



Port Washington Senior Center
Celebrating 35 Years
The Leisure Times
December 2008



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

Catherine Kiener, Director
 Brenda Te Beast Werner, 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

The Craft & Bake Corner is off to a good start. Thank you to everyone who contributed and to those who shop and buy prize tickets. The *Holiday Door Prizes include 2 Pre-season Packer Tickets with Green Bay wine tote, Portraits of Port: Hand Painted ornament with Senior Center & Photo of Tall Ship with Light house, Santa from Artist Laurie Sucharda, and Afghan. Silent Auction items include: 2008 Green Bay Packer Team Stamped Autographed Fundraising Football with new lace design, 2008 Coin set, Target \$25.00 Gift Card and more. Proceeds from Craft, Bake and Silent Auction will be matched by Ozaukee County Thrivent for Lutherans. All the proceeds benefit programs at the center such as classes, events, community volunteer thank you, entertainment or speakers. Please encourage family & friends to stop by for one of kind items or traditional handmade gifts.*

The Senior Center is **the community focal point for adults 55 and better!** The individual members are what make the Center a place to be. Renew your membership now for 2009 and give yourself a gift of time spent meeting new and old friends at the senior center.

Catherine, Brenda, and Kandy wish you all the best for the Christmas & New Year's Holiday with family, friends, and Center activities.

UPCOMING EVENTS:

- **Christmas Luncheon Dec. 4**
- **Christmas Craft & Bake Corner through Dec. 17**
- **Silent Auction & Prize Drawing Dec. 4- 17**
- **Dec. 2 & 4 Strong Women Introduction at Park & Rec.**
- **5 Days of Christmas Dec. 14-19 at the Dining site**
- **Friends of the Port Washington Senior Center 2009**

Holiday Closings

The Senior Center & Dining Site are closed
 Wed. Dec. 24 & Thur. Dec. 25, 2008
 Wed. Dec. 31 & Thur. Jan. 1, 2009

GIFT CERTIFICATES

The Senior Center has personalized gift certificates for classes, trips, etc. Please let your family know! 24 hour notice appreciated.

Sentry Receipts

Fourth Quarter Oct. 1 –Dec. 31, 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!

New session

Thank You, Thank You

Produce Donations: Thank you to all who donated the extra produce (pears, tomatoes, peppers, etc.) to other members at the Center. It was very appreciated.

November Newsletter Crew:

Betty Last, Ethelynn Schumacher, Joan Murphy, Sandi Preisler, Sharon Brown, & Rosemary Weiland.

Kudos to: Local Community Businesses & their employees for their generous ongoing support of the Senior Center Mission in 2008: Heritage Health and Rehab Center, Harris Bank, Port Washington State Bank, First Realty GMAC, Comfort Keepers, and Maple Crest Apartments.

We thank the other business supporters for their one time contributions after each event.

Volunteer Opportunities

Senior Chorus Director- The current Director will begin the fall session. Please refer musically inclined people to the office.

Wii bowling coordinator – Contact Catherine if interested in leading this new program. Would like to start Jan.09 or sooner!

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.

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 VII Dates: Nov. 10 – Dec. 22, 08

2009 Arthritis Exercise Course
Session I Mon. Jan. 5 – Feb. 18, 2009
Mon & Wed. at 9:30am for seven weeks. 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 Jan. 2, '09. Meet at Christ the King Lutheran Church on corner of Holden St. & Whitefish Road.



Friday Book Talk

Friday, Dec. 12 at 9:30 at the Library, Tidings of Great Joy by Sandra Brown will be reviewed by Loretta Federspiel. *Preview for Jan. 9: Book list for the year to be discussed.* New members welcome to join any month!

Strong Women Program

Developed by Miriam Nelson, PhD, at Tufts University, the Strong Women Program is based upon research demonstrating that strength is critical to living healthier, active lives. It is beneficial to both sedentary and active women. This 12-week exercise program for women 40 and older will be offered Tues. & Thurs. mornings 9:30 – 10:30 AM at the Park and Rec Office Jan. 9, 2009. The cost will be \$50.00 per member and \$55.00 per guest plus equipment. **THE INTRODUCTION OF THE STRONG WOMEN CONTENT, EQUIPMENT, AND OTHER REQUIREMENTS WILL BE COVERED** on Tuesday Dec. 2 at 9:30 at Park and Rec and Thursday, Dec. 4 at 9:30 at Park & Rec. **Please register at the Port Senior Center for the introduction, if you are unable to attend** call Carol Boehle at 262-284-6677. Registration for January 9 will also take place at the orientation. You must speak with instructor before you can take the class.

New

Class size: minimum 8 max. 12

Strength Training - Class openings

Class meets *Tuesday's Dec. 9 -30 at 8:30 – 9:30AM*. 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.**

Blood Pressure Check

Dec. 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: Dec. 1,15, & 29. 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.

