

Photo Memories Sept 2015



Dick (2nd place B players), Betty (1st place B players), and John (1st place A players) and not pictured Bob (2nd place A players) with Green Felt Pool Awards.



Joe and Jim were the 2nd place team for Horseshoes



Chuck, Hal and Jim



Paul and Bob were the 1st place team in the Horseshoe League for summer 2015

Attention Members: Please consider joining us for an event in October that you may not normally attend it is good for your brain health to experience something new! This knowledge was reconfirmed at the Annual Senior Center Training Conference.

Annual Craft and Bake Sale with Silent Auction is coming in November!

Calling all crafters! The opening day will be Monday, Nov. 9. Please bring donations of your new items to the Center with a suggestion on the price by Nov. 4. **Bakers** will bring items on Mon. Nov. 9 by 9:30 AM (or when out of



Port Washington Adult Community Senior Center



The Leisure Times

October 2015

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

Catherine Kiener, Director
Assistant

David McGregor Environmental Maintenance

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 Senior Center Board has approved a membership increase beginning in 2016. The membership will go up by \$3.00 per category and includes membership in the Friends of the Senior Center, previously a separate \$25.00 cost. This is in an effort to create more value for both groups that assist with the operation of the Port Washington Adult Community Senior Center. There will also be scholarships available for those who cannot afford the cost.

NEWS FOR YOU FROM THE AD HOC

STRATEGIC PLANNING COMMITTEE The Final Report by MSA, the consultants for the Assessment & Survey project, will present the final report to the council on Tues. Oct. 6. MEMBERS plan to attend the council meeting in person to show support. The group meeting will be Tuesday, Oct. 13 to discuss the site tours and final report.

The Sign in Log sheet will be a new form requesting members & guests to **print your name**. This is to decrease time of volunteers who do the data entry. THANK YOU For your cooperation.

Silver Sneakers members, the Center now has 2 Flex classes for you to use your benefit here in Zumba Gold or Circuit Training.

UPCOMING EVENTS:

- **AARP Driver Safety Oct. 1**
 - **OKTOBERFEST Oct. 2**
 - **Lakeside Tea Society Oct. 21**
 - **Birthday Party Fri. Oct. 23**
 - **Healthier Habits, Healthier you Oct. 27**
 - **One Day Adventures & Extended Trips: pgs. 9-11**
 - **SAVE THE DATE:** Craft (woodcrafts, sewing, garden, knit, crochet, paper, and other) donations due to the Center by Oct. 29
 - Annual Craft & Bake Sale with Silent Auction Nov. 9
 - December 3 Membership Christmas Party Luncheon
- Message from Board Chairman Paul**
The Ad Hoc Committee survey phase is winding down. Please review the report and if possible attend the Oct. 6 Council meeting as the Alderman **can see you** (us)!
- Members are still needed to speak at Council meetings in Oct. 20 or November. This is “our”

Center and we need to stay proactive in asking for the partnership with the city to continue.

The Board of Directors reviewed many different senior center fees and Friends group fees to help with the decision of increasing membership cost. Please read the Directors summary for the increase amount.

Holiday Closing

The Center & Dining Site are closed on **Thur & Fri. Nov. 26 & 27. No activities** will occur on City holiday closed dates!

Thank You, Thank You

Thank your office volunteers for the extra help since July!

Thank you September Newsletter Crew:

Caryl Becker, Darlene Brown, Sandy Preisler, Sharon Swatek, Marge Erlauer, Joan Murphy, Betty Last, Marge Hoffman, Rosemary Weiland, and Loretta Federspiel. Thank you to the Ad Hoc Strategic Plan Committee for the effort to see the Needs Assessment study to a final report.

