

Port Washington Senior Center Celebrating National Senior Center Month The Leisure Times September 2009



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

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Catherine Kiener, Director
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

Thank you to all who showed concern over the assistant position with calls and letters. We have hours approved for the end of the year! We will welcome the first student intern, Renee Hanson in September. She will be applying her coursework knowledge in recreation for the Senior Center & Friends of the Senior Center until early December. Renee is a student at the University of Minnesota, Mankato. A welcome reception will be held with lunch on Monday, Sept. 14 so make reservations by Fri. Sept. 11.

Site Selection Committee will host Public Information Meetings on Sat. Sept. 12 & Tues. Sept. 15. See Community events for details and plan to attend for the future of your senior center!

Senior Centers Make A Connection through Art, Education, Wellness, Celebrations & Friendships! This is the National theme for Senior Center month, celebrated in September. Join in an event, bring a friend, and come to meet people at Chorus, Game day, Cribbage, Bingo, Drawing class, Tai Chi, Yoga, Aqua Exercise and more! See Special events for emphasized celebrations.

The Senior Center Board of Directors discussed the increased costs of the Center operations, the last increase was in 2004 and voted to raise the membership dues for 2010! Please see Membership under Center Operations page 7.

UPCOMING EVENTS:

- Hatha Yoga by Bruce Sat. Sept. 12
- Site Selection Public meetings
Sept.12 10:00 AM & 15 at 4:00 PM
- September Senior Center Month & Membership recruitment
- Welcome Lunch for Renee Sept 14
- Ozaukee County Information & Assistance Staff Member Sept. 28
11:00 – 1:00 at the Center

HOLIDAY CLOSING

The Senior Center & Dining Site are closed Monday, Sept. 7 for Labor Day.

Sentry Receipts

Third Quarter July 1 – September 30, 2009 is due October 1.

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

Ice Cream Social Sponsors: Port Washington Rotary Club, Harris Bank, Columbia St. Mary's Community Physicians, and the Port Washington Parks and Recreation Department.

August Newsletter Crew: Joan Murphy, Aileen Wiltgen, Sandy Preisler, Joan Hansen, Rosemary Weiland, Sharon Brown, & Nelda Bartz.

Horseshoes: Warren Haseley & participants for your efforts this season!

Volunteer Opportunities

You make a living by what you get, but you make a life by what you give. -- *Winston Churchill*

Home Knitters & Crocheters: Not a member of Chicks but would like to make something for the Nov. Craft Sale? Stop on a Wed and check out some yarn to complete a project for a donation to the Center.

Newsletter assembly: If you would like to be on the rotating call list to assemble newsletters, contact the office!

Donations, Gifts or Memorial

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

The Friends of the Port Washington Senior Center is a 501-C organization which can accept your charitable gifts now or designated for the future. To join, pick up an application at the 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. You do not need to get your hair wet, bring a towel & suit, and increase your flexibility. Register monthly at the Center or 284-5821.

New session

Arthritis Exercise Course

Session VI Sept. 14 – Oct. 28

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. Register with fee by Sept. 9, '09. Meet at Christ the King Lutheran Church on corner of Holden St. & Whitefish Road.

Bocce Ball

Weekly team games on Tuesdays, at 9:30 continuing through Sept. 15. **Please register at the Center monthly if new.** No fee for members and \$10.00 guests for the summer weekly games.



Friday Book Talk

Friday, Sept. 11 at 9:30 at the Library. The book, One Thousand Splendid Suns by Hosseini will have a review by Roz Warren. New members welcome to join any month!

Strong Women Program Session III

Class starts Tues. Sept 1 – Nov. 24.

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. The cost will be \$50.00 per member and \$55.00 per guest plus equipment.

New session

Hatha Yoga – See community events for details on this class by Bruce Van Dyke.

New

Tai Chi Chuan Form II Form Class

Monday, August 31 at 10 AM at the Senior Center and continues through October 26. This is a continuation for current students! Class fee \$65.00 member and \$75.00 guest.

Tai Chi Beginners Course

Beginners & new students may come at 9 AM on 8/31 or 9/14 to sign up. Class fee \$65.00 per member and \$75.00 per guest.

Blood Pressure Check

Tuesday, September 1 at 12:30 by a volunteer nurse. **No fee.**

Canasta or “Hand and Foot”

Players meet at 7:00 PM on the 3rd Monday: September 21. Everyone is welcome! Note: Does not meet on Labor Day. **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 greenware piece! Non-member fee is \$4.00 per week plus supplies. Ceramic instructor will be present on the 1st, 3rd and 5th Thursdays of the month.



Chicks with Sticks

Meets Wednesday at 1:00 at the Center. Come share your patterns and ideas. Non-member fee is \$1.00 per week.

