

# SENIOR CITIZENS ACTIVITIES, INC.



# The 2024 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. *Epicure* Classes - Check It Out!
6. Program Descriptions
7. Fitness Activities Schedule
- 8-9. Calendar - (removable)
10. New Offerings!
11. Outdoor Adventures Group
12. December Birthdays
13. Health & Wellness Programs
14. Arts, Crafts & Cookies
15. The Office Corner (Ex. Dir. Paula Hader)
16. Annual Cookie Sale & Craft Fair

**\*Increase of Activity Fees January 2025\***



## DECEMBER 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

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.

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 **\$15 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**

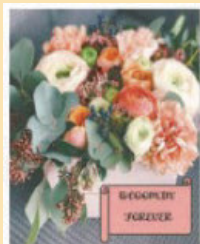
*\*\*Please include date of birth to include in our birthday listings and your phone numbers\*\**



### 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/)



### WELCOME ABOARD!

The Center welcomes Amber as the Center's new Assistant. Amber brings a strong business background, along with valuable volunteer experience. She is deeply passionate about the Center's mission and vision, and her expertise will be an asset to our team. Amber, who holds a Bachelors degree in English, will be taking on the critical role of writing grant applications and supporting various other initiatives to advance the Center's diverse programming. We are excited to have Amber on board and look forward to the positive contributions she will make to our efforts.



We extend our sympathy to the family and friends of long-time Center participant, Barb Janiszewski. Since 2016, Barb enjoyed dominoes, bingo and euchre as well as all the other festivities at the Center, especially music events!

### NEW PARTICIPANTS IN OCTOBER

Beitzel, Marilyn	Olynick, Jeanne
Fellenz, Noreen	Putz, Sandra
Grasse, Sandra	Ruka, Karen
Grimm, Linda	Schmidt, Dorothy
Henner, Mary	Shaver, Amy
Hernikl, Mary	Sombrio, Patricia
Kastner, Beth	Teschke, Sharon
Krueger, Shelly	Thompson, Elisabeth
Larson, Debbie & Scott	Walter, Dawn & Jeff
Mueller, Susan	

**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)

Provided by: Supported by:

## 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

## WE'RE HIRING!

**AD SALES EXECUTIVES**

**BE YOURSELF.  
BRING YOUR PASSION.  
WORK WITH PURPOSE.**

- Paid training
- Some travel
- Work-life balance
- Full-Time with benefits
- Serve your community

Contact us at  
[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, December 10th to answer your questions about using your cell phone or tablets. There will also be cupcakes and healthy treats on Tuesday, December 10th for the December Birthday Club!



### WHAT IS EPICURE?

(See Page 5 for pictures)

Epicure globally sources only **non-irradiated ingredients**. You won't find things like high fructose corn syrup, preservatives, artificial colours, and gluten in any of our products. Our recipes utilize whole, real foods, not processed alternatives, and many products are low or no-sodium.

Stay tuned for more **Epicure** Classes in 2025! Economical, non-irradiated ingredients and nutritious! You simply add your own type of protein!

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

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 "SCAI" & 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:

\_\_\_\_\_

\*\*\*\*\*

Your Name: \_\_\_\_\_

Address: \_\_\_\_\_

City, State & Zip: \_\_\_\_\_

Phone #: \_\_\_\_\_

~ EPICURE CLASSES - AFFORDABLE & NUTRITIOUS MEALS ~

5



Several participants went home with three (3) YUMMY meals back in November. Each meal is six (6) servings! So many more to choose from!

- \*Sweet Garlic Chicken/Pork
- \*Chicken & Wild Rice Soup
- \*Cheesy Chili Mac

- EASY
- ECONOMICAL
- NUTRITIOUS



Kristy's *Epicure* meal prep classes are for the individual who doesn't have the time, desire, and/or ability to prep their own homemade meals. Kristy does all of the grocery shopping, gathers all materials and supplies, and hand preps all of the ingredients ahead of the class time for quick and easy assembly for participants.

Stay tuned for more *Epicure* classes to make yummy, easy and nutritious meals in 2025!

