G@LDEN YEARS

Planning Ahead Seminar Free

Washington County ADRC and UW OF

WI-Madison presents a 7 session course (one hour each) that guides participants through the following topics: Planning AHEAD for the end of this life: getting started, handling financial changes, advance medical and legal directives, estate planning, choices in End of Life Care, final wishes and understanding grief. This will be held at the Germantown Senior Center Aug 2, 9, 16, 23 September 6, 13, 20 at 10:30 am. You can call the Senior Center or the ADRC to register after July 1, 2023.

Dementia Screening FREE

by Tammy Dickman Dementia Specialist

Date: June 6 9 am 4 pm

June is Alzheimer's and Brain Awareness Month. The ADRC of Wash. Co. is providing an opportunity for county residents to receive Free memory screens to help raise awareness and provide an opportunity to begin a discussion about planning for the future. What is a memory screen? It is a wellness tool that helps identify possible changes in memory and cognition. Why have a screening done? It creates a baseline of where a person is at so any future changes can be monitored. Some Types of dementia are reversible with proper treatment. Dementias that are not reversible can be treated with medications that may slow the process and preserve quality of life for longer period of time. It is also important for an early diagnosis to allow for making plans for the future. To schedule your memory screen, please call Tammy at the ADRC 262.335.4497 to make your appoint ment.

Washington County Farmers Market Vouchers

for those who qualify to receive these vouchers, Kristen Hosking from The WASHCO ADRC will be at the Senior Center to distribute the vouchers on June 21, 2023 from 11 am to noon. Call The ADRC to see if you qualify. There is a poster at the Senior Center that states the requirements to be able to receive the vouchers.

We have a potential person to teach ukulele or guitar lessons at the Senior Center. If you are interested, please call the Senior Center. 262.253.7799



CONTENTS

3

FITNESS CLASSES

4

TRIPS

5

VAN INFORMATION

6

CLUB 5TH WEDNESDAY
AND ACTIVITY INFO

7

JUNE MOVIE

10

ACTIVITY CALENDAR

11

Club Information

W162 N11960 Park Ave. Germantown, WI 53022 262.253.7799

CENTER OFFICE HOURS: 8:00 A.M. TO 4:30 P.M. MONDAY THROUGH FRIDAY JUNE 2023 VOL.6 MMXXII 1

INFORMATION

CENTER STAFF

Main Office: (262) 253-7799 Fax Number: (262) 250-1733

Park & Rec Director: Gilford Standridge

Senior Coordinator: Mary Fiegel Office Assistant: Susan Tatalovich

Office Aides: Jennifer Reinert, Sandra Gillespie,

Jackie Shebesta, Faye Price,

SENIOR CENTER ADVISORY COMMITTEE

Trustee: Dennis Myers Trustee: Jan Miller

Citizen Representative: Norine Janzen Senior Representative: Jackie Shebesta Senior Representative:: Faye Price

Wheels for Germantown

CENTER OPERATION & PROCEDURES

Need a ride to the grocery store, bank, shopping, doctor, dentist, or to the Senior Center? Wheels for Germantown is just for you! The van service is provided by our volunteer drivers for Germantown residents 55+ and operates Tuesday - Fridays from 9 a.m. to 2:30 p.m. On Mondays from 9-1. Call 262 -253-7799 for more information and/or to make a reservation.

Germantown Senior Dining

The Germantown Senior Center meal site is run through the Washington County Aging and Disability Resource Center. A nutritious meal is served Monday through Friday at 11:30 a.m. To make a reservation call (414) 380-8666 by 12:00 (noon) the day before Diners must be 60 or older. A donation of \$3.75 is suggested.

Meal Reservations: (414) 380-8666
Senior Dining Site Manager: Monica Cammack
Here is the link to the ADRC of
Washington County. You will find the
meal menus for each month on this
website.

www.washcowisco.gov/adrc.org

"if only the best songbirds sang the woods would be silent." get involved and give a hand where needed!



