cards and memorial game, pool table covers and there has been a portion given to the Friends of The Port Senior Center.

Programs & Classes for Healthy Living

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.

Arthritis Foundation Exercise Course

(Co-Sponsored by the Arthritis Foundation)

Session V Aug. 4-Sept. 22

Mon & Wed. at 9:30am. The fee includes an Arthritis Foundation trained instructor with experience, exercise instruction & arthritis information. Member fee is \$25.00 per member & \$35.00 for guest. Please register with fee by Aug. 4. Meet at Christ the King Lutheran Church on corner of Holden & Whitefish Bay Roads. ***This Arthritis foundation course is an evidenced based fitness program especially for people with Arthritis.***

Friday Book Talk

Friday, Aug. 8 at 9:30 at the Library, Thunder Struck by Eric Larson will be reviewed by Roz Warren. New members welcome to join any month! *Preview for Sept 12: Alice Reynolds will review The Turk and my Mother by Mary Helen Steffaniak.*



Strength Training - 5 Class openings
Class meets **Tuesday's 8:00 – 9:00**. 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**. Join in these Steps to Healthy Aging & pump up your bones! New students go at your pace!

Blood Pressure Check

Aug. 5 & Sept. 2 at 12:30 by a volunteer nurse. **No fee.**

Canasta or “Hand and Foot”

Players meet at 7:00 PM on the 1st and 3rd Monday's: Aug. 4 & 18. The game is Canasta and depending on turn out, the group may play Hand & Foot, a variation of Canasta. 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 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. Ceramic instructor will be present on the 1st, 3rd and 5th Thursday's of the month.

Computer Class

Tues. Sept 9 & 16 5:00 – 6:15 the instructor will cover e-mail attachments, e-mail lists, and e-mail questions. Week two will cover Microsoft Word elements. Register by Sept. 4. Class fee is \$15.00 for members and \$20.00 for guests.

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.



Firehouse Friends

Ozaukee Fair Participants please come on Wed. Aug. 6 at 1:30 for photos in the main room.

Artist Studio

The watercolor artists invite others to join in an open studio on Monday's Aug 4, 11, & 18 from 1:00-3:00 PM. Members \$2.00 per month and non-members 5.00 per month. Register monthly by Aug. 4.

Walkers & Hikers

Meet the 2nd & 4th Thursdays at the Center at 9:30 am for start or car pool. Aug. 14 Ozaukee Bike Trail. A schedule is available in the office of the twice monthly walks. Members no fee guest \$1.00 per week.

New



Green Felt Club

The GFC committee is asking that each member please mark their calendars and make the extra effort to be a part of these events, which help support the operation of your Senior Center.

- GFC 08-09 league play general meeting scheduled for 10:00 AM on August 27.
- 08-09 league will start following lunch on August 27.

Adult Horseshoe League

Games are played at the Moore Road Courts, just north of the Street Department. League plays Tuesday's to Aug.26. Come out & watch!

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.* **Missing: Video**

Atlantic Vistas

The cost to date for material not returned Dec 07-June 08 is \$20.00!

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.

Game Day



Meets 2nd & 4th Thurs. at 10:30 AM! Aug. 14 – Yahtzee and Aug. 28– Dominoes. Prize drawing for \$5.00 to Sentry Foods each week thanks to Comfort Keepers. No fee for members and guests pay \$3.00 per month.

Bocce Ball

Weekly team games Tuesday's June 3 – Sept 9. Games start at 9:30 am. No fee members, guests \$10.00, for this informal summer league.

Senior Singers – Community Service



Resumes Mon. September 8 at 9:30 AM. New Singers please register by Sept 2 with the office.

Monday Aug. 25 at the Movies



Feature: The Bucket List

Two terminally ill men escape from a cancer ward and head off on a road trip with a wish list of to-dos before they die. Starring Morgan Freeman & Jack Nicholson. 97 minutes rated PG-13. Movie starts about 12:30. *Sponsored by Video Plus Port Washington.* Make a lunch reservation by Fri. Aug. 22 with Dining Manager, Jill at 284-5672.

