

PORT WASHINGTON ADULT COMMUNITY
SENIOR CITIZENS CENTER



ckiener@ci.port-washington.wi.us
262-284-5821

**NON-RENEWED MEMBERS:
Renewal invoice letter inside
*Members Valentine's Party Feb 14 &
1st Oscars Party Wed. Feb 26
*Due date for Body Worlds Trip
Membership survey-please return

Port Washington Senior Center
403 West Foster Street
Port Washington, WI. 53074

STANDARD RATE
U.S. POSTAGE PAID
PERMIT NO. 36
Port Washington, WI.
53074

CHANGE SERVICE REQUESTED



Member: Wisconsin Association
Of Senior Centers (WASC),
National Institute of Senior Centers (NISC) &
Wisconsin Park & Recreation Association (WPRA)

**Port Washington Adult Community Senior Center
Facility Survey 2014**

1. What do you like about the current senior center floor plan?

Main floor (offices & flexible space & dining/kitchen area) _____

1st floor (wellness & pool room) _____

2nd floor (mezzanine choir/taxes) _____

2. What would you do differently about the current Senior Center floor plan?

Main floor (offices & flexible space & dining/kitchen area) _____

1st floor (wellness & pool room) _____

2nd floor (mezzanine choir/taxes) _____

3. **For new member(s), since 2011**, was the Senior Center easy to find? (Please circle response)

Yes No

For Yes responses what made it easy to find _____

For No responses what would have helped you find it easier? _____

4. Does Parking ever deter you from attending the center? (Please circle response) Yes No

5. Do you most often park: (Please circle response) in the lot on Webster St on Foster St.
take Taxi

6. How would you rate the acoustics for the current floors: 1. Improve 2. Okay 3. Good

Main floor _____ 1st floor _____ 2nd floor _____

7. What specifically would you change about the entrance at the front?

What specifically would you change about the entrance at the back?

8. Do you use the elevator? Always _____ Sometimes _____ Never _____

9. How would you rate the lighting on each level? 1. Improve 2. Okay 3. Good

Main floor _____ 1st floor _____ 2nd floor _____

10. Does the outside lighting ever deter you from attending the center? Yes No

11. If you were to “start-over” and design the perfect senior center, what would you like to see?

Please list as many items as you would like _____

Thank you for your time and feedback, the Strategic Plan Ad-Hoc Committee



Port Washington Adult Community Senior Center



The Leisure Times February 2014

Port Washington Adult Community Senior Center
403 W. Foster Street
(262) 284-5821
E-mail: ckiener@ci.port-washington.wi.us

Catherine Kiener, CPRP, Director
Rose Gleue-Rogers, Assistant
Steve Orvis, Environment

**Center Office Hours: Monday – Thursday 8:30AM – 4:00PM
Friday 8:30AM- 2:00PM**

40 + Years as the Gem of Strength for Active Aging

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

The Commission on Aging is re-forming a Strategic Plan group. Members interested in being on the committee should contact Catherine by Feb. 13. **Please take time to complete the Facility survey inside front cover and return to the center by Feb.19.** The results will be utilized in the strategic plan process. **Let's return this in bigger percentages than average surveys!**

There are some fun events coming up in the next 2 months, first Oscar Party, Lunch & Concert, travel showcase . We hope to see the membership participate in one of these events that may be outside your normal activity! Remember, the strength of the Senior Center is based on the diversity of interests that members have and then come together to share.

No regular groups at the Center had anyone contact Rose with your 2014 coordinator. This is important to have in the office in case of weather or other facility schedule changes!

UPCOMING EVENTS:

- Valentine Card Making Class Feb 12
- Valentine Party Feb. 14
- Oscar Party Feb Wed. Feb 26
- Birthday Party Fri. Feb. 28
- One Day Adventures & Extended Trips: pgs. 9-12
- Travel show March 11
- Scrapbooking Event Sat. March 22
- Memorial Pool Tournament & Chili Supper Mon. March 24

Winter Weather Closings

The Senior Center will close during severe weather such as a blizzard. WISN 12, Fox 6 & and CBS 58 are the Center's official stations for notices.

Thank You, Thank You

January Newsletter Crew:

Joan Murphy, Darlene Brown, Marge Erlauer, Sharon Swatek, Sandi Preisler, Marge Hoffman, Aileen Wiltgen, Nan Rilling, Loretta Federspiel and Rosemary Weiland.

Sincere thanks to Darlene Baker for all her assistance the past 3 years with attendance data for the Center annual report!

Thank you to St. Peters Students Olivia Biskobing, Avery Frankl, Lauren Krist, Graeme Biskobing for un-decorating trees:

Volunteer Opportunities

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

Attendance Data Recorder-Need a volunteer who will input center attendance into excel monthly. Will rotate with Diane M.

Sheepshead Card Instructor- Would you like to help others learn your game? Looking for someone to teach refresher course Tuesday evenings 5:45-7:00 PM. Call office 284-5821

On – Call Office Volunteers – contact Rose or Catherine if interested!

