

Senior Citizens Activities, Inc.

FEBRUARY

2024

the Good Life



"The **GOOD LIFE IS ONE INSPIRED BY LOVE & GUIDED BY KNOWLEDGE"**

A LOOK INSIDE:

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Eating Well, Living Well Series
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Every effort is made to provide accurate and complete information. We can't guarantee that there won't be any errors and disclaim liability for the contents in this newsletter.

FEBRUARY HOURS

MONDAY - THURSDAY

8:00AM - 4:00PM

FRIDAY 9:00AM - NOON



Be sure to check the calendar insert found in the middle of the newsletter for all specific activity/event dates and times.

(Pre-Registration is Appreciated)

Thank You to Our Supporters



**William Stark
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United Way
of Washington County

SCAI'S MISSION

To enrich the lives of adults 50+ through fitness and wellness opportunities, social interaction, recreational activities & community involvement.

NEWSLETTER SUBSCRIPTIONS

If you would like to subscribe to the monthly newsletter, or renew your present subscription, please send a \$12 donation to help defray the cost of printing, postage and supplies. Make checks payable to SCAI and mail to:

**2378 W. Washington Street, Suite A
West Bend, WI 53095**

Please include date of birth to include in our birthday listings and your phone numbers so we can reach you if we have questions.



LEGACY & MEMORIAL GIFTS

Every year, over 2,000 seniors pass through the doors of Senior Citizens Activities, Inc. Our participants attend classes, entertainment, and for community. This is THEIR center. They make this community their own. With your legacy gift, you help us innovate, and adapt to meet the needs of current & future generations. Do you wish to honor a loved one's legacy with a gift to YOUR activity center? We extend a warm welcome to our Bloomin' Forever program.

For information on how you can be a part of Bloomin' Forever, visit our webpage at:
www.seniorcitizensactivities.org/memorials--tributes

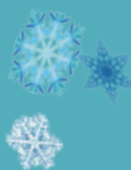


In Remembrance

The Center offers our deepest condolences to the family and friends of Center participant, Florence Ritger. Florence played the accordion and was an avid Bingo Player at our Center for many years. She will be missed by all!



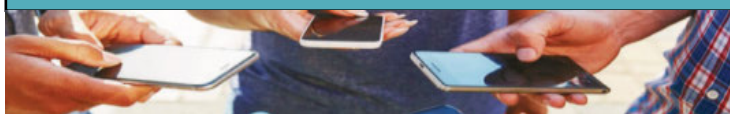
Activity Center Weather Closing



The Center will follow the West Bend School District's severe weather closing policy.

Please follow local television and radio stations for details including cancellations.

If in doubt, call the Center at 262-335-4498.



STAYING CONNECTED

Do you have internet access? Did you realize we are on Facebook? We regularly list our events, programs and activities on social media.

Check us out! Spread the word and share exciting news with your family and friends.

SCAI also maintains a website. We post a calendar and provide lists of our weekly classes and events on the website.

You can find us at: www.facebook.com/wbseniorcenter
www.seniorcitizenactivities.org

WELCOME!

New Participants in December

Mary Abraham
Joyce Beine
Duane Breuer
Helen Breuer
Cindee Cieslinski
Joan Ganzel
Ron Glodoski
Paula Klink
Jane Korth
Harriet Koskovich
Lynn Krenzien

Fred Legate
Ruth Marks
Dale Maule
Marcia Maule
Catherine Pena
Otto Pena
Robert Pfauth
Patti Sander
Christine Smith
Roxie Volesky
Ellen Zydzik

THE ACTIVITY CENTER INFORMATION

PHONE:

262-335-4498

HOURS OF OPERATION

Monday-Thursday: 8:00am - 4:00pm

Friday: 9:00am - Noon

ADDRESS

2378 W. Washington St. Ste A.
West Bend, WI 53095

WEBSITE

www.seniorcitizensactivities.org

FIND US ON FACEBOOK

www.facebook.com/wbseniorcenter

COMMUNITY RESOURCES INFORMATION

WASHINGTON COUNTY AGING & DISABILITY RESOURCE CENTER - (ADRC)

333 E. Washington St., Ste 1000 West Bend, WI 53095

HOURS

Mon, 8:00am - 7:00pm | Tues-Fri, 8:00am - 4:30pm

PHONE

262-335-4497

FAX:

262-335-4717

EMAIL:

adrc@washcowisconsin.gov

WEST BEND CITY TAXI SERVICE

HOURS:

Mon-Sat 6:00am - 10:00pm | Sun 8:00am - 4:00pm

PHONE:

262-334-3096

IMPACT 211:



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REPORT suspicious claims
or activities



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www.smpwi.org

WisconsinSeniorMedicarePatrol



This project was supported, in part by grant number 90MPPG0102-01-00, from the U.S. Administration for Community Living, Department of Health and Human Services, Washington, D.C. 20201.

