

# SENIOR CITIZENS ACTIVITIES, INC.



# 2024



# The Good Life



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

## A LOOK INSIDE:

2. Center Notes/New Participants
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4. Tech Time Tuesdays & More!
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- 8-9. Calendar - (removable)
10. Upcoming Activities
11. **Baird** November Movie
12. November Birthdays
13. Health & Wellness Programs
14. 7th Annual Car Raffle Winner
15. The Office Corner (Ex. Dir. Paula Hader)
16. 2024 Cookie Sale & Craft Fair



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.

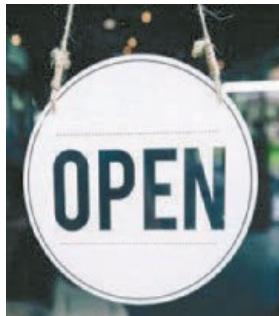
## NOVEMBER HOURS

MONDAY - THURSDAY

8:00AM - 4:00PM

FRIDAY 9:00AM - NOON

(Special Events May Warrant  
Additional Hours)



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  
Jones Foundation



United Way  
of Washington County

Raymond H. and Mabel M.

## 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/](http://www.seniorcitizensactivities.org/)



We extend our deepest of sympathies to the many families and friends of

long-time Center Participant & Volunteer, **Maggie Seideman**, special friend of Center Participant & Volunteer, **Max Sommerfeld**. Maggie will be deeply missed! Maggie's personal story is available to listen and view at: <https://www.youtube.com/watch?v=aWuRxJ38TyE> - 'I'm not Afraid of Dying but I Love Living'



## MOWA MEMBERSHIP

As a participant of the Center, you're invited to visit the **Museum of Wisconsin Art** **FREE of CHARGE!**

Check out the MOWA Membership card from the Center's front desk and take up to three people with you to enjoy the MOWA.



## NEW PARTICIPANTS IN SEPTEMBER

Derrickson, Chris	Moore, Tracy
Fischer, Sandra	Peterson, Kathleen
Flood, Nancy	Pettit, Deb
Flood, Tim	Roethke, Chuck & Marian
Hoffmann, Dawn	Wimmer, Sandy
Kist, Susan	Woodward, Cecelia
Locher, Cheryl & Tom	Zellmer, Doreen
Madison, Coleen	

## WELCOME!



## THE ACTIVITY CENTER INFORMATION

### PHONE:

262-335-4498

### HOURS OF OPERATION:

Monday-Thursday: 8am - 4pm

Friday: 9am - 12 Noon

### ADDRESS:

2378 W. Washington St., Ste A.

West Bend, WI 53095

### WEBSITE:

[www.seniorcitizensactivities.org](http://www.seniorcitizensactivities.org)

### FIND US ON FACEBOOK:

[www.facebook.com/wbseniorcenter](http://www.facebook.com/wbseniorcenter)

**Premier Provider of Activities, Fitness/Wellness Programs & Services for the 50+ Community**

## COMMUNITY RESOURCES INFORMATION WASHINGTON COUNTY AGING & DISABILITY RESOURCE CENTER - (ADRC)

### HOURS:

Monday-Friday 8am - 4:30pm/PHONE: 262-335-4497

### AARP - AGE-FRIENDLY WEST BEND

**SMILE West Bend (Supporting Multigenerational Inclusive Living Environment)**

<https://www.ci.west-bend.wi.us/community/age-friendly.php>

Simply dial 2-1-1 to access family, health and social service resources.

Toll-free 1-866-211-3380  
Text your ZIP code to 898-211  
Click to chat or search the online resource directory at [impactinc.org](http://impactinc.org)

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## Do you know *how to report Medicare fraud?*

**PROTECT** your personal information  
**DETECT** suspected fraud, abuse, or errors  
**REPORT** suspicious claims or activities

Contact  
Senior Medicare Patrol  
888-818-2611  
[www.smpwi.org](http://www.smpwi.org)  
 Wisconsin Senior Medicare Patrol

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[careers@4lpi.com](mailto:careers@4lpi.com) or  
[www.4lpi.com/careers](http://www.4lpi.com/careers)

# SUPPORT OUR ADVERTISERS!



## 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 from Humana can help you out **free of charge**. The program is called:

**Tech Time Tuesdays - Please be prompt.**

Sandi will be available from 11am to 12 noon on Tuesday, November 12th to answer your questions about using your cell phone or tablets.

