

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
3. Contact Info/Resources
4. Tech Time Tuesdays & More!
5. Swinging for Seniors Fundraiser
6. Program Descriptions
7. Fitness Activities Schedule
- 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



Greater Green Bay Community 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/



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

FIND US ON FACEBOOK:

www.facebook.com/wbseniorcenter

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

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
 Wisconsin Senior Medicare Patrol



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

Provided by:

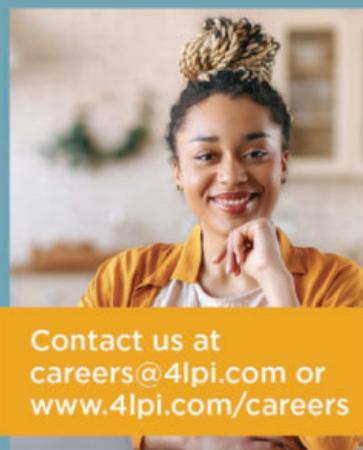
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Senior Citizens Activities Inc., West Bend, WI

A 4C 01-1497

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.

IF YOU ARE EXPERIENCING ANY OF THE FOLLOWING SYMPTOMS:

Fever Chills Cough Headache
Body Aches Runny Nose

PLEASE DO NOT EXPOSE OTHER PARTICIPANTS

STAY HOME UNTIL YOU ARE FEELING WELL

AGAIN! ~ THANK YOU ~

2024 'SWINGING FOR SENIORS' GOLF FUNDRAISER

5

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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Ivy Manor of West Bend

Assisted living facility for Seniors

262-365-0056

370 N Forest Ave., West Bend 53095



CALL 1-888-285-TAXI (8294)
Contact the Shared Ride Taxi for trips through Washington County and the northern portion of Menomonee Falls.

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HOURS

Monday -
Saturday
5AM - 10PM
Sunday
8AM - 4PM



\$20 Discounted Punch Cards Available (\$25 Value)
Call 1-888-285-TAXI (8294) or 262-358-2908 for more information.



My Choice Wisconsin
is a managed care organization that
serves government-funded programs
to seniors and adults with disabilities
in over 50 Wisconsin counties.

Visit us today:
mychoicewi.org/LPI
1-800-963-0035

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

DHS Approved 4/22/2021

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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
8:00 - 8:45AM Stay Active — GYM	8:00 - 9:00AM Beginning Line Dancing — GYM	8:00 - 8:45AM Stay Active — GYM	8:00 - 9:00AM Pickleball Lessons — or Novice Pickleball (fluctuates) — 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	10:00 - 11:00AM ArmChair Exercise — CHURCH SPACE
11:00AM - 12:00PM Floor Yoga — CHURCH SPACE				10:30AM - 12:00PM Pickleball — GYM
11:00AM - 1:00PM Pickleball — GYM	11:00AM - 1:00PM Pickleball — GYM	11:00AM - 1:00PM Pickleball — GYM	11:00AM - 1:00PM Pickleball — GYM	12:00 - 1:30PM Pickleball — GYM ✓ Playtime Scheduler
			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 - 4:00PM Cornhole — CHURCH SPACE		2:30- 4:00PM Cornhole — CHURCH SPACE	
3:00 - 4:00PM Novice Pickleball — GYM	3:00 - 4:00PM Novice Pickleball — GYM	3:00 - 3:45PM Pickleball Lessons — 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 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