Aging & Disability Resource Center of Washington County (ADRC) 1.877.306-3030 or 262.335.4497

ADRC BENEFIT SPECIALIST – Jennifer Fechter –no in house appointments at this time but Jennifer is available by phone. 262.335.4497 or 1.877.306.3030

Washington County Shared Ride Taxi Service 262.338.2908

Washington Co. Interfaith Caregivers Van Service 262.365.0902

Germantown Senior Van Service 262.253.7799 Monday– 9-1 Tues- Friday 9-2:30 reservation 24 hours prior to service required.

We have deadlines for people to sign up For events because:

* we need to order food for those attending and there is a deadline for the caterer * we only have so much space on the bus * or we only have so much space in a room *there are deadlines for ordering tickets for events

SO PLEASE UNDERSTAND it is your responsibility to sign up by the date required or we cannot accommodate you.

How to access the Golden Years Newsletter on line:

go to the * Village of Germantown Website, * Park & Recreation Dept. *Senior Center, *Golden Years Newsletter or stop by the Senior Center to pick up a hard copy. They can also be found at Village Hall Rec. Dept and the Library

Just an FYI Due to the limit of staff at the Center we cannot provide one on one assistance during events, classes, or trips. It is your responsibility to provide your own assistance if needed.

"Toenail Trimmers"

is at the German

town Senior Center on the fourth Thursday of each month. The charge is \$31.00 per person

payable at



the time of service. To make an appointment please call Toenail Trimmers at 262.719.0336.

The Senior Center longer no takes the appointments for their clients. We also cannot confirm

your appointments as we do not get a schedule of the appointment.

YOGA

The dates for the next yoga

class are: June

6,13,20,27 July 11,18, 25. Au-

aust 1. The cost is:

Residents: \$35.00 non-

residents: \$40.00 Sign up is open now.



Strength & Balance Class

the bulletin board for sign up

The next session begins at 10 am until 11 am on the following days: May 11,18, 25, June 1,8, 15, 22, 29. Please wear comfortable clothing and if you own 2 lb. weights, please bring them along. The minimum number in the class is 20 and maximum is 25. the next session starts in July. Watch

ZUMBA

for this class.

The next session of Zumba starts Tuesday,

Dates of this session: July 11, 18, 25, August

8, 15, 22.

6 weeks Resident Fee: \$17.00

Non resident: \$22.00

10 am to 10:45 am



FYI- The Vans we use for transportation for our trips are not handicapped accessible. We cannot accommodate

any walkers or wheelchairs when using these vans.

The Senior Van for transportation around Germantown is handicapped accessible. We do not provide rides for Assisted Living or Memory Care Residents . To use the van service, reservations must be made 24 hours in advance by calling the Center. This van is not utilized for trips, it is only utilized for booked Senior center Van Rides for appointments.

Germantown Library Programs at the Senior Center

June 28-1:00 pm Mind Games October 35 1:00 pm Wisconsin Ghost Towns August 23 1:00 pm Too Hot To Cook Sign up required to attend

LINE DANCING

The next session swill begin June 5, Monday

mornings at the Germantown Senior Center. Put on your best dancing shoes and join the group for fun and exercise. The beauty of Line Dancing is that you do not



have to have a partner! Call The Senior Center if you need more information. The cost: \$15.00 for 8 weeks. There will be two classes 101 for newbies (11:30 –12:30) and 102 (10-11) for those ready to advance

Jewelry Making Class

There will be two classes in Juneteaching you how to make jewelry. All supplies will be furnished for the project. There is a sample at the office if you would like to see the project. The classes will be held on Tuesday June 6 and June 13th from 10 am to noon. We welcome our new artist in residence instructor, Cyndi Fusek. Cyndi will be teaching various art classes during the year at the Senior Center. Join us in finding your creative side The cost of the jewelry class is \$ 15.00. This cost is for instructors fee and all of your supplies.

