

PORT WASHINGTON ADULT COMMUNITY SENIOR CENTER

The Leisure Times

JUNE 2024 NEWSLETTER



Port Washington Adult Community Senior Center

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Center & Office Hours: Monday - Thursday 8:30AM – 4:00PM, and Friday 8:30AM- 2:00PM

Mission: To promote healthy aging by providing cost effective programs, classes, activities, and services to citizens 55 years and better.

50+ Years as the Community of Strength for Active Aging

DIRECTOR'S REPORT

We welcome the **Ozaukee Senior Games** players to Port Washington for Cribbage, Horseshoes, Cornhole, 9 Ball, Mexican Train, 8 Ball, & Mahjongg this month. **When the games are scheduled, they take precedence over the regular game/activity** so no normal game play! Good Luck to Port Washington's 30 participants.

The Ozaukee Senior Conference on June 11 at Grafton High School is where the staff will be to promote the education, empowerment, and growth opportunities for Seniors in Ozaukee County. We hope to see many familiar faces in attendance.

For the membership who have a computer, the Port Washington Main Street website, <https://www.visitportwashington.com> has a link to events that include the Sunday night concerts in Veteran's Park. We do not list a Sunday on our calendar so please check the event calendar. Plan ahead as Lake Street will have traffic changes due to the construction at the Water Treatment Plant.

June 15 is World Elder Abuse Awareness Day. What can you do to prevent financial exploitation? Never give out your personal information, use strong passwords and record them and keep in a safe secure space. Do not respond to emails or pop ups saying your computer has been compromised. Keep your antivirus software up to date. Never mail cash or gift cards to unknown individuals. There are other forms of Elder Abuse to educate yourself about. Report your concerns to Adult Protective Services of Ozaukee County, 262-284-8200.

Consider participation in the Travel Shows for 2025 extended travel, sign up for Art & Appetizers or the monthly Watercolor classes, or participate in Bocce Ball League for new ideas this summer. Picnic registrations have started!

The future of the senior center building is still to be determined. Please continue to advocate for the senior center to the elected officials. This includes a modern building but also the integrity of the programming you each participate in!

Page numbers are still not available to insert into the newsletter template so they will be manually added.

SAVE THE DATES

- June 11 -Ozaukee Senior Conference with **Keynote Speaker: Gold Medalist Olympian** Nick Baumgartner
- June 12 -Gnome Art & Appetizer Class
- June 12 & 14 – Fair Friends Meetings for forms see body of newsletter for details
- June 18 – Travel Show featuring new 2025 trips Sequoia & Kings Canyon, Spain's Costa del Sol & Madrid
- June 26 -Sunflower Batik, Art & Appetizer Class
- July 9 -Barn Quilt Art & Appetizer Class
- July 11 -Membership Picnic
- **One Day Adventures & Extended Trips:** pgs. 14-16

Other Upcoming Events:

- August 22 Concert in the Park
- Sept 13 Author Discussion with Janet Newman, author of Letters from Clara at the Library

Holiday Closings: **Wednesday, June 19 & Thursday, July 4**

the Center and Senior Dining Café are closed. **No activities** will occur **at the** Center on holiday dates!

IMPORTANT UPDATE FROM THE DISTRICT AQUATIC CENTER – Brittany Roecker

Beginning Thursday, April 18th, 2024, a new safety protocol has been put into place for the entire school building. All entrances will be always locked. We have a new protocol for entering and exiting the pool.

Entering the Pool

- *Do not enter the building using the ramp outside. Please do not follow the guards into the building this way.
- *Enter through the brown pool doors (the brown doors near the 4 windows, near the pace clock).
- *The doors can no longer be propped open. **You will have to knock or wave down a guard to enter.** We are working out an easier solution such as a doorbell.

Exiting the Pool

- *Please exit through the brown pool doors (the brown doors near the 4 windows, near the pace clock).
- *Do not exit the locker rooms into the school hallway. The only exception is if you have a concern of slipping while walking through the wet showers. If this is the case, exit the building using the ramp.
- *Do not exit the pool using the brown doors near the pool office (the doors that lead into the school hallway).

SPECIAL THANKS!

May Newsletter Crew: Ethlyn Blaubach, Kay Ellmauer, Sandi Preisler, Bernice Vajgrt, Evelyn Hayes, Sharon Swatek, Nan Rilling, Grace Gott, Bernadette Bink, and Mary Weiland

Thank You from the Food Pantry:

106.5 pounds of food was donated in March.

Thank you Spring Fling: Beth for the help, Sandi P & Ruth D for set up, Carol L, Beth & Lincoln S for serving, Meg A, door prizes, Nick D set up; and those who helped clean up.

VOLUNTEER OPPORTUNITIES

"A life isn't significant except for its impact on others' lives." - Jackie Robinson

Volunteer Senior Games Helpers – Contact the office after before May 10.

Volunteer Coordinator for Evening Corn Hole League contact Beth.

Volunteer Coordinator for Ping Pong -contact Catherine for more information.

On Call Newsletter Helpers – If you would like to be on the call list to help assemble, fold, label the Leisure Times, call Beth by May 15 for more information.

Welcome New Members- We look forward to getting to know you!

James & Ruth Perez, and Rita Mueller
We look forward to seeing you at the Center!



L to R: Beth, Ruth Ann, & Nick Helping place the Volunteer Certificates with the thank you gift at the Spring Fling.

If you volunteer and did not attend the event, please pick up your certificate & gift at the center!

MESSAGE FROM THE SENIOR CENTER BOARD OF DIRECTORS

As we enter the month of June, we welcome the beginning of the summer months. With the start of summer comes the opportunity to spend more time outdoors enjoying activities such as gardening, walks, bike rides, games, and more. It will be a great time to meet new people and maybe try new things while being more active. **June 11th is the date for the Ozaukee Senior Conference which will be held at Grafton High School. There are many educational workshop sessions available to sign up for and the keynote speaker is an Olympic Gold Medalist, Keith Baumgartner.** Please look through the newsletter and find a new activity, program, or league to participate in. You can enrich your health and well-being through involvement with others who share the same interests. I would also like to thank the departing board members who have served their terms: Mary Jo Bichler, Sheryl Roberts, and Beth Nichols. Let's welcome the newest members to the board: Nan Rilling, Bob Goebel, & Nancy Bodenstein. Thank you, Nick

Senior Center June 2024-May 2025 Board of Directors:

Lynn Barber, Nancy Bodenstein, Nick Dudley, Chairman, Ruth Dibert, Bob Goebel, Larry Kiener, Nan Rilling, John Schmitz, and Lori Travis, Secretary. Vice-Chair to be decided by Board in June.

