



May 2021

# the Good Life

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

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In May we will be open from  
8:00 am — 4:00 pm

Tuesday, Wednesday and Thursday.

We do not require proof of vaccination for participation in activities.

See the calendar insert in the middle of the newsletter for activity days and times.

### Stay Tuned

KBC Tours will start their very popular trips around Wisconsin and beyond in the next few months. Notices will be emailed and flyers will be available at the Center.

Thank You to Our Supporters



*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.*

# the Center Notes



Center News & Events

## SCAI'S MISSION

*"To enrich the lives of adults 50+ through 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 check payable to S.C.A.I and mail to:

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

## TRANSPORTATION

If you, or someone you know, would like to come to the Center but transportation is a challenge (no car, no friend to ride with)

please contact Paula at 262 335 4498 or  
wbseniorcenterphader@gmail.com



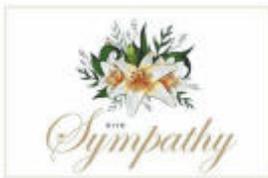
## **NEW! Walking Poles Lending Program**

Available to use at the Center and borrow to use at home, in the parks, etc. Poles can be checked out for a period of three months.

*"No matter what your age, shape, ability, present physical condition or fitness goals; Exerstrider Total Body Walking® can work for you to gently 'tune' your body for good health and vitality."*

Set up a time to get your poles fitted and a brief instruction on how to use them.

Please contact Paula at the following email address:  
wbseniorcenterphader@gmail.com  
or call the Center at 262 335 4498



The Senior Center expresses their deepest sympathies to the family and friends of George Van de Boom who passed on March 18th at the age of 94. He lived a long and full life and was active in helping with Samaritan Bingo.

Our sincerest sympathies are also extended to the families and friends of Center participants who have passed and all Center participants who have lost friends and loved ones.



**To the United Way of Washington County for additional funds to help with the financial shortfall caused by the pandemic.**





## Sheepshead to restart in May



As vaccines become more widely available and most of our participants report that they have been vaccinated, we are offering more activities.

The CDC has issued new guidelines for those who are fully vaccinated. Fully vaccinated individuals may visit with other fully vaccinated people indoors without wearing masks or staying 6 feet apart. They may gather in small groups with unvaccinated people indoors without wearing masks or staying 6 feet apart if everyone not vaccinated is at low risk for severe disease. Unvaccinated people pose little risk to those who are vaccinated or have immunity.

We are restarting **ALL** of the activities that were offered on Tuesday, Wednesday, and Thursday.

Please check the calendar insert for details.  
(No Saturday Bingo at this time)



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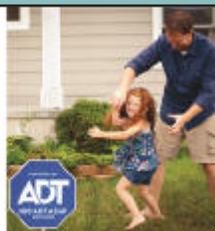


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## 9 Surprising Ways to Boost Your Heart Health



Eat less, move more, don't smoke. You know these heart-smart rules, well, by heart. Even so, cardiovascular disease remains America's biggest killer, and the risk increases as you get older. But whatever your age, it's never too late to protect your ticker..

**Heart Tip #1: Rethink Your Fish Oil Supplement** - The best way to reap the heart-healthy benefits of fish oil is to eat two servings a week of actual fish. That's preferable to taking a fish oil supplement, unless your doctor has prescribed one,

**Heart Tip #2: Double-Check Before You Pop "Baby" Aspirin** - . Its blood-thinning properties are said to reduce heart attack risk. But providers no longer make this one-size-fits-all recommendation. For many people, though, the risks of daily aspirin—especially the increased risk of bleeding—may outweigh the benefits. It's a discussion for the patient with their doctor about how high of a risk they are.

**Heart Tip #3: Tell Your Doctor About All Your Prescriptions** - Yes, all of them, not just the heart-related ones. Many common medications for osteoarthritis, autoimmune diseases, cancer, asthma, and other conditions can negatively affect your heart.

**Heart Tip #4: Go Easy on the Alcohol** - Vino lovers often cite research showing that red wine is good for the heart because its grape compounds might help keep arteries clear. The reality: These potential benefits shouldn't be an excuse to drink more than usual, or even at all.