WE'RE HIRING! AD SALES EXECUTIVES



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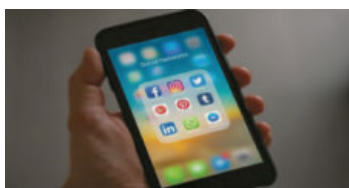
TECH TIME TUESDAYS

No registration required, just walk in!

Unsure of how to video chat with your kids or grandkids? Can't access your email? Trouble logging in to Facebook? If you answered "yes" to any of these questions, Sandi Stahl from Humana can help you out free of charge. The program is called:

Tech Time Tuesdays

Sandi will be available from 11:00am – 1:00pm on February 13th & 27th. Bring your questions about using your cell phone or tablets and let Sandi help! There will also be cupcakes and healthy treats on February 13th for birthday club!



February Topic Healthy Sleep

****Free Seminar****

Please Pre-register at the front reception desk

Do you struggle to fall asleep? Do you wake up still feeling tired? Getting the right amount of high-quality sleep is essential for keeping your body and mind healthy. Sandi will be here to discuss the many steps you can take to get better rest.

Join in the conversation on February 7th, 2024 at 11:30 am. Pre-Register at the reception desk or call 262-335-4498 today! Sandi looks forward to seeing you!

Did you know that SCAI can accept a donation directly from your IRA? If you are considering making a charitable gift this year, please consider how SCAI has played a role in your life! While it may seem complicated, Charitable IRA Rollover is quite easy. This giving strategy allows IRA owners age 70 1/2 or older to donate up to \$100,000 of their IRA funds directly to certain charities, which reduces the donor's taxable income.



Senior Citizens Activities, Inc. is the premier provider of activities, programs and services for the 50+ community. We are a (501-c3) charitable organization and we rely primarily on grants & donations from supporters like you to sustain all programming. Your financial support through bequests and planned giving make possible our mission to:

Enrich the lives of adults 50+ through fitness and wellness opportunities, social interaction, recreational activities, and community involvement.

Has a loved one passed and you want to honor their memory? Consider a legacy gift to SCAI to let their memory live on through supporting our activities at the center! Donations can also be arranged as part of estate planning. Tax deductible donations can be made at any time. Checks can be made payable to "Senior Citizens Activities, Inc." or "S.C.A.I." and mailed to:

Senior Citizens Activities, Inc.

2378 W. Washington Street, Suite A

West Bend, WI 53095

Please accept my gift in the amount of:	
\$	_____
In memory of:	

Name	_____
Address	_____
City	_____
State	_____ Zip _____
Phone	_____

ANNUAL MEETING



Mark your calendars for the 2024 Annual Meeting on Thursday, April 18th at 11AM

This will give you insight and understanding into the operations of the Center and a chance to review the plans for the future! Paula, Lisa and the Board of Directors will provide you with the facts and figures from 2023 as well as the goals and strategies to meet the vision of the Activity Center. Additionally, SCAI participants that are interested in joining the Advisory Committee will be voted in! Perhaps that is YOU!?! Each day we aim to provide you with a variety of high-quality classes, fun activities and services to enhance your lives. This meeting gives us a chance to connect with you and invite you to see how far we've come as a Center! Come learn what a great success 2023 was and how bright our future is for 2024 and beyond!

Eating Well, Living Well!

Join Network Health and the Activity Center for the first of several educational events focused on nutrition. Gain a better understanding of portion sizes, label reading and how to avoid overeating by attending this class!



Portion Control Cooking Demo

Friday, February 16th, 12–1pm

Pre-Register for this FREE event at the reception desk! Call 262-335-4498.



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Assisted living facility for Seniors

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370 N Forest Ave., West Bend 53095

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HOURS

Monday -
Saturday
8AM - 10PM
Sunday
8AM - 4PM



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information.



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Senior Citizens Activities Inc., West Bend, WI

B 4C 01-1497



PROGRAM DESCRIPTIONS

Alcohol Ink: Select Friday Mornings

Learn something new - absolutely no experience required!

Art with Ellie: 4th Wed

Unleash your inner artist with a variety of fun projects—a different one every class.

Bingo: 2nd Sat/4th Wed

Calling all Bingo Lovers! Enjoy 2 great groups: Fun Bingo 4th Wednesday & 2nd Saturday Bingo.

Bridge: Wed

A trick-taking card game using a standard 52-card deck played by four players in two competing partnerships. Bring your bridge friends!

