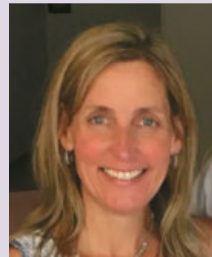




Welcome Susan Pokorny, our new Tai Chi instructor! Susan comes to us with 30 years of experience in the Wellness Industry. Susan's background is in Yoga, Tai Chi, and Pilates. We are happy to welcome Susan to our team!



Tai Chi
is back!

Join us for
Beginning
Tai Chi.

Tuesdays from
11:30 AM -
12:30 PM
Jan 25 – Mar 8

Residents - \$44
Non Res - \$53

Registration is open!

Contact Information

Older Adult & Volunteer Supervisor

Lori Oertel

262-255-8469

Email

oertlor@sdmfschools.org

CE & Rec Office Hours

Monday - Friday, 8:00 AM - 4:30 PM

Office Phone

262-255-8460



We are still waiting for confirmation from AARP as to if they are going to be preparing taxes this season.

We are hoping to have more information by January 10, please call our office, 262-255-8460, for updates after January 10.

Our 55+ programs consist of a variety of services and activities. The Community Center's facilities and parking are barrier free. Senior Center hours are Monday through Friday, 8:00 AM to 4:00 PM.

What's happening?

Menomonee Falls Library

For a full list of events please visit the library website at MenomoneeFallsLibrary.org.

Adult Book Club: Children's Room at 7:00 PM
BEFORE WE WERE YOURS by Lisa Wingate
Thursday, January 13

THE LOVE HYPOTHESIS by Ali Hazelwood
Thursday, February 10

Historic Fussville with Carol McGibany
Monday, January 10, 6:30 - 7:30 PM
What is Fussville? Is it a magical place like Brigadoon or Camelot? No! It used to be a separate community southeast of Menomonee Falls, before it was annexed by the Village in 1958. Carole McGibany, a local historian and author of *Glimpses* and *A Second Glimpse*, will speak about the founding, growth, and eventual demise of this once thriving community. **Please register in advance for this in-person program. This program may need to transition to virtual, notice will be sent via email.**

Menomonee Falls Library Movie Time

Tuesday, January 18 at 2:15 PM
Thursday, January 20 at 2:15 PM
Tuesday, February 15 at 2:15 PM
Thursday, February 17 at 2:15 & 6:15 PM



Call the Library for movie titles at 262-532-8900

Where's Lori?

I have hidden my picture somewhere in this newsletter. See if you can find me.



Senior Bus Schedule

Johnson Bus Company
(262) 251-4230



Mondays - Fridays
9:00 AM - 2:00 PM

Monday through Friday. Riders may go anywhere in the Menomonee Falls area for appointments and shopping. On Mondays, the bus also goes to Mequon Road.

Please call for costs and to make reservations **at least one day in advance.**

You must be 60 years old or over to participate in this service. **The bus does not operate on holidays.**

Eirenicon Club

Join your friends for entertainment, guest speakers, bingo, refreshments, and socializing. Meetings are held the 1st & 3rd Wednesdays at 1:00 PM. Dues are \$20.00 a year.



Adult Lap Swim or Water Walking

North Middle School Pool. Cost is \$3.00 per visit for 55+ or buy a punch card with 12 sessions for \$29.00 or a seasonal swim pass for \$32.00.

January 24 - May 25
Mon & Wed 4:00 - 5:30 PM
Saturday 8:00 - 9:30 AM



**Staff shortages lead to reduced aquatics offerings.*

Senior Dining

Cup of Health - Sleep

Better Sleep: What's Getting in the Way?

1 in 3 American adults fails to get enough sleep. Are you one of them? Instead of loading up on extra caffeine, join us for this educational session presented by a registered nurse to discuss what's getting in the way of better sleep and what you can do about it.