Volunteer Opportunities

“Everyone can be great because anyone can serve. – Dr. Martin Luther King, Jr

Corn Hole Coordinator – *The Center is looking to start a new program for the fall/winter in the wellness space. If you would like to help, please contact Catherine by Oct. 12.*

Casino Dealer – *The annual Italian Casino night Oct. 26 is need of one black jack dealer. If you would like to volunteer, contact the office by Oct. 12.*

Crafts needed- The Craft & Bake & Silent Auction is coming in November. Please consider donating a craft item whether it is a sewn item, embroidered tea towels, knit or crocheted items, woodwork, or other crafts. Donate item with suggested price by October 29!

Craft/bake/auction – Set up helpers & donation request follow up committee

Office Volunteer(s) On-Call & Regular days – *contact Catherine if interested!*

Leaders for new programs or clubs- *Do you have a hobby or interest in developing a new program for adults? Do you want to move a home card club to a public location? Contact Catherine by Oct. 12*

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: A new form requesting you print will be the sign in log for center data collection. This will help make the data entry

quicker for the volunteers. 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 2016- Annual membership is from January to December. **Individual fee is \$20.00 and Couple \$25.00** for City and Town of Port Residents & since 2012 membership the Village of Fredonia!

Out of town individuals to receive membership the fee is \$40.00 per person or \$67.00 per couple per year, it includes the newsletter and may be paid quarterly; or may subscribe to the newsletter for **\$15.00** 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; John Jacque, Carol Conrad, Betty Bogle, & Rosemary Marciniak, Mary Niedermeyer & Tim Lewein.

Programs & Classes for Healthy Living

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

PHYSICAL WELLNESS

Aqua Exercise Class

“Make the Pool your gym”

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 VII

Dates: Wed & Fri to Oct 30 at 11:00

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

Strength with Bands Session VIII

Dates: Wed & Fri Nov 4- Dec 18 at 11:00

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

Repeat Students \$10 discount for Senior Center Month!

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

Beginners Tai Chi with emphasis on Arthritis – Session IV

Dates: Mondays Oct 5 to Dec 21 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

New

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: Repeat Students \$10 discount for Senior Center Month \$85.00!

\$95.00 per new member & \$105.00 for Non-members.

Tai Chi Continuing Course Session IV

Dates: Mondays Oct 5 to Dec 21 at 10:00

Tai Chi promotes balance, flexibility, & good overall health. Meets 1st floor level of Senior Center

Cost: Repeat Students \$10 discount for Senior Center Month \$85.00!

\$95.00 per member/\$105.00 guest

Circuit Training II -Women 40 & Older

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

Now to Nov. 5

A Silver Sneaker Flex Class

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: \$35.00 member/\$45 guest 7-weeks

Class size: max. 15

Strong Women Class (session IV)

Dates: Tues at 9:00 & Thur @ 8:30 to – Nov. 10 – Dec. 29

This national evidenced based program was developed at Tufts University by Dr. Miriam Nelson.

Cost: \$35.00 member/\$45 guest 7-weeks

Class size: max. 15

Zumba Gold Classes (Session VI)

Dates: Tues, Wed, Fri, & Sat to Nov. 7 or Weekly registration available

Meet 1st floor south end at 8:15 AM

The low impact, easy to follow, Latin-dance inspired fitness party... The 30-45 minute workout class is led by a Certified Instructor, Tina with DVD instructor on Wednesday's.

Zumba Gold Classes (Session VII)

Silver Sneaker Flex Class

Dates: Tues, Wed, Fri, & Sat Nov 10 to Dec. 30 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: \$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!

Silver Sneaker Members talk to instructor or Director on using your benefit for the class here.

Hatha Yoga V

Dates: Wednesdays, Nov. 4 – Dec 16

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

ENRICHMENT

Computer Lab on the 2nd 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, Oct. 9 at 9:30 at Library.

