

PORT WASHINGTON ADULT COMMUNITY SENIOR CENTER

The Leisure Times

AUGUST 2024 NEWSLETTER



Port Washington Adult Community Senior Center

403 W. Foster Street

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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

PROGRAM MANAGER'S REPORT

The Senior Center Board and the Friends will **host a retirement celebration** luncheon, with the members, for me on Thursday, Aug. 15 from noon-1:00 PM. The lunch will be Cousin's Subs, fruit, a dessert, and beverage. Reservations must be in to the office or Café 60 by Tuesday, Aug. 13 at noon. There is no cost to members.

The Recreation Director Tyler, City Administration, and Senior Center staff Catherine & Beth have been working on a plan to keep the Center open for members the same hours as currently scheduled. Beth will potentially change hours after Aug 16 to work over 5 days. The Recreation Director will be using the Program Manager office from 5 days, full days, to 3 days several hours based on needs of the Center and the Recreation Department. Office Volunteers will continue to help daily in time slots as needed. Other than the pre-planned September events, there will be limited new monthly events planned until the position is filled.

It will be important for ALL Members to continue their support of the center through registrations for regular activities and programs. **For all new and existing members, the revised & updated Membership Manual will be available for members to pick up beginning August 7.** This has the basic operating policies for members and staff to reference when questions arise.

I will take the opportunity to thank the Office Volunteers, Instructors both paid and volunteer, and participating members for supporting the many opportunities for education, recreation, and social connections that were created over the past 25 years. In September, there will be some programs and leagues returning and I encourage members to bring a new participant to join them to increase our numbers on a weekly basis.

Please Thank Rosemary Weiland when you see her for her dedication to copying the newsletter. This is the last issue she will copy! Clyde Weiland ran the newsletter back when it was on the mimeograph and originally with the transition to a copy machine. Between them both, they have run over 30 years of newsletters!

Membership -The city approves the membership fee as part of the License and Fee table annually. The Program Manager submitted the same rates for 2025 as were in 2024. These have been amended to increase couple membership by \$5.00 in 2025 (\$35 to \$40 as an example). When the license & fees are adopted by the Council, they will go in effect JANUARY 1!

SAVE THE DATES

- August 8 – Mayflower Travel Show at 1:00 PM- attend for show discount!
- August 15 – Membership Retirement Luncheon for Catherine – RSVP must be in by noon on Aug. 13
- August 21 – Lakeside Tea Society: Milwaukee Baseball History
- 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- Internet Streaming
- Sept 23 – Health Topic: Gut Health
- Sept 25 – Welcome to Medicare
- Sept 30 – Power of Attorney Educational Session

Holiday Closings: **Monday, Sept. 2** the Center & Senior Dining Café are closed. **No activities** will occur **at the** Center.

Senior Center Information: **September is Member Recruitment month.** Encourage your family, friends, and neighbors to join and receive 16 months for the price of 12.

Craft Fair Bakery/Canned Goods Area for Nov. 9 Sale

Now that summer is well underway and your gardens are full of veggies, please think about canning some for the Senior Center festival in November. Again, this year we will be offering not only our superior baked goods but great canned items you may like to donate. We offered some canned goods last year and they flew off the table.

We had a great Bakery/Canned Goods sale last year for which I am extremely grateful. Please help to do it again this year. Thank you, Ann Lorge – PS the Bakery Coordinator position is open for 2025!

September Senior Center Month: Theme is Powering Connections

Events to power connections with travel, historical literature, health, technology and finances are highlighted below:

Travel Show with Collette **Date:** Thursday, Sept. 5 at 1:00 PM

Author Talk **Date:** Friday, Sept 13 at 10:00 or 4:00 PM at the W.J. Niederkorn Library

Internet Streaming **Date:** Monday, Sept 16 at 1:30-2:30

Stomach Health **Date:** Monday, Sept 23 at 1:00-2:00

Medicare 101 **Date:** Wednesday, Sept 25 at 4:30-6:30 PM

SPECIAL THANKS!

Newsletter Crew: Elaine Diedrich, Nan Rilling, Grace Gott, Wendy Karasch, Bernadette Bink, Evelyn Hayes, Ethlyn Blaubach, and Rosemary Weiland.

Thank You from the Food Pantry:

___pounds of food donated in June. Information was not received by newsletter deadline.

Thank you, Becky H for the cribbage board donations to the Center.