There will also be cupcakes and healthy treats on Tuesday, November 12th for the November Birth-



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 - a (501-c3) charitable organization who relies primarily on grants & donations from supporters like you to sustain all programming.

Your financial support through bequests and planned giving makes it possible to continue our mission listed on top of Page 2.

## GRATITUDE WORKSHOP

**A FREE workshop presented by  
Network Health!**

**Wednesday, November 13th @ 1:30pm  
(Senior Center Auditorium)**



Join Network Health and Silver Sneakers™ for an educational workshop. Practicing gratitude has been shown to improve our health and well-being. You will learn five ways to cultivate an attitude of gratitude and how it affects your mental and physical health such as helping to lower stress and pain.

**G R A T E F U L !**

## GENTLE REMINDER

**Please be mindful that some participants may have immune systems that are more vulnerable than others. If you are feeling unwell or experiencing any symptoms, we kindly ask that you act responsibly and stay home to ensure the well-being of everyone.**



## 2024 'SWINGING FOR SENIORS' GOLF FUNDRAISER

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Once again the Center's participants donated and created beautifully arranged themed-gift baskets for the Annual Golf Fundraiser at West Bend Lakes. Thank you to everyone who helped make the fundraiser a huge success netting nearly \$20,000!



**14TH  
ANNUAL GOLF  
FUNDRAISER AT  
WEST BEND  
LAKES  
GOLF CLUB**



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For more information on your long-term care  
options, contact your local ADRC.

DHS Approved 4/22/2021

*Ivy Manor  
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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: (occasional Wednesdays)**

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

### **Bingo (FUN): 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 & 3rd 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.

### **Chess: Fri**

From novice players to advanced! Come enjoy a little strategy with your morning coffee!

### **Create-A-Card: 2nd Thurs (typically)**

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 & Palette: 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**

Dealer's Choice - 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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# FITNESS ACTIVITIES

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## WEEKLY SCHEDULE

MON	TUE	WED	THUR	FRI
<b>8:00 - 8:45AM</b> Stay Active — GYM	<b>8:00 - 9:00AM</b> Beginning Line Dancing — GYM	<b>8:00 - 8:45AM</b> Stay Active - GYM	<b>8:00 - 9:00AM</b> Pickleball Lessons - or Novice Pickleball (fluctuates) — GYM	<b>9:00 - 9:30AM</b> Beginning Basics Line Dancing — GYM
<b>9:00 - 11:00AM</b> Pickleball — GYM	<b>9:00 - 11:00AM</b> Pickleball — GYM	<b>9:00 - 11:00AM</b> Pickleball — GYM	<b>9:00 - 11:00AM</b> Pickleball — GYM	<b>9:30 - 10:30AM</b> Beginning Line Dancing — GYM
	<b>10:00 - 11:00AM</b> Chair Yoga — CHURCH SPACE	<b>10:30 - 11:30AM</b> ArmChair Exercise — CHURCH SPACE	<b>10:00 - 11:00AM</b> Chair Yoga — CHURCH SPACE	<b>10:00 - 11:00AM</b> ArmChair Exercise — CHURCH SPACE
<b>11:00AM - 12:00PM</b> Floor Yoga — CHURCH SPACE				<b>10:30AM - 12:00PM</b> Pickleball — GYM
<b>11:00AM - 1:00PM</b> Pickleball — GYM	<b>11:00AM - 1:00PM</b> Pickleball — GYM	<b>11:00AM - 1:00PM</b> Pickleball — GYM	<b>11:00AM - 1:00PM</b> Pickleball — GYM	<b>12:00 - 1:30PM</b> Pickleball — GYM ✓ Playtime Scheduler
			<b>1:00 - 2:00PM</b> Floor Yoga — CHURCH SPACE	
<b>1:00 - 3:00PM</b> Ping Pong — GYM	<b>1:00 - 3:00PM</b> Pickleball — GYM	<b>1:00 - 3:00PM</b> Ping Pong — GYM	<b>1:00 - 3:00PM</b> Pickleball — GYM	
	<b>2:30 - 4:00PM</b> Cornhole — CHURCH SPACE		<b>2:30 - 4:00PM</b> Cornhole — CHURCH SPACE	
<b>3:00 - 4:00PM</b> Novice Pickleball — GYM	<b>3:00 - 4:00PM</b> Novice Pickleball — GYM	<b>3:00 - 3:45PM</b> Pickleball Lessons — GYM	<b>3:00 - 4:00PM</b> 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 registration, sign up for various sessions through the online Playtime Scheduler website.  
[HTTPS://PLAYTIMESCHEDULER.COM/LOGIN.PHP](https://playtimescheduler.com/login.php)