The book is *You are not You* by Michele Wildgen to be reviewed by June Eastvold. *New Members interested in joining Friday Book Talk please attend a meeting!*

Preview Friday, Nov. 13: I am Malala by Malala Yousafzai to be reviewed by Judy Olson



Ceramics

Dates: Wed. at 5:00 -6:00 PM to Oct. 28 and Thursdays from 9:15 – 11:00 AM

Instructor help on Wed and independent on Thursday. Paint a pre-formed piece of green ware or bisque ware.

Cost: \$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.

New Members invited

Chicks with Sticks (Handiwork group)

Meets: Wednesdays at 1:00

Do you embroider? Sew? Knit? Crochet? You are encouraged to join the fun of sharing patterns and ideas. This group also assists with making items, from donated materials, for the sale cases.

New

New

Non-member fee is \$2.00 per week.

Painting with Laurie

Dates: Wednesdays to Oct 28 at 3:15-5:00

Any painting media welcome!

Any art supplies you already have can be used.

Join this creative group!

Cost: \$50.00 member/\$60 guest

Handcrafted Greeting Cards

Date: Wed. October 7 at 1:30-3:00PM

Instructor Jennifer will have everything you need to make **Masculine themed** cards.

Samples on display at the Center. Register with fee by Wed. Sept 30.

Cost: \$10.00 per member and \$15.00 for guest. Maximum is 12! *Preview Nov. 4: Christmas Holiday*

Handcrafted Greeting Cards

Date: Wed. November 4 at 1:30-3:00PM

Instructor Jennifer will have everything you need to make **Christmas themed** cards.

Samples on display at the Center. Register with fee by Wed. Oct. 28.

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

Watercolor Class: Alaska and other mountain adventures with water color

Dates: October 6,13,20 &27

Instructor: Erin Blum

Supply list available

Cost: \$50.00 member and \$60 guest



Senior Singers –A Community Service

Dates: Mondays now to Dec. 14 at 9:30 AM

Meets on the mezzanine (2nd floor).

New & returning singers register for fall session by Oct. 5! This is the Center community service group with performances to be scheduled in the community. Join for fun, improved breathing, or joy of music.



Cost: No charge members/\$15.00 guest

“Hand and Foot” or Canasta

Players meet at 7:00 PM on the 1st & 3rd & 5th Mondays: Nov 2, 16, 30 & Dec 7 & 21
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 – 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.

Mahjongg – Learn to Play

Date: Fridays, Oct. 2, 9, 16 10:00-12:00
Learn to play this ancient tile game and keep your mind sharp!
Instructor: Terry Wysocki
Cost: None/Members \$5.00/guest

Mahjongg – New weekly activity

Dates: Thursdays at 1:00 PM
Cost: Free to members/\$2.00 for public

Mexican Train: A Domino Game

Meets Thursdays at 10:00
Volunteer member facilitated.
Cost: No fee for members; guests pay \$4.00 per month unless registered for lunch.

Monday at the Movies

Feature Film: Where Hope Grows

Date: Monday, Oct. 19 at 12:40

Rated PG-13, Running time: 95 min.

Synopsis: A baseball player whose professional career was cut short due to his personal problems is suddenly awakened and invigorated



by a young-man with Down syndrome who works at the local grocery store. Starring: [Kristoffer Polaha](#), [David DeSanctis](#), [Danica McKellar](#)

LEAGUES

Green Felt Fall 8-Ball League

Dates: Now to May (1st half ends Dec 23)
Men or women who would like to join call Paul Michel at 262-284-3915 or the office at 284-5821. NO Experience necessary, others will help you learn. NO Equipment needed!
Cost: Member in good standing and league fee approximate \$15.00.

Silver Strikers – Wii Bowling Session III

Dates: Tuesdays to Dec. 1
Tuesday is for current continuing players.
Cost: \$5.00 per couple member or \$12.00 per non-member couple.

*New players contact office by Oct. 12 to start another league day on Mon or Thur. **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 9:30

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, Strength with Bands, Circuit Training, Strong Women, 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 – 2nd & 4th Thurs. at 12:30

Try joining Canasta, Tues. Public

Sheepshead, or refresh at Thurs.

sheepshead, cribbage, pinochle, and Fri.