Welcome New Members- We look forward to getting to know you! Ann Comer & Larry Wilson

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

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 – THANK You Dawn D. & Jill A. for stepping up to help!

Volunteer Coordinator for Evening Corn Hole League contact Beth.

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



L to R: Ginny and Nancy enjoy conversation and tea after the Lakeside Tea Society presentation on the Lady of the Lighthouse July 17.

MESSAGE FROM THE SENIOR CENTER BOARD OF DIRECTORS

As all are aware, Catherine will be entering the newest chapter of her life, retirement. After more than 25-years in her role as the Director of the Senior Center, Catherine will now be taking a step back. Catherine has been instrumental in moving the center forward with new classes, programs, leagues, trips, clubs, parties, and events. In all she does, Catherine has always had the best interests of the center in mind. We will now see Catherine in a different light as she joins us as an active member and will be participating in many of the things she started. As we transition to new leadership at the center, I would ask the entire membership to assist in any way you can to ensure a successful future for all. We will be losing a great leader as Catherine moves to retirement, but we will be gaining a new member of our senior community. Our heartfelt best wishes to Catherine and a big THANK YOU for all that you have done for us.

Thank you, Nick

Senior Center Board of Directors serving June 2024-May 2025:

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, ED, AL, CD, BV,NB,GH 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. June sales from **Port's Artisan Market** – \$590.29.

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

Membership Retirement Luncheon for Catherine

Date: Thurs. Aug. 15 at Noon -1:00

The membership is invited to celebrate Catherine's retirement with **Cousin's sub, fruit, dessert, and beverage. Register by Aug 13** either in the office or with Café 60. There is no cost for members. Guests'/non-members donation \$5.00.

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

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.

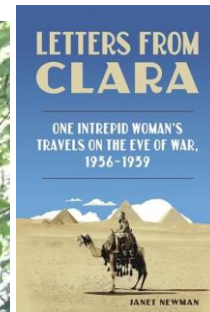
It is a great presentation even for the non-baseball fan. Members who wish to engage, connect, and have a "cuppa" should contact the Center office to make an appointment! Tea will be served along with a treat. **Reservation** required by Thur. Aug. 15 or until filled **with max of 42. Preview Sept. 18: Bingo Queens of Oneida** by Mike Hoefl
Cost: \$7.00 member/\$12.00 guest

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.

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, Letters from Clara, is based on one intrepid woman's travels on the eve of war (1936-1939). Despite limited financial means, Clara Pagel was richly resourceful and used the YWCA network to find work and places to live in the Far East, along the way meeting other women also working their way around the world. As Clara described in letters to her YWCA friends back home, her sojourn was filled with museums and world-famous landmarks, as well as typhoons, bombings, and earthquakes. Her writing shines a light on fascinating people. **Please register by Wed. Sept. 11 for either or both times.**

Aging Mastery Program (AMP)

Dates: Wed. Oct. 16- Nov 20 at 3:15-5:45 PM

Live better with the Aging Mastery Program! Meet new friends, provide support and encouragement to your peers. Class topics include: Exercise and You, Sleep, Healthy Eating and Hydration, Financial Fitness, Medication Management, Advance Planning, Healthy Relationships, Falls Prevention, Community Engagement and Communicating with your Doctor. Donation Request: \$10.00 for 60 and older (\$25 under 60). This is a \$140 discount due in part to a grant from the ADRC of Ozaukee County Title III. Limited to 25 participants. Register with fee in the office or at the Grafton Senior Center by October 7.

***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 - 7 days' notice for scheduling.

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

Class Times will change in September due to Aquatic Center hour changes.

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
No class Nov 29th. We will study Yang's 10 principles as they relate to our warmups, everyday body mechanics, and Tai Chi practice. We will compare and discuss Tricia Yu and Cheng Man Ching forms as we practice both forms and make our way through the first half of Cheng Man Ching form. We will talk about what it means to build an individual home practice. We will increase self-awareness and non-judgmental observation so that we can make modifications as needed.

Instructor: Margaret King

Register with fee by Oct. 18 to ensure your spot!

Cost: \$50.00 member/\$60.00 guest

Zumba Gold Classes (Session IV)

Dates: Tues & Thurs to Aug 15 @ 11:15



Zumba Gold Classes (Session IV)

Dates: Tues & Thurs Aug 20-Oct 15 @ 11:00

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 or per class registration of \$2.00.