Drawing and Watercolor Lessons

Dates: Mondays Sept 14 – Oct. 19

Register with fee by Tues. Sept. 8!



This is a basic class to improve your painting or to learn basic elements of drawing. Skips Oct. 5 Meets 1:00 – 3:00 Minimum of 6! Learn to draw the picture, then paint it in watercolor! **This class is for both the new artist to the more experienced.** Some beginners may want to concentrate on drawing, while others may enjoy painting what they've drawn. The choice is yours; we will cover 2-3 subjects, over a 5 week time. Class themes will be chosen from these: fall flowers, apple tree, garden, and harvest. Demonstrating, open drawing &/or painting time and ongoing advice. Instructor: Erin Callahan Blum

Cost: \$50.00 member & \$60.00 guest.

New session

Oil Painting IV with Laurie

Dates: Wednesdays Sept 9 – Oct. 14

Register with fee by Wed. Sept. 2.

Laurie Sucharda will lead beginning oil painting with topics discussed, a painting to be complete at end of session. Class will meet 4:00 – 6:00 PM at the Center. Cost: \$50.00 for members & \$60.00 for guests.

Internet & E-Mail Basics Class

Mon. Sept. 21 at 3:00 PM

Register with fee by Wed. Sept. 16.

Learn how to search, add e-mail attachments, review secure sites, and more!

This will be 1 ½ hour class for beginners.

Cost is \$10.00 per member & \$15.00 a guest. Maximum 4 students!

Computer Lab Time- openings

New

Tuesdays from 9:00 -11:00 a volunteer will be available to assist with basic computer skill practice. Please register in the office by Monday. Maximum: 2-3 per hour. Cost: \$1.00 for members and \$3.00 per guest.

Pinochle

This card game is played Wednesday 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 Thursday at

10:30 AM! Sept. 10 Yahtzee & 24th 31 or

Scat. 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 Resumes Monday, September 14 at

9:30 -11:00 in the piano room. This group sings at local health centers, senior retirement homes, and more! Please register for the Chorus by Tues. Sept. 8. No charge for members!

LOOK

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 videos 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 VHS video since May 22: Return of the Natives!***

Green Felt Club

The GFC season is underway for 2009 – 10. League play begins on Wednesday, September 2. If you are interested in being as a substitute, stop in any Wed. afternoon to sign up.

Monday at the Movies – September 21 *Beverly Hills Chihuahua*

While on vacation in Mexico, Chloe, a ritzy Beverly Hills Chihuahua, finds herself lost and in need of assistance in order to get back



home. Drew Barrymore is the voice of Chloe. Movie starts 12:30. Join in the lunch and a movie by making reservation by Fri. Sept 18.

Weekly Ongoing Activities

Senior Singers (Chorus) – Resumes Mon. Sept 14

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

Arthritis Exercise – Mon & Wed 9:30 at Christ the King Lutheran Church

Piano Lessons –Resume Tues. Sept. 15

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 & Game 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 & Fri. at 1:00PM

Cribbage - Tues. at 1:00PM

Sheepshead - Thurs. at 1:00PM

Game Day – 2nd & 4th Thurs. at 10:30

Public Card Parties:

Canasta 1st & 3rd Mon. 7:00PM

Sheepshead - Tues. 7:00 PM

Pinochle- Wed. 10:00 AM



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

Yesterday's Cherished Fabrics

Oh, those fabulous calico printed feed sacks from the 30s, 40s and 50s. All



were a bonus that came with buying essentials for the home or farm, something soft and pretty in times of hardship and rationing.

Wed. September 23 Celebrate Senior Center month with a connection to the past.

Yesterday's Cherished Fabric Tea by Wisc.

Humanities speaker, Darlene K. will be at 1:30 at the Senior Center.

Cost will be \$3.00 members and \$5.00 for guests. Please register by Mon. Sept. 21.

Preview for October 21 – Octoberfest Tea

Lunch Bunch at Deano's Sports Pub

Meets at 11:30 on Tuesday September 29 at Deano's in Port Washington. Join us at for lunch and conversation at this monthly dining out group. Cost is on your own. Register at Center by Mon, September 28.

Lottery Lunch Days

Dates: Thur 3rd, Wed. 16th, Fri. 25th

Bring a new member to lunch for a chance to win one of three lottery scratch off tickets each lunch! Membership recruitment is underway in September & October. To register for lunch, call Jill 483-9753 by noon the preceding day! Cost: donation for lunch.

Monthly Birthday Party – Sept. 28

Sponsored by Friends of the Port Senior Center

Monday, Sept. 28 all September birthdays will be celebrated! The Friends of the Senior Center provide a homemade dessert for monthly birthday party celebrations at the senior dining lunch. *This is to celebrate with members and friends your special day.* The celebration will be in conjunction with the dining site lunch. Reservations are due to Jill by noon Friday, Sept. 25. Cost: Donation for lunch!



