



Port Washington Senior Center Celebrate Senior Center Month



The Leisure Times September 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

September is Senior Center Month. The theme is Senior Centers Work! Why do they work? It is your place to gather for education, health improvement, recreation, and social events. Through the center activities and interest areas new friendships are formed. For the month long celebration, we have a Lighthouse Bingo in memory of Bob Zuba, Lottery Lunches, Information session on Family Care, Active Aging Week, & Oktoberfest Accordion. **Please take part in one of the events** and bring a friend or family member!

Plan to participate in the Common Council as they consider the present and future space needs for the Center with the architect's presentation Sept. 16 which is **not a final design but concepts** and costs to start the process with elected officials input!

This is the Community & Members center with the coordination through the Director. We have a very few hours for cleaning so it is important for everyone to be responsible for cleaning & storing dishes you use, returning program materials, etc.

It is helpful for all groups to inform non-members of the \$1.00 per week fee due to the office. When you have new participants please ask them if they are members.

The Center Office is in need of additional office assistants for regular time slot or as on-call. If you have the time to share, are

willing to learn a few office tasks, and meet new people, contact Catherine for training.

UPCOMING EVENTS:

- **Sept. 16 Architect presentation to Common Council on Senior Center Study for New Center**
- **AARP Mature Driving Class Sept 8 & 9 12:30 – 4:30 lower level**
- **September Senior Center Month See activities pg 4 & 5!**
- **Sept. 22-28 Active Aging Week – Try Scrabble, Strength Training, Aqua Ex, or Arthritis Class**

Membership Recruitment

Sept & October are months for every member to recruit new members. When a new member joins for 2009, they receive 4 or 3 months free in '08.

Sentry Receipts

Third Quarter July 1- Sept 30, 2008.

Receipts due Oct. 2 for 3rd quarter. 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

August Newsletter Crew: Ethylene Schumacher, Betty Last, Joan Murphy, Esther Bley, Sandi Preisler, Pat Voeller, Nelda Bartz, & 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.

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

What are Wii Games?

Wii (pronounced we) is an electronic game system by Nintendo that simulates a variety of sports like bowling, golf, tennis that two people can play. It is connected to the television so you see the action and you hold a controller in with wrist strap to simulate the action required in the sport.

This affords a player to work on balance and be active with out the stress on joints of the traditional sport.

The Center is looking for a Wii bowling coordinator! Contact Catherine by Sept 22 if interested.

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 V Aug. 4-Sept. 22

Mon & Wed. at 9:30am.

Session VI Dates: Sept. 22 – Nov. 5, 2008

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 Sept. 17. Meet at Christ the King Lutheran Church on corner of Holden & Whitefish Bay Roads.

New

Friday Book Talk

Friday, Sept. 12 at 9:30 at the Library, The Turk and My Mother by Mary Steffaniak will



be reviewed by Alice Reynolds. New members welcome to join any month!

Preview for Oct 10: Jan Meyle will review Water for Elephants by Sarah Gruen.

Strength Training - 5 Class openings
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 welcome, go at your pace!

Blood Pressure Check

Sept. 2 at 12:30 by a volunteer nurse. **No fee. Meet the new nurse!**

Canasta or “Hand and Foot”

Players meet at 7:00 PM on the 1st and 3rd Monday's: 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.

Computer Class – 1 Opening

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.

Pressed Flower Project –Maximum 10

Brenda will lead a craft project Oct. 9 1:00-3:00. Participants will make a pressed flower framed hanging. Make for yourself, as a gift or to donate to the annual Craft sale. The cost will be \$15.00/17.00 guest includes all materials. **Register by Sept 24 with fee.**

New

Adult Water Color Class

Erin Blum welcomes beginners and intermediate painters to this 5 week class beginning Mon. Sept. 15. The fee is \$55.00 for members and \$65.00 for guests. Class meets upstairs 1:00 – 3:00 PM. **Register with fee by Sept. 11.**

Walkers & Hikers

Meet October 9, **last walk of the season** at the Center at 9:30 am for walk start or car pool to start. Members no fee guest \$1.00 per week.



Green Felt Club

Fall league starts in Sept. Members must be in good standing with the Senior Center which means dues to the Center are current.

