



# Port Washington Adult Community Senior Center

## The Leisure Times

### March 2015



Port Washington Adult Community Senior Center  
403 W. Foster Street  
(262) 284-5821

Catherine Kiener, Director  
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**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 Common Council approved a company, MSA, to complete the needs assessment. The process will begin in March. We will inform membership of various dates as they are established via the newsletter, internal postings, the Facebook page, and announcements at events. Plan to participate to enable the legacy of a vibrant Senior Center to continue!

We are looking forward to our first "Popcorn Bar" and St. Patrick's Day party on Tuesday, March 17. The Friends of the Senior Center are sponsoring the entertainment. Join us for lunch. **The party will have door prizes. See more under Special Events later in newsletter.**

The annual Chili/Soup Supper with Memorial Pool Tournament and Bingo is scheduled for March 23. See details under Special Events.

Remember, to legibly sign in every visit to the Center! Everyone who comes in is required to sign in for data purposes. We have 2 volunteers who input your handwritten sign in to computer data for the annual report! In 2014 there were 13,723 sign-ins only 4 less than '13.

**Regular groups that have changed leaders MUST contact Rose with your 2015 leader/coordinator.** This is important to have in the office in case of weather or other facility schedule changes!

#### Thought From The Senior Board Chairman – Paul Michel

Have you considered trying the Senior Dining program at the center weekly or monthly? I have been coming about weekly and have enjoyed meeting different people and the food! I hope to see you at lunch.

Advocacy to City Council Dates needed are: Wed. April 8 & Tuesday, April 21 at 7:30PM. Thank you for helping promote your Senior Center. Speaking for the Board, we appreciate all the support shown through letters to the editor and attendance at meetings. We all need to keep talking the Center up in the community and to our children!

#### UPCOMING EVENTS:

- **St. Patrick's Day Popcorn Bar & Music Tues. March 17**
- **Soup Supper & Weyker/Robertson Memorial Pool Tournament Mon. March 23**
- **Birthday Party Fri. March 27**
- **One Day Adventures & Extended Trips: pgs. 8-10**
- **SAVE THE DATE: Chiropractic Care April 14; Office Volunteer training April 16; Horseshoe organization meeting April 21; Alzheimer's "10 Signs" April 27; Spring Fling May 21; Senior Games May 28-June 18**

## Winter Weather Closings

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

## Thank You, Thank You

**Thank you** Deb Postl and Diane Markiewicz for compiling the attendance in 2014!

## February Newsletter Crew:

Joan Murphy, Marge Hoffman, Sandi Preisler, Darlene Brown, Sharon Swatek, Donna Stepaniak, and Loretta Federspiel.

## Volunteer Opportunities

*"Everyone can be great because anyone can serve." – Dr. Martin Luther King, Jr*  
**Attendance Recorder** – to help record monthly sign in sheets into excel spreadsheet. This person shares responsibility with another volunteer. Contact Catherine by Feb. 10.  
**On – Call Office Volunteers** –contact Rose or Catherine if interested!  
**Club Leader for biking club-** plan monthly bike rides April – September. 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 center now and into the future, please consider joining. President-Harold Johnson  
Secretary – John Maynard  
Treasurer – Meg Adams

## 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. ***Non-member weekly fee for guests in town is \$2.00 and out of town \$4.00. All members must assist with the enforcement of the fee paid in the office prior to participation.***

***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.

## Senior Center Board of Directors:

*Paul Michel, Chairman; Bonnie Knaub Vice-Chairman; Bob Clearwater, Secretary; Roberta Blumenberg, Peggy Maynard, Sharon Swatek, John Jacque, Carol Conrad, Sandi Preisler*

## **Programs & Classes for Healthy Living**

*What is one word that can help reduce risk of falls? **FITNESS!***

### PHYSICAL WELLNESS

#### **Aqua Exercise Class**

Dates: Tues., Thur, and Fri 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.

#### **Strength with Bands Session II**

**Dates: Wed & Fri to March 27 at 11:00**

Instructor, Holli Parker will use primarily exercise bands & balls in this class for novice, intermediate, or experienced participants.

