

PORT WASHINGTON ADULT COMMUNITY SENIOR CENTER

The Leisure Times

JULY 2024 NEWSLETTER



2024 Port Washington Senior Games Participants able to attend the awards breakfast!

Port Washington Adult Community Senior Center

403 W. Foster Street

(262) 284-5821

E-mail: ckiener@portwashingtonwi.gov

Senior Center Staff:

Catherine Kiener, CPRP, CTRS, Program Manager

Beth Fisher, Assistant

Chuck Walsh, Environmental Maintenance

Diane Wilhelm-Johnson, Office Assistant

Carol LaFontaine, Aging Mastery Grant Assistant

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

Dear Members, the time has come for me to retire to pursue personal projects and join in groups at the Center! The city was notified, and a press release went out on Facebook June 11. I will miss serving the Senior Adults of Port Washington and surrounding communities through my role at the Center. I have enjoyed working to develop a diverse schedule of activities keeping what members enjoy like Sheepshead, cribbage, bridge, 8 Ball, ceramics, handiwork which became the Chicks with sticks, Aqua Ex, Picnic, Christmas Luncheon, Ozaukee Senior Games, and Senior Singers; while adding new programs from Aging Mastery, Art & Appetizers, Corn Hole, Horseshoes, Bocce, Watercolor, Hatha Yoga, Chair Yoga, Circuit Training, Zumba Gold, Tai Chi, Chili Soup Supper with Memorial 8-Ball tournament, Ozaukee Senior Conference, Nail Trimmers, learn to play various games, extended travel, parties with Café 60 and events or classes not sustained like Italian Casino Night, acrylic painting, and ballroom dance. These were not accomplished without volunteer leaders, member participation, and support from the Commission on Aging and Senior Center Board members to encourage friends, family, and neighbors to join and participate at the Center.

One of the joys has been to see many of the members age at home and participate into their 90's! It is hopeful to hear the Council put a priority on planning for a future Senior Center with or without a community center. Present and future members need to continue to advocate for older adult's unique needs as the population in Port and Ozaukee County 55 and over continues to grow at a rate greater than other parts of the state.

The Friends of the Port Washington Senior Center was developed in my time as the Director. I have helped guide them to bring in the fitness equipment designed for seniors, support the monthly birthday parties and other events. With donations for prize drawings and annual appeals.

As many of you know, retirement can be bittersweet. I will miss the daily interaction with all the members but will have more time to share with my grandchildren and family. The official date for my retirement is August 14. The future of the senior center building is still to be determined. Please continue to advocate for the senior center to your elected officials. This includes a modern building but also the integrity of the programming you each participate in!

SAVE THE DATES

- July 2 Registration for July 11 Membership Picnic is due– NOTE Office & CENTER close at 2:15
- July 17 – Lakeside Tea Society: lady Lighthouse Keeper with a SPEAKER change: Brewers Baseball History is moved to Aug 21 per speaker schedule
- July 18 – Fish Days Senior & Veterans Fish Fry 3:00 – 6:00
- July 26 - Registration due for August 13 - Art & Appetizer Class: Wooden "Quilt" Look Picture at 2:00 OR 5:00 PM
- August 8 – Mayflower Travel Show at 1:00 PM- attend for show discount!
- August 22 Concert in the Park
- **One Day Adventures & Extended Trips:** pgs. 14-15

Other Upcoming Events for Senior Center Month "Powering Connections":

- Sept 13 Author Discussion with Janet Newman, author of Letters from Clara at the Library
- Sept 16 – Tech Class
- Sept 23 – Health Topic: Gut Health
- Sept 25 – Welcome to Medicare

Holiday Closings: Thursday, July 4 the Center and Senior Dining Café are closed. **No activities** will occur at the Center.

Senior Center Information:

Please remember it is important to sign in for each Center activity you attend. If you plan to attend for example Train Dominos, lunch, and Rummy Royal you can sign your name and just mark X3 behind your name! The Center tracks our member and guests' usage through the attendance. We keep track of "duplicated" users and Unduplicated use every month for our annual report. In 2023 there were 15,742 users.