Thur Wii Bowling coordinator – contact Rose

Donations, Gifts or Memorials

Donations and gifts for the benefit of the Senior Center should be made out to the Senior Center with the designation in the memo section of the check. Process for memorials: The memorial is to be made to the Port Senior Center or Friends with or without a specified purpose. When specified, the Director and group review the purpose to improve or enhance the group. *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. You may also choose to join as a member. Pick up an application at the Senior Center. This is a non-profit group to assist in financially supporting the senior now and into the future, please consider joining.

Center Operations & Procedures

We encourage our members who **may need** special assistance living on their own to register for events, programs, and trips **with a friend, family member or caregiver to provide the assistance** they may need. Due to the limit of staff, the Center cannot provide one-on-one assistance during the event, class, or trip. Please register with staff so we can be aware of individual needs. **Members who reside in care settings, such as group homes, must attend Senior Center programs with a caregiver.**

Sign in: Members and guests must sign in each visit whether once a day, week, month or 2 or 3 different times a day. This is important for the City annual report statistics.

Regular Center Activities & Special Events:

There are times when a special event or new program is offered that may impact the location of a regular program or its start time. All members' cooperation is appreciated when offering events.

Membership- Annual membership is from January to December. **Individual fee is \$17.00 and Couple \$22.00** for City and Town of Port Residents & since 2012 membership the Village of Fredonia!

Out of town individuals to receive membership the fee is \$37.00 per person or \$64.00 per couple per year, it includes the newsletter and may be paid quarterly; or may subscribe to the newsletter for \$12.00 per year ***Value of membership in the Center*** offers you a place to read the Journal Sentinel, Ozaukee Press, News Graphic, & a variety of magazines saving you money on subscriptions; discounts on classes; and use of laptops and WiFi. **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.

Programs & Classes for Healthy Living

WELLNESS

Aqua Exercise Class

Class is held on Tuesday, Thursday, and Friday at 6:40 AM. You do not need to get your hair wet, bring a towel & suit, and increase your flexibility. Class is held at the District Aquatic Center TJ School on Holden St. **Cost:** \$6.00 for member and \$10.00 for non-member per month. Register monthly at the Center or call 284-5821.

Flex & Balance II at 11:00 AM

Dates: Tuesdays Feb 11 –March 25

The instructor brings her land and water experience to this class for active stretching and balance. A good start if you have delayed preparing your body for all your activities!

Cost: \$15.00 per member/\$25.00 guest
Late registrations add \$10.00.

Hatha Yoga

Dates: Wed., to Feb 26, 2014

Time: 5:15 PM or 7:00 PM

Cost: \$50.00 for Senior Center Members and \$60.00 for the general public. Fee increases after January 8 to \$65.00 and \$75.00.

Register by calling the center or e-mail ckiener@ci.port-washington.wi.us and specify class time. Student maximum 25.

Strength with Bands II

New

Dates: Wed & Fri Jan 22 – March 14 at 11:00

The instructor is Holli Parker with experience from Health clubs and senior living. She will use primarily exercise bands in this class for novice, intermediate, or experienced participants.

Cost: \$50.00 per member/ \$60.00 Guest
Minimum 6 students Maximum 15

New

**Arthritis Foundation Tai Chi – Session I
Class Dates: Mondays to March 24 at 9:00**

Tai Chi is an ancient practice proven to reduce pain and improve your mental and physical well-being. The Arthritis Foundation Tai Chi Program developed by Dr. Paul Lam, uses gentle Sun-style Tai Chi routines that are safe, easy to learn and suitable for every fitness level. Open to adults 55 and better with or without arthritis! Participants must be independent and able to follow directions.

Cost: \$75.00 per member & \$85.00 for Non-members

Arthritis Exercise

The Center is looking a partnership with the ADRC (Aging & Disability Resource Center) of Ozaukee County to offer this class starting mid-March. The time would be 8:00-8:45AM 1 day a week. Cost to be determined. If you are interested in learning more, please register with the office by Feb. 14 to receive notice.

New

Lift to Live I - Women 40 & Older Strength Program at 9:00 – 10:00 AM

Dates: Tues & Thur. To Feb. 20, 2014

Lift to Live II - Women 40 & Older Strength Program at 9:00 – 10:00 AM

Dates: Tues & Thur. Feb. 25- April 3

The basis for the program is from the Strong Women program and utilizes weights, resistance bands and more. Participants love the class and find it affordable and challenging. This 6-week exercise **program for women 40 and older** will meet at the Center on 1st floor. A Physician release form must be completed for all new participants or present members with physical or health changes. Cost: \$30.00 member/\$40 guest. Class size: max. 15

Tai Chi Beginners Course Session I

Dates: Mondays to March 24 at 11:30

KT Rusch will teach this 12-week course for NEW students. Tai Chi promotes balance, flexibility, & good overall health. Meets 1st floor level of Senior Center at 11:30 AM.