The session will cover:

- The relationship between sleep and health
- Sleep needs for adults
- Reasons why you can't sleep
- Promoting better sleep through good sleep hygiene
- Getting help for sleep issues

Tuesday: February 22

Time: 10:00 - 11:00 AM | Room 123

Free, but registration is required



Senior Dining

Join us for lunch and meet a new friend.

Days: Monday - Friday at Noon
Price: \$4.00, suggested donation

Call: 262-251-3406 between
9:30 AM - 1:00 PM.

Reservations must be made
24 hours in advance.

Valentine's Day Celebration -
Thursday, February 14

For more information on home delivery
please call 262-548-7828.



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Germantown
gablesofgermantown.com

Grace Commons
(262) 252-9600
Menomonee Falls
gracecommonsliving.com

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For ad info. call 1-800-950-9952 • www.lpicommunities.com School District of Menomonee Falls, WI

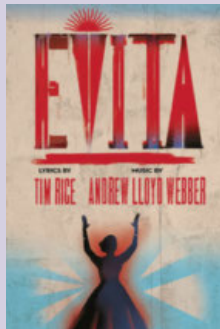
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Take a Trip with Lori



EVITA!

Date: Thursday, March 10
Time: 9:15 AM - 6:30 PM,
Sign in at 9:00 AM
Fee: \$119 Resident /
\$129 Non-Resident
Register by February 17.

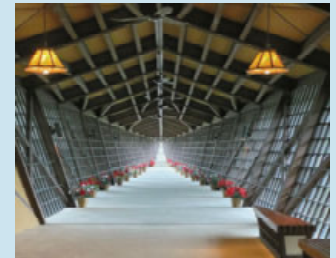


Check out the fun we had on our past trips!

Door County Treasures



House on the Rock



Dancing Horses

Date: Wednesday, April 20
Time: 10:30 AM - 4:45 PM,
Sign in at 10:15 AM
Fee: \$97 Resident / \$107 Non-Resident
Register by March 16.



Moon Stars and Sun Catchers

Date: Wednesday, May 4
Time: 7:45 AM - 5:45 PM,
Sign in at 7:30 AM
Fee: \$84 Resident / \$94 Non-Resident
Register by March 31.



One Day Getaway to Ho-Chunk Wisconsin Dells

Date: Thursday, February 17
Time: 8:15 AM - 5:15 PM,
Sign in at 8:00 AM
Fee: \$36 Resident / \$42 Non-Resident
Please Register by February 4.



Trip Refund Policy

Note: Refunds can only be given if we can register someone from our waiting list to take your place.