Port Artisan Market-Senior Center Space

The management of the Market provide a space to the Center for craft items donated by members. Thank you to the Chicks with Sticks donors for the sales: RML, CD, ALL, BV, ED, & AW. A special thank you to the Chicks & other members who contribute items to sell, as well as to Ruth L, for coordinating this booth. It generates additional revenue for Center programs and supplies. There were new percentages agreed to by the management and the Center. The Artisan Market will keep 10, 15 or 20 % depending on the total sales. The total is less than 10% to the Market. April sales from **Port's Artisan Market** – \$380.04

SPECIAL EVENTS

Travel Show with Collette

Date: June 18 at 3:00 PM

Come and learn about the exciting extended travel opportunities available in 2025. Included will be Sequoia & Kings Canyon National Parks, Spain's Costa del Sol & Madrid, and 2025 Jubilee: Rome. Presented by Katie Ganshert.

Cost: \$0 members/\$3.00 guest

Monthly Birthday Party

Sponsored by the Friends of the Port Senior Center and Café 60

Celebrate with friends and members your special day. This is with the Café 60 lunch. See details with the Birthday list!

Lakeside Tea Society: Play Ball! A Look at Milwaukee Baseball History

Date: Wednesday, July 17 at 1:30 -3:30

Do you like baseball, love baseball, or want to know more about the history of the local professional game? This is the program for you! The featured speaker is Ken Bartelt, a Ph D Student in history and teaching assistant at UW-Milwaukee. He will speak about the history of professional baseball in Milwaukee and touch on the Negro Leagues. It is a great presentation even for the non-baseball fan. Members who wish to engage, connect, and have a "cuppa" should contact the Center office to make an appointment! Tea will be served along with a treat. **Reservation** required by Thur. July 11 or until filled **with max of 42.**

Cost: \$7.00 member/\$12.00 guest



Spring Fling –

Positive comments were shared with the caterer and they said our group is a pleasure to work with and serve!

Thank you sponsors:



Lions Club for the Entertainment & Eernisse for Dessert!



Thank our supporters:

Starbucks for Coffee Donation and the following Door Prize Donors: Friends of the Center, Bernie's Fine Meats, Centre Court, Daily Baking, Dr. Daniel Witkowski, Kwik Trip, Mc Donald's Port, Northshore Hair, Polish Fest, Pliers Full Circle, Riveredge, Cousins Subs, Culvers & Toucan Custard, & Zing Boutique. Also thank you to the anonymous donor for the gift card.

Summer Membership Picnic

Date: Thursday, July 11

Times: Bingo 3:00 & Dinner 4:30



The picnic will be held at the Kiwanis Family Pavilion in Upper Lake Park. Parking is not always available close so plan to carpool or ask a friend/family to drop you off. Bingo is played \$.10 per card, per game. 8-10 games are played. The winner receives the total from each game. The **menu is a catered box lunch from Dockside Deli choose either ham, roast beef, or turkey** (sandwich has Dijon mayo, cheese, lettuce, tomato) with pasta salad, & chocolate chip cookie with reservation. Beverage is either soda or bottled water. Door Prizes are drawn from the entry of a paper product donation.

The paper products will be shared again with the Port Food Pantry. Please bring **paper products minimum of 2 or 4 packs** such as paper towels, toilet tissue, napkins, or Kleenex. The **donation will give you entry into the prize drawing** for local restaurant certificates! **8 Pack & larger** donations will also give entry into an additional drawing for prizes.

Cost: \$ 12.50 member/\$ 18.00 guest includes boxed meal, soda, and gratuity. **Payment with reservation & sandwich choice will be due Tuesday, July 2.** *Bring a blanket or jacket in case it is cooler near the lake. Severe weather location will be the Center. For any member who is unable to cover the cost please meet with the Director in private.*

Coffee with the Mayor

Date: TBA

The Mayor will be joined by the new City Administrator Melissa Pingel. For planning purposes, please reserve your space by calling the center office before.

***Hand Sanitize Before & After Programs.** Participants will assist with sanitizing tables, chairs, shared items as needed. We thank you for your willing cooperation with the procedures. *

PHYSICAL WELLNESS

Blood Pressure Checks

Dates: 1st, 2nd, & 4th Wednesdays at 12:30-1:30

This is a free service to the membership. Stop in for this health prevention program offered thanks to a member Nurse! The BP screens will be done on the main level. Register by noon for the nurse to plan her time accordingly!

Cross Trainer & Recumbent Bike Use for Oriented Members

Days of the week: Mon 9-12 or 12:30-4:00, Tues 1-4:00, Wed. 12:30-4:00, & Thur, 9:00-12:00 or 12:30-4:00; Friday 9:00-2:00.

Make your reservation by the week or month once your orientation is complete.

Regular Use: no fee member/ \$25 month guest

Recumbent Bike/Cross Trainer Orientation for Members

Dates: Thurs. 11:00 AM-1 or Fri. 8:30AM-12:30
BY APPOINTMENT

Each appointment will be for 30 minutes initially. Please check with your physician before registering. The waiver will be reviewed, and then key aspects of the bike/cross trainer will be covered. After orientation and signed waiver are completed, you register for up to thirty-minute time reservations will be available. All registrations will be made in the office to comply with safety. Please allow 48 hours notice.

Cost: Orientation is free member/\$5.00 guest

Aqua Exercise Class

“Make the Pool your gym”

Dates: Tues., at 6:00 AM Thur., & Friday 6:40 AM
You do not need to get your hair wet to help increase your flexibility. Class held at District Aquatic Center TJ School on Holden St.

Cost: \$8.00 for members and \$12.00 for non-members per month. Register monthly

Inclement Walking at the Center by Reservation

Dates: Mon. – Friday

Time: Mon. 9-10; 11-12, Tues 12:30 -3:30PM, Thurs 12:00-1, Fri 8:30-10; 11-12 (unless a class is scheduled) Participants **MUST** register for a half-hour time slot for safety reasons. Guests pay with registration.