Cost: \$95.00 per member and \$105.00 guest.

Tai Chi Continuing Course Session I

Dates: Mondays to March 24 at 10:00

KT Rusch will teach this 12-week course for NEW students. Tai Chi promotes balance, flexibility, & good overall health. Meets 1st floor level of Senior Center at 11:30 AM.

Cost: \$95.00 per member and \$105.00 guest.

Zumba Gold Classes (Session I)

Dates: Wed, Fri, & Sat to Feb. 8 or Weekly registration available

Meet 1st floor south end at 8:15 AM

Zumba Gold Classes (Session II)

Dates: Wed, Fri, & Sat Feb 12 – March 29 or Weekly registration available

Meet 1st floor south end at 8:15 AM

The low impact, easy to follow, Latin-dance inspired fitness party... Keeps you in the groove of life! This is the newest aerobic routine designed for adult beginners and participants with physical limitations. The 30-45 minute workout class is led by a Certified Instructor, Tina with DVD instructor on Wednesday's.

Cost: \$10.00 for Senior Center members or Friends of the Senior Center for Course or \$3.00 per class. **Non-members cost:** \$20.00 course or \$5.00 per class!

New



Zumba Sentao

Free Demonstration week March 12

Class Dates: Wed. March 19 – April 23 at 6:30PM

Class maximum is 10; register early

By transforming your chair into a sizzling dance partner, the explosive Zumba Sentao™ program strengthens your core, torches calories and sculpts muscle. Revolutionize your cardio workout with targeted resistance training and exotic world rhythms in red-hot, never-before-seen ways.

Cost: \$30.00/member \$40.00 guest payment due by March 14

New

Filled class

ENRICHMENT

Beginner Computers:

Dates: Thurs. Feb. 13 – 27 at 1:30-3:00PM

This class is designed for individuals that have never used a computer and for those who would like to refresh their memory on basic computer function. This class will take a very basic look at how to power on and off the computer, use the mouse, navigate the Start Menu, how to open and close programs, how to use the keyboard and learn the basics of Word Pad which is a basic program similar to Microsoft Word. Students are welcome to bring their own laptops to use during class. Cost: \$40.00 member/\$50.00 guest



Bridge Lessons for Ozaukee County ACBL Lesson Program – Club Series
Dates: Tuesdays March 11 – May 13 at 2:00 – 4:00 PM Instructor: Yvette Neary

The Club Series is the first in the American Contract Bridge League (ACBL) sponsored lesson program for learning and improving bridge skills. The program in total covers the major aspects required for proficiency in the game including bidding, declarer play, defense, and basic conventions.

The Club Series focuses on the fundamentals of bidding, which is the starting point for learning the game. The series requires no previous knowledge of the game, and enables the beginner to learn how to set goals as a player and how to achieve them. While the focus is on the most fundamental aspects of the game, there are many concepts which an intermediate player will find useful as well. Other aspects of the game such as play and defense are also briefly discussed so as to equip the new player to begin playing by the conclusion of the series.

The book consists of nine chapters and an appendix which covers some additional topics. A minimum of **ten 2-hour lessons** is required for the program. **Payment due by Feb. 25.**
Cost: \$55.00 member/\$65 guest

AARP Driver Safety Class –Need 4 more!
Date: Tues. Feb. 11 12:45 – 4:45 PM

Learn proven safety strategies to maintain your confidence behind the wheel through video and discussions; plus you could get a discount on your car insurance!

Cost: \$16.00 AARP members/\$21.00 non-AARP members

Computer Lab on the 2nd floor Mezzanine
Tues, Wed, and Thurs 9-3
Sign in and out in the office!
No fee members/guests \$5.00



Friday Book Talk

Date: Feb 14 at 9:30 at the Library
This month's book, A Week in Winter by Maeve Binchey will be reviewed by Liz Schaefer and discussed by the group. *Preview March 14: Art of Racing in the Rain* by Garth Stein, *Reviewed by Roberta Blumenberg*

Ceramics & Clay- ALL Skill Levels

Dates: Thursdays Feb. 27 or March 6 from 9:15 – 11:00 AM for new students; please register by Feb. 24.

Paint a pre-formed piece or hand build your own to learn the properties of clay. 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. Discount for items made for the Center showcase sales.



Chicks with Sticks (Handiwork group)



Meets: Wednesday at 1:00

Do you embroider? Sew? Knit? Crochet? You are encouraged to join this group. Come share your patterns and ideas. Non-member fee is \$2.00 per week.

Painting-All Media

Dates: Weds March 12 to April 16 at 3:15

This diverse class offers beginners and intermediate students a chance to work in their preferred media with individual instruction on painting of choice.

