



Port Washington Senior Center
35 Years Supporting Seniors
The Leisure Times
January 2009

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 citizens 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 \$1,400 was raised to support the activities and office function of the Senior Center. Thank you to the members who shopped, those who referred friends and family who also supported the event with purchases! We will receive an additional dollar match from Thrivent Financial for Lutherans, Ozaukee County. **Thank you Thrivent members!**

UPCOMING EVENTS:

- Jan 5 Photography Class
- Jan 7 City Coal Dock Public meeting

- Jan 21 Chinese Tea
- **Friends of the Port Washington Senior Center 2009**

Holiday Closings

The Senior Center & Dining Site are closed:
 Thur. Jan. 1, 2009

Sentry Receipts

Fourth Quarter Oct. 1 –Dec. 31, 2008 due by Jan. 2. Thank you everyone for saving receipts. First Quarter of 2009 Jan – March.

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.

Thank You, Thank You

December Newsletter Crew:

Betty Last, Joan Murphy, Sandi Preisler, Aileen Wiltgen, Nelda Bartz, Joan Hansen, Louise Fahey, & Rosemary Weiland.

Kudos to: Chicks with Sticks, Bakers, and others who donated for the sale.

Thank you to the members who supported the Tuesday Strength Training Class the past 8 years.

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.
Thank you to the family of Bernice Posseley for the donations.

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.

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.

New session

Friday Book Talk

Friday, Jan. 9 at 9:30 at the Library review the plans for 2009 including the 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.

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. Class size: minimum 8 max. 12

New

Blood Pressure Check

Jan.6 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: Jan.5 & 19. 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.



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 Jan. 2, 2009.

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! Jan. 8 Yahtzee & Jan. 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. **Resumes Jan. 12.** 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) – Mondays at 9:30 AM
Aqua Exercise -Tues., Thurs., 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

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

Chinese New Year Tea

Wed. Jan. 21 the Society will host May Huang. She will speak on the varieties of Chinese tea and their culture: green tea, Wo Long tea, Pu Er tea, and Jasmine tea.

Please register by Mon. Jan. 19. Cost is \$3.00 per member and \$5.00 per guest.

Preview for February 18 2009: to be announced.



Port Washington Senior Center & Port Washington Dining Site Events:

6 -Blood Pressure Checks

8– Game Time with Yahtzee

12- Eleanor's bingo with extra prizes from Comfort Keepers & cash
26 – Celebrate Chinese New Year
28 - Party with Prize Bingo
Lunch reservations due to Jill 24 hours in advance at 284-5672.

Community Events

AARP Driver Safety Course

Date: Tues. March 31, 2009

10:00 – 2:00 New class format

Why take it? The AARP Driver Safety Program is the nation's first and largest refresher course for drivers age 50 and older that has helped millions of drivers remain safe on today's roads. **What you can expect to learn:** You can expect to learn about current rules of the road, how to operate your vehicle more safely in today's increasingly challenging driving environment, and some adjustments to common age-related changes in vision, hearing, and reaction time.

Fee is \$14.00 per member and AARP members with a card discount to \$12.00 and non-senior center members \$16.00. Register by March 23 with payment.

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.

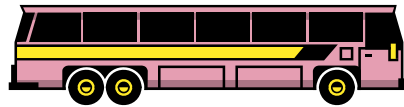
Tai Chi Chuan and Chi Gong for Health

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



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. Jan. 28 Lunch Bunch is at New Port Shores at 11:30. Reservation due Mon. Jan. 26. Cost on your own.

Fabulous Fifties Part 2 –Waiting List only

New

Date: Thurs. Jan. 22, 2009

Depart at 8:00 AM with a possible Jones Dairy Stop enroute.

New 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. Depart Port Washington at 8:30 AM. Cost is \$73.00 per member; \$76.00 guest.

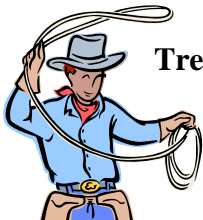
The Fantasticks

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.

New



Treasures from the Fredrick Remington Art Museum & Oshkosh History

Date: Tues., March 31, 09'
Registration Now Open

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. Deluxe motor coach, escort, admissions, and gratuity are included. Cost: \$58.00 per member and \$62.00 per guest. Payment due March 2.

Disney's High School Musical

Date: Thur. April 30, 2009

Registration now Open

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 Now Open



New

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

Fireside

Thur Sept 10 – The Sound of Music
Releasing Christmas in May
Thur. Nov. 19 – Miracle on 34th St. Musical
Dec. – Second date

General Trips

May - Brewers Baseball
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 –registration begins Feb.
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). 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 & 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.

Welcome New Members

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

Mary Anne Fischer

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, Joan Hess*
- 7 *Eleanor Griksas,*
Sally Pierce,
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,*
Daniel Rackowski
- 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*
- 29 *Frances Thunander*
- 30 *Rose Gross, Roslyn Warren*
- 31 *Herbert Russo*

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.

Miscellaneous Information

Retirement Can Bring Out the Best in a Couple from Coming of Age E News

For those who dread retirement because they fear that too much time spent with their husband, wife, or partner will drive them crazy and make them wish they were still working, the results of a new survey will cheer them up. This study of 1,000, 55-to-75-year-olds for *AARP the Magazine*, reveals that retirement leaves most couples feeling happier, less stressed and closer to their spouses than ever before. Satisfaction levels were highest in couples where both were retired.

Congratulations Holiday Prize Winners:

Hand Painted Senior Center Ornament &

Photo – Lillian Swatek

Packer Pre-season tickets – Kolette Salas

Artist Santa – Sue Bruner

Handmade Afghan – Marge Erlauer

Port Sun Catcher – Sally Ziegler

Holiday Inn Harborview – Barb Roob