### PICKLEBALL LESSONS

**Cost: \$16 Per Session**

Pickleball Lessons are TYPICALLY available either Wednesday afternoon sessions 3pm-3:45pm (first 4 Wednesdays of the month) or Thursday mornings 8am-9am (first 3 Thursdays of the month). Pre-register & pre-pay at the reception desk!

### 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.





# NOVEMBER

Monday

Tuesday

Wednesday

Thursday

Friday

## GRATITUDE WORKSHOP



A \*FREE\* workshop presented by Network Health on  
 Wednesday, November 13th @ 1:30pm  
 Kindly pre-register for this incredible offering!

<p>4</p> <p>8:00 Stay Active</p> <p>9:00-1pm Pickleball</p> <p>9:30 Cribbage</p> <p>9:30 Quilting Group</p> <p>9:30 Hydro-Dipping Xmas Ornament Class</p> <p>11:00 Floor Yoga</p> <p>12:30 Hydro-Dipping Xmas Ornament Class</p> <p>1:00 Dominoes</p> <p>1:00 Ping-Pong</p> <p>3:00 Novice Pickleball</p>	<p>5 ELECTION DAY</p> <p>**HIKING**</p> <p>8:00 Beginner Line Dancing</p> <p>8:30 Scrapbooking</p> <p>9:00 *Sheepshead Tournament</p> <p>(*Pre-registration was required)</p> <p>9:00 - 3pm Pickleball</p> <p>10:00 Chair Yoga</p> <p>1:00 Sheepshead for Beginners</p> <p>1:00 Pinochle, Euchre, Scrabble</p> <p>1:00 Quilting/Sewing</p> <p>2:30 Cornhole - Bring a Friend!</p> <p>3:00 Novice Pickleball</p>	<p>6</p> <p>8:00 Stay Active</p> <p>9:00 Woodcarving</p> <p>9:00-4pm Pickleball</p> <p>10:00 BUNCO</p> <p>10:15 Embrace Your Pace Walk</p> <p>10:30 Armchair Exercises</p> <p>12:00 SING-A-LONG (FREE)</p> <p>(Must fill out funder form)</p> <p>1:00 Mah Jongg</p> <p>1:00 Ping-Pong</p> <p>1:30 Art with Ellie/Abstract Painting with Cold Wax</p> <p>3:00 Beg. Pickleball Lessons</p>	<p>7</p> <p>8:00 Beg. Pickleball Lessons</p> <p>9:00 Sheepshead</p> <p>9:00-3pm Pickleball</p> <p>9:30 Knit/Crochet</p> <p>10:00 Chair Yoga</p> <p>1:00 Floor Yoga</p> <p>1:00 Scrabble</p> <p>1:00 Sheepshead for Beginners</p> <p>1:00 Dominoes</p> <p>3:00 Novice Pickleball</p>	<p>8 Kettlebrook Church occupies auditorium all morning til noon</p> <p>9:00 Poker &amp; Chess</p> <p>9:00 Footcare Services</p> <p>(by scheduled appointment only)</p> <p>9:00 Beg. Basics Line Dancing</p> <p>9:30 Beginner Line Dancing</p> <p>10:00 Armchair Exercises</p> <p>10:30-130pm Pickleball</p>	<p>9:00 Beg. Basics Line Dancing</p> <p>9:30 Beginner Line Dancing</p> <p>10:00 Armchair Exercises</p> <p>10:30-130pm Pickleball</p>	<p>1</p> <p>Healing Touch Sessions (by scheduled appointment only)</p> <p>9:00 Poker &amp; Chess</p> <p>9:00 Footcare Services</p> <p>(by scheduled appointment only)</p> <p>9:00 Beg. Basics Line Dancing</p> <p>9:30 Beginner Line Dancing</p> <p>10:00 Armchair Exercises</p> <p>10:30-130pm Pickleball</p>
<p>11</p> <p>8:00 Stay Active</p> <p>9:00-1pm Pickleball</p> <p>9:30 Cribbage</p> <p>11:00 Floor Yoga</p>	<p>12</p> <p>8:00 Beginner Line Dancing</p> <p>8:30 Scrapbooking</p> <p>9:00 Sheepshead</p> <p>9:00 - 3pm Pickleball</p>	<p>13</p> <p>8:00 Stay Active</p> <p>9:00 Woodcarving</p> <p>9:00-4pm Pickleball</p> <p>10:30 Armchair Exercises</p>	<p>14</p> <p>8:00 Beg. Pickleball Lessons</p> <p>9:00 Sheepshead</p> <p>9:00-3pm Pickleball</p> <p>9:30 Knit/Crochet</p>	<p>15</p> <p>9:00 Poker &amp; Chess</p> <p>9:00 Footcare Services</p> <p>(by scheduled appointment only)</p> <p>9:00 Beg. Basics Line Dancing</p>	<p>16</p> <p>9:00 Beg. Basics Line Dancing</p> <p>9:30 Beginner Line Dancing</p> <p>10:00 Armchair Exercises</p> <p>10:30-130pm Pickleball</p>	<p>2</p> <p>8:00 Stay Active</p> <p>9:00-1pm Pickleball</p> <p>9:30 Cribbage</p> <p>11:00 Floor Yoga</p>