Bring Your Own Game: Anytime

What's your favorite game? Yahtzee, Blank Slate, Monopoly or any other game!

Bring your friends along as we always have room for you!

Bunco: 1st Wednesday

A dice game with twelve or more players, divided into groups of four, trying to score points while taking turns rolling three dice in a series of six rounds.

Create-A-Card: 2nd Thurs

Tap into your creative abilities! Instructor provides all cards and materials.

Cribbage: Mon

Pick your peg and join our cribbage group. Have fun & sharpen your score counting!

Dominoes: Mon & Thur

Enjoy playing various types of dominoes: basic, trains, spinners & more!

Euchre: Tue

Work together to score points by taking tricks. Welcoming more Euchre players!

Knitting & Crocheting: Thurs

Bring your needles, hooks & yarn for knit & crochet in a social setting.

Mah Jongg: Wed

Try your luck at Mah Jongg, a tile-based game involving skill, strategy & luck!

Paint & Pallet: 2nd & 4th Fridays

Join this creative community of artists and paint your masterpiece!

Pinochle: Tues

Join us for this great card game. Instruction available!

Poker: Fri

Come polish your Texas Hold 'Em skills or learn new ones! Invite your friends and play poker!

Quilting Class: Various Mon

Work on a fun project with a master quilter instructing. Show & tell too!

Scrabble: Tues

Test your vocabulary skills. Participate in this great group crossword game!

Scrapbooking: Tues

Bring your photos, paper, adhesives and get scrappin'! Some tools and materials are available at the center.

Sewing & Quilting: Tues

Sit with us for some quilting and sewing time - grab your favorite pattern & go!

Sheepshead: Tue & Thurs am

Join us for this popular game. Play 5-handed, Call an Ace, Jack of Diamonds, etc.

Beginner's Sheepshead: Tue & Thurs pm

Learn how to play this popular game. Experienced instructor teaching newcomers.

Woodcarving Club: Wed

Bring your wood and tools, or come for instruction in this fun craft. Tools are available at the Center. All are welcome to join in!

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WEEKLY SCHEDULE

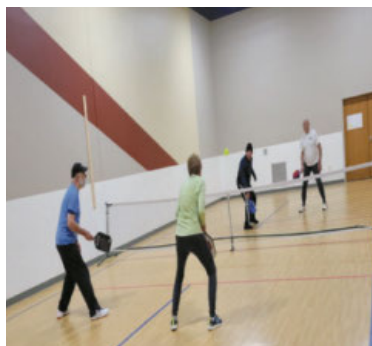
MON	TUE	WED	THUR	FRI
8:00 - 8:45AM Stay Active - GYM	8:00 - 9:00AM Beginning Line Danc- ing - GYM	8:00 - 8:45AM Stay Active - GYM		9:00-9:30AM Beginning Basics Line Dancing - GYM
9:00 - 11:00AM Pickleball - GYM	9:00 - 11:00AM Pickleball - GYM	9:00 - 11:00AM Pickleball - GYM	9:00 - 11:00AM Pickleball - GYM	9:30-10:30AM Beginning Line Dancing - GYM
	10:00 - 11:00AM Chair Yoga - CHURCH SPACE	10:30 - 11:30AM ArmChair Exercise CHURCH SPACE	10:00 - 11:00AM Chair Yoga - CHURCH SPACE	10:30AM - 12:00PM Pickleball - GYM
11:00—12:00PM Floor Yoga - CHURCH SPACE				
11:00AM - 1:00PM Pickleball - GYM	11:00AM - 1:00PM Pickleball - GYM	11:00AM - 1:00PM Pickleball - GYM	11:00AM - 1:00PM Pickleball - GYM	
			1:00—2:00PM Floor Yoga - CHURCH SPACE	
1:00 - 3:00PM Ping Pong - GYM	1:00 - 3:00PM Pickleball - GYM	1:00 - 3:00PM Ping Pong - GYM	1:00 - 3:00PM Pickleball - GYM	
	2:30 PM - 4:00PM Cornhole CHURCH SPACE		2:30 PM - 4:00PM Cornhole CHURCH SPACE	
3:00—4:00PM Novice Pickleball— GYM	3:00—4:00PM Novice Pickleball— GYM		3:00—4:00PM Novice Pickleball— GYM	

Free Open Walking is Available Every Day in the Church Gathering Space
 Monday - Thursday 8am - 4pm Friday 9am - 12pm
 Open Walking is NOT permitted when classes are in session

PICKLEBALL

Cost: \$2.00

Players must initially give their email address to the office to register within Playtime Scheduler. After players are registered, they can sign up for various sessions through the online Playtime Scheduler website. [HTTPS://PLAYTIMESCHEDULER.COM/LOGIN.PHP](https://PLAYTIMESCHEDULER.COM/LOGIN.PHP)



FITNESS PASSES


Stay Active monthly passes are available for \$30.