Community Resource Information

Saint Vincent de Paul Society of Ozaukee County is comprised of lay Catholic volunteers, offering emergency aid and referral services to ALL in need. The Thrift Store funds the efforts. There is a visit with the person requesting assistance. Call 262-284-3142. The group provides help with financial aid for rent, utilities, and transportation. Other services maybe available. See posted flyer on Bulletin Board at the Center.

Wisconsin Home Energy Assistance Program (WHEAP) assists eligible households with their heating and electric bills. See poster at center for tear off phone number.

SPECIAL THANKS!

Newsletter Crew: Elaine Diedrich, Sandi Preisler, Nan Rilling, Bernice Vajgrt, Grace Gott, Wendy Karash, Bernadette Bink, Mary Kiepert, and Rosemary Weiland.

Thank You from the Food Pantry:

56.5 pounds of food was donated in April & 30.5 pounds in May.

Thank you, Senior Games Volunteers- Bernice Vajgrt, Nick Dudley, Mark Bickler, Urzula & John from Port State Bank, Mary Kiepert, & Sandy Baron

VOLUNTEER OPPORTUNITIES

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

Craft Fair Coordinators for 2025 – Please contact Beth Fisher or Lynn Barber if interested in more details.

Volunteer Newsletter Copier – Rosemary has run her last issue so a new volunteer is needed. Contact Catherine before July 15 if interested.

Volunteer Coordinator for Evening Corn Hole League contact Beth.

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

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

Please tell your friends and Family new members accepted all year. We look forward to seeing you at the Center!



L to R: Senior Games Mah-Jongg Winners Don S, Katherine B, and Grace G. Congratulations again to all the participants in the Ozaukee Senior Games. Watch for the 2025 games!

MESSAGE FROM THE SENIOR CENTER BOARD OF DIRECTORS

As we enter the month of July we welcome the birthday of our American Independence. Congress adopted the Declaration of Independence on July 4th establishing the United States of America which is something all of us are thankful for. The annual Membership Picnic will take place on Thursday, July 11th at Upper Lake Park with bingo, cards, door prizes, good food, and good friends to enjoy a fun filled afternoon. Fish Days returns to Port Washington the following week. Once again Fish Days will be celebrating veterans and seniors with a free fish and chips meal on Thursday July 18th by the band shell in Lower Lake Park. Please read through the newsletter for registration dates and times for these events. As a reminder, the Senior Center is recognized as a "cooling site". With the hotter temperatures upon us, use the Senior Center as a place to cool off while enjoying the companionship of others. 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, Ruth Dibert

City Information

The monthly city newsletter is available at the center for those who do not have email or computer access.

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, PM, 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. The total is less than 10% to the Market. May sales from **Port's Artisan Market** – \$334.19.

Remember, there are items for sale in the cases at the Center from ceramics to knit items. **See the newly added items now!**

SPECIAL EVENTS

Author Talk-Letters from Clara

Date: Friday, Sept 13 at 10:00 AM OR 4:00PM

The author's visit features Janet Newman. Her book, Letter from Clara is based on one intrepid woman's travels on the eve of war (1936-1939). Her writing shines a light on fascinating people. **Please register by Wed. Sept. 11 for either or both times.**

Lakeside Tea Society: *Lady Lighthouse Keeper: The Extraordinary Life & Times of Georgia Green Stebbins*
Date: Wed. July 17 at 1:30-3:30

Georgia Green Stebbins was a sickly young woman from New York City when she came to the North Point Lighthouse in Milwaukee in the mid-1800s to help her ailing lighthouse keeper father. She ended up being an exemplary lady lighthouse keeper in an era when that was an uncommon profession for women. Georgia was the longest tenured keeper at North Point. 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 Friday, July 12 or until filled **with max of 42**.

Cost: \$7.00 member/\$12.00 guest



Lakeside Tea Society: Brew City Baseball: The History of Professional baseball in Milwaukee from the Braves to the Brewers & Beyond

NEW Date: Wednesday, August 21 at 1:30 -3:30

Do you like baseball, love baseball, or want to know more about the history of the national pastime in Milwaukee?