Weekly Activities

Singers (Chorus) – **Resumes Sept. 8**

Aqua Exercise -Tues., Thurs. 6:40 AM & Fri. at 6:40AM

Piano Lessons –**Resumes Tues. Sept. 2**

Strength Training - Tues. at 8:00AM

Green Felt Club – Senior 8 Ball League

Wed., open play Mon & Fri. after 2:00;

Sat at 9:00

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

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

Open 8-Ball/Greenfelt Club –Mon.–Fri. at 2:00PM (except when needed for class space) 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

Herbal Tea

Wed. Aug. 20 at 1:30, Jerri Kovatch, a member of the Wisconsin Herb Society will be here to share culinary herbs. An herbal tea and treat will be served. Please register by Mon. Aug. 18. Cost is \$2.00 per member and \$4.00 per guest.

Preview for September 17: A Dutch Tea with guest speaker.



Port Washington Senior Center & Port Washington Dining Site Events:

5 -Blood Pressure Checks

11- Eleanor's bingo with extra prizes from Comfort Keepers & cash

14- Game Day with Yahtzee

25- Movie *The Bucket List*

Lunch reservations due to Jill 24 hours in advance at 284-5672.

Wii Games

The regular location is not yet ready so games with a volunteer will be held upstairs with the big screen television. Mon. Aug. 4 from 1:00 – 3:00 and Aug. 11 1:00 – 3:00 PM. Members no charge and guests \$2.00. Two people per half hour will be registered for games for a total of 8 per week.

Community Events

Ice Cream Social sponsored by Ozaukee Bank & the Port Rotary

Senior Center members are invited to Rotary Park for a traditional ice cream social with music and door prizes on Thur. Aug. 7 from 1:00 – 3:00. There is no fee for this program only pre-registration at the Center 284-5821 or at the Ozaukee Bank by Aug. 1.



WATER ADVOCACY INSTITUTE FOR SENIORS

Date: Mon. Aug. 4 at 11:30

Learn about the Great Lakes Compact, invasive species, water conservation, water and sewage treatment and other hot topics in water quality. Find out how you can be a water advocate! Come to a presentation on how you can advocate for water. Make a reservation for lunch by Aug 1.

New

AARP Mature Driver Class

REGISTRATION NOW OPEN

Program Dates: Mon Sept 8 & Tues. 9th

Check with your insurance for any discount upon course completion. The popular 8 hour course will be presented at the Senior Center on Sept. 8 & Sept 9 from 12:30 – 4:30 PM. Participants will refresh themselves on the rules of the road, changes in driving regulations, etc. This is an informative interactive class previous participants have stated they learned a few tips to help them. **Course fee** is \$10.00 for members and \$12.00 for guests. Register with payment by Tues. Sept 2.

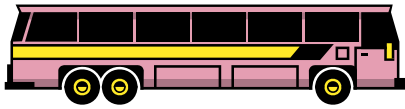
Maritime Heritage Festival

Aug 15-17 will feature five tall ships including Pride of Baltimore II. Port is the only Wisconsin harbor with tall ships in '08.

Senior Center Month Celebration

Join the center for lunch on Tues. Sept. 30 for door prizes and the Music of Helen Seidel on Accordion. Register by Sept.23.

New



Trip News

Motor coach travel has the least emissions of plane or motor travel. Save the planet travel by bus with us!

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 you have.

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

Lunch Bunch

Thur. Aug. 28 at Klug's Creekside Inn in Cedarburg. Meet there at 11:30. Cost is on your own. Call Center for a reservation by Mon. Aug. 25.

Discovery Tour – Filled Accepting Wait List

Date: Tues. Aug. 12

The day begins at Discovery World in Milwaukee. This new exhibit on the Great Lakes has received high praise. Next, discover the secret to entry at the Safe house for a **choice of pork loin, pepper steak, or lasagna (meat or veggie)**. After lunch, discover Milwaukee with a city tour and special highlights. Depart Port at 7:30 AM return approx 5:00 PM.

Benton & Company Christian Concert -20 Seats remain Tuesday, August 26, 2008 Payment due July 25.

Benton & Company is comprised of Ernie Benton, Kelly Benton and Jon Eagle. Their collective ministry experience includes work with the Nelsons, Don DeGrate, Billy Graham and others. Menu includes deep fried cod, baked redskin potatoes, corn fritters, coleslaw, vegetables, fries, breads, and dessert. Depart Port at 8:15 AM. Cost is \$55.00 for members and \$60.00 for guests.

How to Succeed in Business – 19 Seats Date: Thur. Sept. 4 at the Fireside Payment due with reservation Aug. 4

- A Hype that will take up the corporate ladder
- A giddy, glorious musical!