Individual Classes \$4 each

Beg. Line Dancing, Floor &/or Chair Yoga are available for \$30.00. Each pass covers the cost for 8 sessions.



Monday	Tuesday	Wednesday	Thursday	Friday
 <p>Center, older adults have the opportunity to engage with like-minded peers who share similar interests and experiences. This sense of belonging fosters a supportive community where individuals can build meaningful relationships and combat feelings of isolation or loneliness. Together, we can help our 50+ers to maintain their independence, strengthen social connections, and enhance overall well-being. Invite a friend or neighbor to join you for a visit to the Activity Center this month!</p>	<p>February is National Senior Independence Month</p> <p>Senior citizens deserve to live independent and fulfilling lives, and this month provides an opportunity for them to access resources that can make this possible. At the Activity</p>		<p>1</p> <p>8:00 Beg. Pickleball Lessons 9:00 Sheephead 9:30 Knit/Crochet Pickleball - 3 sessions 9am-11 / 11-1pm / 1pm-3pm 10:00 Chair Yoga 1:00 Scrabble 1:00 Sheephead for Beginners 1:00 Dominoes 1:00 Floor Yoga 3:00 Novice Pickleball</p>	<p>2</p> <p>9:00 Poker 9am-Noon Healing Touch Sessions 9:00 FOOTCARE SERVICES 9:00 NO Beginner Basics Line Dancing 9:30 Beginner Line Dancing 10:30 - 12:00 Pickleball</p>
<p>5</p> <p>8:00 Stay Active Pickleball - 2 sessions 9am-11 / 11-1pm 9:30 Cribbage 9:30 Quilting Group 10:00 Fused Glass- Valentine's Day Tray 1:00 Floor Yoga 1:00 Dominoes 1:00 Ping-Pong 3:00 Novice Pickleball</p>	<p>6</p> <p>8:00 Beginner Line Dancing 8:30 Scrapbooking 9:00 Sheephead Pickleball - 3 sessions 9am-11 / 11-1pm / 1pm-3pm 10:00 Chair Yoga 1:00 Sheephead for Beginners 1:00 Pinochle, Euchre, Scrabble 1:00 Quilting/Sewing 2:30 Cornhole - Bring a Friend! 3:00 Novice Pickleball</p>	<p>7</p> <p>8:00 Stay Active 9:00 Woodcarving Pickleball - 2 sessions 9am-11 / 11-1pm 10:30 Armchair Exercises 11:30 Humana Presentation: "Healthy Sleep" 1:00 Mah Jongg 1:00 Ping-Pong 1:30 UW Extension Series: "Planning Ahead" 3:00 Beg. Pickleball Lessons</p>	<p>8</p> <p>8:00 Beg. Pickleball Lessons 9:00 Sheephead 9:30 Knit/Crochet Pickleball - 3 sessions 9am-11 / 11-1pm / 1pm-3pm 10:00 NO Chair Yoga 12:00 Create-a-Card Class 1:00 Scrabble 1:00 Sheephead for Beginners 1:00 Dominoes 1:00 NO Floor Yoga 3:00 Novice Pickleball *Outdoor Adventures Hike (meet at HUB) 11am</p>	<p>9</p> <p>9:00 Poker 9:00 Beginner Basics Line Dancing 9:30 Beginner Line Dancing 9:30 Paint & Palette - Open Painting Group 10:30 - 12:00 Pickleball ***** Feb 10th - Saturday Bingo 1-3pm --No Open Walking Today--</p>