Instructor: Laurie Sucharda

Cost: \$50.00 members/ \$65.00 guests

Register by Mon. March 10 WITH FEE!
Instructor: Laurie Sucharda

Handcrafted Greeting Cards Class

Valentine Greeting Card Make-n-Take

Date: Feb. 12 Wed. Time: 1:30 –3:00

Valentine Card Creations with embellishments & stamps. Price includes materials and supplies to make five cards. *Samples on display at the Senior Center in the entrance showcase.* **Cost:** \$12.00 per member and \$15.00 for guest. Maximum is 12! Register by Feb. 4 after the 4th cost: \$15.00 or 20.00 for late registration fee.

Drawing as a basis for painting all media

Dates: Weds Feb 12 – March 5 at 3:00-5:00

The instructor, Erin Callahan Blum, will provide instruction on drawing techniques for beginners that will be helpful for painting. Supply list available upon registration and payment.

Cost: \$50.00/member and \$60.00 guest by Feb. 5 after this date add \$10.00.

Watercolor: One Painting, from Beginning to End

Dates: Thursdays Mar 6-March 27 at 3:00-5:00

The instructor, Erin Callahan Blum, will focus on drawing composition; analyze light source, values, contrast, and placement and translate it into watercolor.

The goal is one detailed painting for the session. Bring cameras to capture

your view of the still life that you will work from. Additional paintings are encouraged, depending on your desire. This workshop is for any ability. To get an idea of Erin's work, visit www.ErinCallahanBlum.com. A supply list will be available with your paid registration. **Cost:** \$45.00/member or \$55.00 guest payment due by March 4.

Senior Singers –A Community Service

Dates: Mondays at 9:00

Meets on the mezzanine (2nd floor).



This is the Center community service group with performances to be scheduled in the community. Join for fun, improved breathing, or joy of music. New singers register for January –June session by Feb. 10.

“Hand and Foot” or Canasta

Players meet at 7:00 PM on the 1st & 3rd & 5th Mondays: Feb. 3 & 17; March 3 & 17
Everyone is welcome!

Non-member fee applies per week.

Cribbage –Tuesdays at 1:00

Hands on cribbage learning sessions the 2nd Tuesday of the month during regular cribbage at 1:00. Introduce yourself to the group!
No fee for members, guests \$2.00 per week.

Pinochle

This card game is played Wednesday at 10:00 AM. If interested, come to the center on Wed. There is no fee for members and non-members pay \$2.00 per week.

Dominoes & Mexican Train Game Day

Meets 2nd & 4th Thursdays at 11:15

Dates: Feb. 13 & 27

Volunteer facilitated: Domino games.
Interested in helping? Call the center.

Prize drawing for gift certificate to a local store compliments of Comfort Keepers.

Cost: No fee for members; guests pay \$4.00 per month unless registered for lunch.



Monday at the Movies

Feature Film: Now You See Me

Rated PG-13, 115 minutes, Crime/Mystery

Date: Monday, February 17 at 12:35

Synopsis: An FBI agent and an Interpol detective track a team of illusionists who pull off bank heists during their performances and reward their audiences with the money.

Cost: No fee members/dining participant
Guests building use fee of \$3.00



Friday Bridge Group

The afternoon bridge group, year round at 1:00 PM, is looking for players and substitute players. Haven't played in a while? No problem, they will pair you up for refresher

New

play. Cost: none for members/\$2.00 per week guest. Register at the office.

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 the date listed.*

LEAGUES

Green Felt 8-Ball League 2014

New Players interested in joining, should contact Paul Michel. Regular pool league mid-season meeting is postponed. The 36 week season began Sept. 4 and goes to May. Cost: Member of PWACSC in good standing plus league fee of \$15.00!

Silver Strikers - Wii Bowling Session IV

Dates: Tues to Feb 25

Silver Strikers - Wii Bowling Session I

Dates: Tuesdays March 4-May 20

Tuesday is for current continuing players.

Cost: \$5.00 per couple member or \$12.00 per non-member couple.

Silver Strikers - Wii Bowling New Players

Dates: Thursdays Feb 13 at 1:30

2 Volunteer leaders need new players. Contact the office and register by Feb. 10, 2014.

Cost: \$5.00 per couple member or \$12.00 per non-member couple.

Weekly Ongoing Activities

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

Senior Singers (Chorus) –Mondays 9:00

Piano Lessons- Tuesdays by Appointment

Green Felt Club – Senior 8 Ball League Wed., open play Mon & Fri. after 2:00, and Sat. at 9:00am

Chicks with Sticks- Wed. at 1:00PM

Ceramics – Thurs. at 9:15AM

Wellness Classes–Aqua Ex, Tai Chi, Exercise for All - Arthritis, Lift to Live, Zumba Gold and more various days check details above in wellness section. For information on class cost please call the center at 284-5821!

Monthly Blood Pressure Checks – See Calendar Page

Leagues (Seasonal)–Green Felt; Wii Bowl; Horseshoes; & Bocce Ball

Card & Game Clubs

*There is **no charge for members** as your membership assists with center operations.*

Non-members & out of town participants contribute \$2.00 per week in the office!