**Heart Tip #5: Focus on Adding Healthy Food Instead of Cutting Things** - Low-fat and low-carb diets come and go, but a well-rounded approach to healthy eating is always a sustainable way to protect your heart. Fill your plate with fruits, vegetables, nuts, olive oil, fish, and low-fat poultry. You'll get a mix of protein, carbs, fat, and heart-protecting antioxidants.



### The Senior Center Information:

**Phone:**  
262.335.4498

**Hours of Operation:**  
Mon-Fri, 8:00 am - 4:00 pm

**Address:**  
2378 W. Washington St., Suite A  
West Bend, WI 53095

**Website:**  
seniorcitizensactivities.org

**Find us on Facebook, search for:**  
Senior Citizens Activities, Inc. West Bend

### Community Resources Information:

**Washington County ADRC**  
333 E. Washington St., Suite 1000  
West Bend, WI 53095  
(phone) 262.335.4497  
(fax) 262.335.4717  
(email) [adrc@washcowisconsin.gov](mailto:adrc@washcowisconsin.gov)

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

**West Bend City Taxi Service:**  
(phone) 262.334.3096  
Hours: Mon-Sat, 6:00 am -10:00 pm  
Sun 8:00 am - 4:00 pm



## Update on Senior Golf League and West Bend Lakes Golf Club



There will be a Senior Golf League this year but it will be a little different following the fire at West Bend Lakes on March 14th. If you are interested in joining, please contact Doug Rakowski at 9drak7@gmail.com

The official season will start the first Wednesday in May, 5/5/2021, and go to the last Wednesday in August, 8/25/2021, with tee times from 8:40AM through and including 9:30AM.

West Bend Lakes has issued the following information -

- A. The golf course is open - with carts - weather permitting.
- B. West Bend Lakes will be working out of a temporary Pro Shop located near the power cart staging area. The phone number has not changed - (262) 675-9922.
- C. West Bend Lakes is accepting credit cards.
- D. Temporary bathroom facilities are available.
- E. Beverages are available as well as snacks and limited menu food items.
- F. Seating is limited to outdoor picnic tables. Please consider tossing a lawn chair into your trunk so you can visit with friends while relaxing in the sunshine after your round.

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Sunday: 8 AM - 4 PM

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# the Center Activities

Activities will be gradually introduced as we follow a phased reopening plan in accordance with CDC and Washington County Health Department guidelines.

## Center Program Descriptions

### **Book Club: 1st Wed**

Enjoy a new book with a group & get involved in great discussions!

### **Bingo: 4th Wed & 2nd Sat**

Calling all Bingo Lovers! Enjoy 2 great groups: Fun Bingo & Saturday Bingo.

### **Chi Kung: Wed**

Get your positive energy flowing.

### **Chorus: Fri**

Sing to your hearts desire in our lively, directed choir.

### **Create-A-Card: 2nd Wed**

Tap into your creative abilities! Instructor-led; cards and materials provided.

### **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!

### **Jewelry Making: 1st Wed**

Make your own lovely jewelry! All supplies available from the instructor.

### **Knitting & Crocheting: Thurs**

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

### **Library Exchange: by request**

Call Nancy Larson at 262.335.5151 Ext. 5241

### **Mah Jongg: Wed**

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

### **Pinochle: Wed**

Join us for two great card games, Pinochle & Hearts, instruction available!

### **Quilting Class: Fri**

Work on a fun project with a master instructor.

### **Scrabble: Thurs**

Participate in a great group pass and play crossword game!

### **Sewing & Quilting: Tue**

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

### **Sheepshead: Mon, Tue, & Thurs**

Play 5-handed, Call an Ace Sheepshead. Beginner & Fun times available.

### **Wii Bowling: Tue**

Enjoy bowling without the heavy ball & bowling shoes; great for exercise & fun!

### **Woodcarving: Wed**

Bring your wood and tools, or come for instruction in this fun craft.

### **500 Cards: Mon**

Be the first to 500 points - make bids & take tricks to come out on top!



# the Gym Schedule

This is our normal schedule when we are fully open.