This is the program for you! The featured speaker is Ken Bartelt, a PhD candidate in history and teaching assistant at UW-Milwaukee. Ken will speak about the history of professional baseball in the Brew City from the Braves and Brewers to the lesser-known teams like the Milwaukee Chicks women's team and the Milwaukee Bears of the Negro Leagues. It is a

great presentation even for the non-baseball fan. 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. Aug. 15 or until filled **with max of 42**.
 Cost: \$7.00 member/\$12.00 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!

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.

Travel Show with Collette

Date: Thursday, Sept. 5 at 1:00 PM

Come and learn about the exciting extended travel for 2025. Included will be **Explore Northern Italy – Featuring Venice, Verona & the Dolomites** and a **Domestic Holiday** Offering TBA. Presented by Katie Ganshert.

Cost: \$0 members/\$3.00 guest

Coffee with the Mayor

Date: TBA

***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 6:40 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 12:15 – 1:00PM, 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: Fridays, October 25-Dec 20 at 9:00 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 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.

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



<p><i>needed except loose, comfortable clothes and supportive shoes. Prerequisites: None. Side support with chair or seated modifications can also be taught for most of these moves. Instructor: Margaret King</i> <u>Register with fee by Oct. 18 to ensure your spot!</u> Cost: \$50.00 member/\$60.00 guest</p>	<p>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. <u>Register by July 3 with class fee.</u> Cost: \$50.00 member/\$60 guest</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>Circuit Training Men & Women (session V) Dates: Tues & Thur. Aug 20-Oct 8- @ 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>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 <u>Register for full course with fee by July 8 or weekly for drop-in & pay by week at \$12.00 per week.</u> Instructor: Laurin Otten, RYT 200 Cost: \$40.00 member/\$45 guest for 4-week series.</p>	<p>Qigong for Meditation & Relaxation - (Session III) Dates: Fridays Aug 30 – Oct 18 at 9:00 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. 26 to ensure your spot.</u> Cost: \$50.00. Non-member/guest \$60</p>
<p>Health Topic: Gut Health Date: Mon. Sept 23 at 1:00 PM Kelly Barboza, Nurse Educator from Aurora will facilitate this discussion on improving your “gut” health for better overall health. Register by Thur. Sept. 19 to save your seat. To register for lunch, call Café 60 by Thur. Sept 19.</p>	<p>Hatha Flow Yoga in the Park Date: Saturday, July 13 at 9:00AM Park location to be announced in July with registration. Please register by July 11. Cost: \$12.00 per person</p>

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

Memory Screening -Wellness tool

Date: Wednesday, October 30 at 9:00-3:00 PM
A memory screen is a tool that helps identify possible changes in memory and cognition. It creates a baseline of where a person is at so that future changes can be monitored. It's FREE and only takes 15 minutes! Early detection is important. Get immediate results! Treatment is possible!
Call the Center to register at 262-284-5821. Space available until filled. Thanks to Sarah P with the ADRC of Ozaukee County.

OZAUKEE COUNTY FAIR FRIENDS PARTICIPANTS

Ozaukee County Fair Open & Senior Class Participants from the Port Adult Community Senior Center
Date: Friday, July 26 -Items are due to the center; Please be sure your item has the category you are entering it for is attached.
Date: Monday, July 29 at 2:00PM
Participants are asked to help attach tags to your items. If unable to attend, please let the office know by Thur. July 25.

Dear Senior Center Participants,

I want to extend my heartfelt gratitude to all of you for the warm welcome and the engaging discussion during our meeting on June 26, 2024. It was a pleasure to meet such an active and involved group of community members.
Your questions, insights, and feedback are invaluable as we work together to improve our city. I appreciate your candidness and the thoughtful suggestions shared during our time together.
Our city thrives on the active participation of its residents, and it is clear that the Senior Center participants are dedicated to making our community a better place. Please know that your voices have been heard, and I am committed to addressing the issues and ideas that were brought forward.
If you have any further questions, concerns, or suggestions, please do not hesitate to reach out to my

office. I look forward to our continued collaboration and hope to visit the Senior Center again in the future. Thank you once again for your hospitality and for the important work you do in our community.
Warm regards,

Melissa M. Pingel

Holiday Craft Fair on the Corner Coordinators for 2025

The new format of the traditional fundraiser, is in its second year, and will need 2 coordinators for the Craft Fair to assist with the Center Crafts & Bake Sale and the Art Fair Vendors from Community. If anyone would like more information, contact Lynn Barber at 262-483-9226.