- 08-09 league will start Sept. 3

Adult Horseshoe League

Congratulations: Most improved player was Howard Arndt! First place team: Jerry Downing & Howie Arndt; Second place: Dennis Augustine & Jerry Wilde.

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**

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! Sept. 11 – Yahtzee and Sept. 25– Scrabble. 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 – 2 weeks remain of '08 season

Weekly team games Tuesday's until Sept 9 with an end of season party following the game, location to be announced. Games start at 9:30 am. No fee members.

Senior Singers – Community Service

Mon. September 8 at 9:30 AM. New Singers welcome & needed! Register by Sept 2 with the office.



Monday Sept. 29 at the Movies

Feature: **The Water Horse: Legend of the Deep**

When a lonely boy named Angus finds an unusual egg that hatches the legendary creature, a water horse, on the shores of Loch Ness, he can not keep the secret as the animal grows 10 times its size daily. Rated PG, 112 Minutes.

Movie starts about 12:30. *Sponsored by Video Plus Port Washington.* Make a lunch reservation by Fri. Sept. 26 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 – 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 except Mon. Sept 8; 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

Dutch Tea



Wed. Sept. 17 the Center will host a Dutch tea featuring Brian Gesch from Cedar Grove Dutch group, Pickwick tea and a Dutch treat will be served. Please register by Mon.

Sept. 15. Cost is \$2.00 per member and \$4.00 per guest. **Preview for October 15:** *Lighthouses of Wisconsin* by Guest speaker.

Casino Night & Dinner

The 9th annual Italian dinner and casino games Roulette and Black Jack with auction for prizes is scheduled for Mon. Oct. 20.

Heritage Nursing & Rehab will be our volunteer servers and casino dealers. Salad, lasagna, dessert, coffee, and fun will be served. The cost will be \$8.00 for members & \$11.00 for guests. In order to prepare food order, **reservations & payment are due Mon. Oct. 13.**

Port Washington Senior Center & Port Washington Dining Site Events:

Lottery Lunches to celebrate Senior Center Month

One or Two lucky winners per lunch will win a scratch off ticket or other prize. Sign up by the preceding day: **Fri. Sept 5, Thur. Sept. 11 Wed. Sept. 17, Tues. Sept. 23, Mon. Sept 29.**

2 -Blood Pressure Checks

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

11- Game Day with Yahtzee

29 – Lunch & a Movie *The Water Horse*

30 – **Oktoberfest** with Helen on Accordion



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

Community Events

AARP Mature Driver Class

Program Dates: Mon Sept 8 & Tues. 9th

Register & pay by Tues. Sept 2.

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.

Senior Center Month Celebrations

Lottery Lunches – One each week in Sept
Oktoberfest - Join the center for lunch on Tues. Sept. 30 for door prizes and the Music of Helen Seidel on Accordion. Register by Sept.23. Register for lunch by Sept 29!

Active Aging Week –Try a fitness class Sept. 22-29 free (Aqua Ex, Strength, or Arthritis) Regular members will have a chance at a prize in lieu of free day, or brain exercises lighthouse bingo, Family Care talk, or scrabble.

New Member Recruitment – Bring a potential member to any event and enter for a Sentry Gift Certificate! New member receives 4 months free when paying for 2009!

9/11 First Responders Breakfast

Heritage will be sponsoring a breakfast on Thur. Sept. 11 for Retired & Active EMS, Firefighters, & Police Officers **at the** Senior Center. Time to be announced. NO FEE. Call 284-5821 to reserve a spot by Sept 8.

Who Gets Grandpa’s Fish Pole or Grandma’s Pie Plate?

New

This educational program on **non-titled property** distribution is on Tues. Sept. 30 at 10:00am -noon or 6:30-8:00 p.m. in room 118 of the Oz County Administration building, 121 W. Main St., Port. This is a free program with registration due Sept. 25 to UW-Extension at 284-8288.