12	8:00 Stay Active Pickleball - 2 sessions 9am-11 / 11-1pm 9:30 Cribbage 10:30-12:30 Paint Pour : Waves of Grace 1:00 NO Floor Yoga 1:00 Dominoes 1:00 Ping-Pong 1:30 Book Club (waiting list) 1:30-3:30 Paint Pour : Waves of Grace 3:00 Novice Pickleball	13	8:00 Beginner Line Dancing 8:30 Scrapbooking 9:00 Sheepshhead Pickleball - 3 sessions 9am-11 / 11-1pm / 1pm-3pm 10:00 Chair Yoga 11 - 1 Tech Time with Sandi 1:00 Sheepshhead for Beginners 1:00 Pinochle, Euchre, Scrabble 1:00 Quilting/Sewing 2:30 Cornhole - Bring a Friend! 3:00 Novice Pickleball	14	 8:00 Stay Active 9:00 Woodcarving Pickleball - 2 sessions 9am-11 / 11-1pm 10:30 Armchair Exercises 1:00 Mah Jongg 1:00 Ping-Pong 1:30 UW Extension Series: "Planning Ahead" 3:00 Beg. Pickleball Lessons	15	8:00 Beg. Pickleball Lessons 9:00 Sheepshhead Pickleball - 3 sessions 9am-11 / 11-1pm / 1pm-3pm 9:30 Knit/Crochet 10:00 Chair Yoga 12:00 Create-a-Card Class 1:00 Scrabble 1:00 Sheepshhead for Beginners 1:00 Dominoes 1:00 Floor Yoga 3:00 Novice Pickleball	16	9:00 Poker 9:00 Beginner Basics Line Dancing 9:30 Beginner Line Dancing 10:30 - 12:00 Pickleball 12:00 - 1:00 "Eat Well, Live Well" Series: Network Health Portion Control Demo
19	8:00 Stay Active Pickleball - 2 sessions 9am-11 / 11-1pm 9:30 Cribbage 9:30 Quilting Group 1:00 Floor Yoga 1:00 Dominoes 1:00 Ping-Pong 3:00 Novice Pickleball	20	8:00 Beginner Line Dancing 8:30 Scrapbooking 9:00 Sheepshhead Pickleball - 3 sessions 9am-11 / 11-1pm / 1pm-3pm 10:00 Chair Yoga 1:00 Sheepshhead for Beginners 1:00 Pinochle, Euchre, Scrabble 1:00 Quilting/Sewing 2:30 Cornhole - Bring a Friend! 3:00 Novice Pickleball *Outdoor Adventures Hike (meet at HUB) 11am	21	8:00 Stay Active 9:00 Woodcarving Pickleball - 2 sessions 9am-11 / 11-1pm 10:30 Armchair Exercises 1:00 Mah Jongg 1:00 Ping-Pong 1:30 UW Extension Series: "Planning Ahead" 3:00 Beg. Pickleball Lessons	22	9:00 Sheepshhead Pickleball - 3 sessions 9am-11 / 11-1pm / 1pm-3pm 9:30 Knit/Crochet 10:00 Chair Yoga 1:00 Scrabble 1:00 Sheepshhead for Beginners 1:00 Dominoes 1:00 Open Games 1:00 Floor Yoga 3:00 Novice Pickleball	23	9:00 Poker 9:00 Beginner Basics Line Dancing 9:30 Beginner Line Dancing 9:30 Paint & Palette - Open Painting Group 10:30 - 12:00 Pickleball ---No Open Walking Today---
26	8:00 Stay Active Pickleball - 2 sessions 9am-11 / 11-1pm 9:30 Cribbage 1:00 Floor Yoga 1:00 Dominoes 1:00 Ping-Pong 3:00 Novice Pickleball	27	8:00 Beginner Line Dancing 8:30 Scrapbooking 9:00 Sheepshhead Pickleball - 3 sessions 9am-11 / 11-1pm / 1pm-3pm 10:00 Chair Yoga 11 - 1 Tech Time with Sandi 1:00 Sheepshhead for Beginners 1:00 Pinochle, Euchre, Scrabble 1:00 Quilting/Sewing 2:30 Cornhole - Bring a Friend! 3:00 Novice Pickleball	28	8:00 Stay Active 9:00 Woodcarving 9:00 Quarterly Initiative: Police Chief, Tim Dehring Pickleball - 2 sessions 9am-11 / 11-1pm 10:30 Armchair Exercises 1:00 Mah Jongg 1:00 Ping-Pong 1:00 FUN Bingo 3:00 Novice Pickleball	29	9:00 Sheepshhead Pickleball - 3 sessions 9am-11 / 11-1pm / 1pm-3pm 9:30 Knit/Crochet 10:00 Chair Yoga 1:00 Scrabble 1:00 Sheepshhead for Beginners 1:00 Dominoes 1:00 Open Games 1:00 Floor Yoga 3:00 Novice Pickleball	<div>Free Open Walking Every Day! (Except Feb 9th & 23rd) <small>*Please, no walking in auditorium when classes are occurring*</small></div> <div>SCAI FEBRUARY Hours Monday - Thursday 8:00am - 4:00pm Friday 9:00am - Noon</div>	

10 UPCOMING EVENTS

GUEST SPEAKER SERIES

FEBRUARY PRESENTATION

UW Madison Extension—

Presents: Planning Ahead Series

Wednesdays: February 7th, 14th &

21st at 1:30pm

FREE

Classes held Wednesdays 1/31–3/20/24 (except 2/28)

This informative series is FREE! Planning AHEAD is a 7-session course (one hour each) that guides participants through topics such as Estate Planning, Advanced Legal and Medical Directives etc. This course features a free workbook to help people with the tasks and decisions associated with end-of-life.