Cost: Free for Registered Senior Center Members;
\$2.00 per week non-Registered members who walk
and \$10.00 Monthly for the public.

Tai Chi Fundamentals® Beginners (III)

Dates: Monday's returns Sept. at 10:00 AM

Tai Chi Fundamentals focuses on increasing our balance, joint range of motion, strength, flexibility, and self-awareness in a gentle, flowing, low-impact way. As a whole-person approach to health and wellness, we will cover the basic moves of TCF, as well as practice moving and standing meditations such as gather the light, gather the stars, sensing and engaging our qi, and horse stance. Learn the tai chi "power stance" for stability, as well as reflect together on basic principles of tai chi movement and mindset for mind-body harmony. As we progress in this course, we will begin to learn the TCF form, simplified from Chen Man-Ching's famous 37-postures form, which we will work up to practicing and performing together. *No special equipment is*

Zumba Gold Classes (Session III)

Dates: Tues & Thurs to June 20 @ 11:00 or **per class registration.**

Instructor: TBA - Video led class



Zumba Gold Classes (Session IV)

Dates: Tues & Thurs June 25 – Aug 15 @ 11:00 or **per class registration.**

The low impact, easy to follow, Latin-dance inspired fitness party. Keeps you in the groove of life! This is the aerobic routine designed for adult beginners and participants with physical limitations. The 45-minute workout class is by DVD. **No out-of-pocket course fee for participants with: Optum, Silver Fit, & Silver Sneaker Flex Class due to insurance.**

Instructor: TBA - Video led class

NEW Cost: \$10 facility fee if no insurance coverage mentioned above.

<p><i>needed except loose, comfortable clothes and supportive shoes. Prerequisites:</i> None. Side support with chair or seated modifications can also be taught for most of these moves. Instructor: Margaret King <u>Register with fee by Sept to ensure your spot!</u> Cost: \$50.00 member/\$60.00 guest</p>	<p>Tai Chi & Qigong Combined Class Dates: Wed. July 10-August 28 at 10:00 AM This class will combine Tai Chi Fundamentals and Qigong for a unique class. Leg strength, gentle movement, flexibility, and joint mobility will be your benefit. The goal is overall health and well-being. Non-judgmental fun. The class will meet indoors and in local parks. Register by July 3 with class fee. Cost: \$50.00 member/\$60 guest</p>
<p>Circuit Training Men & Women (session III) Dates: Tues & Thur. to June 18 @ 9:00AM Current students only for independent class. This is <u>an 8-week</u> program and is adapted from Strong Women, Silver Sneakers, & other age inspired fitness routines to provide your body with a challenging workout. A physical release form must be completed for all new participants or present members with physical or health changes. No out-of-pocket fee for participants with: Optum, Silver Fit, & Silver Sneaker Flex Class due to insurance. Instructor: Class Members Class size: max. 12.</p>	<p>Chair Yoga Men and Women (Session III) Date: Tuesdays to June 18 at 10:00 AM Chair Yoga is a gentle form of yoga that is practiced sitting on a chair or standing using a chair for support. This Yoga class is designed for ALL participants that focuses on poses and postures to improve breathing, flexibility, balance, muscular strength, endurance and joint range of movement. A Yoga mat is recommended, and shoes are optional. No out-of-pocket fee for participants with: Optum, Silver Fit, & Silver Sneaker Flex Class due to insurance; please register each session with the method of payment. Participant gives insurance program number to office Maximum 14 students; Register with fee by June 4. Instructor: Takako Willden Cost: Pro- rated \$15.00 /\$30.00 non-member</p>
<p>Circuit Training Men & Women (session IV) Dates: Tues & Thur. June 25- Aug 13 @ 9:00AM Current students only for independent class. This is <u>an 8-week</u> program and is adapted from Strong Women, Silver Sneakers, & other age inspired fitness routines to provide your body with a challenging workout. A physical release form must be completed for all new participants or present members with physical or health changes. No out-of-pocket fee for participants with: Optum, Silver Fit, & Silver Sneaker Flex Class due to insurance. Instructor: TBA Class size: max. 12. Register by June 23. NEW Cost: \$10 facility fee if no insurance coverage mentioned above.</p>	<p>Qigong for Meditation & Relaxation - (Session III) Dates: Wednesdays returns in fall at 10:00 AM Pronounced “Chi gong”, this class is for those who want to focus on meditation, gentle movement, chi sensing, flexibility, and joint mobility. “Qigong” literally meaning “energy-work”, uses mindful breathing and exercise to balance our energy, circulate the chi, and improve health. Qigong differs from tai chi in that qigong is not generally focused on martial arts, or on memorizing a tai chi form. There are various health sets we will learn with the goal of gently working the fasci, joints, acupressure points, and balancing the mind-body. Instructor: Margaret King. <u>Register with fee by Aug. to ensure your spot.</u> Cost: \$50.00. Non-member/guest \$60</p>

Hatha Flow Yoga (Session III)

Dates: Wednesdays July 10 – July 31 at 6:30PM

This level one Yoga course will focus on the slow flow of the poses, breathwork, and meditation. The **benefits of yoga include tension relief, deep breathing, and stress management.** Bring a beach towel or your own mat, water bottle, a towel or small blanket to lift the hips while working in seated postures and wear loose fitting clothes. Max. 14 students, Minimum. 5 Register for full course with fee by July 8 or weekly for drop-in & pay by week at \$12.00 per week.

Instructor: Laurin Otten, RYT 200

Cost: \$40.00 member/\$45 guest for 4-week series.

Chair Yoga (Session III)

Date: Thursdays to June 20 at 10:00 AM

Chair Yoga is a gentle form of yoga that is practiced sitting on a chair or standing using a chair for support. This Yoga class is designed for ALL participants that focuses on poses and postures to improve breathing, flexibility, balance, muscular strength and endurance and joint range of movement. A Yoga mat is recommended, and shoes are optional. **No out-of-pocket fee for participants with:**

Optum, Silver Fit, & Silver Sneaker Flex Class due to insurance; please register each session with the method of payment; new participant gives insurance number to the office. Reservations required on or before May 2 due to max of 14. Instructor: Kitty.