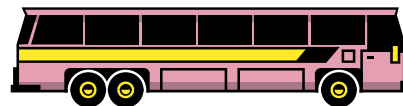
Dialogue with Senior Opinions Wanted

Seniors, ages 54 and older, we need your opinions! A dialogue will take place in Milwaukee on September 27th, 2008 from 8:00 am to 3:30 pm (meals provided) to discuss the race relations in Southeastern Wisconsin. We need older adults from all ethnic groups. Your opinion matters! Transportation to the event will be provided. **Contact Catherine Kiener by Sept. 8** if interested in attending.

Opinion Wanted

Prepare to Care

Many of us will provide care of some type to a loved one, will receive care or be both a caregiver and a care recipient. Are you prepared? This FREE educational program will focus on ways to help you and your family discuss and create a caregiving plan for yourself or a loved one. Receive a free planning guide for families. Wed. Oct. 8 or Tues. Oct. 21 6:30-8:00 PM. Call UW-Extension at 284-8288 to register.



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

New

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. Sept. 24 at Curly's in Belgium. Meet there at 11:30. Cost is on your own. Call Center for a reservation by Mon. Sept. 22.

Prosit in Frankenmuth, Michigan –Filled Trip Meeting Wed. Sept. 3 at 6:00 PM at the Senior Center.

Departs: September 17 – 21, 2008

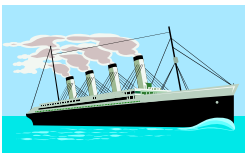
Mystery Trip –Filled; waiting list only Date: Thurs. Sept. 25

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

Titanic: The Artifact Exhibit – 8 seats

Date: Wed. Oct. 22, 2008

Payment due Sept. 2, 2008.



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 – 2 Seats Only

Date: Tues. Oct. 28, 2008

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.

Christmas in the Dells –only 7 seats

Date: Thur. Nov. 6

Payment due Oct. 1, 2008.

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.

New

Claus and of course “The True Meaning of Christmas.” Cost is \$79.00 per person. Includes admission, dinner, gratuities, and deluxe motor coach transportation.

Fox Valley Mall Shopping –Accepting Waiting list only

Date: Mon. November 17th

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 – 12 SEATS

Payment for Nov. 13 due Oct. 1

OR

Fri. Dec. 12 – 1 SEAT

Depart: 8:00 AM

“Bursting with Cheer & Holiday Spirit”



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 Dec. 12 due Oct. 29.

Oneida Bingo & Casino Trips 2008

Contact Landmark Tours 375-1426 for reservation. Oct. 9 & 30; Nov. 20, Dec. 11

2009 Day Trips

Fireside

Thur. Jan 22-Fabulous Fifties Part 2

Thur April 30 – Disney High School Musical

Thur Sept 10 – The Sound of Music

Thur. Nov. 19 – Christmas 2009

General Trips

Planning is still occurring for 2009 trips!

Watch newsletter for more information the next several months!

New

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)

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](#)



New

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: John Jushka (husband of Member Charlotte & Brother of Pete Jushka) and Marie Schanen.

HAPPY BIRTHDAY

- 1 *Alyce Appleman*
- 2 *Bernice Winnemueller*
Gerry Chaney, John Ketter
- 3 *Elmer Ter Linden*
- 4 *Jean Eichenhofer,*
Tom Wagner
- 5 *Jim Olson*
- 7 *Allan Gauthier,*
Nelda Bartz
- 9 *Jim Lorge, Evelyn Rinn*

- 11 *Germaine Meyer,*
Adrian Voeller
- 12 *Shirley Rowdon,*
Phillip Bruno
- 13 *Elroy Maechtle,*
Anita Kreuser
- 16 *Mary Poul, Gailya A. Geib*
- 18 *Liz Streff*
- 20 *Zita Kurcz*
- 21 *Will Krainz, Ann Ross,*
Donald Kolbach,
Joan Schmit, Virginia Lee
- 23 *Orville A. Froh*
- 24 *Sharon Brown,*
Virginia Franzke,
Robert Hittiger
- 25 *Winifred Hughes,*
Douglas Zieber
- 27 *Floyd Prom*
- 28 *Ronald Mans*
- 29 *Nancy Klever,*
Theresa Gillich
- 30 *Ruth Ann Jushka,*
Patrick Robertson



Pat Nietz with winning prize from ice cream social Aug. 7