Please refer to the Monthly Calendar insert for the current schedule of available activities.

Monday	Tuesday	Wednesday	Thursday	Friday
8:00-8:30am FREE WALKING	8:00-8:30am FREE WALKING	8:00-8:30am FREE WALKING	8:00-8:30am FREE WALKING	8:00-8:30am FREE WALKING
8:45-9:45am Stay Active	8:45-9:30am Cardio Fit	8:45-9:45am Stay Active	8:45-9:30am Zumba Gold	8:45-9:45am Stay Active
10:00-12:30pm Pickleball	10:00-12:30pm Pickleball	10:00-12:30pm Pickleball	10:00-12:30pm Pickleball	10:00-12:30pm Pickleball
12:30-1:30pm Open Walking	12:30-3:00pm Pickleball Novice/Passive	12:30-1:30pm Open Walking	12:30-3:00pm Pickleball Novice/Passive	12:30-1:30pm FREE WALKING

*Activities will be gradually introduced as we follow a phased reopening plan in accordance with CDC guidelines.*

*Check this month's calendar for the current schedule of activities*



## Pickleball Play Times:

**Mon - Fri** **Cost: \$2.00**  
Check schedule above for varying times

## Novice/Passive Pickleball Play Times:

**Tues and Thursday afternoon**  
**Cost: \$2.00**  
Individual or group novice instruction arrangements can be scheduled upon request.

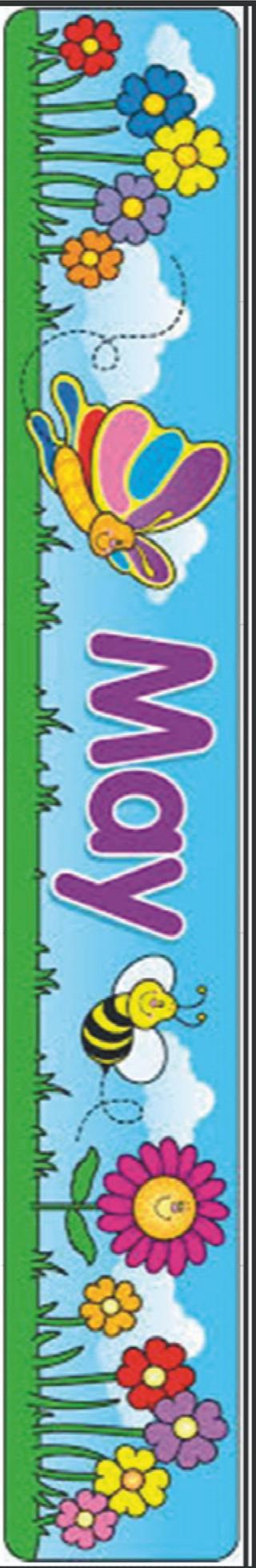
## Monthly Exercise Passes

Monthly Exercise passes give you **UNLIMITED** access to Stay Active, Zumba and/or Cardio Fit classes as well as **UNLIMITED** use of the gym during Walking & Open Gym times. Enjoy all of this for one flat fee per month!

**Cost: \$20.00**

(Pickleball session times are not included in this pass)