This program is for people who:

- Are interested in planning for the end of life to make things easier for family members
- Have lost a loved one
- Are in the process of losing a loved one and are dealing with the transition

Register by scanning the QR code

with your smart phone camera or email

Jennifer.Fechter@washcowisconsin.gov



FUTURE PRESENTATIONS

Badger Talks—Presents:

Steve Ackerman

Emeritus Professor/Former Vice
Chancellor for Research and Graduate
Education

The Wreck of the Edmund Fitzgerald:

The Ship, the Storm, and the Song

Wednesday, April 17th at 1:30pm

*** FREE ***

Steve Ackermann joined the UW-Madison faculty in the Department of Atmospheric and Oceanic Sciences in 1992. Professor Ackerman served as Director of the Co-operative Institute for Meteorological Satellite Studies (CIMSS) from 1999–2019. This research organization is a collaboration between the UW-Madison, and The National Oceanic and Atmospheric Administration (NOAA). He served as Vice Chancellor for Research and Graduate Education at UW-Madison between 2019–2023. He, along with Professor Jonathan Martin, is one of the ‘weather guys’, who appear monthly on Wisconsin Public Radio to discuss the weather and climate. They also write a weekly blog (<http://wxguys.ssec.wisc.edu/>) and a column for the Wisconsin State Journal.

BADGER TALKS



CRAFTY & CREATIVE

PAINT POURING - Waves of Grace

On Monday, February 12th, Diane Weinberg will lead TWO paint pour classes. Create this stunning seascape/wave painting on a large canvas! 16" x 20!

Feb 12th: 10:30am–12:30pm or 1:30–3:30pm

\$50 Class fee includes all materials needed.

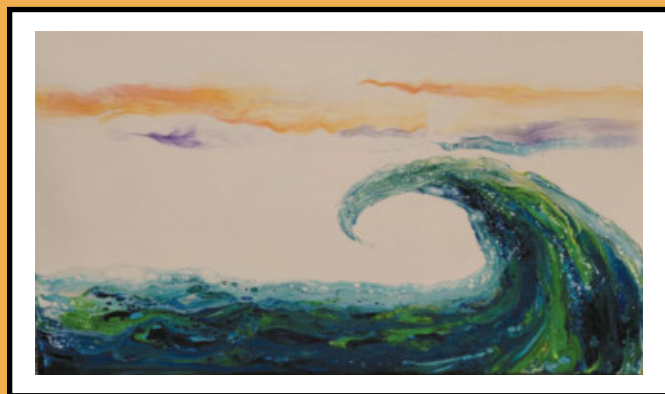
Call/Visit the reception desk at the Activity Center to reserve your spot and pay your class fee. Class fee is non-transferable and non-refundable. Max of 10 per class, minimum of 4.

FUSED GLASS - Valentines Tray

On Monday, February 5th, Jenny Korbar will lead a fused glass class where you can create this sweet Valentine's Day tray!

Feb 5th: 10am–12pm \$32 Class fee includes all materials needed and Center fee.

Call/Visit the reception desk at the Activity Center to reserve your spot and pay your class fee. Class fee is non-transferable and non-refundable. Max of 10 per class, minimum of 4.



LATEST AND GREATEST

Quarterly Spotlight Initiative

Join us on Wednesday, February 28th at the Activity Center for our Quarterly Spotlight Initiative. These sessions are designed to be informative and educational convos, workshops and learning opportunities all geared towards our community's older adults. The purpose of this is to create a platform for meaningful communication, knowledge exchange, and collaboration that benefits the community's progress, overall development and betterment with Community Representatives.

Call the Activity Center at 262-335-4498 to pre-register or for more information.

Have a Cup of Coffee Courtesy of Dunn Brothers & Join the Conversation with West Bend Police Chief, Timothy Dehring!

**February 28th
9:00am - 10:00am**



Have you ever wanted to learn how to play **PING PONG?** Now's your chance! Stop at the Center on Monday afternoons at 1pm to pick up some new skills while having a load of fun!



FOOT CARE \$50

Give your feet some love!

Footcare courtesy of Candice Brace is available the 1st Friday of each month for 1/2 hour appointment here at the Center.

Please call Candice Brace BSN, RN, CWOCN, CFCN directly at

262-305-5628 to schedule an appointment.

NEVER MISS OUR NEWSLETTER!

SUBSCRIBE

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emailed to you.



