

# Port Washington Adult Community Senior Center

## November 2024 Newsletter



### Director's Message

To Our Members:

It is with an abundance of gratitude that I write this message. Thank you to all who have so warmly welcomed me to the center during my first month. I am so appreciative to those of you who have introduced yourselves, shared a funny story or two, mentioned the importance the senior center plays in your life or gave me insight into a program or class you are part of. During the month, I have been learning a great deal about all of the wonderful programs and services currently being offered, as well as listened to new ideas of what you might want to see offered, that we do not offer yet. Please keep your ideas coming. It is with your input, or that of new members, that the center will become a go to place for all who are 55 or better!

During November, we honor all Veterans. It is because of the brave men and women who sacrificed so much for our freedom that we salute you, on November 11th and always.

I would also like to wish each of you a Happy Thanksgiving. As a reminder, the center and the dining program will be closed on Thursday, November 28th and Friday, November 29th.



### Newsletter Update:

In an effort to reduce the ever-raising cost of postage; the monthly newsletter will be available for pickup at the center, starting with the month of December. If you have a special request, and wish to continue receiving the newsletter at home, please see Beth or Diane for more details and to make arrangements to pay for the cost of postage. This change follows what most centers do (pick up at the center) and will allow us to spend the funds saved on center related programs and services. It will also encourage folks to stop in, say HI, see what's happening, and chat with friends. I do apologize for some confusion with the October newsletter not being mailed, this was not my initial intention and for a variety of reasons the newsletter was not mailed. A digital copy will also be available on our website and Facebook page.

# Save the Dates



## **Craft Fair Around The Corner:**

Saturday, November 9th, 2024 from 8:30am-3:00pm.

We are still seeking donations of baked goods, home canned food items and chili for the chili dump (please sign up in the office if you can donate). Concessions will be available. Come hungry and ready to shop! There will be a wide variety of hand-crafted items, chair massages, a silent auction, bake sale and more. Baked and Home Canned Goods, as well as Chili can be dropped off on Friday, November 8th after 1:30pm. Please invite your friends and family to come too!



## **Deck the Halls:**

Wednesday, December 4th at 12:30pm.

Join us for some festive fun as we decorate the center for the holidays. We will enjoy hot chocolate and yummy Christmas Cookies after the decorating is done. This is sure to get you in the Christmas Spirit. All are welcome.



## **Annual Port Washington Senior Center Christmas Party**

Tuesday, December 10th at Saukville American Legion Hall

We will offer a catered luncheon from Canteen Catering (Creamy Parmesan Mushroom Chicken, Beef Tips, Baby Red Potatoes, Roasted Vegetables, Salad, Rolls, Beverage and Dessert). Entertainment will be provided by the Port Washington High School Music Department. There will be a silent auction and tons of festive fun!!! Sign-up is available in the office. Cost: \$24.00 per person. Doors open at 11:00.

## PACKAGE DEAL!

*Encourage family, friends, and neighbors to sign up for a Senior Center Membership and receive **15 months for the price of just 12 months!***

### **New Members**

Welcome Pamala Nevle, Stephanie Bruno, Marjorie Rausch, Vicki Benson, Jerilyn Benson, John Rigby, Tamara Rigby, Patrick Beady, Susan Bunch, Linda Guokas, Ed Quentin, Mary Quentin, and Terry Morgan. We look forward to seeing you at the Center! New memberships are welcome year round.

### **Special Thanks From Our Director**

Thank you to all of our amazing volunteers who give much of their time and talents each day to assist in so many ways at the Center. I have quickly come to realize just how fortunate we are to have such a dedicated and hard-working group of volunteers!

### **Seeking Volunteers**

- Craft Fair Coordinators for 2025 – contact Beth Fisher or Lynn Barber if interested.
- Day Trip Escorts – contact Diane or Beth if interested.
- Volunteer Coordinators for Evening Corn Hole League and Ping Pong – contact Beth if interested.

# Message From The Senior Center Board of Directors

I would like to take this opportunity to welcome Diane Chilinski, the new Director of the Senior Center. Diane brings years of experience managing Senior Centers and owning and operating her own business. Please introduce yourself to Diane at your next visit to the center. Diane is very welcoming and is looking forward to meeting everyone.