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

#### **Beginners Tai Chi with emphasis on Arthritis – Session I**

Dates: Mondays to March 23 at 9:00 AM

#### **Beginners Tai Chi with emphasis on Arthritis – Session II**

**Dates: March 30 to June 22 at 9:00 AM**

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.

Instructor: KT Rusch is a certified teacher from the Tai Chi Center of Milwaukee, where she has studied and practiced for over 18 years. Her classes are known for a personal touch and a sense of humor.

**Cost:** \$95.00 per member & \$105.00 for Non-members.

#### **Strong Women Class (session I)**

Dates: Tues at 9:00 & Thur @ 8:30 to March 5

#### **Circuit Training I -Women 40 & Older**

**Dates: March 10 to April 23**

**Tues @ 9:00AM & Thur. @ 8:30**

This program is adapted from Strong Women, Silver Sneakers, & other age inspired fitness routines to provide your body with a challenging workout. A release form must be completed for all new participants or present members with physical or health changes.

Instructor: Tina Mach

Cost: \$30.00 member/\$40 guest 7-weeks

**In 2015 the class cost for session II will go to \$35 member/\$45 guest**

Class size: max. 15

#### **Strong Women Class (session II)**

Dates: April 28 –June 11

Tues at 9:00 & Thur @ 8:30

This national evidenced based program was developed at Tufts University by Dr. Miriam Nelson. It is designed for women 40 and older. This training curriculum is designed to help women maintain muscle mass, strength, and function as they age! New Year, new you!

**Cost:** \$30.00 member/\$40 guest 7-weeks

#### **Tai Chi Continuing Course Session I**

Dates: Mondays to March 23 at 10:00

#### **Tai Chi Continuing Course Session II**

**Dates: Mondays March 30- June 22 at 10:00**

Tai Chi promotes balance, flexibility, & good overall health. Meets 1<sup>st</sup> floor level of Senior Center at 11:30 AM.

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

#### **Zumba Gold Classes (Session I)**

Dates: Tues, Wed, Fri, & Sat to March 7

*New*

*New*

## Zumba Gold Classes (Session II)

**Dates: Tues, Wed, Fri, & Sat March 10 – April 25 or Weekly registration available**

Meet 1<sup>st</sup> 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:** \$15.00 for Senior Center members or Friends of the Senior Center for Course or \$3.00 per class. **Non-members cost:** \$25.00 course or \$5.00 per class!



## Hatha Yoga II

**Dates: Wednesdays March 11 to April 25**

**Time: 5:15 PM or 6:45 PM**

*Registration open to 12 and older*

The **benefits of yoga include tension relief, deep breathing, and stress management.**

This popular 7-week class will be held at the Port Adult Community Senior Center. Bruce Van Dyke returns to teach this level one Yoga course. Bring a beach towel or your own mat, water bottle, and wear loose fitting clothes. He is certified. He has been on PBS and students look forward to his classes.

**Cost:** \$50.00 for Senior Center Members and \$60.00 for the general public. Fee increases after March 10 to \$65.00 and \$75.00.

**Register** by calling the center or e-mail [ckiener@ci.port-washington.wi.us](mailto:ckiener@ci.port-washington.wi.us) and specify class time. Student maximum 25.

## Indoor Walking at the Center

Dates: March 2- March 23 Mondays 11:30 – 1:00; Tuesdays & Thursdays 10:30 – 1:00

The center 1<sup>st</sup> floor is open for walking on these days and times. You are **required to register** in the office for a half hour time slot. Walking will be circular and limited to 2-3 per half hour. Cost: none for Members/ \$15.00 public

## ENRICHMENT

### Tech Thursdays

**Dates:** March 5, 12, & 19 at 3:00 PM-4:00  
Computer or I Pad help with High school



students focusing on E-Mail & Facebook Set-Up, & other Terminology or questions

Cost: \$3.00 per week or \$5.00 for 3 weeks members/\$10.00 guests for 3 weeks.

Register with fee by March 5.

## Computer Lab on the 2<sup>nd</sup> floor Mezzanine

Tues, Wed, and Thurs 9-3 must demonstrate ability to use independently (turn on & off properly, etc).

Sign in and out in the office!