<p>11:00 Floor Yoga</p> <p>1:00 Dominoes</p> <p>1:00 Ping-Pong</p> <p><b>1:15 Volunteer Receptionist Meeting</b></p> <p>3:00 Novice Pickleball</p>	<p>10:00 Chair Yoga</p> <p><b>11-12 Tech Time with Sandi</b></p> <p>1:00 Sheepshead for Beginners</p> <p>1:00 Pinochle, Euchre, Scrabble</p> <p>1:00 Quilting/Sewing</p> <p>2:30 Cornhole - Bring a Friend!</p> <p>3:00 Novice Pickleball</p> <p><b>BINGO AT THE COLUMBIAN</b></p> <p><b>4:30 DOORS OPEN</b></p> <p><b>6:30 BINGO</b></p>	<p>1:00 Mah Jongg</p> <p>1:00 Ping-Pong</p> <p><b>1:30 Gratitude Workshop</b></p> <p>3:00 Beg. Pickleball Lessons</p> 	<p>10:00 Chair Yoga</p> <p><b>11:30 Create-a-Card Class</b></p> <p>1:00 Floor Yoga</p> <p>1:00 Scrabble</p> <p>1:00 Sheepshead for Beginners</p> <p>1:00 Dominoes</p> <p>3:00 Novice Pickleball</p>	<p>9:30 Beginner Line Dancing</p> <p>10:00 Armchair Exercises</p> <p>10:30-130pm Pickleball</p>
<p>18</p> <p>8:00 Stay Active</p> <p>9:00-1pm Pickleball</p> <p>9:30 Cribbage</p> <p>9:30 Quilting Group</p> <p><b>9:30 Hydro-Dipping Xmas Ornament Class</b></p> <p>11:00 Floor Yoga</p> <p><b>12:30 Hydro-Dipping Xmas Ornament Class</b></p> <p>1:00 Dominoes, Ping Pong</p> <p>1:30 Book Clubs (waiting list)</p> <p>3:00 Novice Pickleball</p> <p><b>5pm Doors Open - THE BEND THEATER</b></p> <p><b>6pm Movie - Four Christmases, Popcorn &amp; Soda - Cost: \$10</b></p>	<p>19</p> <p>8:00 Beginner Line Dancing</p> <p>8:30 Scrapbooking</p> <p>9:00 Sheepshead</p> <p>9:00 - 3pm Pickleball</p> <p>10:00 Chair Yoga</p> <p>1:00 Sheepshead for Beginners</p> <p>1:00 Pinochle, Euchre, Scrabble</p> <p>1:00 Quilting/Sewing</p> <p>2:30 Cornhole - Bring a Friend!