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: July 12 at 9:30 AM

The book is *In Love* by Amy Bloom. The genre is Memoir **Please** call the center, 284-5821, to reserve a spot for this public discussion by July 9. The group meets at the W.J. Niederkorn Library Community Room.
Preview Fri., August 9: Everyone Knows Your Mother is a Witch by Rivka Galchen, Historical Fiction

Create & Converse

Date: Thursday, July 18 at 1:30 – 3:00pm
 All are welcome to join us in creating wooden star wreaths and picture frame creations. 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, July 15 for planning purposes.
Future dates: Aug. 8, the last date before the Fair. Help finish projects and price items to be ready for November.
 Cost: \$0 member/ varies guest minimum or \$5.00

Game Days: Bingo

Date: Monday, July 8 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:



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 Mon., Sept. 9. Space is limited to the first 20 attendees.
 Cost: \$0 member/\$3.00 guest

Art & Appetizers: Barn “Quilt” Project

Date: Tues Aug. 13 2-4:30 or 5-7:30 & Wed. Aug 10 at 3:00 - 15 minutes for sealing
 Create a 12” Cardinal Barn Quilt for your home or as a gift. Reservation & Fee due July 26!
 Cost: \$50.00 member/\$60.00 guest

<p>Learn to Play Mah Jongg Basics Course Dates: Tuesdays, Sept 17-Nov 5 <u>All eight weeks are recommended to build a good foundation for successful play.</u> Learn this rummy type of game played with tiles. Start by becoming familiar with the tiles & suits, how to read the Mah Jongg card and do the "Charleston" (passing unwanted tiles). Maximum of 4. Register by Sept. 13. Cost: \$0 member/\$5.00 guest</p>	<p>Learn to paint in Watercolors: Field of Flowers (Session IV) Dates: Mondays, July 15, & Aug 19 at 1:30-3:30 Rind your own photo or search Free Photos of a field of flowers to work from. <i>All adult ages, non-members & members welcome</i>, 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 <u>Session Cost:</u> \$50.00 member/\$60.00</p>
<p>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.</p>	<p>Watercolor Painting Short Course (V) Dates: Tuesday September 3 & 10 at 1:30-3:30 Paint a Face from a Photo Discover how to create flesh tones and paint from a 5x 7 or 8 x 10 photo of a loved one or a friend. Register by August 27 with fee; Minimum 5 and maximum 10 students. Instructor: Erin Blum Cost: \$40.00 member/\$50 guest</p> <p>Watercolor Painting (VI) Dates: Oct</p>
<p>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 <u>must pre-register a minimum of 2 weeks prior</u> to ensure a member teacher is available.</p>	<p>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</p> <p>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</p>
<p>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.</p>	<p>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 <u>accept issues several months old</u>. 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.</p>

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 June:</u> Nancy B.-151, Elaine D.-256, Katherine B.-258</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 July 18 & 25, Aug 1 & 8 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! Cost: \$0 Members/\$5.00</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 League

Dates: Tuesdays, to 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 II)

Date: Thursdays resumes in Sept. 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

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 to 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!