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February Birthday Wishes

Feb 01 Tamara Dvorak
 Feb 01 Karen Uebelacker
 Feb 01 Linda Heimermann
 Feb 01 Cheryl Benson
 Feb 02 Sharon J Jach
 Feb 02 William Mitchell
 Feb 02 Mary Weil
 Feb 05 Mary Luedtke
 Feb 05 Judy Windberg
 Feb 05 Kathy Dricken
 Feb 06 James Hammen
 Feb 06 Lorene Mathews
 Feb 06 Eileen Dankert
 Feb 06 Terri Scheinpflug
 Feb 07 Ann Tepp
 Feb 07 Carol Conroy
 Feb 09 Michele Knop
 Feb 09 Barb Wolf
 Feb 09 Dorothy Przybylski
 Feb 09 Jan Giza
 Feb 09 Gene Salzman
 Feb 09 Phyllis Schaefer
 Feb 10 Shirley Gengler
 Feb 10 Geralyn Unger
 Feb 10 Dorothy Kleinke
 Feb 11 Joanne Backhaus
 Feb 12 Susan Mansmith
 Feb 12 Jane Matko
 Feb 13 Renee Gielow
 Feb 14 Sue Loiacono
 Feb 14 Kathleen Herrman
 Feb 14 Clem Jacak
 Feb 14 Michael Hughes
 Feb 14 Charlotte Burckardt
 Feb 15 Sandy Becker
 Feb 16 Dorothy Rhodes
 Feb 16 Joan Zettler



Feb 17 Barbara Yagodinski
 Feb 17 Lynn Turcott
 Feb 18 Liz Werner
 Feb 18 Denise Kist
 Feb 19 Sandra Chessare
 Feb 19 Beth Spott
 Feb 19 Joy Blodgett
 Feb 20 Harvey Jaeger
 Feb 20 Barbara Weinert
 Feb 20 Cathy Klein
 Feb 20 Nancy Bingen
 Feb 22 Marlene Nagel
 Feb 22 Martha Bernhard
 Feb 22 Rebecca Smith
 Feb 22 Doreen Schildt
 Feb 22 Ellen Zydzik
 Feb 23 Karen Geib
 Feb 23 Sharon Schweizer
 Feb 23 Gregory Gutjahr
 Feb 23 Helen Ehler
 Feb 25 Betty Nelson
 Feb 25 Pamela Herdeman
 Feb 25 Anne Zuern
 Feb 25 Timothy Dumouchel
 Feb 26 Paul Nelson
 Feb 27 Catherine Radtke
 Feb 27 Michael Pushkash
 Feb 28 Nancie Wedemayer
 Feb 28 Dawn VanderGalien
 Feb 29 Jan Sackett



PICKLEBALL Mon-Fri

Pickleball is great cardiovascular exercise! Times are available every weekday. Sign up for access to Playtime Scheduler to see availability.

PING PONG MON & WED

Ping Pong is a way to get some low stress exercise and have a load of fun at the same time. Players are needed at this time. Sign up today!

LINE DANCING TUES & FRI

Have fun while exercising your brain and your body!

STAY ACTIVE MON & WED

An evidence-based exercise program for seniors using easy-to-learn movements that increase energy, strength & more.

CHAIR YOGA TUE & THUR

A gentle form of stretching practiced sitting on a chair or standing against a chair for support.

FLOOR YOGA MON & THUR

A form of stretching practiced on the floor utilizing a yoga mat and bolster. Bring a towel for support.

ARMCHAIR EXERCISES WED

Learn to prevent and manage arthritis with this low-impact program.

WALKING MON - FRI

Enjoy walking at your own pace inside the church around the perimeter of the gathering space. Bring a friend & make it more fun - plus, it's free!

EXERSTRIDER WALKING POLES - By Appointment

One-on-one lessons provided free of charge.



Independent living at Cedar Community is a lifestyle we want you to enjoy, explore, and embrace!



The opportunities are endless when living in an active and engaging community!

- Full-sized pool and whirlpool, state-of-the-art fitness center, natural prairie, scenic walking trails, lake access
- Woodworking shop and artisan spaces
- Greenhouse and gardens
- Wellness programs
- Social, recreational, and educational activities
- Volunteer opportunities
- Carefree lifestyle

**Contact Abby at
262.338.4617
for a personal tour.**
cedarcommunity.org



**cedar
community**



Have You Moved Recently?



We Need You To
Update Your
Address

Have you recently changed addresses? If so, make sure that you stop at the front desk and inform the receptionist that you will need to update your mailing address! We want to be sure that you receive your newsletter promptly and stay informed of all the center's happenings.