TRIPS

Fireside Trip Legends in Concert Friday, June 2

Depart at 9:30 am and return about 5:30 pm from the Germantown Senior Center. Trip is sold out.

Fireside Trip Mary Poppins Friday, August 4

The World's favorite Nanny comes alive on the Fireside stage serving up more than a spoonful of



delightful music, dancing and laughter that will transport and enchant audiences of all ages. Entrée Choices: Chicken Alfredo, Grilled Pork Loin or Salmon. Cost: \$95.00 includes transportation, meal, show and gratuity Sign up is open now and closes on July 12 or when full. Minimum 10 maximum 13

Lake Geneva Mailboat Experience

Depart from The Germantown Senior Center at 7:45 am. Minimum: 10 Maximum: 13 \$ 65.00 includes transportation, the boat tour, it does not include lunch.



DATE: Thursday, August 10, 2023 trip is sold out

Trips, events and classes fill up very quickly at the Center, so if you want to participate, don't hesitate to sign up as soon as you receive the information!

Is anyone interested in having a book discussion group at the Center. You would read your own books and then give a brief synopsis of the book to whet the appetite of the listeners to read that book. If interested, please let Mary know

Do you have suggestions of where you would like to travel or places that you want to see, if so contact Mary (262.253.7799) and give her your suggestions on putting a trip together.

If you have suggestions for programs or entertainment that you would like at the Senior Center please let Mary know.

June is Dairy month in
Wisconsin, support your local
farmer by eating dairy products
or shopping local at Farmer's Markets etc.

Wisconsin Dells Sunset Dinner Cruise Thursday, July 27 trip is sold out

Enjoy the beautiful upper Dells on a dinner cruise We will enjoy a happy hour on the boat before departing for our voyage. We will be dining on steak and shrimp cooked right on the boat on a barbie. This is a beautiful cruise with music, history, social time, and great food. Prior to the cruise you will have 2 hours to bum around downtown Dells to pick up fudge, a henna tattoo or enjoy walking along the river at your leisure. Cost per person is \$125.00 which includes transportation, boat tour, dinner, and all gratuities.

Milwaukee Lakefront Fireworks Monday, July 3

Join us on Monday, July 3rd for the fantastic Fireworks in Milwaukee. We will depart from the Germantown Center Mall at 5 pm on a deluxe motorcoach to take us to the War Memorial. You will need to walk one block from where the coach drops us off into the War Memorial.

After we arrive for this special evening, you will be seated at tables on the deck of the Memorial, the best seats in town for the Fireworks show. This is where you will enjoy your all you care to eat picnic style Buffet dinner which includes two beverages per person, either beer, wine, or soda. There will be musical entertainment on the deck while you dine and await the fireworks. (Just a reminder, don't wear white clothing, we are that close to where the fireworks are shot off.) The War Memorial is closed that evening so reservations for this event are purchased ahead of time. We return home about midnight.

Sign up is open now and closes: June 1. Minimum: 30 and maximum: 60. \$145.00 per person

Ho Chunk Trip June 15, 2023

Join us for a one-day get away to **HO Chunk Wisconsin Dells. You** will receive \$25.00 in credits on your player's card club card at Ho Chunk Dells. You don't have a player's club card? No problem they will sign you up when you get there and you can enjoy the free credits also. You must bring a valid ID with vou and use vour players club card at all times while atthe casino. Please register by June 1st. **Departure at Germantown Center Mall** parking lot is at 8 am sharp! And return is about 4:30 pm Make sure when you sign up your have your players card number and also the name and phone number of an emergency contact person.

Resident: \$40.00 Non-resident: \$50.00

Amazing Race-Senior Style

Just a heads up, the Senior Style Amazing Race will be taking place in September of this year. Check in the Golden Years Newsletter which is online at Village of Germantown for details later in the summer.