Bridge.

Mexican Train (Dominoes)- Thurs at 10:00

Mahjonn – Thursdays at 1:00

Public Card Parties:

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

Sheepshead – Tues. 6:45 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

OKTOBERFEST

Date: Friday, Oct. 2

The Center is hosting an afternoon Oktoberfest with a German lunch at noon followed by the accordion music of Roger Boll in the wellness room from 12:30-1:30.

Cost: Donation for lunch but reservations due by Thur. Oct. 1 to either 284-5821 or Jill at 483-! Limited to the first 50 participants!

LAKESIDE TEA SOCIETY

Autumn Harvest Tea

Date: Wed. Oct. 21 at 1:30



New

New

An autumn flavored tea with discussion of fall holidays and traditions. A sweet will be served with the tea.

Registration includes the program and tea; participants **must register** by Mon. Oct. 19.

Cost: \$5.00 members, and \$10.00 for guests. Preview for November at 1:30: An Apron Tea with Chris.

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. The special Birthday treat will be Reservations to Jill by noon Thurs Oct. 22 for party Fri. Oct. 23.

Cost: Donation for lunch!

Exploration in Art (Supply Tryout)

Date: Wed. Oct. 22Thur. 3-4:30 PM

Join Irene Taylor, Graphic Art Instructor and painter, in this guided hands on session to find out if you are inclined to work in soluble pencils, or bold chalks; perhaps acrylic, pastel or inks. Try them without the investment of buying the supplies. All supplies are provided, no drawing experience necessary, just a desire to create.

Limited to 8 students

Cost: No fee members; \$5.00 guest

Healthy Habits for a Healthier You

Date: Tues. Oct. 27 at 1:00 PM

For centuries, we've known that the health of the brain and the body are connected. But now, science is able to provide insights into how to optimize our physical and cognitive health as we age. Join us to learn about research in the areas of diet and nutrition, exercise, cognitive activity and social engagement, and use hands-on tools to help you incorporate these recommendations into a plan for healthy aging. Presented by the Alzheimer's Association of Wisconsin.

Cost: No charge; reservations due by Friday, Oct. 23

Lunch Bunch at Lobo's

Date: Wed. Oct. 28 at 11:30

Join members for lunch and conversation for this season (group meets Jan – Oct) ending lunch. Meet at Lobo's, 1305 Wisconsin Street, in Grafton (Formerly Grafton Family Restaurant) for conversation and new connections! Register by Oct. 26.

Cost: On your own. *Preview: resumes Jan 2016*

Introduction to Card Making

Date: Thur. Oct. 29 at 3:00-4:30 PM

Learn the fun of creating your own greeting cards with the instructor and all supplies provided to make 3 cards: General Birthday, a Masculine card, and a holiday card. Space is limited and registration REQUIRED by Oct. 26.

Cost: No fee members/ \$5.00 guests

Tuesday Night Sheephead 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.

Coffee Chat with Mayor Mlada

Date: November 23 at 8:30 AM

This date will be for members to discuss the results of the Center survey with the Mayor and other issues related to the "place" of the Port Senior Center.

Cost: No fee for members or community

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?

Port Washington Senior Center & Port Washington Dining Site Events:

Join us for conversation, fun and learning!

2- Oktoberfest German Menu followed by Accordion music

7 – Blood Pressure

9 – Packer Green & Gold Day

12 – Money Bingo

19– Movie: *Where Hope Grows*

23 – Birthday Party - **Sponsored by Friends of the Senior Center**

30 – Halloween Party with Optional Costumes and Prize Bingo

Community Events & Information

Flu Clinics by the Oz Health Department

The Health Department will have available time and days at the office in Port. Call 284-8170 for more information.

Public 8-Ball & 9-Ball Play

Dates: Tues to Nov. 24 at **6:30 – 8:30 PM**

There is a designated coordinator to open/close the 2nd 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 continue.