Café 60 AT THE CENTER

<p style="text-align: center;">Café 60</p> <p>Manager for Port Café 60 is to be announced, temporarily Kari, Linda, or Noemi for reservations call 262-483-9753.</p> <p>Participants MUST sign up 2 business days 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 262-483-9753 with any cancellations.</p>	<p style="text-align: center;"><u>Café 60 Events open to diners with a meal on the specific theme/event date:</u></p> <p>7/2 Tasty Tuesday 7/6 Closed 7/11 Mystery Meal 7/19 Closed 7/28 Birthday Lunch 7/30 Closed</p> <p>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, Café 60 will prepare a card and treat bag.</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 style="text-align: center;">The Port Washington Food Pantry</p> <p>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> <u> </u> Pudding, Cereal, Canned chicken, Salad Dressing, Pancake Mix, Soup, Vegetable Oil, & 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</p> <p>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</p> <p style="text-align: center;">Date: Tuesday, Sept 24 at 9:30 AM</p> <p>The group will read and discuss the book <u>A Calamity of Souls</u>. Contact the library to get a copy. Register by Fri Sept 18 <i>Preview October 22 : <u>Letters from Clara</u></i> Cost: none for members/\$3.00 guests</p>
<p style="text-align: center;">Fish Days Senior & Veterans Fish Fry</p> <p style="text-align: center;">Date: July 18 at 3:00 – 6:00</p> <p>Members will receive one free fish fry per person. New this year is the volunteers will ask to see your Senior Center Membership Card! When you renewed, you received a blue card and were told to hold on to it for this type of event. The entertainer will be an Elvis Impersonator from 4:00PM-6:00PM. See PR for details.</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>Welcome to Medicare (Previously Medicare 101)</p> <p style="text-align: center;">Date: Wednesday, Sept 25 4:30-6:30 PM</p> <p>Are you turning 65 or looking to retire? This workshop will focus on; - How to sign up for Medicare - Coordinating coverage between Medicare and employee plans - What Medicare coverage includes and costs -</p>	<p>Prescription drug plans - Wisconsin Senior Care - Medicare Advantage Plans - Medigap Supplement Plans Presented by Ozaukee County ADRC Medicare Benefit Specialist, Ashley Mutsch Reserve your seat before Sept 17 by calling 284-5821.</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.



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!



Our House

Music on the Hill

Dates: Fridays July 5- Aug 16 at Noon

These free concerts take place at St. Mary's Church. See poster at the center for more details.

Sunday Concerts at the Bandshell

Dates: July 7, 14, 21 at 6:30-8:00 PM

Enjoy the Port Washington City Band at these outdoor concerts in Veteran's Park by the lake.

Bring your chairs, blankets, and a picnic!

Cost: Free

Nail Trimmers Foot Clinic

NEW Tuesday, July 23 appointments 9:00-12:00 &

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 Port Results

For a full list, ask for a copy in the office

Competitive Walk Men under 71 – Bronze- Nick Dudley

Competitive Walk Men over 71 – Bronze David Meinholz

Bowling Men Gold- Pete Bares

Cribbage – Gold Mark Bickler & Geri Johnson; Bronze Colleen Ver Bunker & Becky Hart

Horseshoes – Silver Nick Dudley, Bronze Dale Blaubach

Cornhole – Gold Mark Bickler & Terry P (C); Silver Dale Blaubach & Bill H (C)