<p>17</p> <p>8:00 FREE Open Walking 8:45 Stay Active 9:30 Cribbage 9:30 Spinner Dominos 10:00 Pickleball 12:30 500 Cards 12:45 Fun Sheepshead</p>	<p>18</p> <p>8:00 Moving for Better Balance 9:00 Free Open Walking 9:00 Sheepshead 9-11 Pickleball 10:00 Chair Yoga 11-1 Pickleball 1:00 Pinochle 1:00 Wii Bowling 1:00 Euchre 1:00 Quilting/Sewing 1:00 Scrabble</p>	<p>19 SENIOR GOLF @ WB LAKES</p> <p>8:45 Stay Active 9:00 Free Open Walking 9:00 Woodcarving 9:30 Chi Kung 9-11 Pickleball 11-1 Pickleball 1:00 Mah Jongg</p>	<p>20</p> <p>8:45 Moving for Better Balance 9:00 Free Open Walking 9:00 Sheepshead 10:00 Chair Yoga 10-12 Pickleball 12-2 Pickleball 1:00 Dominoes 1:00 Scrabble</p>	<p>21</p> <p>8:00 FREE Open Walking 8:45 Stay Active 9:30 Chorus Practice 10:00 Pickleball 1:00 Open Games</p>
<p>24</p> <p>8:00 FREE Open Walking 8:45 Stay Active 9:30 Cribbage 9:30 Spinner Dominos 10:00 Pickleball 12:30 500 Cards 12:45 Fun Sheepshead</p>	<p>25</p> <p>8:00 Moving for Better Balance 9:00 Free Open Walking 9:00 Sheepshead 9-11 Pickleball 10:00 Art with Elie 10:00 Chair Yoga 11-1 Pickleball 1:00 Pinochle 1:00 Wii Bowling 1:00 Euchre 1:00 Quilting/Sewing 1:00 Scrabble</p>	<p>26 SENIOR GOLF @ WB LAKES</p> <p>8:45 Stay Active 9:00 Free Open Walking 9:00 Woodcarving 9:30 Chi Kung 9-11 Pickleball 11-1 Pickleball 1:00 Mah Jongg</p>	<p>27</p> <p>8:45 Moving for Better Balance 9:00 Free Open Walking 9:00 FOOT CARE 9:00 Sheepshead 10:00 Chair Yoga 10-12 Pickleball 12-2 Pickleball 1:00 Dominoes 1:00 Scrabble</p>	<p>28</p> <p>8:00 FREE Open Walking 8:45 Stay Active 9:30 Chorus Practice 10:00 Pickleball 1:00 Open Games</p>
<p>31</p>  <p>MEMORIAL DAY</p>	 <p>Remember - our fallen heros. They are the reason that we are free.</p>	 <p>National Pet Month 2021</p>		



Monday

Tuesday

Wednesday

Thursday

Friday

**The activities in Bold are the only ones currently being offered.**

Please try to bring exact change to minimize the need for the receptionist to handle cash.

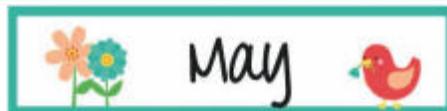
**SCAI May hours**  
**Tuesday, Wednesday and Thursday**  
**8:00 am - 4:00 pm**

*Free Open Walking* is now available in the church gathering space in the morning

