

PORT WASHINGTON
ADULT COMMUNITY SENIOR CENTER



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

*September is National Senior Center Month:
Celebrate Life at Your Center in your home Port!
Member Recruitment, Coffee with Mayor, Lottery lunches, Internet Banking & fall classes/leagues*

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

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

Celebrate **LIFE** at Your Senior Center!

LEARNING

Expand your
knowledge



INDEPENDENCE

Live on your terms



FRIENDS

Enjoy life

ENERGY

Discover health
and vitality



National Senior Center Month
September 2015

EVENTS AT THE PORT WASHINGTON ADULT COMMUNITY SENIOR CENTER

Lottery Lunches

September 8, 16, & 24

Register for lunch a chance to win a prize or a scratch off WI Lottery ticket!

Coffee with the Mayor

September 23 at 8:30 AM

Lakeside Tea Society Presents:

Scottish Tea with Ian Day

Sept. 23 at 1:30 reservation due by Mon. Sept. 21

Internet Banking Seminar

September 30 at 3:00 – 4:30

Hosted by Port Washington State Bank at the Wilson Building

Health Care Power of Attorney Free Help

Tue September 29 at 1:00 – 4:00 by appointment call 284-8253



*Port Washington Adult
Community Senior Center*
"Celebrate Life at the Center" National Senior Center Month
The Leisure Times
September 2015

Port Washington Adult Community Senior Center

Catherine Kiener, Director

403 W. Foster Street

(262) 284-5821

E-mail: ckiener@ci.port-washington.wi.us

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

Did you know that there are 15,000 senior centers across the country, serving close to 10 million older adults each year? That's more than there are Starbucks in this country! Senior Centers are designated as community focal points through the Older Americans Act. The national Institute of Senior Centers defines a senior center as a place where "older adults come together for services and activities that reflect their experience and skills, respond to their diverse needs and interests, enhance their dignity, support their independence, and encourage their involvement in and with the center and the community."

The Center is encouraging member recruitment during senior center month. Invite a family member, friend or neighbor to join you! Enter in a drawing for Main Street gift certificate when you bring in a potential member! The benefit to their joining now is 4 free months.

AD HOC STRATEGIC PLANNING COMMITTEE meets Tuesday, Sept 1 at 4:30 to review the draft results of the needs assessment process. A copy will be available in the office for members to review and please share comments with committee and elected officials. There is a bus trip planned to view other modernized senior centers that are Community Centers on Monday, Sept. 28. Space will be available for interested community, elected officials, and members who want to be engaged in moving the Center forward! Register with the Director by Sept. 15 or until seats are filled.

September 3 the bell is being moved so use caution entering and leaving the center.

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.

UPCOMING EVENTS:

- **Lakeside Tea Society: Scottish Tea Sept. 23**
- **Birthday Party Fri. Sept. 25**
- **Senior Center Month events:**
Power of Attorney Workshop
Free Sept. 29
- Internet Banking Seminar Sept. 30;
- **One Day Adventures & Extended Trips: pgs. 9-11**
- **SAVE THE DATE:** Cooking with a Chef Class Oct. 8, Casino Night Oct 26

Message from Board Chairman Paul

The results of the survey are available for review in the center office. They are lengthy reports but I encourage members to review them and be familiar with results. Members are still needed to speak at Council meetings in September or October. There is one member who would go if she had a driver for the evening. If you can help, call the Center.

Holiday Closing

The Center & Dining Site are closed on **Monday, Sept 7**. **No activities** will occur on City holiday closed dates!

Thank You, Thank You

Thank you Picnic Paper Doners!

There were over 43 single items donated and over 44 multi packs!

Thank you Jan Koeppen for helping clean the Center this summer!

Thank you Mary Niedermeyer for the garden clean up around the sign and entrance. The building owner had a crew complete the project Aug 26 & 27. Thank you office volunteers for the extra help since July.

Thank you May Newsletter Crew:

Joan Hansen, Caryl Becker, Darlene Brown, Sandy Preisler, Sharon Swatek, Marge Erlauer, Joan Murphy, Michelle Schmitz, Nan Rilling, Rosemary Weiland, and Loretta Federspiel.

Kudos Concert in the Park sponsors:

Columbia St. Mary’s, Port Washington Saukville Rotary, Friends of the Senior Center, and Park and Rec staff!

Volunteer Opportunities

*“Everyone can be great because anyone can serve. – Dr. Martin Luther King, Jr
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 Sept. 15

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!