This Pulitzer Prize winning musical fable from the creators of the unforgettable GUYS AND DOLLS is a tuneful, delightful, fast-moving musical comedy about the nutty goings-on at the office. It's a hilarious, topsy-turvy, romantic musical with such great songs as "Coffee Break," "I Believe in You" and "The Brotherhood of Man." **MENU: The Fireside's Signature Salad** Topped with our famous Papaya Chutney Dressing. **Freshly Baked Breads from The Fireside Ovens; Baked Boneless Pork Chop** Herbed Stuffing with Sauerkraut and Jones Original Family Recipe Sausage. Whipped Idaho Potatoes with Rich Pork Stock Gravy, Green String Beans, and a ramekin of Pink Apple Sauce. **Kevin's Original Carrot Cake** Cream Cheese Frosting and Rum Raisin Ice Cream, Coffee, Tea or Milk. Cost is \$75.00 per member.

Cancelled

Prosit in Frankenmuth, Michigan –Only 1 room left (double or triple)

Payment in full due with registration

September 17 – 21, 2008

The trip will include deluxe motor coach transportation, hotels, 4 dinners, 4 breakfasts, admissions, 2 entertainments, and other fun highlights such as Bronner's Christmas Wonderland.



Trip Cost: \$470.00 double occupancy

\$415.00 triple occupancy

\$390 quad occupancy



Includes hotel, gratuities, deluxe motor coach and escort.

ESCORTED BY: Bonnie. ***Pick up trip details/room reservation slip in office.

Mystery Trip – only 9 seats remain!

Date: Thurs. Sept. 25

Payment due August 11, 2008.

A new trip with little walking, amusement, and food! \$86.00 per member.

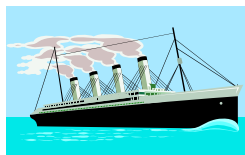
Titanic: The Artifact Exhibit – 12 seats

Registration now open

Payment due September 2, 2008.

Wed. Oct. 22 this new trip will head to the

Milwaukee Public Museum. The day begins with an IMAX film, Ghost of the Abyss followed by the timed entry. The lunch will be an elegant European setting at Lake Park Bistro. Cost to include admissions, gratuities, lunch, deluxe motor coach, and escort is \$68.00 for a member and \$71.00 guest.



In Our Own Backyard Adventure

Featuring: Harley Davidson & Grohmann Museums

Date: Tues. Oct. 28, 2008

Registration begins Aug. 1



Payment due Sept. 2, 2008.

Once again we will travel to Milwaukee to explore more of our own backyard! Our first stop today will be the **HARLEY-DAVIDSON MUSEUM**. Among the expected exhibits are motorcycles from a collection of Elvis Presley's 1956 Harley KH Motorcycle; the famous "King Kong", a customized thirteen foot long bike; and of course a Series One motorcycle that came off the assembly line in 1903.

Our second stop will be **POTAWATOMI CASINO** for a tour of their new \$240 million addition plus a wonderful buffet luncheon at one of their many new restaurants.

Our third and last stop will be the **GROHMANN MUSEUM** located at the Milwaukee School of Engineering (MSOE). The Grohmann Museum's steel and glass-domed entrance welcomes visitors to three floors of gallery space featuring the world's most comprehensive art collection dedicated to the evolution of human work, "Man at Work". The museum also has a spectacular rooftop sculpture garden. Cost is \$69.00 per person includes deluxe motor coach, admissions, luncheon buffet, & escort.

New

Christmas in the Dells –only 15 seats

Date: Thur. Nov. 6

Registration begins Aug. 1

Our holiday celebration begins with a Christmas Luncheon Feast at the **BROADWAY DINNER THEATRE IN THE DELLS** followed by the "Christmas in the Dells Show." This original holiday revue in the style of New York City Christmas Spectacular features holiday favorites from around the world, from traditional to contemporary. Don't miss singing elves, dancing toys, Mr. & Mrs. Claus and of course "The True Meaning of Christmas." Cost is \$79.00 per person. Includes admission,

New

dinner, gratuities, and deluxe motor coach transportation. Payment due Oct. 1, 2008.

Fox Valley Mall Shopping

Date: Mon. November 17th

Registration begins Aug. 1, 2008

We will again be shopping until you drop at the Mall in Appleton. The price is \$22.00 for a deluxe motor coach bus, snacks, and beverage. Lunch is on your own. Door prizes will be drawn on the bus. Bus will leave Port at 8:45 a.m. and return at approximately 6:00 p.m. Get your Christmas shopping done early. Payment due by November 1st.