**HAPPY**  
**MOTHER'S**  
**Day!**

<p><b>3</b></p> <p>8:00 FREE Open Walking</p> <p>8:45 Stay Active</p> <p>9:30 Cribbage</p> <p>9:30 Spinner Dominoes</p> <p>10:00 Pickleball</p> <p>12:30 500 Cards</p> <p>12:45 Fun Sheepsheed</p>	<p><b>4</b></p> <p>8:00 Moving for Better Balance</p> <p>9:00 <b>Free Open Walking</b></p> <p>9:00 Sheepsheed</p> <p>9-11 Pickleball</p> <p>10:00 Chair Yoga</p> <p>11-1 Pickleball</p> <p>1:00 Pinochle</p> <p>1:00 Wii Bowling</p> <p>1:00 Euchre</p> <p>1:00 Quilting/Sewing</p> <p>1:00 Scrabble</p>	<p><b>5 SENIOR GOLF @ WB LAKES</b></p> <p>8:45 Stay Active</p> <p>9:00 Free Open Walking</p> <p>9:00 Woodcarving</p> <p>9-11 Pickleball</p> <p>11-1 Pickleball</p> <p>1:00 Mah Jongg</p> <p>1:30 Book Club</p>	<p><b>6</b></p> <p>8:45 Moving for Better Balance</p> <p>9:00 <b>Free Open Walking</b></p> <p>9:00 Sheepsheed</p> <p>10:00 Chair Yoga</p> <p>10-12 Pickleball</p> <p>12-2 Pickleball</p> <p>1:00 Dominoes</p> <p>1:00 Scrabble</p>	<p><b>7</b></p> <p>8:00 FREE Open Walking</p> <p>8:45 Stay Active</p> <p>9:30 Chorus Practice</p> <p>10:00 Pickleball</p> <p>1:00 Open Games</p>
<p><b>10</b></p> <p>8:00 FREE Open Walking</p> <p>8:45 Stay Active</p> <p>9:30 Cribbage</p> <p>9:30 Spinner Dominoes</p> <p>10:00 Pickleball</p> <p>12:30 500 Cards</p> <p>12:45 Fun Sheepsheed</p>	<p><b>11</b></p> <p>8:00 Moving for Better Balance</p> <p>9:00 <b>Free Open Walking</b></p> <p>9:00 Sheepsheed</p> <p>9-11 Pickleball</p> <p>10:00 Art with Ellie</p> <p>10:00 Chair Yoga</p> <p>11-1 Pickleball</p> <p>1:00 Pinochle</p> <p>1:00 Wii Bowling</p>	<p><b>12 SENIOR GOLF @ WB LAKES</b></p> <p>8:45 Stay Active</p> <p>9:00 Free Open Walking</p> <p>9:00 Woodcarving</p> <p>9:30 Chi Kung</p> <p>9-11 Pickleball</p> <p>11-1 Pickleball</p> <p>1:00 Mah Jongg</p>	<p><b>13</b></p> <p>8:45 Moving for Better Balance</p> <p>9:00 <b>Free Open Walking</b></p> <p>9:00 Sheepsheed</p> <p>10:00 Chair Yoga</p> <p>10-12 Pickleball</p> <p>12-2 Pickleball</p> <p>1:00 Dominoes</p> <p>1:00 Scrabble</p>	<p><b>14</b></p> <p>8:00 FREE Open Walking</p> <p>8:45 Stay Active</p> <p>9:30 Chorus Practice</p> <p>10:00 Pickleball</p> <p>1:00 Open Games</p>

# the Birthday Wishes



Wishing you a Happy Birthday!

May 03	James Rutz	May 17	Karen Manthe
May 04	Deanna Borns	May 17	Lynn Duwell
May 04	Florence May	May 19	Lavira Holley
May 05	Beverly Hartmann	May 19	Mary Kay Roloff
May 05	Jo Gross	May 19	Gail Pechinski
May 06	James German	May 20	Barb Schlosser
May 06	Ann Hale	May 21	Robert Guth
May 07	Penny Norman	May 21	Dennis Proeber
May 07	Susan Zabinski	May 21	Donna Butz
May 07	Lucy Noegel	May 21	Valerie Williams
May 08	Susan Awve	May 21	Kathy Hines
May 08	Steven Henze	May 21	Tammy Kuechler
May 08	Michael Messar	May 22	Bernette Wolf
May 08	Phyllis Greiveldinger	May 22	William Koch
May 09	Dorothy Loecher	May 22	Leslie Leanna
May 09	Donna Stockfish	May 23	Jean Chapman
May 09	Jacqueline Miller	May 24	Peggy Proeber
May 10	Bette Koch	May 26	Elaine Stecker-Kochanski
May 10	Wendy Mellgren	May 27	Sandy Mayer
May 10	Barbara Justman	May 27	Connie Hall
May 10	Roberta Bispala	May 27	Eva Wall
May 10	India Berkholtz	May 28	Richard Lehmann
May 11	Patricia Martin	May 28	Pauline Schoenecker
May 11	Jean Zeckmeister	May 29	Gary Horn
May 11	Emajean Struve	May 29	Sue Havey
May 11	Charlene Ayers	May 29	Carol McKee
May 14	Mary McGrath	May 30	Dawn Koenitzer
May 15	Pattie Wachuta	May 31	Patricia Burg
May 16	Jen Osier	May 31	Donna Markgraf
May 17	Misako Jagler		





## 9 Surprising Ways to Boost Your Heart Health

Cont'd



**Heart Tip #6: Aim to Avoid Diabetes** - Over time, high blood sugar can damage blood vessels and harm your heart. "Once you have diabetes, we always say you have heart disease until proven otherwise. That's how strong the risk of diabetes and heart disease is. This is exactly why screening for diabetes and taking steps to lower your risk are important.