<p>Circuit Training Men & Women (session IV) Dates: Tues & Thur. June 25- Aug 13 @ 9:00AM Current students only for independent class. This is an <u>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. <u>No out-of-pocket fee for participants with: Optum, Silver Fit, & Silver Sneaker Flex Class due to insurance.</u> 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 an <u>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. <u>No out-of-pocket fee for participants with: Optum, Silver Fit, & Silver Sneaker Flex Class due to insurance.</u> 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 IV) Dates: Wednesdays, October 2-Nov 13 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 Sept 30 or weekly for drop-in & pay by week at \$12.00 per week.</u> Instructor: Laurin Otten, RYT 200 Cost: \$60.00 member/\$70 guest for 7-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>Tai Chi & Qigong Combined Class Dates: Wednesdays to 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 Stacker Park a block from the Center. <u>Register with adjusted class fee.</u> Cost: \$30.00 member/\$40 guest</p>
<p>Chair Yoga Men and Women (Session IV) Date: Tuesdays to Aug 15 Chair Yoga Men and Women (Session V) Date: Aug. 20 – Oct. 15 Chair Yoga is a gentle form of yoga that is practiced sitting on a chair or standing using a chair for</p>	<p>Chair Yoga (Session IV) Date: Thursdays June 27 – Aug 15 at 10:00 AM Chair Yoga (Session V) – Free Intro day on Aug. 22 Date: Thursdays Aug. 29- Oct 17 Chair Yoga is a gentle form of yoga that is practiced sitting on a chair or standing using a chair for</p>

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

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
Good luck to our participants: Bernice, Nancy, Donna, Mary, Dottie, Ginny, and Elaine! Their entries will be on display at the center after Monday, August 5. Stop in to take a look, especially if you did not make the fair.

Summer Membership Picnic

Thank you to Marge B for bingo calling.

Picnic thank you to Ursula, Nick, Carol, & Beth for the help with event details. Thanks to all for the paper goods! Total Received for Single and Double Packs-35; Multi Packs- 45, & Multi Packs over 6 -24



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 in 2025 for the Craft Fair. The coordinators 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: 8/13 & 8/20 Sept. returns to weekly. 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. Sept 17&24; Oct 1-Nov 5 at 9:30 – 11:30
 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). **ALL EIGHT WEEKS** are recommended to build a good foundation for successful play. Max of 4. Register by Sept. 16.
 Instructor: Bernadette
Cost: None Member/\$10.00 guest for the session

Friday Book Talk

Date: Aug. 9 at 9:30 AM



The book is Everyone Knows Your Mother is a Witch by Rivka Galchen. **Please** call the center, 284-5821, to reserve a spot for this public discussion by Aug 6. The group meets at the W.J. Niederkorn Library Community Room.
Preview Fri., Sept. 13: Letters from Clara, by Janet Newman WWII History Nonfiction with the Author!
Please register for the 10:00 AM or 4:00 PM talk by Sept. 10 in the office.

Create & Converse

Date: Thursday, Aug. 8 at 1:30 – 3:00pm
 This is the last date before the Fair. Help finish projects and price items to be ready for November. 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 Tuesday, Aug. 6 for planning purposes.
 Interested in coordinating the event for 2025? Come to this meeting and learn more.
 Cost: \$0 member/ varies guest minimum or \$5.00

Game Days: Bingo

Date: Monday, Aug. 12 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
 Netflix, Hulu, Tubi, oh my! Cable is out and streaming is in! Come learn about the most popular TV streaming services and how to stream them, whether you have a Roku, Firestick, Chromecast, or Smart TV. Join Librarian Alyssa 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 at 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, Aug. 19 at 1:30-3:30 Last class for this summer session. Bring 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. 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. at 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 photos of a loved one or a friend. Register by August 27 with the fee. Cost: \$40.00 member /\$50 guest Watercolor Painting: Values & Composition (VI) Dates: Tuesdays, Oct 8-29 at 1:30-3:30 PM Instructor: Erin Blum Cost: \$75.00/\$85 guest – Register by Oct. 1 with fee. Minimum 5 and maximum 10 students.</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. We also have puzzles to share from 300-1000 pieces on the 1st floor for you to take home!</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 only</u>. Men’s magazines needed. Deposit on main floor in designated box under current magazine basket table.</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, Aug 5 & 19; Sept 16 & 30; and Oct 7 & 21 (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 July:</u> Geri J. -103, Ginny H.-129, Susan V.-162</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 October 3-24 Sign up in the office or call 284-5821 for this refresher of the game by Sept 30, poker chips will be used in place of coins. New players for Thursday afternoon are welcome! Cost: \$0 Members/\$6.00 non-members or \$3.00 per week</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

