



Greeting Card Make-n-Take Classes

Date: Wed. Feb 1 and Wed. March 1 Time: 1:30 –3:00

Card Creations with embellishments & stamps. Price includes materials and supplies to make five cards. *Samples on display at the Senior Center in the entrance showcase.* **Cost:** \$12.00 per member and \$15.00 for guest. Maximum is 12! Register by Jan. 30 or for March by Feb. 26

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. Non-member fee is \$2.00 per week.

Special Event Parties—Register one day prior with Dining Manager at 262-483-9753

Valentine Party with Jim Madritsch Duo and Popcorn Bar on Tues. Feb. 14 11:00-1:30

Monthly Birthday Parties

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

January 27 February 24 March 18 April 28

ONE DAY & EXTENDED ADVENTURES

Beauty and the Beast at the Fireside

Date: Wed. March 8 **Payment due Jan. 25**

Depart Port at 8:00 AM.

Cost: \$90.00 same as 2016!

Booth Brothers Concert at the Fireside

Date: Tuesday, March 28, 2017

Cost: \$76.00 per person includes deluxe motor coach transportation, ticket, meal and gratuities

Payment due Feb 21, 2017

Great Expectations

Date: Wednesday, April 19, 2017

Great Expectations Adapted by Gale Childs Daly

will be seen at the exquisite **Cabot Theatre** with traditional theatre seating. Lunch will be served at the **Skylight Bar and Bistro**. **Talk Theatre** - Our group will have an opportunity to participate in an informal pre-show interactive discussion with Milwaukee Chamber Theatre's Producing Artistic Director and other show-specific theatre artists at noon. The show will begin at 1:00 p.m. and will run approximately 2 hours and 15 minutes. We will return following the performance.

Cost: \$ Includes deluxe motor coach transportation to the Cabot Theatre in Milwaukee, luncheon in the Skylight Bar and Bistro, Talk Theatre pre-show, and admission to the show *Great Expectations*.

Depart: 9:40 a.m. from the Port Center. Please check-in at the office 15 minutes prior to departure time.

Extended Adventures Detailed flyers at the Center

Tour Florida's Back Roads

Date: Depart April 22, 2017

Great American Solar Eclipse – Jefferson City, Missouri

Date: August 19, 2017 **with Mayflower**

5 DAYS • 8 MEALS Travel the heart of America to see the full solar eclipse

Cruise the Rhine with 2 for 1 Airfare

Date: Depart Sept. 21, 2017 11 days and 28 meals!

Pick up Detail Flyers at the Port Washington Adult Community Senior Center

403 West Foster Street

Port Washington, WI 53074 or call 262-284-5821



Community Programs for Adults 50 and better & Adult Guests Winter 2017

Gift Certificates available with 24 hour notice

To Register: Call 284-5821 or e-mail ckiener@ci.port-washington.wi.us

Wellness Classes—SAME FEES as 2016!

Aqua Exercise

Dates: Tues, Thur Fri at 6:40 AM

Location: District Aquatic Center (TJ School)

Cost: \$6.00 per month member \$10.00 per month non-member

Tai Chi Beginners Course

Dates: Mondays Jan 9 – March 27, 2017

KT Rusch will teach this 12-week course. Tai Chi promotes balance, flexibility, & good overall health. Meets 1st floor level of Senior Center at 9:00 AM.

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

Hatha Yoga

Registration open to 12 and older

Dates: Wednesdays January 11—Feb 22 repeats March 8—April 19

Time: 5:15 PM or 6:45 PM

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.

Cost: \$50.00 for Senior Center Members and \$60.00 for the general public. September class students receive a \$10.00 discount. Fee increases after Jan 12 to \$65.00 and \$75.00.

Strong Women Class—Women over 40 Strength Program

Dates: Tues at 9:00 AM & Thurs. at 8:30 AM March 21—April 27

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! A Physician release form must be completed for all new participants or present members with physical or health changes.

Cost: \$30/guest \$40. Class size: max. 15

Zumba Gold Classes -

Dates: Tues., Wed, Fri & Sat. at 8:15 AM Feb 7—March 18 Session II March 21—May 6

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!

Strength with Bands

Dates: Wed & Fri Feb 1—March 10 at 11:00 Session II March 15—April 25

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

CREATIVE & EDUCATIONAL & SOCIAL ENRICHMENT PROGRAMS

Lakeside Tea Society—register 1 week prior; starts at 1:30 fee applies

2 Years in A Boat Tea Date: Feb. 15

International Tea Date: Wed. March 15

Spring Tea Date: Wed. April 19

Watercolor Classes

Dates: Tues. Feb 28 – March 28 1:45-3:45 Taught by Erin Calhan Blum

Cost: \$50.00 member/\$60 guest

Exploring the Accounts of Jesus Resurrection Appearances Course

Date & time: Thursdays Feb. 2 to March 30 at 1:00-2:30

Instructor: John Perry, retired professor and lecturer from Cardinal Stritch University.

Cost: \$3.00 members for copies/\$10.00 guests

Continued. . . For More programs & DAY ADVENTURES TURN OVER

Sponsored by the Port Washington Adult Community Senior Center