Bridge – Tues. Ladies & Fri. at 1:00PM

Cribbage – Tues. at 1:00PM

Sheepshead – Mon (no cards Nov. 11) &

Thurs. at 1:00PM

Dominoes Day – 2nd & 4th Thurs. at 11:15

Try joining Canasta, Tues. Public Sheepshead, or refresh at Thurs. sheepshead, cribbage, pinochle, and Fri. Bridge. Looking for other games, check out dominos on game day!

Public Card Parties:

Canasta 1st & 3rd & 5th Mon. 7:00PM

Sheepshead – Tues. 7:00 PM

Pinochle- Wed. 10:00 AM

Clubs and Organizations Meeting

At the Center

Open 8-Ball/Green Felt Club –Mon.-Fri. at 2:00PM (except when needed for special program 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

International Tea

Date: Wed. Feb. 19 at 1:30

Join us as we welcome the Port High foreign exchange student Janina from Frankfurt, Germany. A German tea will be served with a regional German sweet. Registration includes the program and tea; participants **must** pre-register by Mon. Feb. 17.

Cost: \$3.00 members, and \$5.00 for guests.

Preview for March 19: Irish Music Tea

Monthly Birthday Party Sponsored by Friends of the Port Senior Center



New Players wanted

at Noon. *This is to celebrate with members and friends your special day.* The celebration will be in conjunction with the dining site lunch. Reservations to Jill by noon Thurs Feb. 27 for party Fri. Feb. 28!

Cost: Donation for lunch!

Senior Dining at the Center

The Center is a site for the Ozaukee County Senior Dining Program. This is available to Seniors 60 and older. The meal is served at noon with a suggested donation of \$3.75 per meal. Reservations are required the day before by noon, call Jill, dining manager, at 262-483-9753 to reserve a spot!

Port Washington Senior Center & Port Washington Dining Site Events:

Join us for lunch, fun and learning!

- 5 – Blood Pressure
- 6 – Word Trivia
- 10 - Money Bingo
- 13 & 27 - Game Day at 11:15 –New Time
- 14 –Prize Bingo and Valentine’s Recognition
- 17 – Movie – Now You See Me
- 26 – Oscar Party
- 28 - Birthday Party -sponsored by Friends of the Senior Center

Valentine Party

Date: Friday, Feb. 14 at noon
Celebrate long lasting Valentine’s with couples celebrating 40th Anniversaries or more! Party will include prize bingo. Cost: Lunch donation
Make reservation 24 hours prior to 262-483-9753

Oscar Party: Your Time to Shine

Date: Wed. Feb 26
11:00-11:45 Arrival, photos, ballot selection
Noon Meal with best dressed awards announced at 12:30
Dress up for the Red Carpet at this special party on Wed. Feb. 26 at noon. Cast a ballot for your favorite movie, have a photo taken, and enjoy the party! Cost: Lunch donation Make reservation 24 hours prior to 262-483-9753

Tuesday Night Sheepshead at 7:00 PM

OPEN to the PUBLIC – Please encourage friends and family to check it out!
The cost is \$1.50 with prize money paid out to the top scorers. Players assist Building Volunteer with scoring.

Lunch Bunch at Tello’s Grille & Cafe

Date: Thur. Feb 27 at 11:30
Join us for lunch and conversation for this monthly dining out group. Meet for conversation and new connections! Register at Center by Mon. prior to date.
Cost: On your own



St. Patrick’s Day Party & Music Performance

Date: Monday, March 17 at 11:30-1:30
Join us for lunch at noon and a show at 12:40 in the wellness room on 1st floor with Steve and Friends! This group plays Irish and Americana music (Folk, Country, Blue Grass tunes) including John Denver, Neil Young, Willie Nelson and more!
Cost: Donation for lunch
Members who choose not to join for lunch the cost is \$5.00. Register by Friday March 14.

New

Coffee Chat with Mayor Mlada

Date: Tuesday, March 18 at 9:15 AM
The guest will be local developer Gertjan van den Broek of Renew Port Holdings.
Cost: No fee for members or community
PLEASE RSVP by Thur. March 13.

Community Events & Information

Bridge Lessons

See page 3 for details

AARP Tax Assistance

Dates: Tuesday’s by Appointment
Feb. 4 – April 8, 2014 9:30-1:30
This is for seniors & others with low to moderate incomes. When making an appointment the center needs your telephone number and the specific tax assistance you need help with, homestead filing or simple income tax preparation. For the appointment bring: prior year return, current year tax records, identification & social security number, income/property, health insurance premiums, and all other related documents.

New

Call 284-5821 for appointment.

Red Cross Community Blood Drive

Date: Tues. Feb. 4 2:00 – 6:30 PM

In cooperation with St. Matthews the Center is hosting the drive and their volunteers will assist. For an appointment call 1-800-733-2767 or visit redcrossblood.org or walk in!