<p align="center">9-Ball Summer League</p> <p>Dates: Mondays to Aug. 19 at 1:00</p> <p align="center">9-Ball Fall League</p> <p>Dates: Mondays, Sept. 9- Dec. 9 at 1:00 PM Registration will be due by August 26 to allow schedule preparation time. The fee will be \$10.00 payable in the office with registration. There will also be a sign-up sheet in the pool room. The end of the season there will be a First Place and Second Place prize of a gift card. Fall Coordinator: Mark B.</p>	<p align="center">Green Felt Club Annual Meeting</p> <p>Date: Wednesday, August 21 at 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 <u>the office staff by August 5</u>. Lunch will follow the meeting at noon.</p>
<p align="center">Bocce League</p> <p>Dates: Tuesdays, to Sept. 10 @ 9:15 AM – 11:15 At the courts in Sauk Creek Park on Moore Rd. All players <u>must register in the office for the season or monthly to create a list for league</u> 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</p>	<p align="center">Silver Strikers - Wii Bowling (III)</p> <p>Dates: Tuesdays, September 3- Nov 19 at 9:30 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 4 openings for new players! Register with fee by Sept. 3 or Oct. 1. Cost: \$2.00 per couple member or \$5.00 per non-member couple <u>High Scores:</u> Based on 3 Games Posted next in October or November</p>
<p align="center">Indoor Corn Hole Play (Session II)</p> <p>Dates: Thursdays resumes Sept. 19 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; Register by Sept. 12 to assist in coordinating teams. Cost: \$0.00 member/\$5.00 guest</p>	<p align="center">Ping Pong Play Afternoon or Evening</p> <p>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</p>
<p align="center">Green Felt 8- Ball Summer League</p> <p>Dates: Wednesdays at 1:00</p> <p align="center">Green Felt Summer 8-Ball League Results</p> <p>Congratulations to the following winners: 1st Place – Todd Kubanek & Patty Thom 2nd Place – Mark Bickler & Tim Lewien 3rd Place – not saved by Secretary or President</p>	<p align="center">Horseshoe League</p> <p>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.</p>

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>8/1 Closed 8/2 Closed 8/5 Closed 8/6 Prize Bingo 8/14 Closed 8/21 Picnic 8/23 Birthday Lunch 8/27 Mystery Meal</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</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</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> 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>Thank you to the Friends of the Port Senior Center for the sponsorship of this event at the Perch level!</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) Date: Wednesday, Sept. 25 4:30-6:30 PM 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

Thank you to those who supported the Halo Fundraiser in July. Total amount raised not available at time of newsletter.

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 Janeshek Realty Group, & Friends of the Port Washington Senior Center. Pre-registration by members helps with the planning.

The OFFICE will close at noon and center after lunch at 1:00 PM.

Cost: NONE thanks to the sponsors!



Our House

Nail Trimmers Foot Clinic

NEW Tuesday, Aug 27 appointments 9:00-12:00 & 4th Tuesday preview: Sept 24, Oct 22, Nov. 26

Date: Thur. Aug. 22 appointments 9:00-3:00

The 4th Thursday Preview: Sept 26, Oct. 24

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

Music on the Hill

Dates: Fridays to Aug. 16 at Noon

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

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 Attend travel show Aug 8, 2024 at 1:00 PM; please reserve your seat by registering before Aug. 5.</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. Attend travel show Sept. 5, 2024 at 1:00 PM for the Northern Italy tour.</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

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.

2025 shows are booked! Shows will Open for reservation as follows:

Back in the Building: the Ultimate Elvis Tribute Musical on Thurs. January 30 the 2025 reservations begin on Sept. 5. It is anticipated the cost will be set by then. West Side Story on Thur. Feb 27 with registration beginning Sept. 12, 2024. The following shows will open for registration at the January Travel Show, Thurs. Jan 23, 2025: Murder on the Orient Express May 1, Church Basement Ladies “Last Supper” June 5, Disney’s The Little Mermaid, Aug 14, Oklahoma Sept 11, A wonderful Life Christmas show Nov. 13 or Dec 11. Pick up detailed flyers at the Center.