**RENARD LAW OFFICE, LLC**  
 ELDER LAW, TRUSTS & ESTATE PLANNING & PROBATE  
 36 YEARS OF PRACTICE  
 262-629-5937  
 WWW.RENARDLAW.COM  
 LINDA@RENARDLAW.COM



*Joy Manor of West Bend*  
 Assisted living facility for Seniors  
 262-365-0056  
 370 N Forest Ave., West Bend 53095

WASHINGTON COUNTY SHARED RIDE TAXI  
 www.washcowisconsin.gov/transit  
 DISCOVER. CONNECT. PROSPER  
 NEED A LIFT??  
 CALL THE WASHINGTON COUNTY SHARED RIDE TAXI SERVICE  
 CALL 1-888-285-TAXI (8294)  
 Contact the Shared Ride Taxi for trips through Washington County and the northern portion of Menomonee Falls.  
 Let us do the Driving  
 HOURS: Monday - Saturday 5AM - 10PM, Sunday 8AM - 4PM  
 \$20 Discounted Punch Cards Available (\$25 Value) Call 1-888-285-TAXI (8294) or 262-338-2908 for more information.




**THRIVE LOCALLY**



**my choice WISCONSIN**  
 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](http://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

**thrivent**  
 Peter J Kapler, MBA, FIC, CLTC®, Financial Advisor  
 Lakefront Group • 262-338-7770, ext. 105  
 411 N River Rd, West Bend, WI 53095  
 CA Insurance OK98865  
 Advice | Investments | Insurance | Banking | Generosity  
 27193 R1-21





## 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!

This newsletter contains advertisements and content supplied by third parties. Information contained herein regarding any specific person, commercial product process, or service by trade name, trademark, manufacturer, or otherwise, does not constitute or imply its endorsement, recommendation, or favoring by SCAL, Inc., its directors or employees.



## 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: \$3

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: \$20 for a Series of Sessions**

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

Beg. Line Dancing, Floor &/or Chair Yoga are available for \$35.00. Each pass covers the cost for 8 sessions.

YMCA Instructor-Led Stay Active  
 Cost: \$5 each class



# DECEMBER

Monday	Tuesday	Wednesday	Thursday	Friday
<p>2 8:00 Stay Active 9:00-1pm Pickleball 9:30 Cribbage 9:30 Quilting Group 11:00 Floor Yoga 1:00 Dominoes 1:00 Ping-Pong 3:00 Novice Pickleball</p>	<p>3 8:00 Beginner Line Dancing 8:30 Scrapbooking 9:00 Sheepshead 9:00 - 3pm Pickleball 10:00 Chair Yoga 1:00 Sheepshead for Beginners 1:00 Pinochle, Euchre, Scrabble 1:00 Quilting/Sewing 2:30 Cornhole - Bring a Friend! 3:00 Novice Pickleball</p>	<p>4 8:00 Stay Active 9:00 Woodcarving 9:00-1pm Pickleball 10:00 BUNCO 10:30 Armchair Exercises 1:00 Mah Jongg 1:00 Ping-Pong <b>1:30 Art with Ellie / Decorative Holiday Eggs Class</b> 3:00 Novice Pickleball</p>	<p>5 8:00 Novice Pickleball 9:00 Sheepshead 9:00-3pm Pickleball 9:30 Knit/Crochet 10:00 Chair Yoga 1:00 Floor Yoga 1:00 Scrabble 1:00 Sheepshead for Beginners 1:00 Dominoes 3:00 Novice Pickleball</p>	<p>6 9:00 Poker &amp; Chess 9:00 Footcare Services <i>(by scheduled appointment only)</i> 9:00 Beg. Basics Line Dancing 9:30 Beginner Line Dancing 10:00 Armchair Exercises 10:30-1:30pm Pickleball <b>DECEMBER 7TH - Saturday 1-3pm FUN BINGO</b></p>
<p>9 8:00 Stay Active 9:00-1pm Pickleball 9:30 Cribbage 10:00 Christmas-Themed Scrapbooking Class <b>10:00 Open Paint Pour Class</b> 11:00 Floor Yoga 1:00 Dominoes <b>1:00 Open Paint Pour Class</b> 1:00 Ping-Pong 1:30 Book Clubs (waiting list) 3:00 Novice Pickleball</p>	<p>10 8:00 Beginner Line Dancing 8:30 Scrapbooking 9:00 Sheepshead 9:00 - 3pm Pickleball 10:00 Chair Yoga <b>11-12 Tech Time with Sandi</b> 1:00 Sheepshead for Beginners 1:00 Pinochle, Euchre, Scrabble 1:00 Quilting/Sewing 2:30 Cornhole - Bring a Friend! 3:00 Novice Pickleball</p>	<p>11 8:00 Stay Active 9:00 Woodcarving 9:00-1pm Pickleball <b>10:00 Christmas Cookie Decorating Class</b> 10:30 Armchair Exercises 1:00 Mah Jongg 1:00 Ping-Pong 3:00 Novice Pickleball</p>	<p>12 8:00 Novice Pickleball 9:00 Sheepshead 9:00-3pm Pickleball 9:30 Knit/Crochet 10:00 Chair Yoga 1:00 Floor Yoga 1:00 Scrabble 1:00 Sheepshead for Beginners 1:00 Dominoes 3:00 Novice Pickleball</p>	<p><b>FRIDAY, DECEMBER 13TH</b> <b>SETUP FOR COOKIE SALE &amp; VENDOR/CRAFT FAIR</b>  ALL ACTIVITIES FOR TODAY ARE CANCELLED!  <b>DECEMBER 14TH - Saturday</b> <b>CHRISTMAS COOKIE SALE &amp; CRAFT FAIR FROM 9AM - 2PM</b></p>
<p>16 8:00 Stay Active 9:00-1pm Pickleball 9:30 Quilting Group</p>	<p>17 8:00 Beginner Line Dancing 8:30 Scrapbooking 9:00 Sheepshead</p>	<p>18 8:00 Stay Active 9:00 Woodcarving 9:00-1pm Pickleball</p>	<p>19 8:00 Novice Pickleball 9:00 Sheepshead 9:00-3pm Pickleball</p>	<p>20 9:00 Poker &amp; Chess 9:00 Beg. Basics Line Dancing 9:30 Beginner Line Dancing</p>