Germantown Senior Center Van Rides Monday—Friday Van Service Information:

(Reservations are only taken Monday -Friday...no calls accepted Sat or Sun)

- Van operates Monday 9-1 Tuesday through Friday 9 am-2:30 pm
- Must call 24 hours in advance to book a ride (weekdays only), phone calls need to be received between 8 am and 4:15 pm the day before the ride you desire. 262.253.7799
- Must reside in the village for ride pick up
- When you make a reservation, please have the address of where you are going, where you are being picked up and your phone number.
- You are charged according to the mileage involved in the trip there and back
- We try to get as close to your desired time as possible, please be on time as we book many rides a day.
- Must be 55 years of age or older to use this service.
- Driver's cannot enter passengers home, a rider must be able to get out to the van on their own or have a caregiver with them.
- We cannot transport people home from the hospital or ER after a procedure,
- We also cannot transport large items in the van such as furniture, televisions etc.
- we cannot transport assisted living or memory care residents
- We cannot transport persons who are inebriated.

If the Center is Closed due to weather or a holiday, there is no van service.





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Striders Walking Group Schedule

The time that we meet is 9:30 am and here is the schedule of where we will be going: June 5 Eisenbaum Trail West Bend 12 Bug Line M Falls 19– Holy Hill 26 Dretzka Park July 3 ShoenLafen Park 10– Grafton to Cedarburg 17 Men, Falls Vug line south 24 Schlitz Audobon Nature Center

We meet at the Senior Center and then carpool to the hike and then back to the Senior Center. You do not have to sign up just show up, but be on time.

Hearing Help is now available at the Germantown Senior Center

Hearing Life and The National Campaign for Better Hearing will be offering baseline hearing assessments and monitoring hearing health at the Senior Center on a quarterly basis. This is FREE to those age 60 + years of age. They can also assist in cleaning and checking hearing aides or are available to discuss hearing loss and assist with issues related to hearing loss. These sessions will be offered on Friday mornings from 10 am to noon. Call the Senior Center for more details. This is also great for people who live with persons who have hearing loss. You will need to make appointments for this service through the Senior Center. 262.253.7799 July 14 October



The Senior Club "Park Avenue Picnic" 5th Wednesday Wednesday August 30, 2023

Doors open at 11:30 am,

Complete picnic lunch served at 12:00 noon, choice of brat or hamburger, please indicate your choice when you sign up entertainment at 1:15 a sing-a-long with professional musicians *Rick N Dave*, 50/50 raffle

Coffee, beer, soda

Cost: Member: \$15.00 non-member: \$25.00 Sign up opens on June 1, 2023

Movie June 7, 2023 1:00 pm "The Fabelman's" PG 13 2 H 31 M Drama/ Coming of age

Young Sammy Fabelman falls in love with movies after his parents take him to see "The Greatest Show on Earth."

Armed with a camera, Sammy starts to make his own films at his

Armed with a camera, Sammy starts to make his own films at home, much to the delight of his supportive mother. Based on the story of Steven Spielburg

Please call the Senior Center to sign up to attend. Snacks will be provided, please bring your own beverage.





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rschlitz@lpicommunities.com (800) 950-9952 x2671

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Christmas in Milwaukee December 7, 2023

Enjoy Christmas in our own backyard. We will start our day off at 11:30am and our first stop will be at the Mitchell Park Domes to view the eautiful Christmas Display then off to BMO Harris Bank in downtown Milwaukee to see their collection of Steiff Animals set in a Holiday décor. The display changes every year and it is stunning! After BMO we will head to the Sciortino Bakery on Brady Street for some of the best baked Italian goodies. The off to the Milwaukee Public Market to view the Baked Gingerbread House Competition by the students of MATC. Here if you wish you will have time to shop and buy a late lunch or a snack. After relaxing at the Public Market we will have a driving tour through the decorated parks in Milwaukee and then head home. Cost: \$30.00 which includes transportation and Entry into the Domes.