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- 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; 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 VI

Dates: Wed & Fri to Sept 18 at 11:00
Instructor, Holli Parker

Strength with Bands Session VII

Dates: Wed & Fri Sept 23-Oct 30 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: Repeat Students \$10 discount for Senior Center Month \$40!
\$50.00 per member/ \$60.00 Guest
Minimum 6 students Maximum 15

Beginners Tai Chi with emphasis on Arthritis – Session III

Dates: Mondays to Sept 28 at 9:00

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 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.

Strong Women Class (session III)

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

New

Sept. 17

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

Circuit Training II -Women 40 & Older

Dates: Tues @ 9:00AM & Thur. @ 8:30 Sept. 22 to Nov. 5

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

Silver Sneaker Members talk to instructor or Director for payment information not available at printing time!

Tai Chi Continuing Course Session III

Dates: Mondays to Sept 28 at 10:00

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 at 11:30 AM.

Cost: Repeat Students \$10 discount for Senior Center Month \$85.00! \$95.00 per member/\$105.00 guest

Zumba Gold Classes (Session V)

Dates: Tues, Wed, Fri, & Sat to Sept. 19 or Weekly registration available

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!

Zumba Gold Classes (Session VI)

Dates: Tues, Wed, Fri, & Sat Sept. 22 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... 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 for payment information not available at printing time!

Hatha Yoga IV

Dates: Wednesday, Sept 16

Free Demonstration half hour at 4:30PM Register by Sept. 9

Hatha Yoga IV

Dates: Wednesdays, Sept 16 – Oct. 28

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 *In Celebrating National Senior Center Month (former students receive \$10 discount)* and \$60.00 for the public *(former students receive \$10 discount.)* Register by calling the center or e-mail ckiener@ci.port-



New

New

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, Sept. 11 at 9:30
at Library.

The book is *All Girl Filling Station Last Reunion* by Fannie Flagg to be reviewed by Michele Schmidt.

New Members interested in joining Friday Book Talk please attend a meeting!

Library hosting author June Eastvold for Boys on the Porch Sept. 25 at 6:00PM.
Preview Friday, Oct. 9: You are not You by Michele Wildgen reviewed by June Eastvold.

Ceramics

Dates: Thursdays from 9:15 – 11:00 AM

Independent program until instructor starts. 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.



Chicks with Sticks (Handiwork group)

Meets: Wednesdays 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 with Laurie

**Dates: Wednesdays Sept. 23 – 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. September 2 at 1:30-3:00PM

Instructor Jennifer will have everything you need to make general themed cards. Samples on display at the Center. Register with fee.

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

Handcrafted Greeting Cards

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

Instructor Jennifer will have everything you need to make general 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*

Watercolor Class: Alaska and other mountain adventures with water color

Dates: Sept 15, October 6,13,20 &27

Instructor: Erin Blum

Register with fee by Sept. 8

Supply list available by Sept. 1

Cost: \$50.00 member and \$60 guest

Senior Singers –A Community Service

Dates: Mondays Sept. 21 – Dec. 14 at 9:30 AM

Meets on the mezzanine (2nd floor).

New & returning singers register for fall session by Sept 14! 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



New



“Hand and Foot” or Canasta

Players meet at 7:00 PM on the 1st & 3rd & 5th Mondays: Aug. 3, 17 & 31; Sept 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, Sept 11, 18, 25 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: McFarland USA

Date: Monday, Sept. 21 at 12:40

Rated PG, Running time: 129 min.

Synopsis: Jim White moves his family after losing his last job as a football coach. He sees that some of the students are worth starting a cross country team and turns 7 students with no hope into

one of the best cross country teams.

Starring: Kevin Costner, Maria Bello, and more!

LEAGUES

Green Felt Fall 8-Ball League

Dates: Wed. Sept 9 (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 by Sept. 1. NO Experience necessary, others will help you learn. NO Equipment needed!

Cost: Member in good standing and league fee approximate \$15.00.

Green Felt Semi-Annual meeting And Ken Wunsch Shot out

Date: Wed. Sept. 2 at 11:30

The meeting begins with lunch in the pool room at 11:30 and the meeting at noon.

Please RSVP by August 26 for food planning. NEW players should attend!

Cost: none for members

Silver Strikers – Wii Bowling Session III

Dates: Tuesdays Sept. 15 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 Sept. 10 to start another league day on Mon or Thur. **We have 2 people interested and would like 2-4 more!!**

Summer Leagues

Adult Horseshoe League

Date: Tuesdays to Sept 8 at 9:00 AM

Play occurs at the courts on Moore Road.