Port Washington Senior Center & Port Washington Dining Site Events:

1 – Blood Pressure Check

2 – Site Council meeting

4 – Word Trivia

14 - Eleanor's Bingo

21 – Lunch and Movie

“Beverly Hills Chihuahua”

Lunch reservations are due to Jill one day prior by 1:00 PM at 483-9753

28 – Birthday Party

28 - Information and Assistance Specialist

Do you have questions about the care of an aging loved one or even yourself?

Information and Assistance Specialists from the Aging and Disability Resource Center of Ozaukee County will be here from 1:30 AM to 1:00 PM on Monday, September 28.

29 – Lighthouse Bingo

30 – Home Safety Program

Casino Night & Dinner

Monday, Oct. 19 4:45-7:30

The 10th annual Italian dinner and casino games Roulette and Black Jack with a voice auction for prizes. Heritage Nursing & Rehab will be our volunteer servers and casino dealers. Salad, lasagna, dessert, coffee, and fun will be served. The cost will be \$9.00 for members & \$12.00 for guests. In order to prepare food order, **reservations & payment are due Mon. Oct. 12.**

Community Events

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. Sept. 12 – Oct. 24, 2009 at TJ School Library 9:15. Cost \$55.00 member \$60.00 guest due with registration by Sept. 12 class. Sponsored by the Senior Center.

Site Selection Committee:

PUBLIC COMMENT MEETINGS

Dates: Saturday, Sept. 12 10:00 AM– 12:00

Or Tuesday, Sept. 15 4:00 -6:00 PM

The committee will host an informational session with public comment on possible sites for a modern Senior Center. The input of members, their children, and all ages is being sought to move the Senior Center forward for the 21st Century! Please attend as the Common Council members will be invited

also. You do not need to stay for the entire 2 hours but plan at least 30-45 minutes.

Membership Recruitment

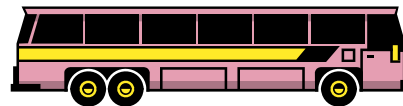
Sept & October are months for every member to recruit new members. When a new member joins for 2010, they receive 4 or 3 months free in '09.

Hearing Clinic & Info Session

Thur. Oct. 8 at 12:30

Thomas Adler, Hearing Instrument Specialist, will be here to speak on general hearing loss and quality of life; Wisconsin TEPP program, and answer questions. Following the presentation, 10 minute appointments are available for cleaning or screening in the piano room. This is a **no cost event.** The National Council on Aging recommends annual hearing screenings for anyone over 60! See if you are within normal limits. Reservations for the cleaning or testing are due to the Center by Oct. 1.

Fall Community Tech Courses are offered by the Port Washington Saukville School district in Windows, Word, Excel, and Publisher. Pick up a brochure at the Senior Center.



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 \$4.00 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*

New

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!**



**Brewer's Baseball VS. Cardinals
Payment due Aug. 3, 2009
Date: Wed. Sept. 9 – 6 Seats open**

We have requested our favorite seats and the cost is \$41.00. Depart Port at 10:45 AM.

**Sound of Music at the Fireside –Wait List
Date: Thur. Sept. 10**
Departure by deluxe motor coach 8:15 AM.

THE BIG "O"

**Oprah's Chicago – Only 4 seats left
Date: Fri. Oct. 16**

You will visit the new **Oprah Store**, and **Oprah's Closet**, a wardrobe of items once worn by Oprah. You will eat lunch in one of **Oprah's favorite Chicago restaurants** and enjoy the delicious **specialty popcorn and toffee that she loves**. You will discover where she lives, shops, and works. Cost Per Person Only: \$83 and guest \$86. Departure Port Washington Senior Center at: 7:00am Approx. Return 4:45pm. **Payment Due: September 11th, 2009.**

**Christmas at the Fireside: Musical version of "Miracle on 34th Street" "Here's Love"
Registration now open -12 Seats open
Date: Thur. Nov. 19**

Payment due Oct. 1

Based on the beloved movie "Miracle on 34th St.", *Here's Love* is a big brassy musical with a heart. Macy's Thanksgiving Day Parade needs a new Santa, enter Kris Kringle. Departure to be announced. Cost is \$80.00 per member \$82.00 guest.

**Fox River Mall Shopping Appleton
Date: Mon. November 23rd**

We will again be shopping until you drop at the Mall in Appleton. The Cost for members is \$24.00 and \$26.00 for guests for a deluxe motor coach bus, snacks, and beverage.

Lunch is on your own. Door prizes will be drawn on the bus. Depart Port at 8:30 AM. Return approximately 6:00 PM. Payment due by October 28.