9-Ball – Gold John Schmitz, Silver Todd Kubanek, Bronze Nick Dudley

Bocce Ball – Silver Sandy Preisler & 2 G players

Mini-Golf Men – Bronze Bill Daley

Mini-Golf Women – Gold Jamie Smith, Silver Patti Thom

Mexican Train – Gold Mary Kiepert, Bronze Jackie Meinholz

8-Ball gold Nick Dudley, Silver Todd Kubanek, Bronze Mark Bickler

Bike Ride Men – Gold Wayne Karasch, Silver Nick Dudley, Bronze Dave Meinholz

Mah Jongg – Gold Katherine Bott, Silver Grace Gott, Bronze Don Schanen

TRAVEL OPPORTUNITIES

Extended Trips

<p>Canadian Rocky Mountaineer with Collette Date: August 8-16, 2024 – filled Alternate date Aug. 18 - filled</p>	<p>Spotlight on London & Paris Date: October 2 – 10, 2024 Call for availability as Ozaukee seats were released by the Collette in March</p>
<p>Mayflower Rhine Cruise Rhine Castles & Moselle Vineyards Dates: September 7 – 18, 2024 Mayflower Mystery Trip by Motorcoach Dates: Oct 8 for 5 days 2025 Trips February – Hawaiian Cruise with Mayflower Sept. - Culinary Journey through New England <i>Attend travel show Aug 8, 2024 at 1:00 PM; please reserve your seat by registering before Aug. 5.</i></p>	<p>2025 Collette Trips May – Spain’s Costa Del Sol & Madrid with Collette July - Sequoia & King Canyon National Park with Collette Sept – Spotlight on Northern Italy Flyers are available at the center with Northern Italy due to arrive in July. <i>Attend travel show Sept. 5, 2024 at 1:00 PM for the Northern Italy tour.</i></p>
<p>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</p>	<p>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.</p>

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.



Assembling the Leisure Times (L to R)
Sandi & Grace



Folding and Tabbing (L to R) Wendy and Elaine

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

Waiting List Only

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

Storks & Elephants

Date: Thursday, August 22

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

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

Autumn Mystery Trip

Date: Thursday, October 10

Depart: 8:00 AM Return 5:15PM

Cost: \$97.00/Guest \$102.00

Milwaukee Symphony Orchestra's

Date: Friday, October 11

Registration begins Wed., June 5th!

Pick up flyer with details. Cost: \$76.00

HO CHUNK

Date: Friday, Nov. 1

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

Fireside Miracle on 34th Street

Date: Thursday, Nov. 14

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

Fireside Miracle on 34th Street

Date: Thursday, Dec. 12

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

Cost: \$118.00 member/\$123.00 guest

SHOPPING AT THE WOODFIELD MALL

Date: Monday, November 18

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

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



L to R Bernadette & Bernice

In Memoriam

Our thoughts and prayers are with the family and friends of:

BETTY LAST, BOB ROOB, HENRY MAKOUTZ, AND MEMBER PAT HOUTONS SISTER RORO KOSER

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

Date: Friday, July 26 11:30-1:00

The treat: Orange Cupcakes -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 July Birthdays!

1 *Diana Mayer*
Karen Fellerer

2 *Celia Stenberg*
Mary Burmesch

4 *Jeannie Hespe*
Gary Bonde

5 *Anne Murphy*
Fern Rath sack
Cheryl Burton

8 *Dennis Augustin*
Penny Heine

11 *Paul Michel*
Ursula Spence

12 *Nancy Soyke*
13 *Roger Faldet*
David Ferraino

16 *Carol Jushka*
17 *Jackie Meinhofz*

18 *Jim Schliesleder*
Kathleen Schilz

19 *John Salchert*
Birgit Moxon

20 *Fema Garay*
21 *Susan Merrill*

22 *Todd Kubanek*
Jan Noel

23 *Marie Zirbes*
25 *Sheryl Roberts*
27 *Richard Vajgrt*
Linda Chaloupka

28 *Mary Kiepert*
Paul Soyke
Lori Ebbott

29 *Jamie Smith*
30 *Carol Jensen*
Mary Jo Pauly

31 *Teri Weiss*

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–June’s winner Ron Tobianski Game page entries due into the Center by noon on July 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 #1095 (Medium)

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



Senior Games Horseshoe Participants (L to R) Nick, Al, Jamie, Dale, and Tom



Sandi P with Ozaukee Senior Conference Keynote speaker, Gold Medal Winner & 4-time Olympian Nick Baumgartner



Ozaukee Senior Games Cribbage Gold & Silver winners: (L to R) Geri & Mark from Port; Silver Nancy & Kathy

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

STANDARD RATE
U.S. POSTAGE PAID
PERMIT NO. 36
Port Washington, WI. 53074

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!



2023 Picnic Prize Winners

ckiener@portwashingtonwi.gov 262-284-5821

- July 2 – Picnic reservations due**
- July 4 - Center Closed for Independence Day**
- July 10 – Tai Chi & Qi Gong Combo Class**
- July 10 – Hatha Flow Yoga Class**
- July 11 – Senior Center Picnic**
- July 17 – Brewer’s Baseball History**
- July 23 – New day for the Nail Trimmers Clinic**