No fee members/guests \$5.00

## Friday Book Talk

**Date:** Friday, March 13 at

9:30 at the library

The book is The Longest Ride by Nicholas Sparks to be reviewed by Liz Schaefer. *New Members interested in joining Friday Book Talk please attend the meeting!*

*Preview Friday, April 10: The Vacationers by Emma Straub*



## Ceramics - ALL Skill Levels

### Décor & Functional Items

**Next session starts March 5**

**Dates:** Thursdays from 9:15 – 11:00 AM

**Independent program until instructor starts.**

Interested participants, register by March 4.

Paint a pre-formed piece of green ware or bisque ware. 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 Class – All Media Welcome

Dates: Now to April 8 at 3:15-5:15

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

New

Instructor: Laurie Sucharda  
Cost: \$50.00 members/ \$65.00 guests

**Spring Painting & Project Finish – All Media**

**Dates: Wednesdays April 15 – May 20 at 3:15-5:00**

Restart your creative spirit with spring painting! Emphasis will be on helping beginning and continuing students find inspiration and then executing one or more paintings over the length of the course. Classwork will include lessons in composition and color mixing. Learn a new skill for spring or re-ignite an old interest. Any art supplies you already have can be used. The instructor will have some basic materials on hand to experiment with.

**Cost: \$50.00/member and \$60 guest**

**Handcrafted Greeting Cards**

**Date: Wed. April 8 at 1:30-3:00PM**

Would you like to write a personal note in a handmade card to a loved one? *With the age of the computers, each hand written message is cherished.* Come join us as we create those handmade cards to send to friends and family.

All supplies and adhesives will be provided. Rubber stamps and coordinating cardstock and ink pads are used to create stunning cards. This class is taught by Jennifer Dimmer, Stampin' Up Independent Demonstrator. Come join us. Register and pay by Monday, April 6.

**Cost: \$10.00 per member and \$15.00 for guest. Maximum is 12!**

*Preview next date: May 6*

**Watercolor “Reflections in Silver”**

Instructor: Erin Callahan Blum

**Dates: Tuesdays, March 3, 10, 17**

**Time: 2-4 p.m.**

Plan your design on watercolor paper of a piece of silver or transfer from your own original drawing. Ideas and a demonstration will be given before you begin painting. To register and for supply list call (262)284-5821.

This workshop is for any ability. To get an idea of Erin's work, visit [www.ErinCallahanBlum.com](http://www.ErinCallahanBlum.com).

New

**Cost: \$35.00 member/\$45.00 guest**

**Watercolor – “Lace”**

Dates: Tuesdays, Mar. 24, 31, Apr. 7

**Time: 2-4 p.m.**

Plan your own original design on watercolor paper. A demonstration will be given before you begin painting. To register and for supply list call (262)284-5821.

**Cost: \$35.00 member/\$45.00 guest**

**Senior Singers –A Community Service**

**Dates: Mondays at 9:00**

*Meets on the mezzanine (2<sup>nd</sup> 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 fall session in the office.

Cost: No charge members/\$15.00 guest

**“Hand and Foot” or Canasta**

Players meet at 7:00 PM on the 1<sup>st</sup> & 3<sup>rd</sup> & 5<sup>th</sup>

Mondays: March 2, 16, 30

Everyone is welcome!

**Non-member fee applies per week.**

**Cribbage –Tuesdays at 1:00**

Hands on cribbage learning sessions the 2<sup>nd</sup> 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 – New Players Welcome!**

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 2<sup>nd</sup> & 4<sup>th</sup> Thursdays at 11:00

Dates: March 12 & 26

Volunteer facilitated: Domino games.



**Monthly 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: The Theory of Everything**

**Date: Monday, March 16 at 12:40**

**Rated PG-13, Running time: 123 min.**

**Starring Oscar winner Eddie Redmayne**

Synopsis: The Theory of Everything is the story of the most brilliant and celebrated physicist of our time, Stephen Hawking, and Jane Wilde the arts student he fell in love with whilst studying at Cambridge in the 1960s. Little was expected from Stephen Hawking, a bright but shiftless student of cosmology, given just two years to live following the diagnosis of a fatal illness at 21 years of age. He became galvanized, however, by the love of fellow Cambridge student, Jane Wilde, and he went on to be called the successor to Einstein, as well as a husband and father to their three children.