Cost: \$30.00 member and \$40.00 non-member

Chair Yoga Men and Women (Session IV)

Date: Tuesdays June 25-Aug 15 at 10:00 AM

No instructor July 2 – Video practice day

Chair Yoga is a gentle form of yoga that is practiced sitting on a chair or standing using a chair for support. This Yoga class is designed for ALL participants that focuses on poses and postures to improve breathing, flexibility, balance, muscular strength, endurance and joint range of movement. A Yoga mat is recommended, and shoes are optional. **No out-of-pocket fee for participants with:**

Optum, Silver Fit, & Silver Sneaker Flex Class due to insurance; please register each session with the method of payment. Participant gives insurance program number to office. Maximum 14 students; Register with fee by June 18. Instructor: Takako W.

Cost: \$30.00 member and \$40.00 non-member

Chair Yoga (Session IV)

Date: Thursdays June 27 – Aug 15 at 10:00 AM

Chair Yoga is a gentle form of yoga that is practiced sitting on a chair or standing using a chair for support. This Yoga class is designed for ALL participants that focuses on poses and postures to improve breathing, flexibility, balance, muscular strength and endurance and joint range of movement. A Yoga mat is recommended, and shoes are optional. **No out-of-pocket fee for participants with:**

Optum, Silver Fit, & Silver Sneaker Flex Class due to insurance; please register each session with the method of payment; new participant gives insurance number to the office. Instructor, Kitty. Reservations required on or before June 18 due to max of 14.

Cost: \$30.00 member and \$40.00 non-member

Barn Quilt Cardinal see Enrichment as Reservation & Payment for July 9 class is due JUNE 12 to ensure enough product available for attendees.



July 9th 2:00-4:00 pm

Hatha Flow Yoga in the Park

Date: Saturday, July 13 at 9:00AM

Park location to be announced in July. Please register by

Cost: \$12.00 per person

ENRICHMENT

Senior Singers

Dates: Resumes in September Mondays at 9:30
The members who participate in the Center Chorus are in a community relations group. The Senior Singers represent the center in the community and perform at various group senior living settings in Ozaukee County and southern Sheboygan County. Currently, the group is in the performance weeks. Registration is taken in August/September register by September 9 for the fall session due to group reaching a maximum of 30 singers.
Director: Kari Schwartz
Cost: none members/Guest \$15 per semester

Piano Lessons by Appointment

Date: Tuesdays from 9:00-1:00
Summer dates: 6/18 & 6/25; 7/2, 7/9, 7/23; 8/13 & 8/20
Lessons are offered Year – Round. Please call the office if you would like to take piano lessons to get connected to the instructor for lessons.
Cost: New students are \$30.00 per half hour paid to the instructor.

Learn to Knit

Dates: To be scheduled
Call the office for details after August.
Cost: \$5.00 member/\$10.00 guest

Learn to Play Mahjongg– Beginner Basics Class

Dates: Tues. to return in fall at 9:30 – 11:30
Learn this rummy type of game played w/tiles. Start by becoming familiar with the tiles & suits, how to read the Mah Jongg card and do the “Charleston” (passing unwanted tiles). **ALL SIX WEEKS** are recommended to build a good foundation for successful play. Max of 4. Register by TBA.
Cost: None Member/\$10.00 guest for the session

Friday Book Talk

Date: June 14 at 9:30 AM
The book is The First Ladies by Marie Benedict. The genre is Historical Fiction **Please** call the center, 284-5821, to reserve a spot for this public discussion by June 9. The group meets at the W.J. Niederkorn Library Community Room.
Preview July 12: In Love by Amy Bloom



Create & Converse

Date: Thursday, June 13 at 1:30 – 3:00pm
CALLING ALL CREATIVE PEOPLE! We will be making wood stars, filling ornaments, & jars with twigs. New crafters are always welcome. Remember to sign up in the office so we make sure we have enough supplies. Please RSVP to the office 262-284-5821 by Monday, June 10 for planning purposes.
Future dates: July 11, and the last date August 8.
Cost: \$0 member/ varies guest minimum or \$5.00

Game Days: Bingo

Date: Monday, June 10 at 1:00
Cash Prize of \$1.00 per game & one game gets a Culver’s cone. Limited to 30; Must Register before the bingo date!
Cost: \$0 member \$3.00 in town guest/\$5.00 out of town guest.
Thank the sponsor:

HARBOR CAMPUS
a capri community
harborcampus.com

Tech Class at the Senior Center

Topic: Internet Streaming
Date: Monday, Sept. 16 at 1:30-2:30 PM
Description will be in July Leisure Times.
Join Librarian Alyssa for this technology session at the Senior Center. Register before Sept. 9. Space is limited to the first 20 attendees.
Cost: \$0 member/\$3.00 guest

Art & Appetizers: Gnome for your Home

Date: June 12 2:30-4:30 or 5:00-7:00PM-openings
Paint your own gnome for your patio or yard. Limited to 6 each time slot. **Payment due at sign up by June 7** Cost: \$30.00 member/\$40 guest

Art & Appetizers: Barn Quilt Project

Date: Tues July 9 2-4:30 or 5-7:30 & Wed. July 10 at 4:00 - 15 minutes for sealing
Create a 12” Cardinal Barn Quilt for your home or as a gift. Reservation & Fee due June 12!

Cost: \$50.00 member/\$60.00 guest

Art & Appetizers: Sunflower Batik

Date: Wed., June 26 @ 2:00-4:30 or 5:15-7:30PM

Combine watercolors with wax and create a beautiful watercolor batik on Mulberry Paper. Step by step instruction provided with all materials in this 2 1/4-hour project. Maximum 9 each time. Instructor: Lynn Barber



Cost: \$35.00 member/ \$45.00 guest paid with registration by June 17 with fee

Learn to paint in Watercolors: Field of Flowers (Session IV)

Dates: Mondays, June 17, July 15, & Aug 19 at 1:30-3:30

Bring your own photo or search Free Photos of a field of flowers to work from. *All adult ages, non-members & members welcome*, for beginners and Intermediate painters. **Limited class size. Drop off or mail a check by June 14. Supply list at the office.**

Instructor: Kathleen Donovan Flaherty
Session Cost: \$50.00 member/\$60.00

New Instructor for summer series!

Chicks with Sticks (for All Handiwork/craft)

Meets: Wed's except the 3rd Wed @ 1:00-3:00

Please arrive no more than 15 minutes prior to the start time. Are you ready to talk with peers and share creative ideas? If yes, then please register for this group. You can bring a project to work on, or just bring yourself. **Quilters & Sewers please** consider joining the group. REGISTER Monthly
Cost: \$0 for members/Non-member \$2.00/week.