AARP Smart Driver Course

Date: Oct 1 at 1:30-5:30

The AARP Smart Driver™ Course is the nation's first and largest refresher course for drivers age 50 and older. It has given millions of drivers the skills and tools they need to drive safely on

New

today's roads, allowing them to remain independent for many years to come. And the best part? There are no tests to pass - just useful information to keep you safe on the road.

Cost: \$15 member/AARP or \$20.00 guest.

Falls Prevention: What you need to know

Date: Thur. Oct. 8 at 1:00 PM

It is estimated that greater than 1/3 of adults ages 65 and older experience a fall every year. A fall can lead to a downward spiral involving your health but many falls can be prevented, we will be discussing things you need to know to help prevent a fall.

Please register by Wed. Oct. 7 at noon at the Center. Indicate class only or if you want to come for lunch and class.

Cost: no charge for class/ donation for lunch

Cooking with Class – Fall Harvest Soups

Date: Thur. Oct. 8 at 6-8 PM

The interactive class will feature the following 3 soups: Roasted potato parmesan, Charred corn and sausage chowder, and roasted tomato soup with aged cheddar twist

Cost: \$35.00 Center Member & PW/Saukville School District/\$45 non-member or non-district resident

The Center and Park & Recreation Departments are teaming up to provide Chef lead hands on cooking classes with sampling and tasting! Local Chef James Jens has over a decade of culinary experience ranging from Five Star resorts, private country clubs, and the corner café!

Location: Port Adult Community Center

Maximum 12 students register with fee by Tues. Oct. 6

Red Cross Community Blood Drive

Date: Tues. Oct. 20 from 2:00 – 7:00 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!

Toe Nail Trimmers Foot Clinic

Date: Thur. October 22 by appointment 9:00 – 12:00. This service the Center will host on the 2nd 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

Casino Night

Date: Mon. Oct. 26 at 4:45 -7:30 PM

The 14th annual Italian dinner and casino games Roulette and Black Jack features a voice auction for prizes with your play money winnings. Heritage Nursing & Rehab will be our volunteer servers and casino dealers. Salad, Italian Entrée CHOOSE lasagna or chicken alfredo when paying, dessert, coffee, and fun will be served at the Center.

Cost: \$10.00 for members & \$15.00 for guests.

In order to prepare food order, **reservations & payment are due Mon. Oct. 19.** Late reservations add \$3.00!

Delta Kappa Gamma Book Discussion

Date: Tues. October 27 at 3:30 PM

The group will discuss Kitchen House by Kathleen Grissom. Books now available to pick up to borrow at the Center and return to Center. Books are available in paperback, hardcover, or Large Print. *Preview Nov. 17: Memory Keepers Daughter*

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

Cooking with Class – Holiday Show Stopper ideas for family brunch & buffets

New

New

Date: Thur. Nov. 12 at 6-8 PM

The interactive class will feature the following Port wine poached pork tenderloin, scallop confit with garlic herb butter, Brie tart en croute, and Forrest mushroom risotto
Cost: \$35.00 Center Member & PW/Saukville School District/\$45 non-member or non-district resident

The Center and Park & Recreation Departments are teaming up to provide Chef lead hands on cooking classes with sampling and tasting!

Location: Port Adult Community Center
Maximum 12 students register with fee by Nov. 5

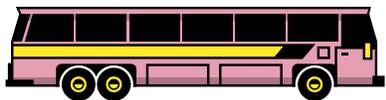
Stroke Education Seminar

Date: Nov. 30 at 1:00 PM

Heather Wagner, BSN, RN, CEN is the speaker. She will discuss types of stroke, risk factors, symptoms, and stroke statistics.

As the stroke coordinator at Aurora Medical Center Grafton, Heather provides stroke education to inpatients as well as the community. She works closely with nursing staff and administration to ensure the best quality care for every stroke at Aurora Grafton. As the stroke coordinator, she is available to answer any questions or concerns related to the management of stroke patients.