*Preview Mon., April 20 – The Imitation Game*

**LEAGUES**

**Green Felt 8-Ball Season**

**2<sup>nd</sup> Session** to May 27

New members interested should contact office.

Cost: Member of PWACSC in good standing plus league fee of \$15.00.

**Silver Strikers – Wii Bowling Session I**

**Dates:** Tuesdays to March 24

Tuesday is for current continuing players.

**Silver Strikers – Wii Bowling Session II**

**Dates:** Tuesdays March 31 to June 2

Tuesday is for current continuing players.

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

\*New players contact office for available days to start another league. **We have 2 people interested and would like 2-4 more!!**

**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. & Fri. at 1:00PM

Cribbage – Tues. at 1:00PM

Sheepshead – Mon & Thurs. at 1:00PM

Dominoes Day – 2<sup>nd</sup> & 4<sup>th</sup> Thurs. at 12:30

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 1<sup>st</sup> & 3<sup>rd</sup> & 5<sup>th</sup> 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 – 2<sup>nd</sup> Mon. at 7:00PM in the lower level

VFW – Last Wed. at 7:00PM

**Special Events**

**LAKESIDE TEA SOCIETY**

**An International Tea**

**Date: Wed. March 18 at 1:30**

Port Washington High School Exchange students: **Siyu (nick name Vincy) from**

**China, Liubov from Russia, Lars from**

**Norway, Jakob from Germany** will share

their experiences and overview of their culture.



A sweet and tea will be served following the presentation. Registration includes the program and tea; participants must pre-register by Mon. March 16.

**Cost:** \$5.00 members, and \$10.00 for guests.  
*Preview for April 15 at 1:30: Victorian Tea and Fashions*



### CHILI & SOUP SUPPER

Followed by the Ed Wyker/Pat

Roberson Memorial 8-Ball Pool

tournament or Bingo

**DATE:** Mon. March 23 at 4:45 PM.

**Register with payment by Mon. March 16**

Dinner includes salad, **choice of chili or**

**chicken soup**, bread, and dessert, coffee or

milk, followed at 6:00 PM by **bingo games with cash prizes** from Johnson Bus or Memorial 8-Ball Tournament with prize trophy. Register by calling the center or e-mail ckiener@ci.port-washington.wi.us.

**Cost:** \$7.00 per member and \$10.00 for Guests. **Please indicate soup or chili.**

### Monthly Birthday Party Sponsored by Friends of the Port Senior Center

*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 March 26 for party Fri. March 27!  
**Cost:** Donation for lunch!



### Chiropractic Care for Spring

**Date: Tues. April 14 at 1:00**

Join us for this informative session to help you keep your body healthy and prepared for spring yardwork, gardening, and increased activity by a local Chiropractor, Dr. Erickson.

No cost program. Sponsored by Columbia St. Mary's

### 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 \$4.00 per meal. Reservations are required the day before

by noon; call Jill, dining manager, at 262-483-9753 to reserve a spot!

### Dining Transportation News

Did you know you can get a ride for just \$1.00 each way when coming for lunch?

### WHAT'S NEW IN DINING?

There is a new exciting menu in March with entrees or for those looking for a salad lunch join us on Tues. March 24 for grilled chicken Caesar salad! These are just a few samples, please be sure to look the menu over!

Dine here 10 times starting Feb 1 – May 1 and earn a sweet surprise & free meal! No cost to enroll; get a card from Jill at the dining site!

### Port Washington Senior Center & Port Washington Dining Site Events:

*Join us for conversation, fun and learning!*

2 – Word Trivia Plus

4 – Blood Pressure

9 – Money Bingo

10 – Information & Assistance from Monica

12 & 26 – Game Day at 11:00 AM

16 – Movie: The Theory of Everything

17 – St. Patrick's Day 11:00-1:30 Popcorn Bar

and Music by Casey on 1<sup>st</sup> floor at 12:40

24 – Tasty Tuesday, sample surprise food

25 - Prize Bingo

27 – Birthday Party –sponsored by Friends of the Senior Center

### Brewer's Home Opener Party

**Mon. April 6** at noon

Lunch donation; reservation due to Jill one day prior at 483-9753

### Lunch Bunch at Nisleit's Country Inn

**Date: Wed. March 25 at 11:30**

Join members for lunch and conversation for this monthly dining out group. Meet at Nisleit's 3704 Highland Drive for conversation and new connections! Register by March 23.