Learn to Play Train Dominoes

Date: 2nd Thursdays by registration at 10:00 AM
Several regular group members will teach new players how to play this game. Learn a new skill and help your brain health! Please register by the 1st Thursday at 284-5821. Cost: 0 member/\$3 guest

Ceramics

Dates: Fridays at 1:00 – 3:30 PM

Independent on Friday for participants with prior experience. 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.

CERAMIC NEW Attendees must pre-register a minimum of 2 weeks prior to ensure a member teacher is available.

Bridge Lessons

Date: Arranged with the teacher, students, and center when 1 -2 players register. New bridge players are needed for Friday games. Registration is ongoing.

Cost: \$0 member/\$10.00 guests

Jigsaw Puzzle & Newspaper Reading Options*

Dates: Daily during office hours; on main level
The daily Journal Sentinel, bi-weekly News Graphic, and weekly Ozaukee Press are the newspapers.

There is a table with a puzzle on it for any member to work on piecing it together, located on east side of the elevator.

No cost – a member benefit.

Lending Library & Puzzle Sharing on 1st Floor.

Thank you book donors. When the Center cycles out the books they go to the Friends of the library or Jail Literacy program. The Literacy program only takes paperback books. They do take magazines so we will accept issues several months old. Men's magazines needed. Deposit on main floor in designated bin.

We also have puzzles to share from 300-1000 pieces on the 1st floor and a puzzle table for anyone to help assemble on the main level.

Weekly Regular Card & Game Groups

Registering monthly, weekly, or daily is still a requirement to participate, it helps group leaders plan. *Group members will be responsible for assisting with sanitizing the table & chair back when finished.

Hand sanitizer is available for use before and immediately after the games & is recommended.

The 2024 cost for regular card & game groups is: \$0.00 members/guests \$3.00 weekly.

WEEKLY GAME GROUPS

<p>Canasta*-Hand & Foot Variation Card Party Dates: Mondays, March 4,18 & April 1, 15, 29 (1st, 3rd & 5th) at 6:30PM Players are requested to register weekly or monthly. Maximum 15</p>	<p>Sheepshead* Date: Mondays & Thursdays at 1:00-4:00 Please do not arrive earlier than 10 minutes before the start time. This group will play 5 or 6 handed based on registered players. Maximum 24</p>
<p>Beginner Mahjongg* Dates: Mondays at 1:30-3:30 set up time 1:15 Players new to Mahjongg who want to increase confidence in game play are welcome to this weekly group. Players register in the office monthly. Cost: \$0 members /\$3.00 weekly guests</p>	<p>8-Ball Open Play* TO CONTINUE PLAYERS MUST REGISTER DAILY, WEEKLY OR MONTHLY BY CALLING OR STOPPING IN THE OFFICE! Dates: Mon. 2:30 – 4:00 (due to 9 Ball League & until new class starts); Tues & Thur 1-4; Fri 1:00-3:30; &/or Sat. at 9:30-12:30. Players <u>must still pre-register for play.</u> We will take weekly or monthly appointments. The last group of the day must sanitize the common stick adapters, balls, etc. Sat. players register by Friday. <u>On Saturday players should not enter before 9:15AM!</u> Cost: \$.50 per day Green Felt fee place in box</p>
<p>Cribbage* Dates: Tuesdays at 1:00-3:00 There is space for 16 players per week with 4 per table. Reserve you seat monthly by registering in the office.</p>	<p>Train Dominoes* Dates: Thursdays at 10:00-12:00 Players will be limited to 18 per week; with max 6 per table. <u>Low Scores April:</u> Susan V 102, Nancy B 119, Bernice V 146, and Katherin B 213</p>
<p>Rummy Royal or Michigan Rummy* Dates: Thursdays at 1:00 The maximum number of players per week are 14 for 2 tables, so please register in the office. New players will be added to the sub list. Group plays on 1st floor.</p>	<p>Mahjongg* Date: Fridays at 10:00 – 12:00 Players are limited to 16 per week with 4 per table number at table based on number registered per week. Players should arrive 5-10 minutes before the start time. Register for your space monthly in the office.</p>
<p>Sheepshead Refresher Play* Dates: Thursdays June 20 & 27at 1:00 PM Players will plan to play regarding re-teaching card players who have not played in a number of years. Please register by Wednesday prior for planning purposes. Cost: 0 Members/\$5.00 guests</p>	<p>Bridge* Date: Fridays at 1:00-3:30 Players should only arrive 5-10 minutes before the start time. Coordinator Chris will be coordinating the players per week for 8-12 players, 2-3 tables. Cost: 40 members/Guests \$3.00 per week</p>

LEAGUES

9-Ball Winter League Results

1st Place – Nick Dudley and 2nd – Mark Bickler
 Congratulations to the top players!

9-Ball Summer League

Dates: Mondays to Aug 19 at 1:00
 Check for late registration options with the players!

Green Felt Winter League

Congratulations to the following winners:
 1st Place – Bob Bergmann & Bob Kranski
 2nd Place – Betty Bogel & Nick Dudley
 3rd Place – Patty Thom & Chuck Norman

Bocce Ball - Learn to Play

Dates: Tuesday, June 4 & 11 at 9:15 will be teaching weeks at the courts on Moore Road.
 New to the game? Join in and the group will teach you!
 Please register for teaching weeks by June 3.
 The Bocce Survey results favored morning play.



Bocce League

Dates: Tuesdays, June 18 – Sept. 10 @ 9:15 AM – 11:15 At the courts in Sauk Creek Park on Moore Rd.

All players must register in the office for the season or monthly to create a list for league volunteer leader. Also, it is due to max of 16 players for 8 per court. Teams are made each week based on attendance.

Cost: None member/ \$15 guests

Green Felt Club Annual Meeting

Date: Wednesday, August 21 @ 11:30 AM
 Green Felt members and prospective members should plan to attend the annual meeting for the election of officers. Give suggested officer candidate names in writing to Bob Bergman or the office staff by August 5. Lunch will follow the meeting at noon. Playoff games will begin at 1:00 if needed.

Silver Strikers - Wii Bowling (III)

Dates: Tuesdays @ 9:30
 Resumes in September

Do you miss bowling because throwing a ball is difficult now? You should try this fun game. Register with a friend or by yourself. Maximum of 8 with 3 openings for new players! Register with fee.