Horseshoe Awards Luncheon

Date: Tuesday, Sept 15 at 11:00

Meet on 1st floor

Bocce Ball

Dates: Tuesdays at 9:30 to Sept 8

New

New



New

The courts are on Moore Road
New players Please Register in office to determine total participants expected!
Cost: no fee member/ \$15.00 guest

Weekly Ongoing Activities

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

Senior Singers (Chorus) –Resumes
Mon. Sept. 21 Mondays 9:30

Piano Lessons- Tuesdays by appointment returns September

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

Mahjongg – 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

LAKESIDE TEA SOCIETY

A Scottish Tea

Date: Wed. Sept 23 at 1:30

The guest speaker is Ian Day. He will share the history of the kilt he is wearing and other Scottish history and culture. Shortbread and a Scottish tea will be served.

Registration includes the program and tea; participants **must** register by Mon. Sept. 21.

Cost: \$5.00 members, and \$10.00 for guests. *Preview for October 21 at 1:30: Autumn Harvest Tea*



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 Sept. 24 for party Fri. Sept. 25.

Cost: Donation for lunch!



Lunch Bunch at Atlas BBQ

Date: Wed. Sept. 30 at 11:30

Join members for lunch and conversation for this monthly dining out

group. Meet at Atlas BBQ in Grafton for conversation and new connections! Register by Sept. 28.
Cost: On your own.

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.

Coffee Chat with Mayor Mlada
Date: September 23 at 8:30 AM
The guest will be announced.
Cost: No fee for members or community

Lottery Lunches – “Celebrate Life at the Center”
Dates: Sept. 8, 16 & 24
Enjoy scratch off lottery tickets? Join us for lottery lunches on Sept. 8, 16, or 24 for you chance to win scratch off lottery tickets or other prizes! Register at least one day prior. 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 \$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 – Blood Pressure

8,16, & 24 – Lottery Lunches
14 – Money Bingo
21 – Movie: *McFarland USA*
– Prize Bingo
22 – Lighthouse Bingo
25 – Birthday Party - **Sponsored by Friends of the Senior Center**

Community Events & Information

Ice Cream Social Thank you
Sponsors: *Columbia St. Mary’s, the Port Saukville Rotary, Harris Bank, Friends of the Port Senior Center, and the City Adult Community Senior Center*

Delta Kappa Gamma Book Discussion
Date: Tues. September 22 at 3:30 PM
The group will discuss Cold Sassy Tree by Olive Ann Burns. 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 Oct. 27: Kitchen House*
Cost: NO FEE members and \$3.00 per guest monthly.

Public 8-Ball & 9-Ball Play
Dates: Tues to Sept. 22 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 occur in fall

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

Internet Banking Seminar

Date: Sept. 30 at 3:00 -4:30

Please join us for an informational seminar about Internet Banking, ID Theft and Keeping Your Information Safe. The event is hosted by Port Washington State Bank and sponsored by Port Washington State Bank and the Port Washington Community Center. It will take place at Port Washington State Bank, Lakeview Room located at 200 N. Franklin St., Port Washington. RSVP to Mary Albrecht at 262-268-7932 or mary.albrecht@pwsb.com All adults are welcome!

Cost: none but space is limited so registration required by Sept. 24 or until filled.

Power of Attorney- Ozaukee Attorneys offer free services

Date: Tuesday, Sept. 29 1:00 – 4:00
Attorneys from the Ozaukee County Bar Association will be available to meet individually with county residents to assist them in completing their Power of Attorney for Health Care. Documents and assistance will be provided free of cost. Completing a Power of Attorney allows a person to choose the individual he/she would want to make medical decisions in the event that the person is unable to make them for him/herself. In Wisconsin, spouses and children do not automatically have this authority. Completed Power of Attorney documents can help families avoid costly and time-consuming court proceedings.

Appointments are open to anyone age 55 and older, as well as to persons with a disability determination. Contact 262-284-8200 (metro: 262-238-8200) for scheduling.

Cost: This is a free event jointly hosted by the Ozaukee County Bar Association and the Oz County Elder/Adults at Risk Interdisciplinary Team.

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 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 Session

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

A professional will lead this informative session for adults of all ages. 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 a Chef

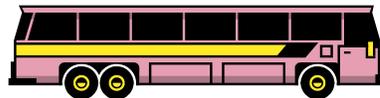
Dates: **Coming soon! Watch for flyers.**

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

Appetizers, soups, brunch ideas, and fast meals are to be featured.