****Turn this form in at the front desk, and we will be sure to update our records.****

Change of Address

Name _____

Street Address _____

City _____

State _____ Zip _____

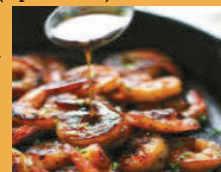
Email _____

The RECIPE BOX

Honey Garlic Shrimp Skillet

1 lb. jumbo or large raw shrimp, *peeled and deveined*
SAUCE

- 2 medium garlic cloves, minced / 2 teaspoons garlic, *minced*
- 1/2 teaspoon fresh ginger, *minced (optional)*
- 4 tablespoons honey
- 3 tablespoons reduced-sodium soy sauce



INSTRUCTIONS

Combine the sauce ingredients and divide the sauce in half. Marinate the shrimp with one-half of the sauce for 15-30 minutes. Discard marinade. Over medium-high heat in a skillet, pan-sear the shrimp in some oil. Sear them on both sides until cooked, about 1-2 minutes per side.

Dish and serve hot, drizzled with the remaining sauce and fresh parsley or green onions as an optional garnish.

Enjoy! *This recipe sears better in a cast iron pan and may not perform as well with caramelized bits in non-stick pans. **Add more flavor:** Add a tsp of garlic chili sauce, or red pepper flakes. Serve with lo mein noodles!

LET'S GROW YOUR BUSINESS
Advertise in our Newsletter!

CONTACT ME Alex Nicholas

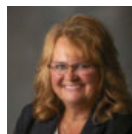
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The Office Corner

Paula Hader, Executive Director

Greetings Everyone!

I hope this message finds you well and filled with the warmth that February brings! February is a month of celebrations and love – we're looking forward to a month filled with joy, connection, and meaningful moments. As we step into this new month, I wanted to take a moment to share some special happenings at our Activity Center for 50+ers.



February 2nd is Groundhog Day!

Let's embrace the whimsy of Groundhog Day! Wear your favorite weather-themed attire, and let's have some fun as we eagerly await Punxsutawney Phil's forecast. Stay tuned!

February 14th is Valentines Day!

Come to the Center on the 14th and wear your red attire for some laughter, good company, and perhaps a few surprises. Let's make this Valentine's Day one to remember!



Super Bowl Spectacle:

Calling all sports enthusiasts! Super Bowl LVIII will be played at Allegiant Stadium in Las Vegas, Nevada on Sunday, February 11, 2024,

whether you're a football fan or not, wear your game day attire *all week prior to and after the Super Bowl!* The Packers made it to the playoffs—is there hope??

Random Acts of Kindness Day – February 17:



You're invited to spread positivity & kindness together everyday! Did you know that the act of simply listening to someone can be an act of kindness which is also an act of respect? Remember, if you want to make a difference, simply challenge yourself to listen.

As always, if you have any suggestions or ideas for future activities, please feel free to share them with us. Your input is invaluable in making our Activity Center a place that truly caters to the interests and preferences of our participants.

I would like to encourage you to attend a new class or activity this year. Dip your toes into something different! We have added many new games recently including two different types of Poker & Bunco, too. We continue to be hopeful that a group will develop to play Bridge! If you know of any bridge players that would like to play at the Center, let us know! Sarah Muellerweiss has also added another session of Floor Yoga on Thursdays at 1pm. Check it out! There was interest for a scrapbooking group, and time has been set aside weekly. We would like to have a nice size group going in order to keep the class on the calendar. As always, if you are curious about what is going on at the Center, please consider subscribing to the monthly newsletter for just \$12 a year and delivered right to your home. It lists all the activities and the centerfold is the monthly calendar showing every class, activity and event for the month!

Here's to a February filled with the warmth of community, the laughter of shared moments, and the cherished memories we create together!

NOTES AND NEWS



Volunteering is a great way to meet new people and build healthy relationships. It strengthens your ties to the community. The Advisory Committee wants to give everyone a chance to volunteer. Whether you have been coming to SCAI for years or have just recently joined.

All participants are welcome and encouraged to join in!

We're really looking at having 2, 3, or more participants overseeing a particular area of our center. An example would be the kitchen. Is there water and soda in the refrigerator? Are there enough coffee cups for the Keurig? Simple things that take a minimal amount of work and time if many participants volunteer. Another example would be helping with the address stamping on envelopes, stuffing and getting the monthly newsletter, The Good Life, prepared for mailing. This only happens once a month and a number of participants can join in the fun.

We'll be setting out a sign up sheet with a number of different volunteer opportunities.

Please give it a try. Any questions can be directed to Advisory Committee Senior Rep, Sue Maschmeier and Junior Rep Sharon Miscikowski.

SENIOR CITIZENS ACTIVITIES, INC. | 262-335-4498



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