**Cost:** On your own.

*Preview for April: The Pizza Ranch*

### Tuesday Night Sheepshead at 6:45 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.

### **St. Patrick's Day Popcorn Bar & Music**

**Date:** Tuesday, March 17 at 11:00-1:30  
Grab your friends and start celebrating with a popcorn bar with 2 savory flavors (Bacon Ranch & Loaded Baked Potato) and 2 sweet flavors (Caramel Apple & On Wisconsin), for 100 so plan now to attend. Join us for lunch at noon and the Music of Casey show at 12:45-1:45 in the wellness room on 1<sup>st</sup> floor. He will sing 40's, 50's and some Irish tunes. If you are coming for show only, there will be plenty of popcorn! SUPPORT YOUR CENTER and ATTEND.

**Cost:** Donation for lunch

**Register by Monday March 16 for either lunch & show or popcorn/show.** *No charge for program, thanks to sponsorship of the music by The Friends of the Senior Center.*



### **Coffee Chat with Mayor Mlada**

**Date:** Wed. March 25 at 8:30 AM

The guest will be announced.

Cost: No fee for members or community

**PLEASE RSVP by Mon. preceding.**

## **Community Events & Information**

### **Senior Citizen Breakfast and Referendum information session**

**Date:** Friday, March 6 7:30 am-9:00 AM

The program will take place at the High School Auditorium Hallway, 427 W. Jackson Street

### **Delta Kappa Gamma Book Discussion**

**Date:** Tues. March 24 at 3:30 PM

The group will discuss 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 April 28: Friendship Bread*

### **Public 8-Ball Play**

**Dates:** Tuesdays March 3- May 26 at 6:30 – 8:30 PM

This new opportunity for adults begins on Tuesday, March 3. There is a designated coordinator to open/close the 2<sup>nd</sup> floor. Cost: \$1.00 per member/\$2.00 per guest Fee is paid weekly on Tuesday evening to the coordinator. This program will be re-evaluated to determine if it will occur in summer.

*New*

### **Retirement 101**

**Dates:** Second Wed of each month March 11 at 1-3 PM

**Location:** Ozaukee County Admin Center  
121 W. Main St. Port Washington

Thinking about retiring? This will cover social security for 62 and over, Medicare, WI Senior Care, Medicare Advantage Plans and more.

Call 262-284-8120 to reserve a spot.

No fee program by the ADRC of Ozaukee County.

### **Toe Nail Trimmers Foot Clinic**

**Date:** Thur. April 23 by appointment 9:00 – 12:00. This service the Center will host on the 2<sup>nd</sup> floor in the mezzanine room even months of the year. Appointments will be taken by the Nail Trimmers.

**Cost:** \$27 member/ \$32.00 guest.

**Reservations:** Call Nail Trimmers at 262-719-0336

### **AARP Tax Assistance until April 7**

**Dates:** Tuesdays 9:30-1:30 by appointment

This free service for tax filing is open for registration. The filing is electronic and for low to moderate simple income tax filers age 18 and older.

Donations accepted for the Center in the office.

### **Take the AARP Smart Driver Course**

**Date:** Thur. April 16 1:00-5:00

Learn research-based safety strategies to help keep you safe while on the road. After taking the course, you may be eligible for a multi-year discount on your car insurance! (Consult your auto insurance agent for details.) Space is limited, so register now!

*New*

New

Cost: AARP & Center member \$20.00  
Non-members \$30.00

### Know the 10 Signs

*A Workshop to help learn the signs for early detection presented by the Alzheimer's Association*

**Date:** Tues. April 28 10 -11:30 AM

The warning signs of Alzheimer's disease are often dismissed as side effects of normal aging. It's time to learn the facts. Early detection gives you a chance to begin drug therapy, enroll in clinical studies and plan for the future. Attend to learn the 10 Warning signs and separate myth from reality! Seating is limited and registration required by Mon. April 27.