Cost: none for members or guests



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 and further from the Center or west of the alley on Foster St.

Three Bridges Christian Concert-wait list

Date: October 6 at the Fireside

Departure from Port at 8:00 AM

New! Mystery Trip - Where On Earth Are We? – 3 seats left

Date: October 15

We are somewhere with tasty food and fun for you! This is a new adventure for a time you will remember. Includes deluxe motorcoach and more! Depart at 8:00 AM return approx. 6:00
Cost: \$82.00 due with registration

Ho Chunk Casino - 8 seats left

Date: Friday, Nov. 6

Payment due by Oct. 1

Ho Chunk Casino is located in Baraboo, WI approximately two hours from Milwaukee. Ho Chunk has added a Poker room and a bar/lounge area plus over 1,000 new machines – even penny slots! Ho Chunk offers a non-smoking area in the casino, a large array of nickel machines, an Off-Track betting parlor and all Las Vegas-style gaming. The Standing Rock buffet is excellent and they also offer a cafeteria-style restaurant with burgers, tacos, breakfast, etc.

This will include a stop at Baraboo Candy!

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

Fox River Mall Shopping Appleton

Date: Mon. November 16 -2 seats only

Payment due Oct. 26

Start your day at the Kristmas Kringle Shoppe in Fond du Lac then continue your shopping until you drop at the Mall in Appleton with over 180 favorite stores.

Cost: \$25.00 Member/\$29 guest - for a deluxe motor coach bus, snacks, and beverage. **Door prizes** will be drawn on the bus. Depart Port at 8:30 AM. Return approx. 6:00PM

A Wonderful Life the Musical

Date: Thur. Nov. 19 -15 seats left

Payment due Oct. 19

The bus will stop at Jones Dairy Farm!

See description under Dec 10th trip

Cost: \$89.00 member/\$93 guest

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

Depart Port: 8:00 AM Return approximately 6:30PM.

A Wonderful Life the Musical

Date: Thur. Dec. 10 – waiting list only

Payment due Nov. 10

"Remember, no man is a failure who has friends." Tens of millions wait every Christmas to see Frank Capra's classic film of dreams and the power of love. The story of George Bailey and his wonderful life in Bedford Falls has brought hope and inspiration to every heart with its celebration of the goodness in all of us. It is the perfect message for the Christmas season. The Fireside continues its long tradition of bringing you the finest in Christmas entertainment with a stunning, live stage version of this beloved film. Written by Pulitzer Prize and Tony Award winning lyricist Sheldon

Harnick, one of the creators of FIDDLER ON THE ROOF, and Grammy and Emmy Award winner Joe Raposo whose music from SESAME STREET and THE ELECTRIC COMPANY has inspired generations of young people, A WONDERFUL LIFE captures all the magic of the film and so much more. With humor, pathos, beautiful dancing, and a brilliant musical score this Fireside production will shine with the true spirit of Christmas.

Cost: \$89.00 member/\$93 guest

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

Depart Port: 8:00 AM Return approx 6:30PM.

A Christmas Portrait at the Grand Geneva

Date: Tues. Dec 15 – 4 seats left

Over 1,300 acres filled with festive lighting displays and elaborate holiday exhibits. Inside, the scents of fresh holiday pine and a roaring fireplace make this a season spectacle.

Enjoy a wonderful 3 course luncheon.

After the show enjoy tea and cookie served in the Forum Theater. Return to the Main Lodge to view Holiday Displays and Gingerbread Houses

You will have time to browse the unique shops of the Grand Geneva Resort.

Cost: \$85.00

Departure: 9:15 AM Return 7:30PM

Payment due Nov. 5

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 the Center does receive Marketing credit!