Heart Healthy Eating

This is a program on nutrition tips for a healthy heart offered at Heritage Health and Rehab Center on Wed. Feb. 12 at 3:00PM. RSVP to 284-5892 by Feb. 6

Delta Kappa Gamma Book Discussion

Date: **Jan. 28 rescheduled to FEB 4 at 3:00**

The group will discuss *Language of Flowers* by Vanessa Diffenbaugh .

Cost: NO FEE members and \$3.00 per guest monthly.

Delta Kappa Gamma Book Discussion

Date: **Tues. Feb. 25 at 3:30 PM**

The group will discuss *Killing Lincoln*. Pick up a copy to borrow at the Center and return to Center. Open to interested adults. The coordinator is a member of Delta Kappa Gamma. The group reading list books available in paperback, hardcover, Large Print or on tape/CD.

Cost: NO FEE members and \$3.00 per guest monthly. *Preview for March 25: The Shoemaker's Wife*

Toe Nail Trimmers Foot Clinic

Date: Thur. Feb. 27 by appointment
12:30-3:00 PM

This service the Center will host on the 1st floor in the wellness room even months of the year. Appointments will be taken by the Nail Trimmers.

Cost: \$25 member/ \$30.00 guest. **Reservations:** Call Nail Trimmers at 262-719-0336

Travel Showcase with Collette

Date: **Tues. March 11 at 4:00 PM**

Do you want to know what the Italia trip will include? Receive travel discount! Here is your chance to see and hear from the rep! We also will showcase a 2015 trip. Learn how you can help the Center when you choose a Collette

vacation! Sparkling juice and cheese will be part of the refreshments.

Cost: none members/ \$5.00 guests

RSVP required by March 7 to 284-5821.

Scrapbooking & Card Making Saturday

Date: **Sat. March 22 at 9:00AM -12:00**

Bring your own projects to work on large tables. When signing up for scrapbooking for \$15, you will receive a packet of divided page protectors and cardstock ready to use in your pages. Bring your pictures and add them to the pages.

You will have the opportunity to also create greeting cards for an Add-On Fee of \$5 beginning at 9am - 10am. You will be able to make 5 cards. If you only want to join us at 9am for the greeting card session, the cost will be \$10.

RSVP to the Port Senior Center by Wednesday, March 19, 2014. Light snacks will be provided.

COST: depends on projects

1.Scrapbooking = \$15.00 member/\$20 guest

2.Scrapbooking and Greeting cards = \$20.00member/\$25 guest

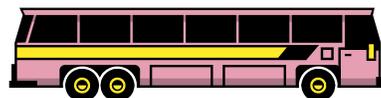
3.Greeting Cards = \$10.00/\$15.00 guest

"I Have Alzheimer's" Website

In September, the Alzheimer's Association® launched "I Have Alzheimer's Disease," a 23-page section of alz.org offering information and tools to help those living in the early stage of Alzheimer's or other dementia live their best life for as long as possible. The site is also a valuable resource for caregivers, family members, or friends of someone with Alzheimer's.

School District Technology Classes

List of available classes is at the Center.



One Day Adventure Trip News

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 FOUR 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.

PARKING FOR DAY TRIPS:

WHEN LEAVING ON A DAY TRIP
PLEASE PARK YOUR CAR ½ block or further from the Center or west of the alley on Foster St.

2014 Day Trips

Mark your calendar and watch Leisure Times for registration

July: Waupaca area with boat tour

August: Arlington race track

October: Mystery and more!

Fireside 2014 Season to be released:

Wed. Aug 6 – Smokey Joe’s Café

Thur. Sept 11 – Les Miserables

Oct. – Christian Concert

Thur. Nov 20 – A Fireside Christmas 2014

Wed. Dec 10 – A Fireside Christmas 2014

Body Worlds: The Cycle of Life

Date: Feb 25, 2014 - 12 seats open

Payment due Feb. 3, 2014

This new exhibit also features three special perspectives: a look at conception and pre-natal development; a display about sight and vision, including the vision challenges faced by artists Claude Monet and Edgar Degas; and a study of the geographic regions where the oldest living people tend to live, and the characteristics they have been found to share.

The day begins with a giant screen film of the “The Human Body” and continues to the timed entrance for Body Worlds: The Cycle of Life.

After the museum, we continue our journey for an Irish Lunch where you have a lunch choice: # 1.