January Calendar of Events

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 Chess Club 9:30 Sheepshead 12:00 Mah Jongg 12:00 Hand and Foot 12:30 Dartball 1:00	4 Apple Tech Help 9:00 Warm Up America 9:30 Bridge / Dominos 1:00 Cornhole 1:30	5 Sing Along 11:00 Eirenicon Club: 1:00	6 Bridge 12:30 Scrabble 1:00 Bingo 1:15	7 Cribbage 10:00 Sheepshead 12:00 Bridge 1:00 Dominos 1:00
10 Chess Club 9:30 Zumba Gold 9:30 Easy Yoga 10:30/11:30 Sheepshead 12:00 Mah Jongg 12:00 Hand and Foot 12:30 Dartball 1:00	11 Work Out 9:00 Knitting 9:30 Warm Up America 9:30 Yoga Basics 10:15 Bridge / Dominos 1:00 Cornhole 1:30	12 Toe Nail Trimmers Not-So-Easy Yoga 9:00 Yoga No Mat 11:45 Happy Hookers 12:00 Book Classics 1:00	13 Work Out 9:00 Knitting 9:30 Yoga No Mat 12:30 Bridge 12:30 Scrabble 1:00	14 Cribbage 10:00 Sheepshead 12:00 Stockbox 12:30 Bridge 1:00 Dominos 1:00 Pickleball 5:30/7:15
17 Chess Club 9:30 Zumba Gold 9:30 Easy Yoga 10:30/11:30 Blood Pressure: 11:00 Sheepshead 12:00 Mah Jongg 12:00 Hand and Foot 12:30 Dartball 1:00	 18 Apple Tech Help 9:00 Work Out 9:00 Knitting 9:30 Warm Up America 9:30 Yoga Basics 10:15 Bridge / Dominos 1:00 Cornhole 1:30	19 Not-So-Easy Yoga 9:00 Sing Along 11:00 Yoga No Mat 11:45 Eirenicon Club 1:00 Medicare Class 7:00	20 Work Out 9:00 Knitting 9:30 Stronger Together 10:00 Yoga No Mat 12:30 Bridge 12:30 Scrabble 1:00 Bingo: 1:15	21 Cribbage 10:00 Sheepshead 12:00 Bridge 1:00 Dominos 1:00 Pickleball 5:30/7:15
24 Chess Club 9:30 Zumba Gold 9:30 Easy Yoga 10:30/11:30 Sheepshead 12:00 Mah Jongg 12:00 Hand and Foot 12:30 Dartball 1:00	25 Work Out 9:00 Warm Up America 9:30 Knitting 9:30 Yoga Basics 10:15 Tai Chi 11:30 Bridge / Dominos 1:00 Cornhole 1:30	26 Toe Nail Trimmers Not-So-Easy Yoga 9:00 Bunko 9:30 Yoga No Mat 11:45 Sit & Knit 12:00 Book Lovers 1:00	27 Work Out 9:00 Knitting 9:30 Mixed Media 10/12:30 Yoga No Mat 12:30 Bridge: 12:30 Scrabble 1:00	28 Cribbage 10:00 Sheepshead 12:00 Bridge 1:00 Dominos 1:00 Pickleball 5:30/7:15
31 Chess Club 9:30 Zumba Gold 9:30 Easy Yoga 10:30/11:30 Sheepshead 12:00 Mah Jongg 12:00 Hand and Foot 12:30 Dartball 1:00				