</p> <p>3:00 Novice Pickleball</p>	<p>20</p> <p><b>**HIKING**</b></p> <p>8:00 Stay Active</p> <p>9:00 Woodcarving</p> <p>9:00-1pm Pickleball</p> <p>10:30 Armchair Exercises</p> <p>1:00 Mah Jongg</p> <p>1:00 Ping-Pong</p> <p>1:00 FUN Bingo</p> <p>3:00 Beg. Pickleball Lessons</p>	<p>21</p> <p>8:00 Beg. Pickleball Lessons</p> <p>9:00 Sheepshead</p> <p>9:00-3pm Pickleball</p> <p>9:30 Knit/Crochet</p> <p>10:00 Chair Yoga</p> <p>1:00 Floor Yoga</p> <p>1:00 Scrabble</p> <p>1:00 Sheepshead for Beginners</p> <p>1:00 Dominoes</p> <p>3:00 Novice Pickleball</p>	<p>22</p> <p>9:00 Poker &amp; Chess</p> <p>9:00 Footcare Services</p> <p><b>(by scheduled appointment only)</b></p> <p>9:00 Beg. Basics Line Dancing</p> <p>9:30 Beginner Line Dancing</p> <p>9:30 Open Painting Group</p> <p>10:00 Armchair Exercises</p> <p>10:30-130pm Pickleball</p>
<p>25</p> <p>8:00 Stay Active</p> <p>9:00-1pm Pickleball</p> <p>9:30 Cribbage</p> <p>9:30 Quilting Group</p> <p>11:00 Floor Yoga</p> <p>1:00 Dominoes</p> <p>1:00 Ping-Pong</p> <p>3:00 Novice Pickleball</p>	<p>26</p> <p>8:00 Beginner Line Dancing</p> <p>8:30 Scrapbooking</p> <p>9:00 Sheepshead</p> <p>9:00 - 3pm Pickleball</p> <p>10:00 Chair Yoga</p> <p><b>11-12 No Tech Time Today</b></p> <p>1:00 Sheepshead for Beginners</p> <p>1:00 Pinochle, Euchre, Scrabble</p> <p>1:00 Quilting/Sewing</p> <p>2:30 Cornhole - Bring a Friend!</p> <p>3:00 Novice Pickleball</p>	<p>27</p> <p>8:00 Stay Active</p> <p>9:00 Woodcarving</p> <p>9:00-1pm Pickleball</p> <p>10:30 Armchair Exercises</p> <p>1:00 Mah Jongg</p> <p>1:00 Ping-Pong</p> <p>3:00 Novice Pickleball</p>	<p>28</p> 	<p>29</p> <p>THE CENTER IS CLOSED FOR THE THANKSGIVING HOLIDAY WEEKEND!</p> <p><b>HAPPY Thanksgiving</b></p>
<p><b>DO YOU LIKE TO BAKE?</b></p> <p><b>WE'RE ACCEPTING BAKED COOKIES &amp; TREATS FOR THE CENTER'S SATURDAY, DECEMBER 14TH CHRISTMAS COOKIE SALE &amp; CRAFT FAIR!</b></p>				
<p><b>NOVEMBER HOURS</b></p> <p><b>MONDAY-THURSDAY 8AM - 4PM</b></p> <p><b>&amp; FRIDAY 9AM - NOON</b></p>				