Painting Projects -Any one who would like to paint during ceramic time is invited to bring their project, a \$1.00 per week fee will be collected.



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.

Photography Fundamentals Class

A 5-week class will be offered January 5 – Feb. 2, 2009 with Tom Murtaugh. The class will cover how to get the most out of your new camera, photo fundamentals, camera modes, flash, uploading images to computer and more. The course fee is \$30.00 with a minimum of 4 students. Class is starting at 10:00 AM in the lower level. Register with fee by Dec. 30, 2008.

Green Felt Club

2008-09 league is under way. Members must be in good standing with the Senior

Center which means dues to the Center are current. “B” players needed this season. Stop in Wed at 12:30 if interested in playing.

Pinochle

This card game is played Wed. at 10:30 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! Dec. 11th for Yahtzee, Jan. 8 Yahtzee & 22 dominoes. Prize drawing for \$5.00 to Sentry Foods thanks to Comfort Keepers. No fee for members and guests pay \$3.00 per month.

Senior Singers – Community Service

Monday's at 9:30 AM. Until Dec. 15 and then breaks until Jan. 19. The group sings in the community. Join in bringing smiles to others. New Singers welcome & needed! Chorus Director needed to start ASAP. Interested? Call Catherine 284-5821.

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 Videos: Atlantic Vistas & from Aug. Being Julia**

Weekly Activities

Singers (Chorus) – Monday's at 9:30 AM
Aqua Exercise -Tues., Thurs. 6:40 AM & Fri. at 6:40AM

Piano Lessons – will return soon, **Contact Center for more information.**

Strength Training - Tues. at 8:30AM



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

“An English” Christmas Tea is the theme for
Wed. Dec. 17 at 1:30. Join in the merriment
with scones and Christmas tea. Please
register by Mon. Dec. 15. Cost is \$2.00 per
member and \$4.00 per guest. ***Preview for
January 2009: Chinese New Year Tea.***

Christmas Membership Luncheon

Date: Thur. Dec. 4

**Payment & Reservation were due on
Mon. Nov 24.**

The annual Christmas luncheon will take
place at the American Legion in Saukville
on HWY 33. Doors open at 10:45 AM for



cocktails. The holiday music at 11:30 AM
provided by the Port High Madrigal Singers,
buffet lunch, to be followed by door prizes,
silent auction, and social. **Menu:** salad,
relish tray, rolls, roast pork loin, tenderloin
tips, Spaetzle with gravy, whole green
beans, California blend vegetables, dessert,
and coffee for \$14.25 per person members
and \$17.25 for guests includes table favors.

Port Washington Senior Center & Port Washington Dining Site Events:

2 -Blood Pressure Checks

8- Eleanor’s bingo with extra prizes from
Comfort Keepers & cash

11– Game Time with Yahtzee

15-19 Five Days of Christmas; Prize A Day

15-Christmas Memories

16- Ozaukee Christian School Sings

17- Lunch Bunch

18 – Christmas Trivia

19- Party with Prize Jingo & Bingo

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



Community Events

Boomerang Volunteers

Volunteer Center for Ozaukee County will
be here to discuss this program on Tues.
Dec. 9 at 12:30. Register for lunch with Jill
at 284-5672 by the noon on the 8th.

HATHA YOGA

Registration open to 12 and older

Bruce Van Dyke returns to teach this level 1
Yoga course. He is certified. He has been
on PBS and students look forward to his
classes. Sat. Jan. 17 – Feb 28, 2009 at TJ
School Library 9:15. Cost \$55.00 member
\$60.00 guest due with registration by Jan.
12, 2009. Sponsored by the Senior Center.

Tai Chi Chuan and Chi Gong for Health

Tai Chi Chuan is a traditional Chinese
exercise practice for health maintenance and
relaxation. It promotes balance, lowers

New



stress, relieves chronic pains, and more benefits. The instructor will be Kathryn Rusch a member of the Tai Chi Chuan Center of Milwaukee since 1994. KT has studied with the late Grandmaster Chian Ho Yin and currently assistant teaches with the honorable Mike Milewski.

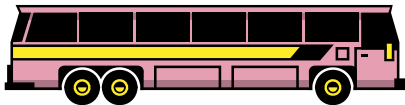
Introduction will meet on Mon. Feb. 9 at no charge 10:00 AM on the lower level of the senior center. Register by Mon. Feb. 2.

Tai Chi Class 8-Week session Feb. 16 – April 6, 2009 at 10:00 AM. Class fee \$65.00 per member and \$75.00 per guest. Due Feb. 9. A class minimum (not set) will apply with a maximum of 15 students.

WJ Niederkorn Library

Wed. Dec. 3 at 6:00 PM.

My Living Legacy: Capture life histories on film program with Kick Liersch. No charge.



