



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



Port Washington Senior Center
 102 East Pier Street
 (262) 284-5821

Catherine Kiener, Director
 Laurie Sucharda, Assistant
 Kandy Bichler, Environment

E-mail: ckiener@ci.port-washington.wi.us

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. 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 2008 and give yourself a gift of time spent meeting new and old friends at the senior center.

As Norman Vincent Peale said, "The more you lose yourself in something bigger than yourself, the more energy you will have." I challenge each member to "lose themselves" at the Center for lunch once a month, a new activity, day trip, special event, board games, or attend a physical activity class.

Sincere appreciation is extended to the members who donated for the craft & bake corner. Over \$1,000 was raised to support the activities and office function of the Senior Center. Thank you to the members who referred friends and family and who also supported the event with purchases! We will receive an additional \$800.00 match from Thrivent

Financial for Lutherans, Ozaukee County. Thank you Thrivent members!

UPCOMING EVENTS:

- 2008 Renewal NOW due to avoid missing Feb. issue!
- **Fireside Jan/Feb seats available**
- Registration open for Yoga, drawing, computer, ceramics, and day trips. Check the specific program for details in this issue.
- Paczki Orders due Jan. 29

The staff wishes you all a Happy New Year!

Holiday Closings

Senior Center & Dining Site are closed New Year's Day Jan 1, 2008.

Winter Weather Closings

The Senior Center will close during severe weather such as a blizzard. Fox 6 is the Center's official station for notice.

Sentry Receipts due Jan 2, 2008

All receipts from 4th quarter Oct., Nov., Dec are due for processing. First quarter is January 1 – April 30, 2008.

Pick-n-Save We Care Program

We need \$50.00 per quarter (we are up to \$7.00). *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.

GIFT CERTIFICATES

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

Thank You, Thank You

December Newsletter Crew: Joan Murphy, Betty Last, Rosemary Weiland Nelda Bartz, Marilyn Schmit, Sandi Preisler, and Theresa Antoine.

Craft & Bake Corner Door Prize winners:

Santa –Linda Baumann
Picnic Blanket –Rosemary Linzmeyer
Holiday Inn – Dorothy Bichler
Purple Sweater – Gus Geib
Packer Tickets – Marge Lampert
Afghan – Kathy McGuire

Volunteer Opportunities

Volunteering is the ultimate exercise in democracy. You vote in elections once a year, but when you volunteer, you vote every day about the kind of community you want to live in.

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

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

Gifts to the Center

Continuing a Center tradition, a collection of paper products received over 27 items received, 10 more than last

year! *Thank you Tuesday Bridge for your group effort!*

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. **Substitute instructors needed & are paid; if interested contact Catherine for application.**

Arthritis Foundation Exercise Course

Co-Sponsored by the Arthritis Foundation

Session I - Jan 7, 2008 – Feb 27, 2008

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 Jan.2, 2008.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. If you would like to try the course, a free trial day is Wed. Jan. 2 at 9:30AM at Christ the King Lutheran Church.

Friday Book Talk

Fri. Jan. 11 at 9:30 at the Library to plan for 2008 reading and reviewer lists. New members welcome!



Strength Training

Class meets **Tuesday's 8:30 – 9:30**. 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

Tuesday January 8th 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 Jan. 7th and 21st. 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.

“Peckvillcher” or Little Bird Registration begins Jan. 3

The ceramic instructor and Mary Flierl will be hosting a traditional Luxembourg Easter item for glazing on Thur. March 6! The price will be \$15.00 includes bisque bird, glazes, firing, and instructor fee. Register by Feb. 27 with payment. There is a limited number of “peckvillcher” available.

Computer Classes

Registration begins Jan. 2

Computer Internet Basics

This beginner class will cover the basics of internet searches, how to identify secure websites, and how to set up email accounts. The 2 week class will meet 5:00-6:30 Tues. Jan. 22 & Jan. 29. Class fee is \$15.00 per member and \$20.00 per guest limit of 4 students.

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.

DRAWING CLASS- Adults & Seniors Registration now open

Sharpen your drawing skills...for beginners, intermediate and advanced! All are welcome; you need not be a member to join this class! Erin Callahan Blum is the instructor.

(www.watercolor.50megs.com) Class will meet **Jan. 21 – Feb. 18** from 1:00 – 3:00. Class fee is \$55.00 for Senior Center Members and \$60.00 for the general public plus supplies. Register early to receive your supply list.

Green Felt Club

Mid Season Luncheon will be Jan. 16 at 11:30. The recognition program will take place prior to the start of league play. Interested members needed for this Wed. league and will be assigned to a team. Cost is \$18.00 for season plus must be member of Senior Center. Pool is played on other days Center is open.

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.*

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.

New

New



Board Game Thursday's



Meets 2nd & 4th Thur at 10:30 AM!
January 10 Yahtzee & Jan 24 Dominos
or Skip Bo. 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. **Please
register monthly at the Center for
planning.** Register by Jan. 7.