Keep in mind the annual Holiday Craft Fair will be held at the Center on November 9th. There will be many outside artists/vendors on site along with internal crafts, baked and canned goods. There will also be lunch available to purchase. Monday, November 11th is Veterans Day. This is an important date where we can look to those who served our country and thank them for their service. There are also many veterans who are no longer with us; please take a moment to remember them with prayers and warm thoughts. Because of veterans, we can enjoy our many freedoms and endless opportunities. Our heartfelt gratitude goes out to all veterans for all they have done for us.

Thank you, Nick

## Happy November Birthdays!



Pictured: October Birthday Celebration

1 Tom Caravella	9 Vicki Benson	16 Galen Swenson	24 Mary Thill
Dean Shaver	11 Josephine Clark	17 Patricia Schoen	26 Terry Morgan
2 James Koellner	Sue Didier	18 Sue Paisley	Laura Pagel
Tom Murphy	Sandy Wild	Jacqueline Rusetos	27 Diana Gutzman
3 Nancy Laughridge	12 Henry Mueller	19 Gordon Dionne	Roland Chaloupka
Victoria Gahan	13 Donna Stepaniak	20 Roberta Blumenberg	28 Maureen Thomison
4 Donna Craig	Diane Strobel	Mary Kay Schuknecht	Todd Ambs
Bill Schanen	Annie Clayvon	21 MaryJo Bichler	Jerilyn Dahmen
5 Karen Uselding	Pat Conroy	Michele Schmitz	29 Ann Peters
6 Lyn Johnson	14 Robert Fraundorf	22 Nicholas Dudley	Richard Victoria
7 Lois Greisch	15 Bonnie Probelski	23 Dale Blaubach	
Linda Runkel	Dolores Travis	Marge Tamblingson	
Bill Daley	Patrick Deppiesse	Martin Coveney	
8 Judie Braam	Richard Gahan	Carol Kennedy	



# November 2024

Port Washington Adult Community Senior Center  
403 West Foster Street 262-284-5821

Please Continue to Register for weekly programs, classes and monthly events. For Group Leaders and Planning it is essential