GRATITUDE WORKSHOP



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

Monday	Tuesday	Wednesday	Thursday	Friday	1
					<p>Healing Touch Sessions <small>(by scheduled appointment only)</small></p> <p>9:00 Poker & Chess 9:00 Footcare Services <small>(by scheduled appointment only)</small></p> <p>9:00 Beg. Basics Line Dancing 9:30 Beginner Line Dancing 10:00 Armchair Exercises 10:30-1:30pm Pickleball</p>
					<p>8 Kettlebrook Church occupies auditorium all morning til noon</p> <p>9:00 Poker & Chess 9:00 Footcare Services <small>(by scheduled appointment only)</small></p> <p>9:00 Beg. Basics Line Dancing 9:30 Beginner Line Dancing 10:00 Armchair Exercises 10:30-1:30pm Pickleball</p>
					<p>9:00 Beg. Basics Line Dancing 9:30 Beginner Line Dancing 10:00 Armchair Exercises 10:30-1:30pm Pickleball</p>
					<p>11</p> <p>November 9th - Saturday</p> <p>FUN Bingo 1-3pm 1pm FREE Rock Painting Class 12pm-3pm Pickleball</p>
					<p>12</p> <p>8:00 Beginner Line Dancing 8:30 Scrapbooking 9:00 Sheephead 9:00-3pm Pickleball 9:30 Cornhole - Bring a Friend!</p>
					<p>13</p> <p>8:00 Beginner Line Dancing 8:30 Scrapbooking 9:00 Sheephead 9:00-3pm Pickleball 9:30 Cornhole - Bring a Friend!</p>
					<p>14</p> <p>8:00 Beg. Pickleball Lessons 9:00 Sheephead 9:00-3pm Pickleball 9:30 Knit / Crochet</p>
					<p>15</p> <p>9:00 Poker & Chess 9:00 Footcare Services <small>(by scheduled appointment only)</small></p> <p>9:00 Beg. Basics Line Dancing 9:30 Open Painting Group</p>

9:30 Line Dancing
10:00 Chair Yoga
11:30 Create-a-Card Class
1:00 Floor Yoga
1:00 Armchair Exercises
10:30-1:30pm Pickleball

10:30 AM InChair Exercises
1:00 Mah Jongg
1:00 Ping-Pong
130 Gratitude Workshop
3:00 Beg. Pickleball Lessons

11-12 Tech Time with Sandi
1:00 Sheephead for Beginners
1:00 Pinochle, Euchre, Scrabble
1:00 Quilting/Sewing
2:30 Cornhole - Bring a Friend!
3:00 Novice Pickleball
BINGO AT THE COLUMBIAN
4:30 DOORS OPEN
6:30 BINGO



11:00 Floor Yoga
1:00 Dominoes
1:00 Ping-Pong
1:15 Volunteer Receptionist Meeting
3:00 Novice Pickleball
11-12 Tech Time with Sandi
1:00 Sheephead for Beginners
1:00 Pinochle, Euchre, Scrabble
1:00 Quilting/Sewing
2:30 Cornhole - Bring a Friend!
3:00 Novice Pickleball
BINGO AT THE COLUMBIAN
4:30 DOORS OPEN
6:30 BINGO

10:30 AM InChair Exercises
1:00 Chair Yoga
1:00 Ping-Pong
130 Gratitude Workshop
3:00 Beg. Pickleball Lessons
1:00 Sheephead for Beginners
1:00 Scrabble
1:00 Sheepshead for Beginners
1:00 Dominoes
3:00 Novice Pickleball

18 8:00 Stay Active
9:00-1pm Pickleball
9:30 Cabbage
9:30 Quilting Group
9:30 Hydro-Dipping Xmas Ornament Class
11:00 Floor Yoga
12:30 Hydro-Dipping Xmas Ornament Class
1:00 Dominoes, Ping Pong
1:30 Book Clubs (waiting list)
3:00 Novice Pickleball
5pm Doors Open - THE BEND THEATER
6pm Movie - Four Christmases, Popcorn & Soda - Cost: \$10

9:30 Run/Stretch
10:00 Chair Yoga
11:30 Create-a-Card Class
1:00 Floor Yoga
1:00 Scrabble
1:00 Sheepshead for Beginners
1:00 Dominoes
3:00 Novice Pickleball

19 8:00 Beginner Line Dancing
8:30 Scrapbooking
9:00 Sheephead
9:00 - 3pm Pickleball
10:00 Chair Yoga
10:00 Sheephead for Beginners
1:00 Pinochle, Euchre, Scrabble
1:00 Quilting/Sewing
2:30 Cornhole - Bring a Friend!
3:00 Novice Pickleball