Discover Switzerland, Austria, & Bavaria

Date: September 24 –Oct 2, 2015 - closed

2016 Travel Show for 2 Exciting travel opportunities: Gulf Shore Breezes & Washington Waterways with Seattle

Date: Wed. Jan 27 at 2:00PM

Mayflower will be offering a travel savings for those who attend the travel presentation and make their reservation at that time!

Join in to learn more about **Gulf Shore Breezes** April 9, 2016 departure featuring 3 nights at the Perdido Beach Resort.

Washington Waterways departs Sept. 15, 2016 is an exciting trip to the northwest. 9 days 13 meals featuring Mt. Rainier and Olympic National Parks. Exclusive travel show discounts including an additional \$50.00 per person, refreshments, and door prize!

Cost: none with registration due by Jan 25.

2016 Day Adventures & Fireside

Fireside Trips for 2016 are booked!

Fabulous Fun, Friends, Experiences, and Food will all be featured in the 2016 day trips being planned for you to experience! The tour details are being worked on and will be introduced in newsletters as available in the months to come! Thank you for traveling with us. We value our travelers as an important part of the center!

LEGENDS IN CONCERT – 10 seats left

Date: January 21, 2016

Reservations open

Imagine seeing not one, not two, but six of the biggest acts in show business in one great performance!! When we talk about big acts we mean big. We're talking about artists that have gone well beyond the designation of superstar. We're talking about LEGENDS! Carrie Underwood, Neil Diamond, Elton John, Buddy Holly, Whitney Houston, Elvis Presley. Now you can see these great stars re-created LIVE on The

Fireside stage! Direct from Las Vegas, LEGENDS IN CONCERT presents dynamic and talented performers re-creating the unforgettable concert appearances of these show biz immortals.

Cost: To be announced late October

Departure: 8:00 AM

Welcome New Members

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

Please join us to Celebrate

Monthly Birthday Party –Celebrate You!

Sponsor: Friends of the Port Senior Center

Friday, Oct. 23, all October birthdays will be celebrated! Reservations are due in to Jill by noon Thursday, Oct. 22! This month's birthday **treat will be carrot cake!**

Cost: Lunch Donation!

Happy Birthday October!

- 1 Janet Stirmel
- 2 Paul Hansen
- 3 Melissa Ahsmann,
Betsy Pattridge
- 4 Vivian Bolek, Ruth Preisler
- 5 Patricia Baganz, Charles Ross,
Patricia Rakowski,
- 6 Carl Federspiel
- 8 Lucille Weidner, Edie Wheeler
- 10 Shirley Bley, Joan Groh,
Jackie Jushka, Ron Paradeis
- 11 Bonnie Knaub, Barb Bichler,
Louis Bertoni
- 13 John Shmitz, Ronald Telega
- 15 Bob Kattner
- 16 Joyce Trepel, Wally Schaffer
- 17 Betty Mans

- 18 Beverly Schleg
- 19 Violet Brabender, Mary Weiss
Debbie Cavanagh
- 20 Mary Meyer
- 21 Carol Renzel
- 22 Paula Klopp,
Arlene Mentovay
- 25 Jean Taylor
- 26 Mary Flierl, Harold Johnson
- 27 Brenda Berg, Jim Greisch
- 28 Nancy Reese,
Dave Woodward
- 29 Tim Lewein
- 31 Beverly Frederickson



September Birthday Members

In Memorium

We offer our sympathy to the family & friends of:

Mary Jane Stern (August 29)

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 74 likes help us reach 100 by October! 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.

What can you do for the Strategic Plan Committee?

Be engaged in the process by demonstrating your enthusiasm for the final modernization of the Center! HOW? Call and write elected officials, attend council meetings and committee meetings, expressing the importance of the Center as a membership and city partnership for the service to the community on an ongoing basis! Continue to volunteer to lead programs and share skills. "None are so old as those who have outlived enthusiasm" » Henry David Thoreau

Smile of the Month –Animal Photobombs