Mon	Tue	Wed	Thu	Fri	Sat
<p><b>Location of Programs:</b> Senior Center &amp; Café 60-SC City Hall-CH Sauk Park Moore Rd—MR Harbor Hills—HH TJ School Aquatic Ctr-TJP WJ Niederkorn Library-L Upper Lake Park -ULP Veteran's Park -VP Saukville Legion Hall-SL <b>BOLD—Special Events</b> <i>Italic—Trip departure</i></p>	<p><b>Café 60 Activities:</b> <b>Reservations due 48 hours prior by noon</b> Nov11-Money Bingo Nov14-Prize Bingo Nov 21 Mystery Meal Nov22-Birthday Lunch Nov 27-Thanksgiving Meal  Nov28 -Closed Nov29 -Closed</p>	<p>Nail Trimmers Nov 18 9-12 By ap- pointment &amp; Nov 26 9:00 am –3:00 pm By appointment  <i>See Leisure Times Community Events for phone number</i></p>		<p><b>1</b> <i>Ho Chnik departs Sam</i> 6:35-7:15 am Aqua Ex- TJP 8:30-12:30 Cross T or Bike-SC 9:00 Qigong-SC 10:00 Mah-jongg - SC 1:00 8 Ball-SC 1:00 Bridge- SC 1:00 Ceramics-SC 1:30 Ping Pong –SC</p>	<p><b>2</b> 9:30—12:30– 8 Ball  <b>3</b> <i>Senior Center Closed</i></p>
<p><b>4</b> 9:30 Senior Singers-SC 100 9 Ball League—SC 1:00 Sheephead—SC 1:00 Bowling-HH 1:30 Beginner Mahjongg— SC 6:30 Ping Pong-SC 6:30 Canasta</p>	<p><b>5</b> 5:15-6:30 am Aqua Ex-TJP 9:00 Circuit Training –SC 9:00 Piano Lesson by Appt-SC 9:30 Wii Bowling 10:00 Chair Yoga–SC 11:15 Zumba Gold-SC 1:00 8 Ball - SC 1:00 Cribbage-SC</p>	<p><b>6</b> 6:35-7:15 am Aqua Ex-TJP 11:00-4:00 Cross T/Bike- SC 12:30 Blood Pressure Check-SC 1:00 Green Felt - SC 1:00 Chicks with Sticks – SC 6:30 Hatha Flow Yoga-SC</p>	<p><b>7</b> 9:00 Circuit Training-SC 10:00 Chair Yoga -SC 10:00 Train Dominoes-SC 11:00-1:00 Cross T or Bike- SC 11:15 Zumba Gold-SC 11:00:4:00 Cross T/Bike-SC 1:00 8 Ball - SC 1:00 Rummy/Michigan Royal –SC 1:00 Sheephead-SC</p>	<p><b>8</b> 6:35-7:15 am Aqua Ex- TJP 8:30-12:30 Cross T. or Bike-SC 9:00 Qigong-SC 10:00 Mah-jongg - SC 9:30 Book Talk 1:00 8 Ball-SC 1:00 Bridge- SC 1:00 Ceramics-SC 1:30 Ping Pong –SC</p>	<p><b>9</b> <b>Holiday Craft Fair 8:30-3:00</b>  <b>10</b></p>
<p><b>11</b> 9:30 Senior Singers-SC 1:00 Sheephead-SC 1:00 9 Ball League-SC 1:00 Bowling—HH 1:00 Money Bingo 1:30 Beginner Mahjongg— SC</p>	<p><b>12</b> 5:15-6:30 am Aqua Ex-TJP 9:00 Circuit Training –SC 9:00 Piano Lesson by Appt-SC 9:30 Wii Bowling 10:00 Chair Yoga–SC 11:15 Zumba Gold-SC 1:00 8 Ball - SC 1:00 Cribbage-SC</p>	<p><b>13</b> 6:35-7:15 am Aqua Ex-TJP 9:00 SeniorBoard-SC 11:00:4:00 Cross T/Bike-SC 12:30 Blood Pressure Check-SC 1:00 Chicks with Sticks–SC 1:00 Green Felt –SC 