

**Chicks with Sticks (Handiwork group)**

**Meets:** Weekly 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**

**Prize Bingo**—Once a month date varies

**Monthly Birthday Parties usually 4th Friday**

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

**Concert in the Park with Groovy**

Date: Thur. Aug. 22 at 1:00—3:00 at Veteran's Park in Port Washington

Thank you Port Washington Saukville Rotary Club and Friends of the Port Senior Center for your Sponsorship of this event. Ice Cream Social included!

Please RSVP to hold your spot for Ice Cream by Thur. Aug. 15 to 262-284-5821.

Cost: no fee for Adults

**ONE DAY & EXTENDED ADVENTURES**

**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 Year Round

*Gift Certificates available with 24 hour notice*

**To Register: Call 284-5821 or e-mail [ckiener@cpwwi.org](mailto:ckiener@cpwwi.org)**

## **Wellness Classes**

### **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**

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

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

### **Circuit Training (previously Strong Women)**

**Dates: Tues & Thurs. at 9:00 AM**

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.!

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

### **Zumba Gold Classes -**

**Dates: Tues., Wed, Thur., Fri at 8:00AM**

**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 at 11:00 AM Cost:** \$50.00 per member/ \$60.00 Guest Minimum 6 students Maximum 15

## **Summer Leagues for Horseshoes & Bocce Ball call for more information**

Tuesdays at the Courts on Moore Road; League fees apply and register by May 21

## **CREATIVE & EDUCATIONAL & SOCIAL ENRICHMENT PROGRAMS**

**Lakeside Tea Society—3rd Wed of the month register 1 week prior; starts at 1:30 fee applies**

### **Watercolor Classes**

**Dates:** Tuesdays Call for Session dates—Taught by Erin Calhan Blum

Cost: \$50.00 member/\$60 guest

### **Book Discussion Groups**

Friday Book Talk meets the second Friday at W.J. Niederkorn Library at 9:30AM

Delta Kappa Gamma Discussion meets the 4th Tuesday Sept—Nov & Jan—June at the Center at 3:30

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

Sponsored by the Port Washington Adult Community Senior Center