Cost: No fee program



### 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 1/2 block and further from the Center or west of the alley on Foster St.**

#### **Ho Chunk Casino**

**Date: Friday, March 6 -Filled**

Depart 8:00 AM return approx. 7:30 PM

Includes: Deluxe motor coach transportation \$25 in credits on your player's club card at the machines 10% off meal when using your player's club card.

**Cost:** \$33.00 member/ \$37.00 guest

### Billy Elliot the Musical

**Date: Sunday, April 19 – Only 8 seats left**  
**Payment due March 9, 2015**

Based on the internationally-acclaimed film, the smash hit musical Billy Elliot follows a young boy as he trades in his boxing gloves for dancing shoes. In a small town in the English countryside, Billy discovers a passion for dance that inspires his family and his whole community, and changes his life forever. The musical phenomenon is set to an explosive hit score by Elton John. Don't miss this joyous celebration of one boy's journey against the odds to make his dreams come true!

**Venue:** Drury Lane at Oakbrook Terrace

**Menu:** 10-Station Gourmet Sunday Brunch.

**Cost:** \$119.00. Includes brunch, show, escort, and deluxe motor coach.

Departure time: 8:15 AM with return 7:30PM.



### Brewer's versus Cincinnati Reds

**Thur. April 23 - 2 Handicap accessible seats**  
**Payment is due by March 9.**

We have great seats near first base on the shady side at the top of the stairs. The bus will drop us off at handicap drop-off near our seats so very little walking. Game time is 12:40 p.m.

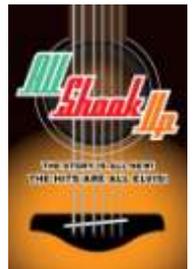
**Cost: \$47.00 member/50 guest** Fee includes a ticket and deluxe motorcoach transportation. Depart Port at 10:15 a.m. Return after the game

### All Shook Up

**Thursday, May 7- only 9 seats left**

Join us for the Fireside premiere of this rocking, rollicking musical comedy featuring the songs of the King of rock and roll - Elvis Presley.

No tight pants, no kissing and no loud music. Those are the rules in one small Midwestern 1950's town. But then a stranger comes to town - a rebellious, guitar-playing, hip swiveling roustabout (who bears a striking



resemblance to the King himself). All at once everything changes - young love blooms, and the once quiet little town is turned upside down in this hilarious, tuneful, high-stepping, award-winning Broadway romp featuring laughs, romance, thrilling dances, and a host of your favorite Presley classics such as Jailhouse Rock, Hound Dog, Heartbreak Hotel, Blue Suede Shoes, Don't Be Cruel, Burning Love, and more! **Menu: Signature Salad**

Freshly Baked Breads from our Artisan Bakery  
**Chicken and Ribs**

The Fireside's Favorite Duet, Served with a Baked Idaho Potato stuffed with Steamed Broccoli Buds in a Monterey Jack Cheese Sauce and a Corn Bread Muffin. **Triple Layer Carrot Cake, Coffee, Tea and Milk**

Cost: \$89.00. Depart 8:15 a.m.

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

**Come Explore the North Shore: Chicago**  
**Date: Monday, May 18, 2015 – 10 seats left**  
**Payment due April 6, 2015**

Spend the day exploring the History of Evanston, Illinois, home of **Northwestern University**. See the campus with a step on guide narrating our tour. Enjoy the lake view after a tour of **the Charles Gates Dawes Home**, the Lakefront



Mansion of the Vice President of the United States under Calvin Coolidge. Take a block walk to the lake and the shoreline to Northwestern. Good Photo opportunity!

Lunch follows at the Celtic Knot with a choice of:

1. *Corned Beef & Cabbage Lunch with boiled potatoes and steamed carrots*
2. *Fish & Chips Fresh cod deep fried in a light beer batter*

3. *Shepherd's Pie ground beef, rosemary & thyme topped with mashed potatoes, side of vegetables*

Coffee, tea or soda with Apple Crumble for dessert!