1:00 Pie and Conversation <b>Tami Klauck, E ernisse Funeral Home</b>  6:30 Hatha Flow Yoga-SC</p>	<p><b>14</b> <i>Fireside Miracle 34th St Departs Sam</i> 9:00 Circuit Training-SC 10:00 Chair Yoga -SC 10:00 Train Dominoes-SC 11:15 Zumba Gold-SC 11:00:4:00 Cross T/Bike-SC 1:00 Rummy/Michigan Royal –SC 1:00 8 Ball-SC 1:00 Sheephead-SC</p>	<p><b>15</b> 6:35-7:15 am Aqua Ex- TJP 9:00-12:30 Cross T. or Bike-SC 9:00 Qigong-SC 10:00 Mah-jongg - SC 1:00 Bridge- SC 1:00 Ceramics-SC 1:30 Ping Pong –SC 1:00 8 Ball-SC</p>	<p><b>16</b> 9:30—12:30– 8 Ball  <b>17</b> <i>Senior Center Closed</i></p>
<p><b>18</b> <i>Shopping Woodfield Mall departs 7:25 am</i> 9:00–12:00 Nail Trimmers 9:30 Senior Singers-SC 1:00 Sheephead-SC 1:00 9 Ball League-SC 1:00 Bowling—HH 1:30 Beginner Mahjongg— SC 6:30 Ping Pong—SC 6:30 Canasta</p>	<p><b>19</b> 5:15-6:30 am Aqua Ex-TJP 9:00 Circuit Training –SC 9:30 Learn to play Mahjongg-SC 9:30 Wii Bowling 9:00 Piano Lesson by Appt-SC 10:00 Chair Yoga–SC 11:15 Zumba Gold-SC 1:00 8 Ball -SC 1:00 Cribbage -SC</p>	<p><b>20</b> 6:35-7:15 am Aqua Ex-TJP 11:00:4:00 Cross T/Bike- SC 1:00 Green Felt-SC 1:30 Lakeside Tea-SC <b>The Mermaid, Hans Christian Anderson</b></p>	<p><b>21</b> 9:00 Circuit Training-SC 10:00 Chair Yoga -SC 10:00 Train Dominoes-SC 11:15 Zumba Gold-SC 11:00:4:00 Cross T/Bike-SC 1:00 Rummy/Michigan Royal –SC 1:00 8 Ball-SC 1:00 Sheephead-SC 1:30 Indoor Com Hole-SC</p>	<p><b>22</b> 6:35-7:15 am Aqua Ex- TJP 9:00-12:30 Cross T. or Bike-SC 9:00 Tai Chi 10:00 Mah-jongg - SC 12:00 Birthday Lunch 1:00 8 Ball-SC 1:00 Bridge- SC 1:00 Ceramics-SC 1:30 Ping Pong</p>	<p><b>23</b> 9:30—12:30– 8 Ball  <b>24</b> <i>Senior Center Closed</i></p>
<p><b>25</b> 9:30 Senior Singers-SC 1:00 Sheephead-SC 1:00 9 Ball League-SC 1:00 Bowling—HH 1:30 Beginner Mah jongg— SC 6:30 Ping Pong—SC</p>	<p><b>26</b> 5:15-6:30 am Aqua Ex-TJP 9:00 Circuit Training –SC 9:00 Piano Lesson by Appt-SC 9:00-3:00 Nail Trimmers SC 9:30 Learn to play Mahjongg-SC 9:30 Wii Bowling 9:30 Dealt Kappa Gamma 10:00 Chair Yoga–SC 11:15 Zumba Gold-SC 1:00 8 Ball -SC 1:00 Cribbage -SC</p>	<p><b>27</b> 6:35-7:15 am Aqua Ex-TJP 11:00 -4:00 Cross T/Bike- SC 12:30 –1:30 Blood Pressure Check-SC 1:00 Chicks with Sticks-SC 1:00 Green Felt-SC 6:30 Hatha Flow Yoga-SC</p>	<p><b>28</b> <i>Center &amp; Café 60 Closed</i>  </p>	<p><b>29</b> <i>Center &amp; Café 60 Closed</i></p>	<p><b>30</b> 9:30—12:30– 8 Ball  <i>Senior Center Closed</i></p>