## FINAL 'EMBRACE YOUR PACE' GROUP WALK

**WEDNESDAY, NOVEMBER 6TH  
MEET @ 10:15 AM AT THE HUB**

IN PARTNERSHIP WITH INTERFAITH CAREGIVERS  
OF WASHINGTON COUNTY!



KINDLY PRE-REGISTER BY CALLING 262 335 4498

## FREE ROCK PAINTING CLASS SATURDAY, NOVEMBER 9TH



### NO EXPERIENCE NEEDED!

*Pre-registration required due to limited space.*

## FREE SING-A-LONG



12 NOON ON WEDNESDAY, NOVEMBER 6TH

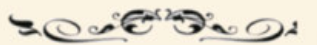
### SONGS WE ALL LOVE!

Edelweiss  
Amazing Grace  
Country Roads  
You are My Sunshine  
Workin' on the Railroad  
Let Me Call You Sweetheart



## HYDRO DIPPING CLASS

~ WITH DIANE WEINBERG ~



**COST: \$25**  
INCLUDES ALL SUPPLIES  
& MATERIALS NEEDED  
& INSTRUCTOR'S FEES!

### TWO CLASS DATES:

**Mondays**  
**November 4th**  
**AND/OR**  
**November 18th**  
**9:30am OR 12:30pm**

**Variety of  
colors  
&  
shapes  
available**



2"x4" & 3"x4"  
approx.

**A set of  
3 ornaments for \$25.**

Bring a hair dryer if you  
have one to assist with the  
drying process.



**CLASS SIZE LIMITED TO 10 PEOPLE**

**Pre-payment & Pre-registration Required**  
~ CASH ONLY ~

**Non-transferrable / Non-refundable**



## CREATE, PLAY & EXPLORE!

~ ART CLASS WITH ELLIE ~

### ABSTRACT PAINTING WITH COLD WAX & PAINT



**COST: \$20**  
INCLUDES ALL  
SUPPLIES &  
MATERIALS NEEDED &  
INSTRUCTOR'S FEES!

**CLASS DATE:**  
**Wednesday,**  
**November 6th**  
**1:30pm - 3pm**

~ FUN PAINTING TECHNIQUE ~

**YOU WILL BE  
INSTRUCTED ON  
HOW TO APPLY  
PAINT & COLD  
WAX TO BOARD  
THUS MAKING A  
PIECE TO TAKE  
HOME.**



**CLASS SIZE LIMITED TO 6 PEOPLE**

**Pre-payment & Pre-registration required**  
~ CASH ONLY ~

**Non-transferrable / Non-refundable**





**THANK YOU TO THE FISHER DAVIES TEMPLIN GROUP!**

**MOVIE, POPCORN & SODA ALL FOR \$10**

**DATE: Monday, November 18th**

**Pre-purchase your ticket(s) at the Center anytime Monday-Thursday from 8am - 4pm or on a Friday from 9am - 12 Noon!**

**MOVIE: FOUR CHRISTMASES**

When their plans for an exotic vacation fall apart, unmarried couple Brad (Vince Vaughn) and Kate (Reese Witherspoon) must spend Christmas Day trudging around to a quartet of family get-togethers. While Brad counts the hours till he can escape the onslaught of crazy relatives, Kate begins to wonder about her own choices and ponders whether her family members are so crazy after all.

**Doors open at 5pm & Showtime is 6pm!**

## FOUR CHRISTMASES



# NEVER MISS OUR NEWSLETTER!

**SUBSCRIBE**

Have our newsletter  
emailed to you.

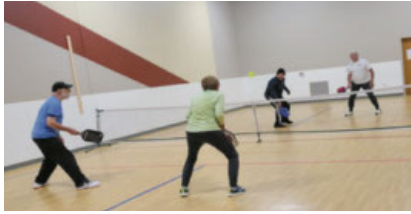


VISIT [WWW.MYCOMMUNITYONLINE.COM](http://WWW.MYCOMMUNITYONLINE.COM)