Cost: \$2.00 per couple member or \$5.00 per non-member couple

May High Scores: Based on 3 Games
 Pat 731; Bernice 585, Cel 577

Indoor Corn Hole Play (Session I)

Date: Thursdays to May 2 at 1:30-3:00

This physical game is a fun, friendly competition. Standard local/national league rules for play will be used. Teams will be 2 players and determined the first week. Maximum 8 players; Registration ASAP to assist in coordinating teams.

Cost: \$0.00 member/\$5.00 guest

Indoor Corn Hole Play (Session II)

Returns in September

Ping Pong Play Afternoon or Evening

Dates: Fridays at 1:30-3:30PM **OR**
 1st, 3rd, & 5th Mondays at 6:30-8:30PM

Players are responsible for putting the table up and taking down each week. This is a self-directed activity that will follow standard ping pong rules. Players are required to register monthly in the office prior to playing. 4 per hour if more than 4 players or if 4 or less play up to 2 hrs.

Cost monthly: \$0 for members/\$8.00 guests

Green Felt 8- Ball Summer League

Dates: Wednesdays to August 14 at 1:00

Save the dates and sign up on the bulletin board in Pool Room. Players also must be Center members in good standing (Membership is up to date). Register ASAP. Details on fee and play as singles or doubles posted in pool area.

The fee will be \$TBA payable to Green Felt treasurer Paul for players who did not participate in winter league play.

Horseshoe League

Dates: Tuesdays June 4- Sept 10 at 9:00 AM

League play for registered players. All skill levels welcome. Play occurs at the courts on Moore Road at Sauk Park.


Fee: \$18.00 member/\$25.00 guests

Make 2024 your year to try a new activity! Consider the Bocce or Horseshoe Leagues.

Café 60 AT THE CENTER

<p>Café 60 formerly Senior Dining Café – Jill retired in April. Manager for Port Café 60 is to be announced, temporarily Kari or Noemi call 262-483-9753</p> <p>Participants MUST <u>sign up 2 business days</u> in advance by NOON. IF you need to Cancel a meal, 1 day in advance by noon is also needed. Once the meal is ordered, the donation needs to be made to cover the County cost. In a true emergency, ask a friend to take your place or plan to donate. ALWAYS CALL JILL at 262-</p>	<p><u>Café 60 Events open to diners with a meal on the specific theme/event date:</u></p> <p>6/4 Tasty Tuesday 6/9 Prize Bingo 6/10 Money Bingo 6/13 Learn about OZ CO Ride Share 6/18 Mystery Meal 6/28 Birthday Lunch Member Birthday recognition -see birthdays, there is a maximum so call to register. The Friends of the Port Senior Center donate a special birthday dessert for the occasion.</p>	<p style="text-align: center;">Frozen Meals</p> <p>A limited supply of frozen meals is available from the Café at \$2.00 each. See ADRC Staff for meal options.</p> <p style="text-align: center;">Home Delivered Meals</p> <p><u>If you are not driving</u> and need Home delivered Hot meals during this time, please call Staff at 262-483-9753 or the ADRC (Aging and Disability Resource Center) at 284-8100 for more information.</p>
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COMMUNITY EVENTS

<p>The Port Washington Food Pantry We are extremely busy at the Food Pantry with 501 people receiving 17,000 pounds of food & essentials. The <u>needed food & non-perishable items are</u> Cereal, Canned chicken, Soup, Pasta, Jelly/Jam, Hash Browns, Oatmeal Packs, Granola Bars, Manwich & Toilet Paper.</p> <p>Thank you for your continued support of those most in need. Please leave your non-perishable donations in the Center Food Pantry barrel during office hours or at the Food Pantry on Tuesdays, or the barrels at Piggly Wiggly.</p>	<div style="text-align: center;">  </div> <p style="text-align: center;">Senior Bowling at Harbor Hills Date: Mondays at 1:00PM Interested bowlers should plan to show up on Mondays at Harbor Hills. Contact Patti Villeneuve at 262-689-1614 with questions. Cost: \$7.00 for 3 games and shoes included</p> <p style="text-align: center;">Book Discussion with Delta Kappa Gamma Date: Tuesday, June 25 at 9:30 AM The group will read and discuss the book <u>Catch 22</u> by Joesph Heller Contact the library to get a copy. Register by Fri June 21 <i>June is last meeting until September 24!</i> Cost: none for members/\$3.00 guests</p>
<p>Sheepshead Refresher Play Dates: Thursdays June 20 & 27 Sign up in the office or call 284-5821 for this refresher of the game by June 18, bring nickels & dimes. New players for Thursday afternoon are welcome!</p>	<p>Travel Show with Mayflower for new 2025 Trips Date: Thurs. Aug 8 at 1:00 PM Come and learn about Hawaiian Cruising in Paradise in February or Culinary Journey through New England in September. Trips Include roundtrip airfare from Chicago with roundtrip home pick up to the airport ON EXACT Tour date. RSVP by August 5 to save your seat! Cost: none</p>
<p>Ozaukee County Fair Friends: <i>Ozaukee County Fair Open & Senior Class Participants</i> Date: Wed. June 12 at 1:30 or Friday June 14 at 1:00 Members interested in entering Open Class and Senior Open Class should be planning projects now! Entries are in limited categories that are entered. >></p>	<p>We will fill out the entry forms in June. Stop at a Chicks with Sticks group meeting and talk to others about previous years experiences. It is not too late for planning an entry! <u>ENTRY FORMS will be due in by Mon. June 24 to be mailed in.</u></p>

Friends Fundraiser for Center Programs

Monday, July 22nd through Friday, July 26th at HALO in Port Washington. Shop either online or instore and HALO will give 20% of sales to the Center.

ONLINE: Any online order with this code attached to it will count towards 20%. The code is **FRIENDSPWSC**.

IN STORE: Someone just must mention they are shopping on behalf of the Friends of Port Senior Center organization or as part of Charity Donation Days.



Membership Card Perk- Older Americans Month

Thank you, Angela, for providing this member card discount for Older Americans Month!



Ozaukee Senior Conference- Going for the Gold in your Golden Years! – Space remains check on late registration date



Date: Tuesday, June 11 8:30-3:00 at Grafton High School

Keynote Speaker: Nick Baumgartner, Olympic Gold Medalist; He will also sign his book From Iron to Gold, which will be available at the event.