# Café 60

## November 2024

All meals include 1% milk. Menu subject to change.

Monday	Tuesday	Wednesday	Thursday	Friday
				<p>1</p> <p>Ring Bologna Hot German Potato Salad Green Beans Rye Bread/butter Grapes</p>
<p>4</p> <p>Mushroom Swiss Burger on a Wheat Bun Ketchup/Mustard Ranch Potato Wedges Baked Beans Apple Raisin Salad</p>	<p>5</p> <p>Turkey Tetrazzini Maui Vegetable Blend Stewed Tomatoes Biscuit/Butter Seasonal Fresh Fruit Chocolate Milk</p>	<p>6</p> <p>Vegetable Lasagna Sicilian Grande Vegetables Mixed Greens Salad with Italian Dressing Peach Half</p>	<p>7</p> <p>Chicken Fajitas with peppers &amp; onions Black Beans and Rice Pacific Blend Veggies Tropical Fruit Cup Flour Tortilla Snickerdoodle Cookie Alt: Diet Cookie</p>	<p>8</p> <p><i>Loaded Baked Potato</i> Baked Potato Taco Meat Butter, Sour Cream, Shredded Cheese Lettuce, Tomatoes, Onions, Salsa Banana Ice Cream Bar</p>
<p>11</p> <p><b>Veterans Day Meal</b> Roast Beef in gravy Loaded Mashed Potatoes/gravy Buttered Corn Fruit Salad Multigrain Bread/Butter Ice Cream Cup</p>	<p>12</p> <p>BBQ Chicken Quarters Mashed Sweet Potatoes Creamed Spinach 7-Grain Bread/butter Pear Half Chocolate Milk</p>	<p>13</p> <p>Pork Stir Fry over Brown Rice Stir Fry Blend Veggies Chilled Pineapple Zucchini Bread/butter</p>	<p>14</p> <p>Mediterranean White Bean Soup/Crackers Hot Ham on Wheat Bun Tomato &amp; Onion Salad Mixed Fruit Cup</p>	<p>15</p> <p>Lightly Breaded Cod Tartar Sauce Cheddar Scallion Mashed Potatoes Peas &amp; Carrots Marble Rye Bread/Butter Fresh Fruit</p>
<p>18</p> <p>Roast Pork w/Thyme and Mushroom Gravy Garlic Mashed Potatoes/Gravy Sweet &amp; Sour Cabbage Multigrain Bread with butter Strawberry Applesauce</p>	<p>19</p> <p>Tuscan Chicken Pasta Seasoned Green Beans Romaine lettuce salad with Italian dressing Fruit Cocktail Chocolate Mousse Alt: Diet Pudding</p>	<p>20</p> <p>Beef Stew with Carrots and Potatoes Winter Blend Veggies Cucumber Salad Biscuit w/butter Seasonal Fresh Fruit</p>	<p>21</p> <p></p> <p><b>Mystery Meal</b></p>	<p>22</p> <p>Submarine Sandwich Turkey, Ham &amp; Swiss Lettuce, Tomato Mayo Marinated Pasta &amp; Veggie Salad Carrot Sticks with Hummus Fresh Fruit Chocolate Milk</p>
<p>25</p> <p>Salisbury Steak with gravy Mashed Potatoes Stewed Tomatoes Fruit Cocktail Multigrain Bread/butter Peanut Butter Cookie Alt: Diet Cookie</p>	<p>26</p> <p>Creamy Potato Soup with Bacon BBQ Pork on Whole Wheat Bun Three Bean Salad Mandarin Oranges</p>	<p>27</p> <p><b>Giving Thanks</b> Oven Roasted Turkey with gravy Herbed Stuffing Green Bean Casserole Cranberry Relish Wheat Bread with butter Pumpkin Pie with Whipped Topping</p>	<p>28</p> <p><b>Thanksgiving Holiday</b></p> <p><b>CLOSED</b></p>	<p>29</p> <p><b>Thanksgiving Holiday</b></p> <p><b>CLOSED</b></p>

Please call two business days in advance to cancel your meal.

Julie 262-483-9753





# Holiday Fair on the Corner

November 9th

Port Adult Community Center

**ART & FINE CRAFTS  
DRAWINGS  
SILENT AUCTION  
BAKE SALE & LUNCH**

Copper, woodcrafts, note cards, paintings, jewelry, quilting, photography, body soaps/lotions, paper creations, knit/crochet items, alcohol inks, wooden star wreaths, ceramics, pottery, book author, recycled glass, Port items, relax with a 5 min. massage/\$5  
And much, much more!

403 W. Foster, Port Washington





# Friday Morning Book Talk

**FRIDAY, NOV 8  
9:30-11:00 AM**



Join us for a book group sponsored by the  
Port Washington Adult Community Senior Center.  
**Location: Library Quiet Room (upper floor)**

This month's selection is  
**The Magnolia Palace**  
by Fiona Davis

Ask for a copy at the Check-out Desk.  
No registration required.

## YOU'RE INVITED TO PIE AND CONVERSATION

We invite you to learn about how planning for  
your final wishes may shield your family from  
unnecessary emotional and financial burden.  
Join us and learn more about pre-arrangements,  
veteran benefits, cremations, burials, and more.

**Wednesday, November 13**

**1:00 PM**

**RSVP: 262-284-5821**

**PORT WASHINGTON**

**SENIOR CENTER**

**403 W FOSTER ST**

**PORT WASHINGTON, WI 53074**

### WE WILL DISCUSS

- Cremation & Burials
- Traditional Funerals
- Celebration of Life
- Veteran Benefits
- Payment Plans
- Pre-arrangements

### PRESENTED BY



**TAMI KLAUCK**

Advance Funeral Planner



## Congratulations to October's Winner: Grace Gott

Game page entries due into the Center by Noon November 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. Prize: \$5 value gift certificate to a local business.