Guinness BBQ Chicken Breast

#2. Corned Beef & Cabbage

3. Shepherd’s #4. Fish & Chips

Cost: \$80.00 per member

Depart Port at 8:45am and return about 4:00PM

Mary Poppins at the Fireside

Date: Wed. March 12 - 10 seats open

Payment due Feb. 3, 2014

The Fireside is proud to be the first professional theatre in Wisconsin to present a sparkling new production of this beloved Tony Award winning musical. The world’s favorite “practically perfect” nanny comes alive on the Fireside stage serving up more than a spoonful of delightful music, dancing, and laughter that will transport and enchant audiences of all ages. Direct from Broadway and the National Tour, The Fireside’s production of MARY POPPINS features all the well-known popular songs, high-stepping dancing, and a treasure chest full of magic and mirth! **Featured Menu:**

Tomato Bisque Soup Accompanied by a Grilled American Cheese Slider. Freshly Baked Breads from The Fireside Ovens. Entrée: **Chicken Piccata** Served with Parmesan flavored Orzo and a medley of Roasted Fresh Vegetables. Dessert: **Caramel Apple Cheesecake** served with Coffee, Tea and Milk

Cost: \$89.00 per member includes deluxe motorcoach; dinner & show; escort

Milwaukee Progressive Dinner Tour

Date: April 8, 2014 - only 15 seats available

Enjoy a progressive dinner at lunch in which we will provide history of Milwaukee's immigrant tastes by **highlighting three ethnic restaurants** in Milwaukee during a 3-course meal (appetizer/salad, **entree will be at Polonez** in St. Francis and **dessert at Mader’s**). There will be a step on guide with information about the neighborhood and architecture of the groups.

Cost: \$77.00 member/\$82.00 guest

Payment due March 5, 2014

Ho-Chunk Casino

Date: Fri. May 2

This casino trip will go to Ho-Chunk in Wisconsin Dells and Madison. Players will receive **10% off** meal at the Dells when using players card.

New



Depart Port 8:00AM and return approx. 8:15PM. Cost: \$35.00 Payment due April 2.

Fiddler at Fireside

Date: Thur. May 8

Arguably the greatest musical ever written and certainly one of the most popular shows in Fireside history, FIDDLER ON THE ROOF makes a triumphant return to the Fireside stage for this very special anniversary season. This classic show held the title as Broadway's longest running musical for over twenty years, winning nine Tony Awards including Best Musical. Tens of millions of people worldwide have fallen in love with Tevye, the long suffering dairyman who struggles to find a balance between his traditions and his family. It is a heart-warming story featuring one of Broadway's most beautiful musical scores. FIDDLER ON THE ROOF opened on Broadway the same year that The Fireside first opened its doors and to celebrate this dual anniversary, back by popular demand, Artistic Director Ed Fleisch will return to the leading role with which he has long been associated. You won't want to miss this Fireside "Tradition!" Menu: **Broccoli and Cauliflower Salad** tucked into a Lettuce Cup.

Freshly Baked Breads from The Fireside Ovens.

Beef and Bird - Medallion of Roast

Tenderloin of Beef glazed with a Madeira Wine Sauce and a Skinless Breast of Chicken, dipped in buttermilk and egg, lightly breaded with Panko Crumbs, Served with Escalloped Potatoes and Fresh Asparagus Spears.

Tevye's Triple Crown

PB&J Mousse served in a Chocolate Tulip Cup, Pecan Turtle Ball Ice Cream Sundae, and Opera Cake Petit Four. **Coffee, Tea and Milk**

Cost: \$89.00 per member includes deluxe motorcoach; dinner & show; escort

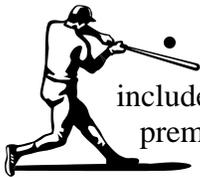
Payment due April 1, 2014

Milwaukee Brewers VS Pittsburgh Pirates

Date: Thur. May 15

Great seats in Section 109, near first base on the shady side, at the top of the stairs. This afternoon at Miller Park includes deluxe motor coach, escort and premium seating! Depart 9:45 for the 12:10 game; return after the game.

Cost: \$47.00 members/\$51.00 non-members
Payment due March 27.



Milwaukee Brewers VS Washington Nationals

Date: Wed. June 25, 2014

Great seats in Section 109, near first base on the shady side, at the top of the stairs. This afternoon at Miller Park includes deluxe motor coach, escort and premium seating! Depart 10:45AM for the 1:10 game; return after the game.

Cost: \$47.00 members/\$51.00 non-members
Payment due May 12.

Driving Miss Daisy at the Fireside

Date: Thur. July 10

The original Off-Broadway production of DRIVING MISS DAISY won the coveted Pulitzer Prize for drama and the successful film version won the Oscar for Best Picture. You will be captivated by the story of Miss Daisy and her long time chauffeur and loyal friend Hoke. The play spans 20 years during which they face trials and triumphs with humor, compassion, and love and ultimately learn the value of true friendship. This is a show you'll never forget. Featured Menu:

Signature Salad

Freshly Baked Breads from The Fireside Ovens.

Roast Boneless Pork Chop

Crepe Brulee, Coffee, Tea and Milk

Cost: \$89.00 member/\$93 guest

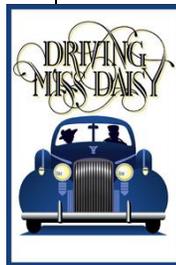
Includes: Deluxe motor coach, escort, admissions, lunch, and gratuities.

Depart Port: 8:00 AM Return approximately 6:30PM. Payment due June 2, 2014.