<p>(will use kitchen space, too)</p> <p>9:30 Cribbage</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>9:00 - 3pm Pickleball</p> <p>10:00 Chair Yoga</p> <p>1:00 Sheephead 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>10:30 Armchair Exercises</p> <p>1:00 Mah Jongg</p> <p>1:00 Ping-Pong</p> <p>3:00 Novice 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 Sheephead for Beginners</p> <p>1:00 Dominoes</p> <p>3:00 Novice Pickleball</p>	<p>10:00 Armchair Exercises</p> <p>10:30-1:30pm Pickleball</p>
--	--	---	---	--


**—HAPPY—**  
**CHRISTMAS EVE**  
DECEMBER 24TH

**—MERRY—**  
**CHRISTMAS**


**THE CENTER IS CLOSED FOR THE CHRISTMAS HOLIDAY WEEKEND AS OUR VOLUNTEERS WILL ENJOY TIME WITH THEIR FAMILIES!**

<p>30</p> <p>8:00 Stay Active</p> <p>9:00-1pm Pickleball</p> <p>9:30 Cribbage</p> <p>1:00 Dominoes</p> <p>1:00 Ping-Pong</p> <p>3:00 Novice Pickleball</p>	<p><b>New Year's Eve</b></p> <p><i>Cheers to a Year filled with love, laughter, and new beginnings!</i></p> 	<p><i>happy</i> <b>NEW YEAR 2025</b></p> 	<p><b>JANUARY 2, 2025</b></p> <p>8:00 Beg. Pickleball Lessons</p> <p>9:00 Sheephead</p> <p>9:00-3pm Pickleball</p> <p>9:30 Knit/Crochet</p> <p><b>10:00 Chair Yoga resumes</b></p> <p><b>1:00 Floor Yoga resumes</b></p> <p>1:00 Scrabble</p> <p>1:00 Sheephead for Beginners</p> <p>1:00 Dominoes</p> <p>3:00 Novice Pickleball</p>	<p><b>JANUARY 3, 2025</b></p> <p>9:00 Poker &amp; Chess</p> <p>9:00 Beg. Basics Line Dancing</p> <p>9:30 Beginner Line Dancing</p> <p>10:30-1:30pm Pickleball</p>
--	---	--	--	---