Plus 14 educational sessions and an Exhibitor Fair in the gym, door prizes, and lunch.

Cost: \$20.00

Concert in the Park

Date: Thursday, August 22 at 1:00-3:00 PM

Location- Veteran's Park Bandshell

The Band Our House will be back by popular request to entertain adults & seniors! Tell your family and friends to join you for this annual event. Cedar Crest Ice Cream will be served during the event. Thank you to the sponsors: Port Washington Saukville Rotary Club, Port Washington State Bank, Beattie Janashek Realty Group, & Friends of the Port Washington Senior Center. Registration begins June 5 for planning purposes.

Cost: NONE thanks to the sponsors!

Nail Trimmers Foot Clinic

Date: Thur. June 27 appointments 9:00-3:00

The 4th Thursday Preview: July 25, Aug. 22, Sept 26

The nurse will wear eye protection, an N-95 mask, gloves, etc. during the clinic. The client will be given hand sanitizer upon arrival. **Location:** on the Mezzanine or 2nd floor via elevator. Offered EVERY MONTH. Reservations will be taken by the Nail Trimmers call 262-719-0336

Cost: \$35 member/ \$35.00 guest +\$5.00 to office

Ozaukee Senior Games

Dates: May 29 -June 18

Late Registration may be accepted depending on event, see staff!

This event is a fun one to meet other people in the county and provide a sense of community pride in your center. Please consider participating in one event or more, so Port can register over 40+ players this year! **Events include** the Opening Ceremony, with a recreational or competitive walk, ping pong, **pickleball- MAX 12**, bowling, bocce ball, horseshoes, 50 yd swim, cornhole, 9-ball, mini-golf, Mexican train, 8-ball, bike ride, Mah jongg, and an Awards Breakfast!

The participants receive a t-shirt to wear to events to facilitate group camaraderie.

The cost remains \$12.00 thanks to the sponsors.

Gold Level: **Aging and Disability Resource Center of Ozaukee County and Nancy Lawrence Realty**

Silver Level: **Port Washington State Bank and Village Point Commons - Capri Communities, Lake House Cedarburg**

Bronze Level: **Eernisse Funeral Home and Cremation Service, and Senior Helpers**

TRAVEL OPPORTUNITIES

Extended Trips

Canadian Rocky Mountaineer with Collette Date: August 8-16, 2024 – filled Alternate date Aug. 18 - filled	Spotlight on London & Paris Date: October 2 – 10, 2024 Call for availability as Ozaukee seats were released by the Collette in March
Mayflower Mystery Trip Mayflower Rhine Cruise Rhine Castles & Moselle Vineyards Dates: September 7 – 18, 2024 Travel aboard the Emerald Cruises Star-Ships Check to see if Free Airfare was extended Cost: Varies by cabin choice	2025 Trips February – Hawaiian Cruise with Mayflower May – Spain’s Costa Del Sol & Madrid with Collette July - Sequoia & King Canyon National Park with Collette <i>Attend travel shows June 18, 2024, and Aug 8 2024</i>
2025 2025 Jubilee: The Holy Year -Every 25 years Dates: March 19-27, 2025 Optional 2-Night Venice & St. Anthony of Padua Post tour extension. 9 Days, 11 Meals, Rome Basilica of St. John Lateran & the Holy Stairs, St. Mary Major Basilica, St. Paul Outside the Walls, Catacombs, Papal	Blessing in Saint Peter’s Square, Assisi, Vatican City, Sistine Chapel, St. Peter’s Basilica & Holy Door, Papal Audience. Detail Flyer at the Center. Double \$3,629 includes Round Trip Air from Port to O’Hare International Airport and return home.

ABOUT FIRESIDE TRIPS 2024 – FIRESIDE’S 60TH YEAR

Fireside has had 20 years of original Christmas Reviews. They would like you to share your favorite memories. Send to info@firsidetheatre.com

The Center accepts Fireside Gift Cards for your trip; please see Center STAFF when redeeming certificate as your payment. NOT INCLUDED IS THE GRATUITY-PAYABLE AT YOUR TABLE DAY OF THE TRIP. Suggested \$7.00 per person.

2024 shows are booked. Shows Open for reservations:

Sept – Rocky the Musical, & Nov/Dec Miracle on 34th Street. Pick up detailed flyers at the Center.

ABOUT DAY TRIPS 2024

DAY TRIPS PLANNED BY THIS DATE, HAVE FLYERS OUT AT THE CENTER. THEY WILL BE ENTERED IN THE LEISURE TIMES AS SPACE ALLOWS. MANY TRIPS ARE FILLING OR ARE FILLED UP WITH WAITING LISTS ACCEPTED. TRIP PAYMENT & REFUND POLICY AND CANCELATION POLICY ARE AVAILABLE AT THE CENTER FOR TRAVELERS.