Senior Singers – Community Service

Join this musical group at 9:30 on
Mondays. The group will sing with
Grafton the national anthem at the Feb.
29 Admirals game. No fee for members
and \$1.00 per week for guests.

Walkers & Hikers

The Winter Walkers will walk--through
cold and a bit of snow (but not ice) on
January 10 and 24. The first hike will be
Audrey's "Random Ramble" and will
include a tour of Random Lake's historic
home. Our fourth Thursday, the 24th,
will be "Joyce's Choice" and will take us
to the south edge of Port Washington.
Remember, all walks begin at the Senior
Center at 9:30, with carpooling to out-
of-town locations. Call Elaine for more
information, 284-1838. Hearty Healthy
Hikers welcomes new members to the
group.

Monday at the Movies –Jan.21

Featuring: Hairspray

Pleasantly plump teenager Tracy
Turnblad teaches 1962 Baltimore a thing
or two about integration after landing a
spot on a local TV dance show. Cast
includes John Travolta, Michelle Pfeifer,
and Amanda Bynes. 117 Minutes rated
PG (New DVD player entire movie
will be shown!)



Writers' Circle- Write On

The Second Wednesday of the month at
10:30, Jan. 10 on the lower level, the
group brings sample of their writing to
share. No fee for members and \$1.00
per meeting guests. Call by Jan 7 to
register for this self-directed group.

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 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

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
A Little History of Tea



Wed. Jan. 16 at 1:30 guest speaker Mae Robinson will share a little history of tea as the group begins its 9th year. Tea bread and a "Plum Good" tea will be served. Cost is \$2.00 for members & \$4.00 per guest. Reservation due Mon. Jan.14. **Preview for Feb. 20:** *International Tea with Port High Exchange students from Saudi Arabia, Germany, & South Korea.*

Port Washington Senior Center & Port Washington Dining Site Events:

10- Eleanor's bingo with extra prizes from Comfort Keepers & cash
21- Movie *Hairspray*
Lunch reservations due to Jill 24 hours in advance at 284-5672.

Community Events

Hatha Yoga for Adults & Seniors Registration now accepted!

The *benefits of yoga* include tension relief, deep breathing, and stress management. This popular 7-week class will be held in the Thomas Jefferson Middle School Library. Bruce Van Dyke returns to teach this level one Yoga course. The class will meet on Saturday at 9:15 AM beginning Sat. Jan. 12 – Feb.23. **Class fee is \$50.00 for senior center members & \$60.00 for public.** Call the center or e-mail ckiener@ci.port-washington.wi.us to register by January 11, 2008. **Payment due with registration.**

Pazcki Sale

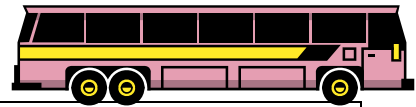
The Board & members will be selling this "Fat Tuesday" treat in lemon, raspberry, or prune. Orders of 3 or more should be reserved by Jan 29, 2008! The Pazcki price will be \$.75 each (any proceeds go to the Center)! Pick up will be after 9:00 AM on Tues. Feb. 5.

Pazcki's will also be on sale at Port State Bank beginning at 9:15AM until gone.

Tax Assistance

The February Leisure Times will include the specific reservation times for appointments and walk in service which begins in February. As of this writing volunteers and days available are not confirmed!

New



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 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. January 30 at 11:30 at Port Hotel. Cost is on your own. Call Center for a reservation by Mon. Jan. 28. This will be a planning lunch for 2008 destinations.

New

Oneida Bingo & Casino Trips

Yearly schedule available at Center. Landmark Tours provides this trip several times a month. Call 375-1426 to register.

Day Trips 2008

FIRESIDE BEST OF BANDS

Decades of Fun!

Date: Thur. Jan. 24, 2008 – 2 Seats

Payment due with reservation

See description under trip 2

Cost is \$75.00 for members and \$78.00 for guests. Includes a stop at Jones Dairy Farm store, wonderful meal, show ticket, escort, gratuities, and roundtrip deluxe motorcoach transportation.



FIRESIDE BEST OF BANDS Trip2

Date: Fri. Feb. 8, 2008 - 15 Seats

Payment due with reservation

The Fireside's All New Live Band Revue is a tribute to the great bands---the Big, Rock, Jazz and Country Bands. They will feature music from the 40's, 50's and 60's and beyond. It's a show filled with laughs and cheers and great, great music. Don't miss this all new original musical sensation!

MENU: Cream of Shiitake Mushroom Soup, Freshly baked breads from the Fireside Ovens, Chicken Piccata, Charleston Rice with Jones Original Family Recipe Sausage, green snap peas and young carrots and for Dessert Tarte Aux Pommies.

A second date for this popular Live Band Revue Show. Depart 8:15. Cost \$75.00 member and \$78.00 guest.