Following lunch we will journey to Skokie, IL for a self-guided tour of the **Holocaust Museum & Education Center**, "The Zev and Shifra Karkomi Permanent Exhibition is a place where those familiar with the Holocaust and those learning

about it for the first time can experience pre-war European life, ghettos and concentration camps, liberation and resettlement around the world through more than 500 artifacts, documents, photographs, and a German rail car of the type used in Nazi deportations. It has a special focus on post-war life in Skokie, Illinois, which had the largest per capita population of Holocaust survivors outside of Israel, and sparked the Museum's eventual creation." The tour will be followed by the inspirational talk from a survivor! In the Chicago suburb of Skokie, one out of every six Jewish citizens in the late 1970s was a survivor--or was directly related to a survivor--of the Holocaust.

**Cost: \$79.00**

**Brewer's versus New York Mets**  
**Thursday, June 25 – 3 seats left & 2 ADA seats**

We have great seats near first base on the shady side at the top of the stairs. The bus will drop us off at handicap drop-off near our seats so very little walking. Game time is 1:10 p.m. Depart Port at 10:45 a.m. Return after the game  
**Cost: \$47.00 member/50 guest** Fee includes a ticket and deluxe motorcoach transportation.

**New**

Payment is due by May 11

**Step back in time with "Dressing Downton: Changing Fashion for Changing Times" at the Paine**

**Date: Tuesday, June 30, 2015 – 12 seats left**

The day begins with a tour of the **Sawyer House**, now the Oshkosh Public Museum with a guided tour of the permanent collections and the **Apostles Clock**. We then travel to the Roxy for lunch before heading to **the Paine Art Center and Gardens** for our main event!



*Dressing Downton*

explores fashions in Britain from 1912, marked by the sinking of the Titanic, through World War I and into the early 1920s, the dawn of the Jazz Age. Placing the costumes within their broader historical context, the exhibition focuses on this era of great change, showing the

progression of fashions from the bustle to the flapper dress.

**Lunch is included at The Roxy Supper Club with a choice of:**

1. **French Fried Haddock**
2. **Chopped Sirloin**
3. **Tortellini Alfredo**
4. **Broiled Shrimp**

Includes Salad, coffee, tea or milk

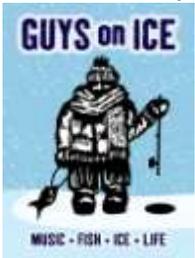
The main event today is the Dressing Downton exhibit at the Paine Art Center in Oshkosh. Following the docent led tour, there will be time to go revisit the exhibit, wander the gardens, and then meet in the carriage house for tea and dessert, savoring the afternoon as “the Crowley’s” might have done.

Cost: \$75.00

Reservation and payment due by May 26, 2015.

## **GUYS on ICE**

**Thursday, July 9, 2015 – 12 seats left**



You've seen them. Little wooden shanties sitting on lake ice. Puffs of smoke rising from chimney pipes. On a quiet day, maybe the static of a tinny radio filters through plywood walls, across the frozen tundra, back to shore. In a cold world, on a cold day, on a

frozen lake, these little signs of life are all most people know of a secret culture that thrives right here amongst us. Well wonder no more as we bring you Fred Alley's wildly popular tale of the secret world of ice fishermen. Don't miss this side-splitting musical comedy, guaranteed to thaw out your funny bone with songs like *The Wishing Hole*, *Ode to the Snowmobile Suit*, *Fish is a Miracle Food*, and *The One That Got Away*. **Menu:**

### **Marvin and Lloyd Salad**

Freshly Baked Breads from our Artisan Bakery  
**Beef and Bird**

Served with Whipped Baked Acorn Squash and Fresh Green String Beans.

### **Traditional Strawberry Shortcake Coffee, Tea and Milk**

Cost: \$89.00. Depart 8:15 a.m.

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

**New**

## **Payment due June 9.**

### **Brewer's versus Cleveland Indians**

**Date: Wed. July 22**

We have great seats near first base on the shady side at the top of the stairs. The bus will drop us off at handicap drop-off near our seats so very little walking. Game time is 1:10 p.m. Depart Port at 10:45 a.m. Return after the game  
**Cost: \$47.00 member/50 guest** Fee includes a ticket and deluxe motorcoach transportation. Payment is due by June 8.