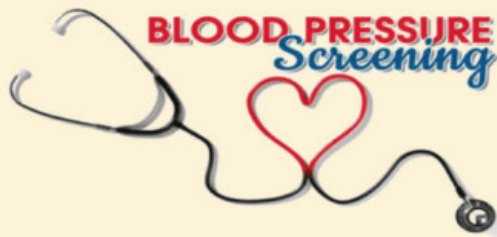
February Calendar of Events

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 Work Out 9:00 Knitting 9:30 Warm Up America 9:30 Drawing 10:00 Yoga Basics 10:15 Tai Chi 11:30 Bridge / Dominos 1:00 Cornhole 1:30	2 Not-So-Easy Yoga 9:00 Sing Along 11:00 Yoga No Mat 11:45 Eirenicon Club 1:00	3 Work Out 9:00 Knitting 9:30 Mixed Media 10/12:30 Yoga No Mat 12:30 Bridge 12:30 Scrabble 1:00 Bingo: 1:15	4 Craft Time 10:00 Cribbage 10:00 Sheepshead 12:00 Bridge 1:00 Dominos 1:00 Pickleball 5:30/7:15
7 Chess Club 9:30 Zumba Gold 9:30 Easy Yoga 10:30/11:30 Sheepshead 12:00 Mah Jongg 12:00 Hand and Foot 12:30 Dartball 1:00	8 Apple Tech Help 9:00 Work Out 9:00 Knitting 9:30 Warm Up America 9:30 Drawing 10:00 Yoga Basics 10:15 Tai Chi 11:30 Bridge / Dominos 1:00 Cornhole 1:30	9 Toe Nail Trimmers Not-So-Easy Yoga 9:00 Yoga No Mat 11:45 Happy Hookers 12:00 Book Classics 1:00	10 Work Out 9:00 Knitting 9:30 Mixed Media 10/12:30 Yoga No Mat 12:30 Bridge 12:30 Scrabble 1:00	11 Cribbage 10:00 Sheepshead 12:00 Bridge 1:00 Dominos 1:00 Pickleball 5:30/7:15
14 Chess Club 9:30 Zumba Gold 9:30 Easy Yoga 10:30/11:30 Sheepshead 12:00 Mah Jongg 12:00 Hand and Foot 12:30 Dartball 1:00	15 Bucks Trip Work Out 9:00 Knitting 9:30 Warm Up America 9:30 Drawing 10:00 Yoga Basics 10:15 Tai Chi 11:30 Bridge / Dominos 1:00 Cornhole 1:30	16 Not-So-Easy Yoga 9:00 Sing Along 11:00 Yoga No Mat 11:45 Eirenicon Club 1:00	17 Ho-Chunk Trip Work Out 9:00 Knitting 9:30 Stronger Together 10:00 Mixed Media 10/12:30 Yoga No Mat 12:30 Bridge 12:30 Scrabble 1:00 Bingo 1:15	18 Cribbage 10:00 Sheepshead 12:00 Bridge 1:00 Dominos 1:00 Pickleball 5:30/7:15
21 Chess Club 9:30 Zumba Gold 9:30 Easy Yoga 10:30/11:30 Blood Pressure 11:00 Sheepshead 12:00 Mah Jongg 12:00 Hand and Foot 12:30 Stockbox 12:30 Dartball 1:00	22 Apple Tech Help 9:00 Work Out 9:00 Knitting 9:30 Warm Up America 9:30 Drawing 10:00 Yoga Basics 10:15 Tai Chi 11:30 Bridge / Dominos 1:00 Cornhole 1:30	23 Toe Nail Trimmers Not-So-Easy Yoga 9:00 Bunko 9:30 Yoga No Mat 11:45 Sit and Knit 12:00 Book Lover 1:00	24 Work Out 9:00 Knitting 9:30 Mixed Media 10/12:30 Yoga No Mat 12:30 Bridge 12:30 Scrabble 1:00	25 Cribbage 10:00 Sheepshead 12:00 Bridge 1:00 Dominos 1:00 Pickleball 5:30/7:15
28 Chess Club 9:30 Zumba Gold 9:30 Easy Yoga 10:30/11:30 Sheepshead 12:00 Mah Jongg 12:00 Hand and Foot 12:30 Dartball 1:00				

Blood Pressure Checks

Did you know you can have your blood pressure checked here at the Senior Center on the 3rd Monday of each month by an LPN from Froedtert Health. Stop by between 11:00 AM - 12:00 PM, it only takes a few minutes.

Mondays: January 17 & February 21
Time: 11:00 AM - 12:00 PM | Room 102B
Free, but registration is required



Brain Teasers

- 1) A sundial has the fewest moving parts of any timepiece. Which has the most?
- 2) A man was walking in the rain. He was in the middle of nowhere. He had nothing and nowhere to hide. He came home all wet, but not a single hair on his head was wet. Why is that?
- 3) What has cities, but no houses; forests, but no trees; and water, but no fish?
- 4) During which month do people sleep the least?
- 5) What fastens two people yet touches only one?
- 6) What rocks but does not roll?
- 7) If I am holding a bee, what do I have in my eye?

Check page 9 for the answers

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Upcoming Classes

Registration is required



Zumba Gold

Mondays: Jan 10 - Feb 28
Time: 9:30 - 10:15 AM
Fee: \$32 R / \$38 NR

Easy Yoga

Mondays: Jan 10 - Feb 28
Time: 10:30 - 11:15 AM
or 11:30 AM - 12:15 PM
Fee: \$32 R / \$38 NR