ABOUT DAY TRIPS

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.

Cancelled

Cancelled

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

Date: Friday, Aug 23 11:30-1:00

The treat: Ice Cream 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 August Birthdays!

1 *Regina Bares, Janice
Karr*

2 *Lucille Wester
Barbara Burmesch*

3 *Glenn Makoutz*

4 *Shirley Grootousen*

7 *Pat Neitz, Clyde Weiland*

8 *Monica Prochaska
Ruth Perez*

10 *Dawn Delucia
Dennis Krier,
Donna Lipski*

11 *Kathryn Augustin
Paul Ehrlich
Diana Verheyen*

14 *Meg Fassett*

15 *Pat Krainz
Jane Gruenweller*

16 *Spyros Heniadis
Theresa Ameen*

17 *Judith Fraundorf
Ruth Dibert*

18 *Ken Hoard
19 Lawrence Verheyen*

20 *Geri Zehren
Mark Bickler*

22 *Elaine Nulph
Joann Thill*

23 *Sarah Qualset
Jolene Prom*

Michele Nash

25 *Betty Bley*

Chuck Norman

Michael Bunton

26 *Betty Kraemer*

Gary Gruenweller

27 *Rickie Haack*

28 *Ralph Luedtke*

29 *Pat Poole*

Randall Yokes

30 *Mary Jo Pauly*

31 *Sharel Hubing*

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

Congratulations to—July’s winner Jan Koeppen Game page entries due into the Center by noon on Aug 16 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 Aug. 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 _____

Find and circle all of the 1960's song titles that are hidden in the grid.

The remaining letters spell the title of an additional 1960's song.

M S E D U J Y E H R R E X O B E H T Y
 S S W I L D T H I N G W I P E O U T K
 T I M Z B C E C Y L E G N A N E E T O
 H K Y Z R C R N E E Y A W A N U R O O
 E T G Y D V A Y O P S B U S S T O P P
 S S I W O A L R I T S T E L P A S O S
 E A R N W L O Y A N S E E O M Y G U Y
 E L L S N L V U V M G E R R K E R G H
 Y W H I T E R A B B I T V R D F O P S
 E B B H O R T F P N A A A L C A U N I
 S L A P W I E E I T G P Y I A P Y I R
 L U B M N O O V S N O Y T A P G S V E
 E E Y E V P O I A O G Y R Y D O E O H
 L V L M L O W G C W Z E L R U I S L C
 E E O E R T N Y E A T O R L E D L D L
 N L V G E I H Y R R V A M T R H D O A
 O V E H A C U C G E I A E O I I S O H
 R E T H T W I N D Y N F W H H P A G T
 E T C I E B L U E M O O N Y A T S H R

BABY LOVE
 BLUE MOON
 BLUE VELVET
 BUS STOP
 CARA MIA
 CHAIN GANG
 CHERISH
 CRAZY
 CRYING
 DIZZY
 DOWNTOWN
 EL PASO ELENORE
 FINGERTIPS
 FIRE
 GALVESTON

GOOD LOVIN'
 GROOVIN'
 HAIR
 HEATWAVE
 HEY JUDE
 HOLIDAY
 ITCHYCOO PARK
 LAST KISS MEMPHIS
 MY GIRL
 MY GUY
 PEOPLE
 PUPPY LOVE
 RESPECT
 RUNAWAY
 SHERRY

SOUL MAN
 SPOOKY
 STAY
 SURF CITY TEEN ANGEL
 THE BOXER
 THE TWIST
 THESE EYES
 VALLERI
 VOLARE
 WHITE RABBIT
 WILD THING
 WINDY
 WIPEOUT
 WORDS
 YESTERDAY

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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!



Concert in the Park 2023 – Ice Cream Stop
ckiener@portwashingtonwi.gov 262-284-5821

August Events to Note

- Tuesdays Bocce Pick up League
- August 8 – Mayflower Travel Show at 1:00 PM
- August 15 – Membership retirement luncheon 12:00 -1:00PM
- August 21 – Lakeside Tea Society: Milwaukee Baseball History
- August 22 Concert in the Park

Coming in September: National Senior Center Month
Powered by Connections. The events are listed
under upcoming in this issue.