

Senior Shorelines Fall 2016

Programs open to adults, preference given to members 55 and better! Sponsored by the Port Washington Adult Community Senior Center **Register:** 284-5821 or ckiener@ci.port-washington.wi.us

ENRICHMENT CLASSES/CLUBS

Lakeside Tea Society

Register 1 week prior; Cost: \$5.00 members and \$10.00 for guests.

African Safari Tea

Date: Wed. Oct. 19 at 1:30

Barb Gilmore, African safari travel planner, will share where she has been on the African continent and especially the wonders of East Africa, both the amazing animals and the culture. Join the Society for this informative program that will include Rooibos tea and a treat.

Relaxing Musical Tea

Date: Wed. Nov16 at 1:30

The Musician grant brings us music of the harp by Nancy

Christmas at Balmoral Tea

Date: Wed. Dec. 21 at 1:30

Margaret Cummins(portrayed by Jessica Michna), head housekeeper at Balmoral Castle during the reign of Queen Victoria will share the preparations and traditions.

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. Cost: None for members/Non-member \$2.00 per week.

Mexican Train: A Domino Game

Dates: Thursdays at 10:00AM

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

Mahjongg Play

Date: Thursdays 1:00-3:00

Cost: None/Members \$5.00/guest

Sheepshead

Dates: Mon & Thurs. at 1:00PM

Cost: No fee members/weekly fee for guests in City, Town of Port or Fredonis is \$2.00 and out of town \$4.00.

“Hand and Foot” or Canasta

Players meet at 7:00 PM on the 1st & 3rd & 5th Mondays:

Everyone is welcome!

Non-member fee applies per week.

Public 8-Ball & 9-Ball Play

Dates: Tuesdays 6:30 – 8:30 PM

Cost: \$1.00 per member/\$2.00 per guest

Physical Wellness

Circuit Training III Men & Women

A Silver Sneaker Flex Class

Dates: Tues @ 9:00AM & Thur. @ 8:30 Oct 25 – Dec 8

Instructor: Tina Mach Class size: max. 15

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

Tai Chi for Beginners, continuing students & Arthritis – Session IV

Dates: Mondays Oct. 3-Dec 19 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 new member & \$105.00 for Non-members.

Zumba Gold (Go at your Pace) Classes – This is a Silver Sneakers Flex Class

Dates: Tues, Wed, Fri, & Sat at 8:15AM Oct. 25- Dec 10

Meet on the 1st floor south end; class is led by a Certified Instructor

Cost: Silver Sneaker member - \$0 / \$15.00 for Senior Center members or \$3.00 per class.

Non-members cost: \$25.00 course or \$5.00 per class!

Strength with Bands Session IV

Dates: Wed & Fri Nov. 2 – Dec. 9 @11:00

Certified Instructor uses primarily exercise bands & balls in this class for novice, intermediate, or experienced participants. Maximum 15 students

Cost: \$50.00 per member/ \$60.00 Guest

Hatha Yoga – Session IV

Dates: Wednesdays Nov. 9- Dec 21, 2016 at 6:00PM

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** with fee and specify class time. Student maximum 25.

Special Events

Monthly Birthday Parties Celebrating You! At 11:30 – 1:00

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

Call for dates in Nov and Dec

Casino Night at the Center

Date: Mon. Oct 24 at 4:30-7:30

This fun evening of dinner and casino games Roulette and Black Jack **with prizes** you use your casino money earned to bid on. This is a fall favorite! Menu: salad, bread, a choice of Italian Entrees (Lasagna or Fettuccini Alfredo) and dessert. Dinner at 4:30 games 5:45.

Cost: \$11.00 for members and \$16.00 for guests; includes dinner and play casino money

Halloween Celebration

Date: Monday, Oct. 31 11:30-1:30

Wear Black and Orange or show your playful, silly, and younger side with a costume for the annual costume contest! *Door Prizes/Costume Prizes in memory of Gerry Chaney*. Costume contest, party games, and prize bingo with lunch.