Trip News

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

Trip Payment & Refund Policy: 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 may be dropped from the list!

Cancellations are not guaranteed a refund. Cancellations within **THREE 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.

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

Wed. Dec. 17 Lunch Bunch is invited to the Senior Center for one of Five Days of Christmas celebrations and planning Jan – March 2009. Reservation due Tues. Dec. 16 by noon. Cost on your own.

2009 Day Trips

Fabulous Fifties Part 2 –Waiting List only

Date: Thurs. Jan. 22, 2009

Payment Due: Mon. Dec. 22, 2008

Everybody loves a good sequel!! Every year the movie theatres are filled with them and patrons flock by the millions to revisit their favorite characters and stories. From the creators of The Fireside's spectacular Live Band Revues comes this fast-paced, tuneful, hilarious, rocking tribute to that delicious decade that brought us TV dinners, hula hoops, and rock and roll. Taking up where the first show left off **THOSE FABULOUS FIFTIES - Part 2** is filled with music, laughs and memories from such immortal greats as Jerry Lee Lewis, Buddy Holly, Bobby Darin, Rosemary Clooney, Dave Brubeck, The Platters, Little Richard, Sid Caesar, Patsy Cline, Nat King Cole, Elvis Presley and much, much more. It's a fun-filled look back at America's happiest days. Menu Cream of Carrot soup with warm breads, Entrée: Chicken & ribs dessert: lemon custard ice cream pie & coffee. Cost is \$80.00 for members and \$82.00 per guest. Depart at 8:00 AM with a possible Jones Dairy Stop.

Mystery Trip ?

Date: Feb. 26, 2009

Payment due Jan. 29, 2009

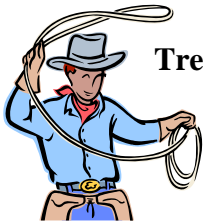
This will be a day that includes a little walking, lunch and deluxe motor coach. Cost is \$73.00 per member; \$76.00 guest.

The Fantasticks

Date: Fri. March 6, 2009

Payment due: Jan. 30, 2009

"Try to remember the kind of September when life was slow and oh so mellow...." Those lyrics usher us into a magical world of romance and adventure in the show that is the longest running musical in the history of the world. The original production of THE FANTASTICKS ran continuously for over 40 years in New York and the show has been presented around the world in countless productions. And now The Fireside is presenting their premiere production of this timeless classic. It's funny, it's stirring, it's tuneful, and it's oh so romantic. It is the ultimate boy meets girl musical with a great score. Main Entrée: CHOICE of 1. Scrod (cod) or 2. chicken KonaKai (breaded) dessert is macadamia nut tart; breads & coffee. Cost is \$80.00 for members and \$82.00 for guests. Depart time to be announced.



Treasures from the Fredrick Remington Art Museum & Oshkosh History

Date: Tues., March 31, '09
Registration Opens Dec. 1

This exhibition features twenty-six original paintings, drawings, and sculptures by famed American artist Frederic Remington. A century ago, Remington was the busiest artist in America. Remington captured the romance of the then-fading American West through dynamic depictions of cowboys, horses, frontier cavalry soldiers, and Native American warriors. Drawn from the exceptional collections of the Frederic Remington Art Museum, in Ogdensburg, New York, this exhibition showcases the breadth and strength of Remington's work. Lunch is included and will feature a local favorite. Meal choice, departure time and return to be announced in Jan. newsletter.

New

Deluxe motor coach, escort, admissions, and gratuity are included. Cost will be \$59.00 per member and \$62.00 per guest. Payment due March 1.

Disney's High School Musical

Date: Thur. April 30, 2009

Registration opens Dec. 1, 2009

Join Cedarburg and Grafton Seniors and guests as we travel to the Fireside in Fort Atkinson for this modern popular musical. High School Musical is a phenomenon! This Emmy Award-winning television film was the most successful Disney Channel movie ever produced with 7.7 million viewers in its premiere broadcast in the United States. The Fireside is thrilled to bring this smash hit musical to life on our stage in a sparkling production designed to delight young and old alike. If HIGH SCHOOL MUSICAL is a favorite in your household think what fun it will be to bring the family to see the songs, dances, characters, and story live on our stage featuring a cast of talented and energetic young Broadway and Regional performers. This is a show not to miss! Menu is to be announced.

New

Cost is \$80.00 for members and \$82.00 per guest. Depart at 8:00 AM from Port. Payment due March 12, 2009.

It's Not Easy Being Green

Date: Tuesday, May 12, 2009

Registration opens Dec. 8, 2008

Today we begin with a tour at the Midwest Renewable Energy Association. The RENEw the Earth Institute is a place where people of all ages can learn about renewable energy, and other environmental issues. Lunch is included at the Country Kettle with a choice of: Chicken Parmesan or Sliced Roast Beef. A stop at the Hancock Agricultural Research Station is included. For more details pick up a trip flyer at the Center after Dec. 8. The cost is \$69.00 per



New

person and \$69.00 per guest. Payment due April 14, 2009.