68th Street Trip Re-scheduled Thursday, June 22, 2023

2nd try! Sorry for the Emergency cancellation in April.

We will depart from the Senior Center at 10 am and our first stop will be for lunch at Balistreri's restaurant. The cost of Lunch is on your own, so order whatever your heart desires. Fantastic Italian FOOD! After lunch we will cross the street to go to Simmas bakery, home of the best cheesecake in Wisconsin Award! They have other decadent bakery such as fruit tarts, morning buns, bread etc. we have room in the van so you can purchase whatever you wish. After Simmas we will head back to the new location on the corner of Ultimate Confections where you can purchase chocolates, they specialize in truffles, they have chocolate covered strawberries and other decadent surprises. After all the shopping sit back and relax while we do a drive through of the area to see some of the unique homes in Wauwatosa.

\$12.00 for transportation Registration Process

If you are calling in to register for a trip, event, or class you can do so but payment must be received at the time of call in by a credit card. We cannot write ou a registration and then wait for a check in the mail. Payments by cash or check must be made in person. No registrations accepted by snail mail.

Fireside "Titanic" Date: Friday, September 15, 2023

Titanic. The very name signals one of the most enduring events of the Twentieth Century. TITANIC is the 1997 Broadway Musical that captured five Tony Awards including Best Musical. Soaring songs, grand staging, and a set



awash in glorious costumes makes this historic musical a must-see event. It traces the lives of all the varied strata of people uniquely united on that fateful journey, with the central character being the Titanic herself. TITANIC is human drama that explores and reveals individual strength, love, faith, and especially the triumph of human dignity. Don't miss this musical as unforgettable as the historic event itself. Entree Choices: Chicken Waterford, Sliced Pork Tenderloin, Shrimp Tempura.

95.00 per person depart from G-town Senior Center at 9:30 am. Return about 6:00 pm

Fireside Trip Friday, November 3, 2023 Join us for this merry, spar-

kling, tuneful, boisterous Broadway Version of the worlds most beloved Christmas story—Dickens A Christmas Carol. The entrée choices for this show are: Supreme Cut Chicken, Sliced Beef tenderloin or salmon.



Please indicate your choice when you sign up. \$95.00 per person includes your transportation and the show. It does not include your gratuity for beverages or your meal. Sign up opens Sept 1 and closes Oct 3.

Madison Cruise & Booze

Sunday, August 27, 2023 cost per person is \$109.00 Enjoy a beautiful day in Madison on a 3 hour pontoon cruise of Mendota and Monona Lakes! Sit back and relax while you enjoy views of the Frank Lloyd Wright designed Monona

Terrace, the Capitol Building and the Governor's Mansion. We will pass through the locks for a very unique experience and make a stop at the UW Babcock Dairy Store where youcan use the restrooms and enjoy an ice cream



treat if you would like. Lunch is included at the Statkweather Brewery. It includes hand breaded buttermilk chicken tenders, tator tots with homemade ranch dressing on the side, cookie, lemonade or soda and a 5 oz sample of Lake Loop Cream Ale. Enjoy a short brewing/beer talk! Departure is from the Watertown Plank Park & Ride at 7:30 am. Motorcoach transportation through Happy Times Tours Registration is open now.

Bingo sponsored by Cedar Community on Wednesday, June 28 at 10 am. Come and win some fabulous prizes! Refreshments served. Sign up required to attend, please call the Senior Cente to register.

50th Anniversary Celebration Trivia Corner Of the Germantown Senior Center 1973-2023

The first meeting of the Germantown Senior Citizens was November 8, 1972 and was held at the Germantown Marine bank in the Community Room. The club was started with seed money of \$25.00 to buy the things needed. What club donated the seed money?

Each month we will feature a question related to our History, send in your answer to the question and at the end of August a winner of those questions will be drawn out of hat to win a (1) free reservation for the Anniversary Event on November 2, 2023.