Frankie Valli Tribute Show at the SCHAUER ART CENTER

Date: Friday, Sept. 26

Discover how New Jersey boys from the wrong side of the tracks invented their own sound and became one of the biggest pop sensations of all time. Four guys, two girls and a full band take you on a musical journey through the Doo-Woop sounds of the '60's. With some awesome falsetto and superb harmonies, they cover The Four Season's hits and more, including chart-toppers like *Sherry*, *Big Girls Don't Cry*, *Walk Like a Man* *Locomotion* and *Downtown*.



New

New

New

Enjoy lunch at the Mineshaft Restaurant in Hartford. Choose from the following entrees and dessert: **Chicken Parmesan, Steak Sandwich, Poor Man's Lobster, Seafood Combination Platter, Dessert: Carrot Cake or Cheesecake.** Pick up flyer for details.
 Cost: \$TBA per person
 PAYMENT DUE: August 4, 2014

2014 Extended trips:

These tours are offered with Grafton and Cedarburg to provide more travel options to you our valued travel partners!

Travel Showcase with Collette

Date: Tues. March 11 at 4:00 PM

Details under community events.

Texas Cowboy Country – call for availability

Trip Departs: Saturday, April 26, 2014

This is a 9 day/13 meals holiday by motorcoach. Highlights: 3 nights at the YO Ranch Hotel, National Cowboy & Western Heritage museum, Tour San Antonio with local guide including the Mission San Jose & El Mercado, narrated river cruise, Alamo, National Museum of the Pacific War, Lyndon B. Johnson Ranch State Park, and more! From \$1,299 per person twin

River Cruise on the Blue Danube – 10 seats

Trip Departs September 29, 2014

This experience, 11 days and 23 meals, is on the MS Amadeus Diamond a 7 night cruise with 2 nights in Prague. Cost depends on the deck category starting at \$4,394 for the Haydn Deck twin to a suite for \$5,094. Pick up the detail brochure at the Center.

Italia Classica with Collette Vacations

Trip Dates: Nov 4-12, 2014

BOOK NOW and Save \$250.00!

Double rate with 250 savings: \$2,799 after savings period ends \$3,049

Highlights: Rome, Coliseum, Florence, Venice, St. Mark's square, and Milan.

Welcome New Members!

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

November: New Members: Dona Keith, Susan Steinhoff, Sally Yost, Cami Juergensen, Betsy Partridge

December: Robert Hettiger, Sharon Zahn

January New Members: John Walker, Ken & Nancy Behan, Vern & Anne Forman, Peter Vandenhooft, Charles Schmit, Shirley Goothousen, Gary & Shirley Bley, Terie Leicht

Monthly Birthday Party –Celebrate You!

Sponsor: Friends of the Port Senior Center

Friday, Feb 28th all February birthdays will be celebrated! Reservations are due in to Jill by noon Thursday, Feb 27th by noon!

Cost: Lunch Donation!

Please join us to Celebrate

Happy Birthday February!

3 June Gionet, Donald Schanen

5 Margaret M. Prom

6 Rosemarie Waldkirch

7 George Lathrop

8 Annette Karcz

Barbara Hunsicker

9 Barb Swietlik Metz

10 Dorothy Stoughton,

Linda Weber, Leah Wunsch

13 Norma Johnson

14 Roberta Meeks

16 Caryl Becker, Sally Duman,

Rhoda Obolenski, Marilyn Stone

17 Warren Haseley,

Marge Hoffman

18 Ruth Johnson

20 Betty Karabensh

22 Marjorie Lallensack, Rick Laue

23 Patricia Norman,

Robert Mason, Ron Weiss

27 Patricia Houston



New

In Memorium

We offer our sympathy to the family & friends of: *Alice Kolbach & Robert Casey*

Find Us on Facebook

For those who liked our page, please check back at  various posts to help the center stay connected to you on Facebook.

The Senior Center has a Facebook page under “Port Washington Adult Community Senior Center”. Please be sure to “like” the Center page when you are on Facebook.

Laugh of the Month -Crazy Mailboxes



Looking for a nice condo/home in Port Washington without having to care for it?

Newer side-by-side ranch style condo (other side landlord occupied). Three bedrooms and two full bathrooms. In Bley Estates Subdivision near Highway 33 and LL. Available for rent in April 2014. 1,800 Square Foot Main Floor Includes:

- Master bedroom with bathroom featuring whirlpool tub and easy step-in shower, and deck access
 - Large open space includes kitchen, dining and living areas with fireplace and sliding door deck access
 - Office • Laundry room • Skylights • Oak trim & hickory floors • Two car attached garage
 - Large private deck • Gas forced air heat and central air • Property is completely non-smoking
- Plus 1,800 square foot unfinished lower level great for storage and projects such as woodworking
- Rent is \$1,095.00 per month plus utilities • No maintenance fees • Snow and lawn care included
 - Well behaved pet negotiable • Excellent landlords • Call Liz at 414-460-4149 for more information