### **The Green Bay Packer's – A Tour of Titletown and Lambeau Field**

**Date: Tuesday, July 28**

The ultimate tour! You will enjoy hearing the history and tradition of the franchise on a guided tour of the Packers Heritage Trail to over 20 spots significant in Packers History also includes the Champions tour of Lambeau Field, walk through the famous Tunnel and the new Hall of Fame! Includes lunch.

Cost: to be announced

Payment due June 15

**Trips you can register for** and pick up a flyer for the details:

- |              |  |
|--------------|--|
| August 6     | Pump Boys and Dinettes                 |
| August TBA   | Arlington Horse Races                  |
| September 10 | West Side Story – Fireside             |
| October 6    | <i>Three Bridges</i> Christian Concert |
| October 15   | Mystery Trip                           |

## **2015 Extended trips:**

These tours are offered with Grafton and Cedarburg to provide more travel options to you our valued travel partners! *Did you know we have more opportunities if our selected adventures do not meet your needs? Stop in for a travel book.*

**Thank you for choosing travel with the Senior Center through these providers as we do receive Marketing credit!**

### **Flavors of the South – Mayflower Value Tour '15 Pick-up details at Center!**

Dates: April 18 –April 25, 2015

**Final payments due March 1, 2015.**

8 Days and 13 meals/ Free home or local pickup travel by Deluxe motorcoach.

### **New Departure Date** Canadian Capitols of the East

**Date: Depart July 17 (9 days), 2015**

Join others from Ozaukee County and the Midwest on this trip to Canada! Enjoy 12 meals (4 dinners -1 from the CNN Tower, 1- in a Sugar Shack with entertainment); Montreal, Quebec, St. Anne de Beaupre Shrine, Ottawa with Parliament Hill, the House of Commons, the War Memorial, 2 nights in Toronto, so much more includes \$45 in Mayflower Money.

### **Discover Switzerland, Austria, & Bavaria**

Date: September 24 –Oct 3, 2015

Travel with Collette to the heart of Europe for 10 days with highlights of Bern Chateau de Chillon, Montreux, Golden Pass Panoramic Train, Gstaad, Lucerne, Innsbruck, Austrian Alps, Salzburg, Mirabell Gardens, St. Peter's Restaurant, Bavaria, Oberammergau, Tyrolean Folklore Show.

Pick up brochure at center for more details!

### **Welcome New Members**

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

*Fred and Terry Strutz*

### **Monthly Birthday Party –Celebrate You!**

**Sponsor: Friends of the Port Senior Center**

Friday, March. 27th. all March birthdays will be celebrated! Reservations are due in to Jill by noon Thursday, March 26th!

Cost: Lunch Donation!

**Please join us to Celebrate**

### **Happy Birthday March!**

- 1 *Eileen Herbst, Joan Murphy, Carmella Kacheris, Darlene Kittson*
- 2 *Joseph Postl, Barbara Bichler*
- 4 *Evelyn Hayes, Kathleen Schaffer*
- 5 *Elizabeth Schaefer, Gene Novak*

6 *Bill Greisch, Eileen Martinez, Elvira Port*

8 *Ruth M. Lorge*

9 *Cliff Keller, Judy McGinty*

10 *Judy Hahn, Rosalind Pfaller, Joe Groh*

13 *Ronda Dunn*

14 *Teri Lancaster*

15 *Bobbie Scheftgen, Teresa Webb*

18 *Celeste Miller, Diane Schlueter*

20 *Harry Eberl, Dierde Czisny*

22 *Joy Hoard*

23 *Arlene Hill*

24 *Lois Ward, Audrey Michalowski*

25 *Eugene Dannemiller, Dick Hauser*

26 *Barb Bichler, June Califf*

29 *Pat Knop, Ronald Roethel*

30 *Victor Larson,*

*Rosemary Marciniak*



### **Find Us on Facebook**



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

For the rest of the members on Facebook, we only have 62 likes help us reach 100 by May! 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.

### **Smile of the Month – This Duckling**



**Secret To Happiness:** Buoyancy, levity, and an enviable knack for discovering joy in the little things.

**Favorite Thing:** Actually being one of the little things.