Cost: Donation for lunch, reserve your seat today or by Fri. Oct. 28 to Jill at 483-9753

Community Events & Information

Mah Jongg Tournament

Date: Friday, Oct. 28 10-12 & 1-3:30

Registration is now open for the tournament.

Check in is at 9:30 AM. If you bring tiles, you will remain at the table as East. Ozaukee Senior Games and applicable home rules will be used. Players may bring snacks to share. Registration due Oct. 20 with fee.

Cost: \$4.00 for lunch members of Center, Cedarburg, or Grafton/Guests \$5.00

Toe Nail Trimmers Foot Clinic

Date: Thurs. Oct. 27 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.

Reservations: Call Nail Trimmers at 262-719-0336

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

Book Discussion with Delta Kappa Gamma

Date: Tues. Oct. 25 at 3:30 PM

The group is reading the book *In the Garden of Beasts* by Erik Larson. Larson recounts the career of the American Ambassador to Germany, William Dodd, particularly the years 1933 to 1937 when he and his family, including his daughter Martha, lived in Berlin. Books are available in paperback, hardcover, or Large Print.

Cost: NO FEE members and \$3.00 per guest monthly. Preview Nov.17 : This is a week earlier, book to be announced

Power of Attorney for Healthcare (POA) Free event

Date: Wed. Oct. 26 1:00-3:00

This is an opportunity for adults 55 and over or those with Disability Determination to meet individually with an Ozaukee County Bar Association Attorney to create your personalized Power of Attorney for Health Care.

Cost: **Free with an appointment scheduled at 262-284-8200.**

Your Hospital Stay: Lunch and Learn Seminar

Date: Wed. Oct 26 12:45-1:30

Join a healthcare professional to learn if you are an inpatient or outpatient! This information will enlighten you about changes in hospital admissions related to Medicare benefits.

Cost: Donation for lunch; reservation due Tuesday Oct 25 to 483-9753

Information and Assistance from ADRC

Dates: Wed. Nov. 9

From 11:30 to 1:00 approximately, an Information and Assistance staff from the Aging and Disability Resource Center will be here to provide answers to your questions! No charge for this!

Register for lunch if you want by the day prior. Cost: donation for lunch

Bake, Craft and Silent Auction

Opens Nov. 14 at 10:30 – 6:00PM then daily during business hours to Dec 7

Purchase hand made items, bakery and bid on unique items from Allen Edmunds, Woodfield Mall Shopping trip, Costco gift certificate and more!

Matching funds provided by:



ONE DAY ADVENTURES

Fox River Mall Shopping Appleton

Date: Mon. November 21 - 6 seats open

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: \$26.00 Member/\$30 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 Nov. 2.

A Fireside Christmas

Dates: Either Nov. 17 -6 Seats

Payment for Nov 17 due Oct. 6

Since it first debuted in 1993, over a million people have enjoyed our twenty special editions of A FIRESIDE CHRISTMAS. This tradition has made The Fireside the number one choice for Christmas entertainment for guests from around the nation and around the world. Join us as we present another all new edition of A FIRESIDE CHRISTMAS, bringing you a show that will re-ignite the true Christmas spirit in all of us. Through songs, stories, and dances – both traditional and original – we commit ourselves to capturing the very heart and essence of the holiday season. Each show is new and exciting, with gorgeous new costumes and sets, new songs and dancing, and new ways to tell the familiar stories of the season. What never changes is our faithfulness to the traditions and memories of this most joyous of seasons

Cost: \$90.00 Departure: 8:00 AM

2017 Fireside Trips

Mama Mia

Date: Thur January 19, 2017

Featuring the music of ABBA, the show has just completed a 14 year run on Broadway and is still playing to sold out houses in the West End of London. The Fireside is the very first area theatre to bring to life the characters, the story and the music that make MAMMA MIA the ultimate feel-good show! A mother, a daughter, a Greek island paradise, a trip down the aisle you'll never forget, and the story-telling magic of ABBA's timeless songs propel this enchanting tale of love, laughter and friendship, creating an unforgettable show.

Cost: \$90.00 members – Same as 2016!