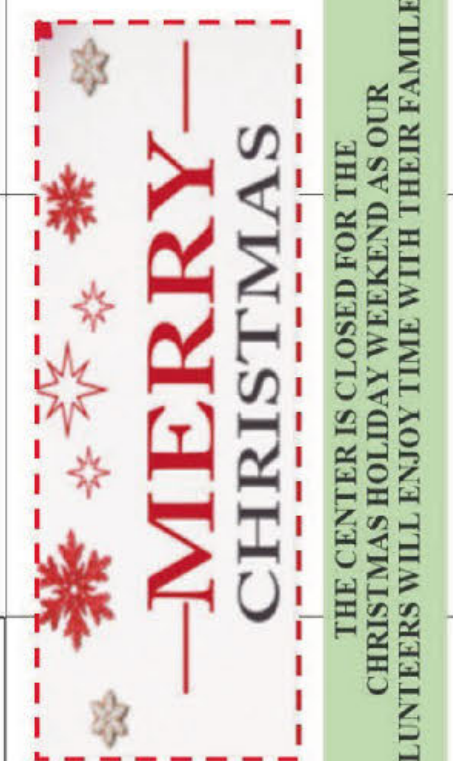
# See You in 2025!




2024



2024



2024





~TASTING EVENT~



BIO COFFEE & MORINGA HOT CHOCOLATE



BIO Coffee is a revolutionary product that provides vitamins, minerals, nutrients, pre and probiotics and 6 grams of fiber in each cup. THE HEALTHIEST COFFEE!

MORINGA

Hot Chocolate - only 4 Ingredients  
Cacao, High Fiber Plant Creamer (Coconut & Tapioca), Oligosaccharide (from chicory root) & Moringa.

Tuesday Morning  
December 3rd  
From 8:30-10:30am

Health Benefits of Moringa Hot Chocolate:

- Helps maintain healthy circulatory system
- Helps reduce high fat diet induced obesity
- Helps relieve bronchial asthma
- Helps maintain brain health
- Improves insulin resistance and glucose levels (for diabetics)
- Improves mood
- Improves blood vessel elasticity
- Helps stomach disorders
- Improves digestion
- Helps cholesterol levels
- Reduces cravings



sponsored by



PHONE # 262 335 4498

<https://www.seniorcitizensactivities.org/>

where well-being and a shared sense of community merge

BIO COFFEE - Try the 'Healthiest Coffee in the World' - Did you know there is a coffee that is actually GOOD for you?!

BIOCOFFEE is:

- ☉ Made with only 4 ingredients!
- ☉ 100% organic
- ☉ Alkaline and can neutralize acid in the gut
- ☉ Will NOT spike your blood sugar
- ☉ High in fiber
- ☉ Tastes delicious!

\*And it is SUPER tasty mixed with the Moringa hot chocolate!!

Mark your calendar for Tuesday morning, December 3rd from 8:30 to 10:30am.

Perfect for stocking stuffers!

IMPROVE BALANCE, SAFETY, MOBILITY,  
LEARN PREVENTATIVE BALANCE SKILLS

Challenge and improve your balance with basic moves of ballroom dance! A different dance will be introduced each week. Dances include Waltz, Merengue, Cha Cha, Rumba, East Coast Swing, Fox Trot and Tango.

This class is ideal for all participants (those who have a fear of falls, those who want to improve balance, safety mobility or those who feel they have good balance but simply want to learn to dance and learn preventative balance skills through dance movement). On the first and last day of class, participants will complete pre and post balance testing after class.



No experience or partner needed!

Dances will be taught in line formation. This class is FREE in January only and will continue if there is enough interest on behalf of participants.



~IMPROVE BALANCE~

A NEW YEAR'S RESOLUTION

FREE



Wednesday Mornings in January  
January 8th, 15th, 22nd & 29th  
9am to 10am approximately  
(location: open Sheepshead playing area)



Wear tennis shoes or soft-heeled shoes that don't fall off. No flip-flops!

No partner required!

Facilitated by Sarah Neman, PTA, CPT  
Thrive Senior Services, LLC  
Ballroom Basics for Balance



Class size is limited to 15 AND one must commit to all four weeks. Sign up with Paula/Amber.