Location: Port Adult Community Center

Cost: TBA



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

New

New

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.

West Side Story at the Fireside Theater

Date: Thur. Sept. 10

It will transport you with its magnificent musical score, its exquisite and exciting dancing, and its heart-warming love story.

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

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

Milwaukee Art Museum

Van Gogh to Pollock: Modern Rebels

Date: Tuesday, Sept. 15 – need more

Payment due with registration by Sept. 9.

This exhibit is from the Albright-Knox Art Gallery.

This will include transportation only by Johnson mini-bus, this is one of the newer buses. Museum ticket purchase on your own at the museum. No escort.

Cost: \$18.00 for transportation only.

Departure 9:30 AM. Port only.

Three Bridges Christian Concert

Date: October 6 at the Fireside

The music has its roots in traditional southern gospel and black gospel music. The blended style has made them one of

the most prominent international groups in Christian music today. They have wowed venues across the world from charitable events to Air Force One. Menu: Deep fried cod and baked chicken with corn fritters, Fireside breads and more.

Cost: \$65.00

Departure from Port at 8:00 AM

Mystery Trip - Where On Earth Are We? – 3 seats left Payment due Sept 1

Date: October 15

We are somewhere with tasty food and fun for you! This is a new adventure for a time you will remember.

Cost: \$82.00

Includes deluxe motorcoach and more!

Depart at 8:00 AM return approx. 6:00

Ho Chunk Casino

Date: Friday, Nov. 6

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

Payment due by Oct. 1, 2015

Fox River Mall Shopping Appleton

Date: Mon. November 16 -5 seats left



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
Payment due Oct. 26

A Wonderful Life the Musical

Date: Thur. Nov. 19 -15 seats left

See description under Dec 10th trip

Cost: \$89.00 member/\$93 guest

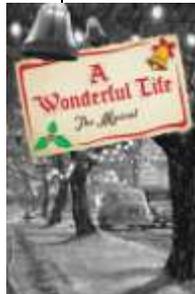
Includes: Deluxe motor coach, escort, admissions, lunch, and gratuities.

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

A Wonderful Life the Musical

Date: Thur. Dec. 10 – 4 seats left

"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 – 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

New

2016 Travel Show for 2 Exciting travel opportunities: Gulf Shore Breezes & information on 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 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 but registration due by Jan .

2016 Day Adventures

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

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

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!

Fran Talledge, Janet Stirmel, Grace Fitzgerald, Mary Kropf, Marlene Pechura

Please join us to Celebrate

Monthly Birthday Party –Celebrate You!

Sponsor: Friends of the Port Senior Center

Friday, Sept. 25, all September birthdays will be celebrated! Reservations are due in to Jill by noon Thursday, Sept 24!

This month's birthday **treat will be apple pie!**

Cost: Lunch Donation!

Happy Birthday September!

1 Betty Ewig, Allan Probeliski,
Jean Weiss

2 Gerry Chaney

3 Elmer Ter Linden

7 Michael Ferguson,
Floyd Peters

8 Nelda Bartz, Ron Mans,
Susan Schlaak

9 Evelyn Rinn, Ron Paradeis

11 Adrian Voeller

13 Dan Cavanagh,

Elroy Maechtle, Bob LaFlex

- 14 *Ann Comer,
Carol E. Conrad,, Sharon
Zahn*
- 15 *Marti DeMario*
- 16 *Gailya A. Geib,
Patricia Kuzma,
Mary Poull*
- 17 *Bill Koeppen*
- 19 *Katherine Linden,
Mary Lou Poull*
- 20 *Lou Probst*
- 21 *Will Krainz, Virginia Lee,
Joan Schmit*
- 22 *Stephen Ritter, Ann Ross*
- 23 *Orville A. Froh,
Joan Rooney, Christine
Schulz*
- 24 *Sharon Brown*
- 26 *Linda Giese, Fran Talledge*
- 29 *Nancy Klever,
Theresa Gillich*
- 30 *Nancy Mielotz*



*August 2015 Birthday
Members*

In Memorium

**We offer our sympathy to the family
& friends of:**

Vern Karcz (husband of Piano teacher
and member Annette Karcz) and Sally
Ziegler

**Smile of the Month –Animal
Photobombs**



INSTRUCTORS NEEDED

Do you know anyone with a craft skill?
Do you know anyone who enjoys
walking or biking? How about retired
professors or teachers for leading current
event groups? The Center is looking for
instructors, volunteer or paid, to lead
fall/winter classes. Please share your
contact name with Catherine by Sept 25.

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 71 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.