Fireside Christmas

Thur. Nov. 13 – 18 SEATS

OR

Fri. Dec. 12 – 11 SEATS

Depart: 8:00 AM

“Bursting with Cheer & Holiday Spirit”



Each holiday season we delight in bringing you a show that will re-ignite the true Christmas spirit in all of us. Through songs, stories, and dances – both traditional and original – we commit ourselves to capturing the very heart and essence of the holiday season. A FIRESIDE CHRISTMAS is always new and exciting, with new costumes and sets, new songs and dancing, and new ways to tell the familiar stories of the season. But what never changes is our faithfulness to the traditions and memories of this most joyous time of the year.

Menu: Shrimp Rockefeller Freshly Baked Breads from The Fireside Ovens Chicken Vienna Skinless Chicken Breast, Jones Family Hickory Smoked Ham, Dijon Mustard, French Boursin and Jarlsberg Swiss Cheese, rolled in Fresh Bread Crumbs, sautéed to a golden brown and presented on a Madeira Wine Sauce. Our famous Sweet Potato Soufflé with

a Pecan Crust, Fresh Asparagus Spears, and Spaghetti Squash with Tomato Concasse. Holiday Panna Cotta Chilled Italian Custard flavored with Madagascar Vanilla Bean and presented on a Fruit Coulis garnished with Fresh Berries and a Holly Leaf. Santa’s Ginger Snap Cookie. Cost: \$75.00 for members and \$78.00 for guests. Payment for Nov. 13 due Oct. 1; Payment for Dec. 12 due Oct. 29

Center Operations and Procedures

As we plan for the Year, we encourage our members who **may need** special assistance to register for events, programs, and trips **with a** friend, family or caregiver **to provide the assistance** they may need. Due to the limit of staff, the Center can not provide one-on-one assistance during the event, class, or trip. Please register with staff so we can be aware of individual needs.

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: Julie Mueller (Ruth Heiser’s mother), Al Peiffer and Alice Trzecinski.

Welcome New Members

We look forward to seeing you at the Center! Stop in and reintroduce yourself or use your free coupon for lunch!
Joan Hess

HAPPY BIRTHDAY

2 *Linda Ross, Lucille Wester*

3 *Diane Miller*

Margaret Nehmer

4 *Robert Tetley*

7 *Pat Neitz, Marilyn Schmit,
Clyde Weiland, Aileen Wiltgen*

9 *Gloria Rasbornick*

10 *Antoinette Smith*

11 *Paul Ehrlich, James Heiser*

12 *Lillian Rebstock*

15 *Pat Krainz*

16 *Douglas Ahsmann,
Spyros Heniadis,
Ken Hoard*

19 *Lillian Haseley*

20 *Mary Neerhof*

21 *Virginia Maechtle,
Paul Taylor, Laura Stricker,
Santo Mirrasola*

22 *Donna Riemer, Elaine Nulph*

25 *Ruth Primas, Betty Bley,
Paul Galles*

27 *Jan Glenn,
Kathy Schaefer*

28 *Marjorie Adams*

29 *Joan Bieber*

30 *John Windis,
Fran Heinowski,
Austin Goodrich*

31 *Jacqueline Homan*



Jerry W. tries the garden swing in Sturgeon Bay

Helpful Hints

Medicine Disposal

To dispose of unused medication, mix with coffee grounds and place in the garbage.

Tips for becoming more Active:

- 1. Wear the right shoes**
- 2. Participate in Events**
- 3. If it hurts, do not do it**
- 4. Focus on major muscle groups in legs, chest and back**
- 5. Do balance exercises, as well as strength exercises**

From International Council on Active Aging

Extended Trip Survey

The Senior Center would appreciate your feedback on offering extended trip opportunities with Grafton and Cedarburg

that would be arranged through a major
Vacation Company.

For survey's with a name they will go into a
drawing for a \$5.00 Sentry Gift Certificate.

I(We) would like to travel with area seniors.
Yes No

I (We) would like to travel to:
Circle interest areas

Canada's East Coast Canadian Rockies

San Antonio New Orleans

Islands of Palm Coast (Florida)

Nevada Magic New England Rails/Sail

NAME: _____