# Thanksgiving

## WORD SCRAMBLE

1. KVIINGTGASH \_\_\_\_\_

2. RUTEYK \_\_\_\_\_

3. RHTEGA \_\_\_\_\_

4. VRBEMNOE \_\_\_\_\_

5. IFNSTGFU \_\_\_\_\_

6. UPIPKNM EIP \_\_\_\_\_

7. TUKNHAFL \_\_\_\_\_

8. IRMLGPSI \_\_\_\_\_

9. EWSTE OETSAPOT \_\_\_\_\_

10. DOYAHLI \_\_\_\_\_

11. ERNBCEISRRA \_\_\_\_\_

12. FYIAML \_\_\_\_\_

13. FEATS \_\_\_\_\_

14. LALF \_\_\_\_\_

15. NROC \_\_\_\_\_





# Special Events

## Monthly Birthday Party - Friday, November 22, 11:30am-1:00pm

*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. 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 provides a treat bag. Cost: Your birthday month is a donation.

### Lakeside Tea Society

- Date: Wednesday, November 20th from 1:30-3:30pm
- Our featured speaker will be Nete Schmidt, with Badger Talks. The presentation will be on The Little Mermaid and Hans Christin Anderson. Tea will be served along with a dessert.
- Cost: \$7.00 member/\$12.00 non-member



### Aging Mastery Program (AMP)

- Dates: Wednesday, October 16 -November 20 at 3:15-5:45pm. Limited to 25 participants. Register was due October 7.
- 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.

## Registration and Payment Notice

Payment for classes, trips and special events will now be due at the time of registration. This change is needed to increase efficiency (avoiding multiple calls to obtain payment) and to cover the charges that we need to pay in advance for things such as coach transportation, catering, trip related charges, etc. If you have a special situation where this is not feasible, please see Beth or Diane. We sincerely appreciate your cooperation and understanding on this matter.



# Physical Wellness

## Tai Chi Fundamentals® Beginners (III)

- Dates: Fridays, October 25-Dec 20 at 9:00 AM. No class Nov 29th.
- Yang's 10 Principles will be studied as they relate to our warmups, everyday body mechanics, and Tai Chi practice. We will compare and practice Tricia Yu and Cheng Man Ching forms. There will be discussions about what it means to build an individual home practice, and we will increase self-awareness and non-judgmental observation so modifications can be made as needed.
- Instructor: Margaret King
- Register with fee by Oct. 18! Cost: \$50.00 member/\$60.00 non-member

## Recumbent Bike/Cross Trainer Orientation

- 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 completion of orientation and a signed waiver, you can register for up to 30 minute time slots. All registrations will be made in the office to comply with safety. Please allow 48 hours -7 days' notice for scheduling.
- Cost: Free for members /\$5.00 non-member

## Cross Trainer & Recumbent Bike Use for Oriented Members

- Dates: Mon 9-12 or 12:30-4:00, Tues 1-4:00, Wed. 12:30-4:00, & Thurs, 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 for members/ \$25 month non-member

## 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. Non-members pay with registration.
- Cost: Free for members; \$2.00 per week non-registered members who walk and \$10.00 monthly for the public.

## Circuit Training Men & Women (Session IV)

- Dates: Tues & Thur. October 15 - December 3 @ 9:00AM. Instructor: TBA. Class size: max. 12
- Current students only for independent class. This is an 8-week 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.
- NEW Cost: \$10 facility fee if no insurance coverage mentioned above.

### Zumba Gold Classes (Session IV)

- Dates: Tues & Thurs Oct 22-Dec 9 @ 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.

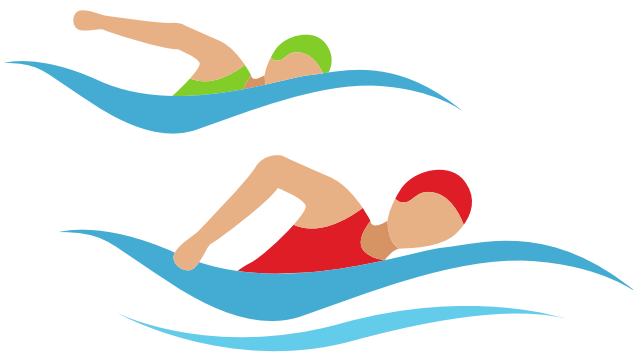
### Hatha Flow Yoga (Session IV)

- 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. Benefits 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, Min. 5. Register for full course with fee Sept 30 or weekly for drop-in & pay by week at \$12.00 per week.
- Instructor: Laurin Otten, RYT 200
- Cost: \$60.00 member/\$70 non-member for 7-week series.