20 8:00 Stay Active
8:00 Beginner Line Dancing
9:00 Woodcarving
9:00-1pm Pickleball
10:30 Armchair Exercises
10:00 Chair Yoga
10:00 Sheephead for Beginners
1:00 Pinochle, Euchre, Scrabble
1:00 Quilting/Sewing
2:30 Cornhole - Bring a Friend!
3:00 Novice Pickleball

21 8:00 Beg. Pickleball Lessons
9:00 Sheephead
9:00-3pm Pickleball
9:30 Knit/Crochet
10:00 Chair Yoga
10:00 Floor Yoga
1:00 Scrabble
1:00 Sheepshead for Beginners
1:00 Dominoes
3:00 Novice Pickleball

22 8:00 Beg. Pickleball Lessons
9:00 Footcare Services
(by scheduled appointment only)
9:00 Beg. Basics Line Dancing
9:30 Beginner Line Dancing
9:30 Open Painting Group
10:00 Armchair Exercises
10:30-1:30pm Pickleball

23 8:00 Stay Active
8:00 Beginner Line Dancing
9:00 Woodcarving
9:00-1pm Pickleball
10:30 Armchair Exercises
10:00 Mah Jongg
1:00 Ping-Pong
3:00 Novice Pickleball

24 8:00 Stay Active
8:30 Scrapbooking
9:00 Sheephead
9:00 - 3pm Pickleball
10:00 Chair Yoga
11-12 No Tech Time Today
1:00 Sheephead for Beginners
1:00 Pinochle, Euchre, Scrabble
1:00 Quilting/Sewing
2:30 Cornhole - Bring a Friend!
3:00 Novice Pickleball

25 8:00 Stay Active
8:30 Scrapbooking
9:00 Sheephead
9:00 - 3pm Pickleball
10:00 Chair Yoga
1:00 Dominoes
1:00 Ping-Pong
3:00 Novice Pickleball

26 8:00 Stay Active
8:30 Scrapbooking
9:00 Sheephead
9:00 - 3pm Pickleball
10:00 Chair Yoga
1:00 Dominoes
1:00 Ping-Pong
3:00 Novice Pickleball

27 8:00 Stay Active
9:00 Woodcarving
9:00-1pm Pickleball
10:30 Armchair Exercises
10:00 Mah Jongg
1:00 Ping-Pong
3:00 Novice Pickleball

28 8:00 Stay Active
9:00 Woodcarving
9:00-1pm Pickleball
10:30 Armchair Exercises
10:00 Mah Jongg
1:00 Ping-Pong
3:00 Novice Pickleball

29 8:00 Stay Active
9:00 Woodcarving
9:00-1pm Pickleball
10:30 Armchair Exercises
10:00 Mah Jongg
1:00 Ping-Pong
3:00 Novice Pickleball



THE CENTER IS
CLOSED FOR THE
THANKSGIVING HOLIDAY WEEKEND!



DO YOU LIKE TO BAKE?
WE'RE ACCEPTING BAKED COOKIES & TREATS FOR
THE CENTER'S SATURDAY, DECEMBER 14TH
CHRISTMAS COOKIE SALE & CRAFT FAIR!

NOVEMBER HOURS
MONDAY-THURSDAY 8AM - 4PM
& FRIDAY 9AM - NOON

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

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

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

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



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



262 335 4498

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!

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Have our newsletter
emailed to you.



VISIT WWW.MYCOMMUNITYONLINE.COM

NOVEMBER BIRTHDAYS

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' Skadahl
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 28	Rita Justman
Nov 15	Sandra Neal	Nov 29	Nanette Ellioff
Nov 16	Brenda Blum	Nov 29	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



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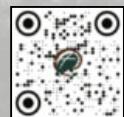
CONTACT:

Abby Jonasson
262.338.4617

Julie Schickert
262.365.5200

VISIT US AT:

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

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 fund-raiser in any way!



~ NEW ~
**Hydro-Dipping
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 offered for Fall
 & Christmas
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 Sign up today!**



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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!**

Dec - NO BINGO

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 14th

Feb 11th

March 11th

Apr 8th

May 13th

June 10th

July 8th

Aug 12th

Sept 9th

Oct 14th

Nov 11th



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



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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