**Heart Tip #7: Get Your Sleep** - The worse you sleep, the higher your risk of heart failure, according to research in *Circulation*. People who sleep better may also have lower cholesterol levels, lower blood pressure, and less inflammation, says study author Lu Qi, M.D., Ph.D., a professor of epidemiology and director of the Tulane University Obesity Research Center. So how can you snooze more soundly? "Healthy diet habits and exercise may also help make sleep better," Dr. Qi says. A diet rich in fish and vegetables may promote better sleep, while irregular eating patterns and sugary foods are related to poor sleep.

**Heart Tip #8: Move a Little Every Day** - You knew this was coming. But here's the thing: You don't need to sign up for a boot camp to get the benefits. Even committing to a goal as simple as "I'll sit less and move more" can help your heart.

**Heart Tip #9: Get to Know Resistance Training** - It might not make your heart pump the way cardio does, but resistance training can help you mount a stronger fight against heart disease. Resistance exercise can lower

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# the Health & Wellness

## Programs & Special Offerings

### **PICKLEBALL Mon - Fri**

Pickleball is great cardiovascular exercise! Levels are: Novice/Passive & Passive/Intermediate.

### **WALKING Mon - Fri**

Enjoy walking at your own pace around our facility gym, bring a friend & make it more fun - plus it's FREE!

### **STAY ACTIVE Mon, Wed, Fri**

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

### **FLOOR YOGA Mon & Wed**

Combines different postures and stretches that help to develop balance, coordination, flexibility and strength while incorporating breathing techniques. *You must be able to get up and down off the floor unassisted.*

### **Wii BOWLING Tues**

Enjoy bowling without the heavy ball & bowling shoes; great for exercise, laughter and loads of fun!

### **CARDIO FIT Tues**

Designed to get your heart rate up and get you moving. A portion of the class uses small hand weights.

### **CHI KUNG Wed**

An ancient Chinese system of postures, breathing techniques and meditation designed to improve the body's 'chi' or energy of life.

### **CHAIR YOGA Tue & Thur**

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

### **ZUMBA GOLD Thur**

Designed to focus on improving balance, coordination & more!



### **Chair Massage**

Patty Neu, our Masseur, has a protocol established for the safety of all. Her massages are done in a private space. Call her directly to find out when she will begin offering massages again.

You can contact Patty at 262-808-7259 or email [pttyneu@yahoo.com](mailto:pttyneu@yahoo.com)



### **FOOT CARE \$30**

Give your feet some love! Toe nail trimming services will be available at the Center on the 4th Thursday of the month.

**Please call Toe Nail Trimmers directly**

at **262-719-0336** to schedule an appointment.

# 2021 Travel Showcase

Presented By: *Personalized Tours, Inc.*



**Wednesday, May 12th, 2021**

**1:00 - 3:00 pm**



**West Bend Activity Center for 50+ 'ers**

*2378 W Washington Street, West Bend*

Light refreshments will be served

Discounts offered  
Pre-registration is required

***Please call 262.335.4498 to sign up.***



## NOW ACCEPTING RESERVATIONS!

### cedar community CEDAR RIDGE HOMES

*Learn more about the new Cedar Ridge Homes being constructed on Cedar Community's Cedar Ridge Campus located at 113 Cedar Ridge Drive, West Bend. The nearly 1,700 square foot homes feature two bedrooms, two bathrooms, den or three-season room, two-car garages, basements, and upgraded finishes.*

Home reservations are on a first-come, first-served basis. Don't miss out on this opportunity to reserve your new home and maintenance-free lifestyle today!

You can even pick out your new home finishes including cabinets, flooring, paint, and more!

**To schedule a personal appointment,  
call Cathy, 262.338.4615,  
or Abby, 262.338.4617!**

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



# the Center



A Wisconsin farmer was on vacation in Texas. He couldn't resist exploring the hill farms north of Austin.

At lunch time he dropped into a bar and fell into easy conversation with a Texas farmer. 'How big is your spread?', asked the Texan. 'Well, it's about 200 acres', he said.

'Only 200 acres', the Texan responded, 'here I can get up at sunrise, saddle my horse and ride all day, when I return at supper time, I'll be lucky to have covered half my farm'.