### Aqua Exercise Class

*"Make the Pool your Gym"*

- New Pool Hours for Fall: Tues. 5:15-6:30 AM, Wed. 6:35-7:15, & Friday 6:35-7:15 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



### Chair Yoga Men and Women (Session VI)

- Date: October 22 – December 10.
- 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 and 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. Instructor: Takako W.
- Cost: \$30.00 member and \$40.00 non-member

### **Chair Yoga (Session VI)**

- Date: Thursdays Oct 24 - Dec 19.
- Chair Yoga is a gentle form of yoga that is practiced sitting on a chair or standing using a chair for support. This class is designed for ALL participants and 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.
- Cost: \$30.00 member, \$40.00 non-member

### **Blood Pressure Checks**

- Dates: 1st, 2nd, & 4th Wednesdays from 12:30-1:30
- Free service to members. Stop in for this health prevention program offered thanks to a member Nurse!
- BP screens will be done on the main level. Register by noon for the nurse to plan her time accordingly!

## **Enrichment**

### **Senior Singers**

- Date: Mondays 9:30-10:30
- Members who participate in the Center Chorus are in a community relations group. They 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. Director: Kari Schwartz.
- Cost: Nonmembers \$15 per semester.

### **Learn to Play Mahjongg– Beginner Basics**

- Dates: Tues. 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.
- Cost: Non-Member \$10.00

### **Piano Lessons by Appointment**

- Date: Tuesdays 9:00-1:00. Lessons offered year round; call the office to schedule.
- Cost: New students are \$30.00 per half hour.
- Please sign-up and make your payment in the office.

### Jigsaw Puzzles & Newspapers

- Dates: Daily during office hours; on main level. No cost – a member benefit.
- The daily Journal Sentinel, bi-weekly News Graphic, and weekly Ozaukee Press are available for reading.
- 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.
- We also have puzzles to share from 300-1000 pieces on the 1st floor for you to take home!

### Game Days: Bingo

- Money Bingo Monday, Nov 11 at 12:45
- Prize Bingo Thursday, Nov 14 at 12:42?
- Cash Prize of \$1.00 per game & one game gets a Culver's cone. Limited to 30; Must register before the bingo date!
- Cost: \$0 member \$3.00 in town guest/\$5.00 out of town guest.

Thank the sponsor: **HARBOR CAMPUS**  
a capri community  
[harborcampus.com](http://harborcampus.com)

### 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.

### Ceramics

- Dates: Fridays at 1:00 – 3:30 PM
- Independent on Friday for participants with prior experience. Paint a pre-formed piece of green ware or bisque ware.
- Cost: \$2.00 per week for members plus glaze, firing, and green ware piece! Non-member fee is \$4.00 per week plus supplies.
- CERAMIC NEW Attendees must pre-register a minimum of 2 weeks prior to ensure a member teacher is available.

### Bridge Lessons

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

### 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 non-member

### 1st Floor Lending Library & Puzzle Sharing

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

# Weekly Game Groups

## 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.
- 2024 cost for regular card & game groups is: \$0.00 members/non-members \$3.00 weekly.

## Canasta-Hand & Foot Variation Card Party

- Dates: Mondays: Nov. 4th and 18th (1st and 3rd) at 6:30PM
- Players are requested to register weekly or monthly. Maximum 15

## 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

## 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 non-members

## Cribbage

- Dates: Tuesdays at 1:00-3:00
- There is space for 16 players per week with 4 per table. Reserve monthly in the office.

## Train Dominoes

- Dates: Thursdays at 10:00-12:00. Players will be limited to 18 per week; with max 6 per table.

## 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 must still pre-register for play. 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. On Saturday players should not enter before 9:15AM!
- Cost: \$.50 per day Green Felt fee place in box

### **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 lower level.

### **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.

### **Sheepshead Refresher Play**

- Dates: Thursdays 1:00 – 4:00
- 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

### **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/non-members \$3.00 per week (please pay in the office)

## Leagues

### **9-Ball Fall League**

- 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.