<p align="center">Blooms & Blowers Date: June 26, 2024</p> <p>Begin the day with a stop at Johnsonville Market on the way to Country Gardens Lavendar & Orchard farm. There are no paved paths at the farm so walking will be on the uneven terrain. There are 15 different varieties. Following the time at the Lavendar farm we will have lunch at Ariens Museum and then have a tour before heading home. Pick up a flyer with more information at the center. Depart: 8:30 AM and return at 4:45 PM Cost: \$81.00 member/\$86.00 guest if space available</p>	<p align="center">Nonsense: A Musical Comedy -8 Seats The Fireside is celebrating 60 Years! Date: Thur. June 27, 2024 Payment due before May 15</p> <p>Menu choice: 1. Chicken Piccata, 2. Braised Pork Belly, 3. Grilled Shrimp all served with garlic roasted redskin potatoes and a corn and red pepper medley, Signature Salad, & fresh baked breads. Followed by Blueberry Crisp Depart at 8:00 AM. Return approx. 6:45 PM Cost: \$118.00 member/123.00 guest</p>
<p align="center">Milwaukee Brewers vs Atlanta Braves Date: Wed. July 31 Payment due before Mon. June 10 Depart 10:45 AM with game time 1:10 PM Cost: \$67.00 Member/\$72 guest</p> <p align="center">Waiting List Only</p>	<p align="center">Matilda at the Fireside Date: Thursday, August 1 Payment due before June 17 Pick up flyer with menu at the Center Depart at 8:00 AM. Return approx. 6:45 PM Cost: \$118.00 member/\$123.00 guest</p>
<p align="center">Storks & Elephants Date: Thursday, August 22</p> <p>Explore Greendale & Kenosha on this tour. Lunch is on your own in Greendale. In Kenosha explore the Civil War Museum & visit the Veterans Memorial Gallery, honoring all US Veterans. Flyer at the center with details. Payment due before July 19 Depart: 8:30 AM and return 6:00PM Cost: \$70.00 member/\$75.00 guest</p>	<p align="center">Rocky the Musical at the Fireside Date: Thursday, September 12 Payment due before July 30 Pick up flyer with menu at the Center Depart at 8:00 AM. Return approx. 6:45 PM Cost: \$118.00 member/\$123.00 guest</p>
<p align="center">Autumn Mystery Trip Date: Thursday, October 10 Depart: 8:00 AM Return 5:15PM Cost: \$97.00/Guest \$102.00</p>	<p align="center">Milwaukee Symphony Orchestra's Date: Friday, October 11 <u>Registration begins Wed., June 5th!</u> Pick up flyer with details. Cost: \$76.00</p>
<p align="center">HO CHUNK Date: Friday, Nov. 1</p> <p>Depart at 8:00 AM WITH RETURN 7:30 PM Pick up flyer with details at the Center. Reservation and Payment due before Oct. 11 Cost: \$57.00/Guest \$62.00</p>	<p align="center">Fireside Miracle on 34th Street Date: Thursday, Nov. 14</p> <p>Menu choice and payment due before Oct 11 This tour includes a stop at Jones Dairy Farm after the show! Depart at 8:00 AM. Return approx. 6:30 PM Cost: \$118.00 member/\$123.00 guest</p>
<p align="center">Fireside Miracle on 34th Street Date: Thursday, Dec. 12</p> <p>Menu choice and payment due before October 29 Pick up flyer with details at the Center. Depart at 8:00 AM. Return approx. 6:30 PM</p>	<p align="center">SHOPPING AT THE WOODFIELD MALL Date: Monday, November 18</p> <p>Get in the Christmas spirit with our first stop at the O&H Danish Bakery, 717 S. Sylvania Ave, Sturtevant. Reservations and payment due before Mon. Oct. 28 Cost \$55.00 member/\$60.00 guest</p>

Cost: \$118.00 member/\$123.00 guest

Depart 7:25 a.m. and return approx.6:35p.m.



Friends President Rich P leading the annual meeting.

In Memoriam

Our thoughts and prayers are with the family and friends of:
Laurie Sucharda, a previous Center Assistant

Monthly Birthday Party -Sponsored by the Friends of the Port Senior Center

Date: Friday, June 24 11:30-1:00

The treat: Funfetti Cake -Thank you Friends of the Center!

Are you celebrating a birthday this Month? You are automatically to lunch for the birthday party at Café 60. Call the Café Manager at least two days before the date, by noon, to reserve your place for the celebration. The Center & Cafe 60 provide a treat bag. Cost: Your birthday month is a donation.

Happy June Birthdays!

2 Diane Markiewicz
4 Joyce Ulrich
5 Joe Lanthier
6 Iva Bley
7 Carol Bartelt
Diane Smith
Roland Meyle
9. James Charewicz
11 Cindy Becker
13 Casey Bolek

15 JoAnn Stade
18 Jean Johnson
19 Ken Bruner
Kathleen McGuire
Dennis Burmesch
Robert Roob
Patti Luedtke
20 Kathy Westphal
Ina Wenzler
21 Roberta Berthiaume

Karyn Schwenner
23 Jeanne Noll
25 Angie Spence
27 Ruth Ylvisaker
Lois Faldet
28 Burkhard Karr
29 Joan Hansen
Al Kraemer
30 Wendy Anderson
Michael Meador

MONETARY GIFTS, MEMORIALS OR LEGACY

Do you value the role the Center plays in your retirement lifestyle? Consider a legacy gift to the Friends of the Port Washington Senior Center with a review of your financial plans. Process for Financial Gifts at present: The gift is to be made to the Port Senior Center or Friends of the Center (501-C3 charitable group) with or without a specified purpose. The Director and donor review options on using the gift. *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. **Did you KNOW This About Charitable Contributions from IRA's? President-** Richard Proctor, **Secretary** – Laura Laurent; **Treasurer** – Meg Adams

“We will be known forever by the tracks we leave.”- Dakota Indian Proverb.

Congratulations to—May winners Jane Gruenweller & Betty Bogle Game page entries due into the Center by noon on June 17 to be in the prize drawing. You don't need to be correct, just give the puzzle a try, put your name on and drop it off outside the office in the white drawing box. The prize will be about a \$5 value gift certificate to a local business. Answers available after June 17. BE Sure to include your name if you want to be eligible for prize drawing. You only need to try the puzzles to enter.

NAME _____

Sudoku #1055 (Easy)

8			3				9
		1	9	4			
	5			1			
	8			9			
9	7			5	6	2	4
				5	8		
		4					2
			7	1			3

Sudoku #1054 (Hard)

	6			8			
3		9	7				
		8	2	4	6		
1							2
	3	6			5		
4			1	9			
	1			3			7
	9			2	8		
	5						4



Happy May Birthdays: (L to R) Ken W, Gene M, Sharon S, Patricia T, Rosemary W, Pat M, Pat K, and Mary Kay S



Spring Fling Photos courtesy of Laura L



Port Washington Adult Community Senior Center
403 West Foster Street
Port Washington, WI. 53074

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CHANGE SERVICE REQUESTED

MEMBER: Wisconsin Association
Of Senior Centers (WASC)
National Institute of Senior Centers (NISC)
National Council on Aging (NCOA) &
Wisconsin Park & Recreation Association (WPRA)

PORT WASHINGTON ADULT COMMUNITY SENIOR CITIZENS CENTER

Powered by Connections! Discover Your Center for connections to health, creativity, enrichment, and friendships!



June Events to Note
June 3-June 18- Senior Games & Awards Breakfast
June 11- Ozaukee Senior Conference
June 18 – Travel Show featuring 2 National Parks & Spain
June 19 – Center Closed for City Holiday Juneteenth Day
Summer Leagues Bocce Ball & Horseshoes information
with registration dates