Fireside

Thur Sept 10 – The Sound of Music

Thur. Nov. 19 – Christmas 2009

General Trips

May – It's Not Easy Being Green & Brewers Baseball (schedule not released)

June – Brewers

July – La Crosse Paddle Boat Adventure

Aug – Aug. 6 Czech it Out, Wisconsin

Czech Heritage with entertainment & Arlington Race Track (coming in January)

Sept – Brewers

Oct – The Big "O", all things Oprah but the show

Planning is still occurring for 2009 trips!

Watch newsletter for more information the next several months!

Oneida Bingo & Casino Trips

2009 Yearly schedule available at Center.

Next dates: Jan. 15, 2009 & Feb. 12, 2009.

Landmark Tours provides this trip several times a month. Call 375-1426 to register.

2009 Extended Trip with Port, Grafton & Cedarburg Seniors

Islands of the Palm Coast

Motorcoach Value Tour

Departure Date: April 24, 2009

From \$1209 Twin Rate

(includes insurance)

Come one, come all to St.

Augustine, Florida on a motorcoach journey: Islands of the Palm Coast.

Pick up a flyer at the center for more on this sensational escorted group tour!

9 Days • 12 Meals

- Free home or local pickup and return

- 12 Meals (4 dinners and 8 breakfasts)

- 4 Nights in St. Augustine on beautiful

Anastasia Island

at a beachfront hotel

- Dinner and show at the Alhambra Dinner Theatre

- Historic guided Trolley Tour of St. Augustine with included three day pass



- Florida Heritage Museum
- Enjoy dinner at The Reef Restaurant with its ocean views
- Scenic cruise of Matanzas Bay aboard the Victory III

- Visit historic St. Augustine and discover the many shops along St. George Street

- Amelia Island touring including Fernandina Beach and historic Centre Street

- Fort Clinch State Park

- Anheuser Busch Brewery Tour

- Orlando optional day trip to Epcot Center and Walt Disney World

- Guided tour of historic Montgomery, Alabama

- U.S. Space and Rocket Center

- \$45 in [Mayflower Money](#)

\$210.00 deposit with Cancellation fee

waiver due with reservation. Reserve as soon as possible!

Center Operations and Procedures

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 the container. Clean cans are preferred for recycling. Thanks to all who help.

In Memoriam

Our thoughts and prayers are with the families of: *Ralph Seyfert and Bernadine "Bernie" Possley.*

Welcome New Members

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

Carol Conrad, Bob & Mary Joy Kattner, Betty Ewig, and Patti & Nick Spencer.

HAPPY BIRTHDAY

- 1 *Wiladaen Young*
Margaret Kelsey
- 2 *Carol Panek*
- 3 *Mary Schulz*
Anna Marie Weyker
- 4 *Martha Bolz*
James Schleg
- 7 *Joe Demler*
- 8 *Charles Wolf*
Syl Bares
- 9 *Janice Bloemer*
Ted Zembrzuski
- 11 *Margaret Salm*
Jean Shaver
Margaret Kelsey
Muriel Crowbridge
- 12 *Carol Beck*
- 13 *Carol Heniadis*
- 14 *Jerome Bolz*
- 15 *Eleanor Schaefer*
Jim Wester
Sally Krueger
- 19 *Sandra Preisler*
Tom Klotz
- 20 *Karl Schulz*
Loralee Brown
- 23 *Rita Decker*

- Ruth Gasper*
Ruby Knight
24 *Mary Becker*
Bea Funke
25 *Theresa Demler*
Keith Ramthun
Brenda Te Beest
26 *Adeline Schmitz*
27 *Betty Last, Joan Bley,*
Alice Kolbach
28 *Elaine Kranz*
29 *Olga Senn*
31 *Sylvester Prom*

Congratulations

The winner of the member recruit a member Sentry Gift Certificate went to Ceil Stenberg!

Miscellaneous

Looking for ways to save in 2009?

The Port Senior Center will be receiving a variety of magazines courtesy of Comfort Keepers. They will be in the middle rack in the piano room magazine rack until a new rack arrives. Currently we have received: Newsweek, County Living, Family Circle, Outdoor Life, and Conde Nast Traveler.

The Center also subscribes to the Milwaukee Journal Sentinel.

Senior Request For A Driver One-Way

Shirlie Barth is looking for anyone who may be interested in driving her and a dog to Sarasota, Florida in January 2009. She will pay gas and the return flight home. Call her at 262-284-4833 if interested.

Interested in Oil Painting Class by Laurie Sucharda?

Contact the office if you are interested. We are looking at a late afternoon class in March.