<https://ballroombasicsforbalance.org/>

PHONE # 262 335 4498

<https://www.seniorcitizensactivities.org/>

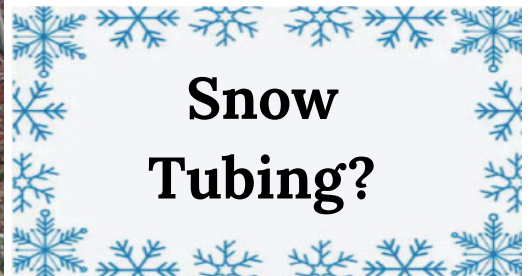
where well-being and a shared sense of community merge





What are your favorite outdoor activities?

- Join in anytime!
- Lead a group!



Snow Tubing?

NEVER MISS OUR NEWSLETTER!

**SUBSCRIBE**

Have our newsletter emailed to you.



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



Dec 01	Phyllis Schwartz	Dec 19	Dottie Cegielski
Dec 01	Kerin Taylor	Dec 19	James Pasbrig
Dec 01	Laurie Justman	Dec 19	Jane Udarbe
Dec 01	Mary Henner	Dec 19	Christina Mahoney
Dec 02	Beverly Taylor	Dec 20	Marilyn Kellow
Dec 02	Richard Cashin	Dec 20	Norbert Klein
Dec 02	Jean Kleist	Dec 20	Barbara Smith
Dec 02	Lavonne Casper	Dec 20	Rosie Spaeth
Dec 03	Bonnie Gierach	Dec 20	Barbara Mueller
Dec 03	David Peterson	Dec 20	Sheila Manzek
Dec 03	Beverly Hirschmann	Dec 21	Darlene Umhoafer
Dec 04	Mary Ann Parlow	Dec 21	Mary Olson
Dec 04	Kathy Schreffler	Dec 21	Jodi Brown
Dec 05	Paula Hader	Dec 22	Diane Denow
Dec 05	Beatrice Colwell	Dec 22	Stephen White
Dec 05	Betty Clement	Dec 22	Donald Alexander
Dec 05	Joanne Firkus	Dec 22	Darlene Nelson
Dec 06	Rosemary Zimdars	Dec 22	Julie Gleason
Dec 06	Kathleen Weberg	Dec 23	Suzanne Meyer
Dec 07	Agnes Zimmerman	Dec 23	Cathy Sunila
Dec 07	Judy Griesemer	Dec 24	Carol Bremser
Dec 08	Richard Luedtke	Dec 24	Joe Springer
Dec 08	Carol Turner	Dec 24	Elaine Blankenburg
Dec 08	Rollin Krafft	Dec 24	Carol Zwack
Dec 09	Mary Rozek	Dec 24	Tommy Gossett
Dec 10	Katherine Dei	Dec 25	Joyce Heisdorf
Dec 10	Judi Nash	Dec 25	Carlotta Hanson
Dec 10	Helen Rohland	Dec 25	Thomas Nelesen
Dec 11	Mary Cudnohoske	Dec 25	Cornelius VanderGalien
Dec 11	Mark Magnowski	Dec 26	Deborah Ball
Dec 12	Thomas Blish	Dec 26	Jane Korth
Dec 12	Pat McClain	Dec 27	Susan Bruesch
Dec 12	Sandy Wimmer	Dec 27	Caroline Reich
Dec 13	Andrea Gump	Dec 27	Christine Weiss
Dec 13	Virginia Komp	Dec 27	Lynn Krenzien
Dec 13	JoAnna Johnson	Dec 27	Thomas Bednarek
Dec 13	Beth Kastner	Dec 27	Dawn Hoffmann
Dec 14	Melicent Hilsmann	Dec 28	Betty Bergstrom
Dec 14	Linda McCardle	Dec 28	Doris Hammes
Dec 14	Kathleen Ramthun	Dec 28	Karen Mallette
Dec 15	Corey Wuebben	Dec 29	Margaret Jacklin
Dec 15	Gail Klassen	Dec 29	Lenice Schnell
Dec 15	Rita Hupfer	Dec 29	Warren Brehmer
Dec 15	Scott Wimer	Dec 29	Janet Youmans
Dec 15	Otto Pena	Dec 30	Kenneth Tappa
Dec 17	Donna Breselow	Dec 30	Debra Jurcek
Dec 17	Susan Badura	Dec 30	Nancy Eastman
Dec 17	Jennifer Edgerton	Dec 30	Helene Kukuk
Dec 17	Cindy Heaton	Dec 30	Charles Schmeling
Dec 17	Scott Dunning	Dec 31	Darlene Walls
Dec 18	JoAnne Keaton	Dec 31	Christine Schultz
Dec 18	Sharon Silverman		