Trains at the Domes

Registration begins Jan 2

See the making of the domes, hear from a horticulturist, and then tour the 3 domes. The special show dome features Gulliver's Travels, a model railroad

New

exhibit, with trains running and model builders to share ideas. After this quiet warm winter escape, we board the bus for lunch at Mader's restaurant. Depart Port at 9:00 and Grafton 9:15. Return approximately at 3:00 PM. Trip cost \$45.00 member/\$48.00 guest includes deluxe motor coach, admission fees, lunch, gratuities, and escort. **Payment due Feb1, 2008.**

Admirals vs Providence Bruins Hockey Game

Date: Feb. 29, 2008

Payment due Jan. 29, 2008 – 20 seats

The Grafton Chorus will be singing the National Anthem with the Port Singers and anyone who would like to join.

Celebrate the leap year with the excitement of ice hockey. Transport is by Johnson School bus. Cost is \$20.00 includes ticket, school bus, gratuity, & escort. Take a grandchild, neighbor or friend.

ANYTHING GOES AT FIRESIDE

Date: Thur. March 27, 2008

Only 11 seats remain!

Come aboard our ship for the granddaddy of all madcap musicals - full of ocean voyages, mistaken identities, wacky love triangles, disguises, surprises, and dazzling tap dancing all tied together with one of the most beloved musical scores by one of America's greatest songwriters – Cole Porter. Filled with such classic tunes as "I Get a Kick Out of You," "Blow Gabriel Blow," "Friendship," "You're the Top," and "Anything Goes," this is far more than just a pleasure cruise – this is a fun-filled trip you'll never forget. Menu: Cruise to Asia Salad, fresh baked breads, roast tenderloin of beef, dessert is chocolate praline



mousse, and coffee, tea. Payment due Feb. 14, '08.



Experience the 11th Century – Medieval Tournament

The Great Show & Feast will be attended by the Kings subjects Thur. April 3, 2008. Learn the history behind this English pastime. The day begins with the trip to the castle aboard the modern mode of transportation a deluxe motor coach. Upon arriving we will be seated for the Kings banquet as eaten in the 11th Century. *The bill of fare: garlic bread, tomato bisque soup, roasted chicken, spare rib, herb basted potato, pastry of the Castle, beverages.* Cost: \$68.00 for members and \$72.00 for guests which includes deluxe motorcoach transportation, meal, show, gratuities, snacks, and escort. Departure: 8:00 AM from Port and 8:15 AM from Grafton return time approximately 6:00 PM. **Payment due February 15, 2008.**

Frankenmuth, Michigan

Information and registration announced in Feb newsletter!

2008 Day Trips

General Trips 2008

May & June – Brewer's games
July 8– A Day in the Bay, Sturgeon Bay
Summer - Discovery World
September – NEW Mystery Trip

Fireside

Thur. June 5 - Barefoot in the Park
Wed. July 16- The Rock & The Rabbi
Thur. Sept. 4 – How to Succeed in Business
Thur. Nov. 13 – Christmas & 12 Days Gift
Fri. Dec. 12 – Fireside Christmas

Extended Trips

Sept. 18-22 – Frankenmuth, Michigan
Mid Nov. – Branson, Missouri

· Planning is still occurring for 2008 trips!
· Watch newsletter for more information.

Center Operations and Procedures

As we plan for the New 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: Catherine or Laurie 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: Charles Wolff, Arnold Ansay & Lloyd Moths

Welcome New Members

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

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*
- 6 *Ted Baron*
- 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
Nancy Prom*
- 17 *Betty Wengel,
Rosemary Linzmeyer,
Gerald Downing*
- 18 *Marion Hurias,
Rhea Yovanovich*
- 19 *Betty Savage*



- 20 *Janice Salchert*
- 22 *Helen Nenn*
- 23 *Audrey Cayo*
- 24 *Mary Baron,
Mary Donna Froh*
- 25 *Nancy Mersereau,
Ethelyne Schumacher*
- 27 *Herbert Possley,,
Lorna Ruppel*
- 28 *Mildred Prom*
- 30 *Rose Gross, Roslyn Warren*
- 31 *Herbert Russo*

Physical Activities

These are important for healthy aging and independence. Here are some questions to ask your physician about becoming physically active from the International Council on Active Aging:

1. Can I exercise?
2. What kind of exercise can I do?
3. What kind of exercise should I avoid?
4. How often can I do this exercise?
5. How intensely can I exercise?
6. How long should I exercise for?
7. How do I know when to progress?
8. Do I need any type of test beforehand?
9. Should my exercise program be supervised or unsupervised?
10. How will medication impact my exercising?

Older adults stand to gain important health benefits through physical activity, including disease prevention. Please consider registering for one of the Senior Center sponsored programs in 2008! Make it twice as nice, bring a friend or join to meet new friends.