### **Silver Strikers - Wii Bowling (III)**

- 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!
- Cost: \$2.00 per couple member or \$5.00 per non-member couple
- High Scores: Based on 3 Games

### **Indoor Corn Hole Play (Session II)**

- Dates: Thursdays 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
- 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 responsible for putting table up and taking down each week. This is a self-directed activity and 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 Fall League**

- Dates: Wednesdays at 1:00. September 4-December 19

## Community Events

### **The Port Washington Food Pantry**

We are extremely busy at the Food Pantry with 501 people receiving 17,000 pounds of food & essentials. The needed food & non-perishable items are Pudding, Cereal, Canned chicken, Salad Dressing, Pancake Mix, Soup, Vegetable Oil, & Toilet Paper.

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. The Food Pantry received 82 pounds of food in October, which helped families in need in our area.

### **Senior Bowling at Harbor Hills**

- Date: Mondays at 1:00
- 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

### **Book Discussion with Delta Kappa Gamma**

- Date: Tuesday, November 26th at 9:30
- The group will read and discuss the book *Ghost of Honolulu*. Contact the library to get a copy. Register By November 19th.
- Cost : None for members/\$3.00 for non-members



### **Nail Trimmers Foot Clinic**

- Dates: Monday, November 18 appointments 9:00-3:30 and Tuesday, November 26 appointments 9:00-12:00.
- 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 non-member +\$5.00 to office

## **Travel Opportunities - Day Trips and Extended Trips**

*Day trips that are currently planned have flyers out at the center. They will be entered in our newsletter 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.*

**February - Hawaiian Cruise with Mayflower.** Mark your calendars!

### **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.

### **2025 Jubilee: The Holy Year -Every 25 years**

- Dates: March 19-27, 2025
- Optional 2-Night Venice & St. Anthony of Padua Post tour extension. 9 Days, 11 Meals, Rome Basilica of St. John Lateran & the Holy Stairs, St. Mary Major Basilica, St. Paul Outside the Walls, Catacombs, Papal

Blessing in Saint Peter’s Square, Assisi, Vatican City, Sistine Chapel, St. Peter’s Basilica & Holy Door, Papal Audience. Detailed flyer at the Center. Double \$3,629 includes Round Trip Air from Port to O’Hare International Airport and return home.

### **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 non-member
- Depart 7:25 a.m. and return approx.6:35p.m.

## Fireside Trips

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.

## Fireside Miracle on 34th Street - FULL

- 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 non-member

## 2025 Shows:

- **Back in the Building: The Ultimate Elvis Tribute Musical**
  - Date: Thursday, January 30, 2025
  - Menu Selection will be due with payment by December 19: Port Ribeye, Rainbow Trout, Beef Tenderloin, Vegetarian Orecchitti. \$122 per person.
  - Depart at 8:00 AM. Return approx. 6:30 PM.
- **West Side Story**
  - Registration is open at the Center.. Cost TBA. Menu choices: Pork Tenderloin, Coconut Chicken, Seared Halibut. Date: Thur. February 27, 2025.
  - Depart at 8:00 AM. Return approx. 6:30 PM

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.

## *In Memoriam*

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.

President- Richard Proctor, Secretary – Laura Laurent; Treasurer – Meg Adams



## Contact Information

# Port Washington Adult Community Senior Center

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

### Staff:

- **Diane Chilinski**, Director  
([dchilinski@portwashingtonwi.gov](mailto:dchilinski@portwashingtonwi.gov))
- **Beth Fisher**, *Assistant*
- **Diane Wilhelm-Johnson**,  
*Office Assistant*
- **Carol LaFontaine**,  
*Aging Mastery Grant Assistant*
- **Chuck Walsh**,  
*Environmental Maintenance*

### Address:

403 W. Foster Street  
Port Washington, WI 53074

### Phone:

262-284-5821

### Hours:

- Mondays - Thursdays:  
8:30AM - 4:00PM
- Fridays:  
8:30AM - 2:00PM
- Weekends:  
Closed

Port Washington Adult Community Senior Center

403 West Foster Street

Port Washington, WI. 53074

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Port Washington, WI. 53074

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