Nov 01	Julie Nelson	Nov 18	Nola Wenzel
Nov 02	Susan Maschmeier	Nov 18	Cheryl Schairer
Nov 02	Lori Schulz	Nov 18	Lynn Molenda
Nov 02	Peggy Gronbeck	Nov 19	Shirley Becker
Nov 02	Therese Sheller	Nov 19	Linda Benson
Nov 03	Jean Briggs	Nov 19	Gary Brussat
Nov 03	Kathy Griepentrag	Nov 19	Barbara Kirch
Nov 03	Brian Jefferys	Nov 19	Christine Smith
Nov 03	Diane Sobotta	Nov 20	Sheila Ploof
Nov 04	John Heisdorf	Nov 20	Richard Doede
Nov 04	Shirley Walters	Nov 20	Susanne Mooney
Nov 04	Delisa White	Nov 20	Karen Parish
Nov 04	Laurie Paul	Nov 20	Joyce Schlagenhaft
Nov 05	Louise Andreys	Nov 20	Shelia Ploof
Nov 06	Kris Butzlaff	Nov 20	Julie Peterson
Nov 06	Joy Neuenfeld	Nov 21	Linda Shannon
Nov 07	Jill Franklin	Nov 21	Sharon Gahan
Nov 08	Janet Schulze	Nov 21	Mona Werner
Nov 08	Linda Carle	Nov 21	Cynthia St. Peter
Nov 08	Dora VelaFreitas	Nov 21	Neal Erickson
Nov 09	Mark Wargolet	Nov 21	Debbie Braatz
Nov 11	Norma Lyman	Nov 21	Shelly Krueger
Nov 11	Barbara Olszewski	Nov 22	Susan Knight
Nov 11	Julie Ihlenfeld	Nov 22	Linda Brinkman-Somers
Nov 11	Ellen Wolf	Nov 22	Rita Sepersky
Nov 11	John Schweitzer	Nov 23	Shelley Oswald
Nov 11	Tim Flood	Nov 23	Dennis Thelen
Nov 12	Christine Gardner	Nov 23	Cathy Barbercheck
Nov 12	Jean Blosmore	Nov 24	Theresa Salvack
Nov 12	Glenda Rivera	Nov 24	Gerald Mertz
Nov 12	Paul Opichka	Nov 24	John 'Skoot' Skadah
Nov 12	Susan Cirra	Nov 25	Cheryl Ammel
Nov 13	Michael Briggs	Nov 25	Rose Gonnering
Nov 13	Therese Melaney	Nov 25	Carol Heider
Nov 13	Jane Grady	Nov 26	JoAnn Swanke
Nov 13	Kathleen Pikulik	Nov 26	Susan Boelter
Nov 13	Gary Gauger	Nov 26	Barbara Christoffersen
Nov 14	Jennifer Mulholland	Nov 27	Teri Peyton
Nov 15	Carol Leitheiser	Nov 27	Michael Martens
Nov 15	William Schepp	Nov 28	Cheryl Ketter
Nov 15	Alice Moerchen	Nov 28	Dennis Wroblewski
Nov 15	Beth Fellenz	Nov 29	Rita Justman
Nov 15	Sandra Neal	Nov 29	Nanette Ellioff
Nov 16	Brenda Blum	Nov 30	Laurie Fahrendorf
Nov 17	Jane Becker	Nov 30	Kathy Phillips
Nov 17	Clarence Plato	Nov 30	Mary Moll
Nov 17	Nancy Melchior	Nov 30	Melody Koch
Nov 18	Connie Henze	Nov 30	Joan Schlicht
Nov 18	Janet Schmidt	Nov 30	Steve Schroeder







## 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 & FRI

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*

### FEATURING:

- Full-sized pool and whirlpool
- State-of-the-art fitness center
- Curated activities including social, recreational, and educational
- Located only 40 minutes north of Milwaukee in beautiful Washington County
- Tucked into the heart of the Kettle Moraine surrounded by prairies, hiking trails, forests, and abundant wildlife
- Within minutes of vibrant downtown West Bend featuring an award-winning farmer's market, fine dining, shopping, cultural events, art museum, and golfing
- 1,000 feet of pristine Big Cedar Lake frontage—pontoon boat rides, paddle boat, kayak launch, swimming, and fishing



**cedar**  
**community**

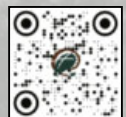
### CONTACT:

**Abby Jonasson**  
262.338.4617

**Julie Schickert**  
262.365.5200

### VISIT US AT:

[cedarcommunity.org](http://cedarcommunity.org)



**The Lofts at Cedar Lake | Cedar Lake Village Homes | Cedar Ridge Homes | Cedar Ridge Apartments**



For ad info. call 1-800-950-9952 • [www.lpicommunities.com](http://www.lpicommunities.com)

Senior Citizens Activities Inc., West Bend, WI

D 4C 01-1497

**CONGRATULATION JON SCHOLZ!**

The winner of the *7th Annual Car Raffle* was drawn on Saturday, October 5th - **Jon Scholz of Cedarburg, WI!** Jon will be choosing the vehicle of his choice from Russ Darrow! We extend our heartfelt gratitude to everyone who contributed to this collaborative fundraiser in any way!