Toe Nail Trimmers



Jan 12, 26 & Feb 9, 23
Fee: \$31

Registration is required by
calling (262) 719-0336

Not-So-Easy Yoga

Wednesdays: Jan 12 - Mar 2
Time: 9:00 - 9:45 AM
Fee: \$32 R / \$38 NR



Yoga Without a Mat

Wednesdays: Jan 12 - Mar 16
Time: 11:45 AM - 12:30 PM
Fee: \$40 R / \$48 NR



Thursdays: Jan 13 - Mar 17
Time: 12:30 PM - 1:15 PM
Fee: \$40 R / \$48 NR



Dartball

Mondays: Jan 3 - April 25
Time: 1:00 - 2:30 PM
Fee: \$10 R & NR

Wake Up Work Out

Tuesdays: Jan 11 - Mar 8
Thursdays: Jan 13 - Mar 10
Time: 9:00 - 10:00 AM
Fee: \$39 R / \$47 NR



Knitting

Tuesdays: Jan 11 - Mar 8
Thursdays: Jan 13 - Mar 10
Time: 9:30 - 11:30 AM
Fee: \$63 R / \$76 NR

Mixed Media

Thursdays: Jan 27 - Mar 17
Time: 10:00 AM - 12:00 PM
Or 12:30 - 2:30 PM
Fee: \$48 R / \$58 NR



Drawing Your Photograph

Tuesdays: Feb 1 - March 8
Time: 10:00 - 11:30 AM
Fee: \$39 R / \$46 NR



Indoor Pickleball

Fridays: Jan 14 - March 18
Time: 5:30 - 7:00 PM
Or 7:15 - 8:45 PM
Fee: \$30 R / \$50 NR



Yoga Basics

Tuesdays: Jan 11 - March 15
Time: 10:15 - 11:15 AM
Fee: \$31 R / \$39 NR



Are You Ready For Medicare?

Wednesday: Jan 19
Time: 7:00 - 8:30 PM | Room 123
FREE, but registration is required



Beginning Tai Chi

Tuesdays: Jan 25 - Mar 8
Times: 11:30 AM - 12:30 PM
Fee: \$44 R / \$53 NR



Cup of Health - Sleep

Tuesday: Feb 22
Time: 10:00 - 11:00 AM | Room 123
FREE, but registration is required

Puzzle Hint

Blood Drive

Giving Blood is a quick, simple way to give back to your community and possibly save a life. The donation process from the time you arrive to the time you leave is only about an hour.

Helpful Hint: Make sure to eat a healthy meal and drink plenty of water before donating.

Tuesday: January 4
Time: 2:00 - 7:00 PM
Room: 102
Registration is required online at versiti.org or by calling 1-877-232-4376.



Brain Teaser Answers

- 1) An hourglass—It has thousands of grains of sand.
- 2) The man was bald.
- 3) A map.
- 4) February (there are usually fewer nights in February).
- 5) A wedding ring.
- 6) A rocking chair.
- 7) Beauty. Because beauty is in the eye of the beholder (bee holder).



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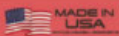


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Free Activities

Tired of staying home? Come to our Community Center for some fun!

- Mondays** Sheepshead 12:00 PM
- Mondays** Mah Jongg 12:00 PM
- Mondays** Hand & Foot 12:30 PM
- Tuesdays** Bridge 1:00 PM
- Tuesdays** Dominos 1:00 PM
- Tuesdays** Cornhole 1:30 PM
- Thursdays** Bridge 12:30 PM
- Thursdays** Scrabble 1:00 PM
- Fridays** Sheepshead 12:00 PM
- Fridays** Bridge 1:00 PM
- Fridays** Dominos 1:00 PM

We have books, magazines, CD's, videos, DVD's and puzzles that you may borrow for free.

Chess Club

Mondays
9:30 - 11:30 AM



Blood Pressure Check



3rd Monday of the month
11:00 AM - 12:00 PM

Stockbox by Hunger Task Force

Jan 14 & Feb 14
12:30 - 1:30 PM



Warm Up America

Tuesdays
9:30 - 11:00 AM

Sing Along



1st & 3rd Wednesdays
11:30 AM - 12:30 PM

Books Are Us

Book Classics - 2nd Wednesday
Book Lovers - 4th Wednesday
1:00 - 2:30 PM



Bunko

4th Wednesdays
9:30 - 11:30 AM
\$1 for Kitty



Happy Hookers / Sit'n Knit

2nd & 4th Wednesdays
12:00 - 3:00 PM



Bingo

1st & 3rd Thursdays
1:15 - 2:30 PM
\$2 for two cards, 10 games



Cribbage

Fridays
10:00 AM - 12:00 PM



Stronger Together Coffee & Conversations

3rd Thursdays:
Speakers on the following topics:
Jan 20 - Health Insurance Advocate
Feb 17 - In Home Safety
10:00 am - 11:00 AM