**"Miracle on 34th Street" Musical
"Here's Love" At the Fireside
Registration now open – 12 seats open
Date: Fri. Dec. 4**

This joyous musical proves that love makes the world go round – especially at Christmas time! Departure to be announced. Cost is \$80.00 per member \$82.00 guest. Payment due Oct. 23.

Oneida Bingo & Casino Trips

The 2009 Yearly schedule available at Center. Landmark Tours takes a deluxe motor coach to Oneida Bingo & Casino in Green Bay. Cost: \$53. You will receive a casino rebate of \$52 and a \$2 coupon for lunch. Call Karen at 375-1426 to register.

**2009 Extended Trip with Port & Grafton
Smokey Mountain Fall Foliage
1st TRIP DATE IS FILLED!
October 5th-9th.**

2010 Day Trips

Fireside

Thur. Jan 21-Fabulous 50's& 60's

Thur March 25 – Joseph & the Amazing Technicolor Dreamcoat

Thur May 6 – Cinderella

Thur. July 8 – Ring of Fire

Thur. Sept 23 – Fireside Mystery Musical

Thur. Nov. 18 & Dec 15– Fireside Christmas

General Trips

Planning is still occurring for 2010 trips!

Watch newsletter for more information the next several months!

New

**Those Fabulous 50's & 60's
Fireside Thurs. January 21, 2010**

Audiences' young and old have loved our live band revues. This season not only do we revisit the great music and dancing of the 1950s but we continue our musical journey into perhaps the most creative period in our Nation's history – the sizzling 60s! This is an unforgettable bonanza of music, dancing, and laughter – jam-packed with the 50s sounds of such greats as Elvis Presley, Jerry Lee Lewis, Buddy Holly, Bobby Darin, Rosemary Clooney, Dave Brubeck, The Platters, Little Richard, as well as the 60s sounds of The Beatles, The Beach Boys, Patsy Cline, Simon and Garfunkel, Blood, Sweat, and Tears, The Rolling Stones, Bob Dylan and much, much, much more. This is a once in a lifetime musical extravaganza you can't afford to miss! Cost: \$83.00 member and \$85.00 guest includes deluxe motorcoach, dinner, show, gratuities, and escort! Depart Port at 8:00 AM.

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 \$15.00 and Couple \$20.00 for City and Town of Port Residents. Out of town individuals may subscribe to the newsletter for **\$10.00** 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. Value of membership in the Center offers you a place to read the Journal Sentinel, Ozaukee Press, News Graphic, & a variety of magazines including Reader's Digest, Outdoor Living, Good Housekeeping, Family

Fun, & more saving you money on subscriptions!

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!

Joan & Cliff Keller; Ralph Klopp, Joan Shank, Helen Michels, & Stephen Ritter

Monthly Birthday Party – September

Sponsored by Friends of the Port Senior Center

Mon. Sept. 28, all September birthdays will be celebrated! Reservations are due in to Jill by noon! Cost: Lunch Donation



HAPPY BIRTHDAY

- 1 Betty Ewig, Jean Weiss
- 2 Bernice Winnemueller
Gerry Chaney, John Ketter
- 3 Elmer Ter Linden,
Kenneth Schanen
- 4 Jean Eichenhofer,
Mary Tebbit, Tom Wagner
- 5 Jim Olson
- 7 Allan Gauthier, Nelda Bartz
- 9 Jim Lorge. Floyd Peters
Evelyn Rinn
- 11 Barbara Beattie,
Michael Beattie,
Germaine Meyer,
Adrian Voeller
- 12 Shirley Rowdon, Phillip Bruno
- 13 Elroy Maechtle, Anita Kreuser
- 14 Carol E. Conrad
- 16 Mary Poul, Gailya A. Geib
- 18 Liz Streff
- 20 Zita Kurcz
- 21 Will Krainz, Ann Ross,

Donald Kolbach
Joan Schmit, Virginia Lee
22 *Joan Biegert*
23 *Orville A. Froh, Joan Rooney*
24 *Sharon Brown,*
Virginia Franzke,
Robert Hittiger
25 *Winifred Hughes*
27 *Floyd Prom*
28 *Ronald Mans*
29 *Nancy Klever, Theresa Gillich*
30 *Ruth Ann Jushka*
Patrick Robertson

In Memoriam

Our thoughts and prayers are with the families
of: Toni Smith

Miscellaneous

Congratulations

Horseshoe League Results

1st Place team: Bob De Bano & Fritz Philips

2nd Place team: Dennis Race & Gerry

Downing

Green Felt Summer League Results

1st Place team: Harriet Augustin & Dick

Stoughton

2nd Place team: Vic Larson & Bob Hettiger

tied with Marvin Huiras & Louie Bertoni

Medicare Part D

Date: Wed. Oct. 14 at 2:00 PM

Carol Filo from the Aging and disability

Resource Center will be here. For planning,

RSVP to Center by Mon. Oct. 12.