~ NEW ~  
**Hydro-Dipping  
 Painting Classes  
 offered for Fall  
 & Christmas  
 Decorations.  
 Sign up today!**



**LET'S GROW YOUR BUSINESS**  
 Advertise in our Newsletter!

**CONTACT ME Alex Nicholas**

anicholas@lpicommunities.com • (800) 950-9952 x2538

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Paula Hader, Executive Director

# The Office Corner



*prizes food & beverages 50/50 raffle family fun*



# BINGO!

TUESDAY, NOVEMBER 12, 2024

~ **AT THE COLUMBIAN** ~

3245 Lighthouse Lane, West Bend, WI

**SCHEDULED THE 2ND TUESDAY  
OF THE MONTH**

**(NONE IN DECEMBER)**

**DOORS OPEN: 4:30PM  
BINGO STARTS: 6:30PM**

A variety of delicious food  
items will be sold!



All proceeds directly support  
Senior Citizens Activities, Inc.

also known as the Activity Center for 50+ers!

**CASH  
ONLY!**

**HOMEMADE DESSERTS**

**CASH  
ONLY!**

BINGO is scheduled for every 2nd Tuesday of the month (none in Dec.). As a stand-alone, non-profit agency, not supported by our local city or county, it is critical for our Center to continue to fundraise in creative ways!

## 2025 BINGO

### DATES

Jan 14<sup>th</sup>

Feb 11<sup>th</sup>

March 11<sup>th</sup>

Apr 8<sup>th</sup>

May 13<sup>th</sup>

June 10<sup>th</sup>

July 8<sup>th</sup>

Aug 12<sup>th</sup>

Sept 9<sup>th</sup>

Oct 14<sup>th</sup>

Nov 11<sup>th</sup>

Dec – NO BINGO

\*\*\*



## 2024 Cookie Sale &

## Vendor/Craft Fair

**Saturday, December 14th 9am - 2pm**

**Are you a holiday cookie/treat maker?  
Kindly consider donating for our cause!**

Please let us know if you are interested in donating cookies and/or sweet treats for the Center's Annual Cookie Sale by signing up in the lobby at the Center or calling the Center at 262-335-4498. Thank you for your consideration!

**SENIOR CITIZENS ACTIVITIES, INC.**

**262-335-4498**

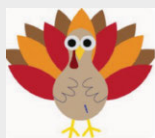


### BOARD OF DIRECTORS

President	David Streese
Vice President	Joel Ongert
Secretary	Tracy Thom
Treasurer	Scott Tennies

### ADDITIONAL DIRECTORS

Jane Becker  
Mike Hartwell  
Peter Kapler  
Carlos Ruiz  
Anthony Templin



### EMERITUS MEMBERS

Mike Sterr  
Jeff Lambie

### PUBLICATION INFO

The Good Life November 2024  
Monthly Publication Subscription Donation: \$12/yr.

### ADVISORY COMMITTEE

Senior Rep	Deb Ludowissi
Junior Rep	Barb Wolf
Secretary	Sharon Mitchell

### MEMBERS

Lee Casati	Karin Corteen
Kathy Gibson	Steve Henze
Mike Pettit	Kathy Phillips
Steve Taylor	Grace Wind

**EVERY 2ND  
TUESDAY**



**4:30 OPEN  
6:30 BINGO**

**A BIG SHOUT OUT to the Volunteers who  
proudly bake & donate YUMMY DESSERTS!**

### STAFF

Paula Hader, Executive Director  
Email: wbseniorcenterphader@gmail.com