'My, my', said the Wisconsinite, 'I once had horse like that, but I sent him to the glue factory.'

### Words to Live By

When something bad happens you have three choices. You can either let it define you, let it destroy you, or you can let it strengthen you.

*Unknown*

## Sudoku

Fill in the grid so that every row, column and 3x3 box contains the numbers 1 through 9.

	3	9						
								3
		7						8
	7				1			5
			4		7	8		
		8		2	3			4
			1	8	5			
	1			3		2		7
4					9			

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DIFFICULTY: ★☆☆☆☆

Answer on Page 16



### Volunteer Receptionists needed

Add your smiling face to a great group of volunteers.

Shifts are a half day - 8am-noon or noon-4pm.

A basic level of computer skill is required.

An experienced receptionist will train you until you are comfortable on your own.

Contact Paula if you are interested

Phone 262-335-4498

Email [wbseniorcenterphader@gmail.com](mailto:wbseniorcenterphader@gmail.com)



### Blue Lotus Farm & Retreat Center

#### Volunteer Opportunities

- ◆ Assisting our guests by supervising at the docks and around the grounds
- ◆ Helping with watering and other grounds maintenance
- ◆ Preparing mailings and performing other administrative tasks
- ◆ Fundraising, i.e. soliciting donations and helping with events
- ◆ Sharing your carpentry, plumbing, and electrical skills for specific projects

For more information, please visit our website at [www.bluelotusfarm.org](http://www.bluelotusfarm.org), email [lisa@bluelotusfarm.org](mailto:lisa@bluelotusfarm.org), or give us a call at (262) 675-2473

# *the* Office Corner

**Paula Hader**, Executive Director

**Joan Adler**, Administrative Assistant

## **Message from the Executive Director**

Spring has sprung! That is truly a welcome feeling as we move forward in the world after a year of pandemic. During the past year and now as participants return to the Center, I'm hearing many different stories of their personal experiences during this extraordinary time! I'd also like to recognize and acknowledge that the Center lost several beloved seniors some who were also Center volunteers.

During the pandemic (except for a short two months of closure) the Senior Center continued focusing on their mission of serving seniors in a variety of ways. We were able to provide a safe space for limited activities for seniors where they could engage and stay connected with others outside of their home. Two of those popular activities were a steady stream of Pickleball players and those interested in Chair Yoga.

A huge thanks to the Center's volunteer receptionists who were willing to work the desk during this time. Their donated time, talent and energy enabled us to stay open a few days a week. Center volunteers also helped with monthly newsletter assembly and mailing. Also, many phone calls were made to check in with seniors, especially those who don't have computers. Staying connected and engaged is extremely important for all human beings, no matter what age.

Two other activities that were incorporated this past year were a Woodcarving Class and Chi Kung Class – both offered and instructed by Center participants until it was decided among the groups to suspend activity for everyone's safety. Woodcarving has resumed and we look forward to Chi Kung starting again.

We also learned that our newsletter subscribers loved the puzzles and games – many requested more of that type of content! We heard and honored your request, however that may change as we return to a full schedule of activities and events that deserve and require publication.

While the impact on our finances has been significant, SCAI has met this challenge due to the generous support of so many - the Foundations that help fund us, the leadership of our Board of Directors, and the support of our participants and the community. We also appreciated those who supported the Center by donations of stamps, yarns, fabrics and useful office items. Every little bit helps! Thank you to so many who supported the Senior Center!

It is our intent and hope that you enjoy the contents of our monthly newsletter, learn some interesting things and feel connected in this great community! Please visit the Center when you feel safe!

*Paula Hader*

Paula Hader  
Executive Director





### Answer to Sudoku

1	3	9	5	4	8	7	2	6
5	8	6	7	9	2	4	3	1
2	4	7	3	1	6	9	8	5
9	7	4	8	6	1	3	5	2
3	2	1	4	5	7	8	6	9
6	5	8	9	2	3	1	7	4
7	9	2	1	8	5	6	4	3
8	1	5	6	3	4	2	9	7
4	6	3	2	7	9	5	1	8



## Senior Citizens Activities Inc. 262-335-4498

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