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Monday-Friday: 9am-6pm Donations from 9am-5pm Saturday 9am-4pm Donations from 9am-3pm

FREE HOME PICK-UP

JUNE 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
There are no membership fees to come to the Senior Center. You do you not have to belong to the Club to come to Senior Center activities	June is Dairy Month In Wisconsin		9:30 Chat N Crafts 10:00 Strength & Balance class 1:00 Dartball	9:30 Fireside Trip Legends 1:00 Hand & Foot 1:00 Bocce
5 9:30 Strider's 10:00 Line Dancing 102 11:30 Line dancing 101 1:00 Corn Hole 1:00 Sheepshead	6 Dementia screening by appt 10:00 Jewelry Class 10:00 Zumba 1:00 Polish Poker 1:00 Tournament Sheepshead 2:30 Yoga	7 1:00 Movie "The Fableman's"	8 9:30 Chat N Crafts 10:00 Strength & Balance class 1:00 Dartball	9 1:00 Hand & Foot 1:00 Bocce
12 9:30 Strider's 10:00 Line Dancing 102 11:30 Line 101dancing 1:00 Club Board Meeting 1:00 Corn Hole 1:00 Sheepshead	13 10:00Jewelry Class 1:00 Tournament Sheepshead 1:00 Polish Poker 2:30 Yoga	1:00 Club Meeting & Bingo (doors open at 12:45)	15 8:00 Ho Chunk Trip 9:30 Chat N Crafts 10:00 Strength & Balance class 1:00 Dartball	1:00 Hand & Foot 1:00 Bocce
9:30 Strider's 10:00 Line Dancing 11:30 Line Dancing 1:00 Corn Hole 1:00 Open Sheepshead	20 10:00Jewelry Class 1:00 Tournament Sheepshead 1:00 Polish Poker 2:30 Yoga	21 11:00 Farmer's Market Vouchers distributed 1:00 Jackpot Bingo	22 TNT here. 9:30 Chat n Crafts 10:00 Trip 68th Street 10:00 Strength & Balance Class 1:00 Dartball	23 1:00 Hand & Foot 1:00 Bocce
26 9:30 Strider's 10:00 Line Dancing 102 11:30 Line 101Dancing 1:00 Corn Hole 1:00 Open Sheepshead 1:00 Writer's Group	27 10:00 Jewelry Class 1:00 Tournament Sheepshead 1:00 Polish Poker 2:30 Yoga	28 10:00 Bingo sponsored by Cedar Community Sign up to attend 1:00 The Library Presents: MIND GAMES 'sign up to attend	9:30 Chat N Crafts 10:00 Strength & Balance Class 1:00 Dartball	30 1:00 Hand & Foot 1:00 Bocce

Senior Club News

Germantown Senior Club News

PresidentVice PresidentSecretary Treasurer:
Membership/Sunshine:
Kathy Gutsch
Barbara Schultz
Chris Smith
Della Rogers
Audrey Kanies

The next Club Meeting is June 14, at 1:00 pm. Please be sure to wear your nametag. If you do not have a nametag, please stop by the front desk to get one. Each year you get a new dot on your tag for that year. The color this year is red. Make sure you pick one up after the meeting.

CLUB MEMBERSHIP: is \$20.00 per year. Membership provides that your newsletter is mailed to you; you get a reduced price on Club 5th Wednesday events, you can attend Club meetings once a month which includes Club Bingo and your birthday is listed in the Newsletter.

The 5th Wednesdays in 2023 are: August 30 (picnic), November 29 (Christmas Party) The Senior Center is closed to other activities on these days.

June Birthdays
6/5 Virginia Teweles
6/10 Janet Broers
6/12 June Doboy
6/16 Judy Bengston
6/16 Della Rogers
6/19 JoanCullity
6/21 Tom schmittinger
6/29 Shirley Esser





GERMANTOWN SENIOR CENTER

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