**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

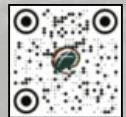
**CONTACT:**

Abby Jonasson  
262.338.4617

Julie Schickert  
262.365.5200

**VISIT US AT:**

cedarcommunity.org



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



14 ~ ALL TYPES OF ARTS, CRAFTS & COOKIES ~



LET'S GROW YOUR BUSINESS  
Advertise in our Newsletter!

CONTACT ME Alex Nicholas

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

NEED TO SELL?  
WE WILL BUY YOUR HOME FOR

**CASH**

CLOSE AS QUICK AS 7 DAYS  
NO INSPECTIONS  
NO APPRAISALS



CALL  
FOR AN  
OFFER

262-573-9696

Place Your Ad Here and  
Support our Community!

Instantly create and  
purchase an ad with

AD CREATOR STUDIO



lpicommunities.com/adcreator







Paula Hader, Executive Director

# The Office Corner

As we approach the holiday season, the Activity Center for 50+ extends warm wishes to you and your loved ones. May this time bring you joy, comfort, and a sense of belonging within our vibrant community. Together, we continue to foster well-being, connection, and shared experiences that make our center a special place for all.

**Happy Holidays from all of us!**



## CONGRATULATIONS JON SCHOLZ!

The winner of the **7th Annual Car Raffle** was drawn on Saturday, October 5th - **Jon Scholz of Cedarburg**

**BINGO is scheduled for every 2nd Tuesday of the month (none in December). 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!**

Jon chose a **2025 KIA Telluride** (pictured above). We extend our heartfelt gratitude to everyone who contributed to the collaborative fundraiser in any way!

### IMPORTANT NOTE FOR THE NEW YEAR

As we expand our lineup of **pay-as-you-go** classes and activities for 2025, we are also experiencing increases in operational costs. To continue providing high-quality programs, a modest fee adjustment will take effect in January. We wanted to give you advance notice to help you prepare for these updates. For instance, activities currently priced at \$2 will be \$3, those at \$4 will increase to \$5, and \$30 passes will be adjusted to \$35. This decision was made thoughtfully, with careful consideration of the impact on our participants. Kindly bring smaller bills to pay for your activities. We truly value the role our programs play in your life and are grateful for your continued support. Our board and staff remains dedicated to seeking external funding to help manage expenses, ensuring that our programs remain accessible to all.

### 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

# 16 ~ PREPARING FOR THE COOKIE SALE & CRAFT FAIR ~



Sue M. & Sharon M. have collected money from the many Volunteer Receptionists and have prepared a delightful-themed gift basket to be given away to a lucky winner!

Plans are underway for the December 14th Cookie Sale & Craft Fair - an annual fundraiser for the Center! The hours are 9am to 2pm - be certain to stop in earlier rather than later if you want cookies! We have more and more customers every year! Thank you to the many people who are baking & donating cookies & sweet treats for the Annual Cookie Sale & Craft Fair. If you are an avid baker and interested in baking for our event, let us know if you'd like us to help purchase some ingredients for you to bake with. There will be nearly 30 crafters and various other vendors selling their creations, wares, specialties, etc. - our sale is known as one of the elegant ones!

## 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

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

### STAFF

See you January 14, 2025!

EVERY 2ND  
TUESDAY



4:30 OPEN  
6:30 BINGO

A BIG SHOUT OUT to the Volunteers who proudly bake & donate YUMMY DESSERTS for the monthly

### PUBLICATION INFO

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

### ADVISORY COMMITTEE

Subscription increase effective 1/1/2025: \$15 yr.

Paula Hader, Executive Director  
Email: wbseniorcenterphader@gmail.com  
Amber, Assistant - amberwbseniorcenter@gmail.com