Slow-Cooker Chicken Tortilla Soup

- | | |
|--|------------------------------------|
| 1 lb. boneless skinless chicken breast | 3 garlic cloves, minced |
| 1 15-oz. can black beans, rinsed | 1 Tbs. cumin |
| 1 C. frozen corn | 1 Tbs. chili powder |
| 1 bell pepper, chopped | 1 tsp. salt |
| 1 white onion, chopped | 2 C. low-sodium chicken broth |
| 1 15-oz. can fire-roasted tomatoes | 1 C. shredded Monterey Jack cheese |



In a large slow cooker, combine chicken, black beans, corn, peppers, onion, tomatoes, garlic, cumin, chili powder, salt and chicken broth. Cover and cook on low until chicken is cooked and falling apart, 5-6 hours. Shred chicken with fork, then top soup with cheese and cover to let melt, about 5 minutes. Serve soup topped with tortilla chips and sour cream if desired. ENJOY!!!

**Remember you can leave out any ingredients that you do not like.*



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- **Supervise outdoor & gym activities**
- **Engage with students & develop relationships**
- **Help with crafts & projects**

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information at (262) 255-8460**



Valentine's Word Search

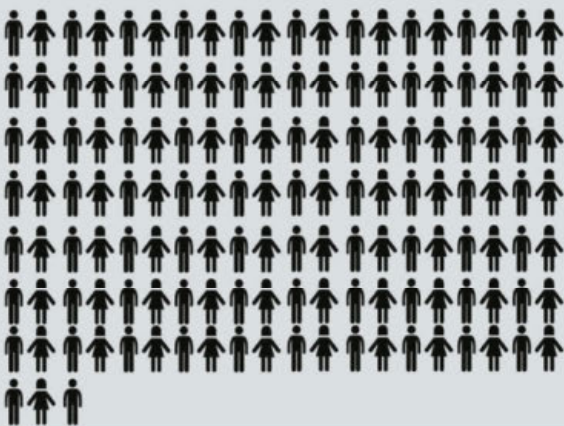


- ADORE
- AFFECTION
- AMOROUS
- ARROW
- BELOVED
- BEMINE
- BOUQUET
- CANDLELIGHT
- CANDY
- CARDS
- CHERISH
- CHERUB
- CHOCOLATE
- CUPID
- DARLING
- DEAR
- DESIRE
- DEVOTION
- EMBRACE
- ENDEARMENT
- FEBRUARY
- FLOWERS
- FOURTEENTH
- FRIENDS
- HEART
- HONEY
- HUGS
- KISSES
- LOVE
- LOVEBIRDS
- PINK
- POEM
- RED
- ROMANCE
- ROSES
- SECRETADMIRER
- SWEETHEART
- SWEETS
- TEDDYBEAR
- TENDERNESS



E E O C D B T R A E H T E E W S H G R
 O R J U N E R G B H G S M H R S T N A
 E I R S P M A I C E T F Q E I O N I E
 T S K U E I E R F A R N R R O S N L B
 A E I O N N H D P I N K E R I P E R Y
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 V E U D M C A R D S X F E B R U A R Y
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143 AP SCHOLARS



Record-Setting Growth



SDMF priority area score for GROWTH was the same or higher than 91.1% of school districts in Wisconsin on the DPI State Report Card!

Award-Winning

MFHS RANKED IN **TOP 6%**

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MFHS earned Significantly Exceeds Expectations

All other SDMF schools earned Exceeds Expectations