



January 2022

the Good Life

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

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January Hours
Monday - Thursday
8:00am - 4:00pm
Friday 9am - Noon

See the Calendar insert in the middle of the newsletter for specific activity dates and times.

Thank You to Our Supporters!



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.

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



Weather Closing Info

The Center will follow the West Bend School District's severe weather closings.

Listen to local TV/Radio stations for details.

If in doubt, call the Center at 335-4498.



*Those we love
don't go away*



*They walk beside
us everyday.*

Our sincerest sympathies are extended to the family of Bruce Kippenhan. Bruce was an avid Sheepshead player and helped with Meals on Wheels when it was served out of the Senior Center kitchen a few years ago.

Our 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.

Please let us know if you are aware of a Center participant who has passed. We do our best to list everyone when we know about it.



The 2021 Cookie Walk

Was a HUGE Success!!

An important *participant-driven* fundraiser
- we made close to \$2,000 to keep our wonderful Activities Center going strong.





5 helpful tips for sticking to your New Year's resolutions



On average, two-thirds of Americans set New Year's resolutions to begin the new year. Whether it's changing your diet, saving money or starting a new hobby, it seems almost everyone is trying to accomplish something when January rolls around. To stay on track, here are five helpful tips to keep in mind.

Set daily goals - Keep your eyes on the prize and focus on what your goals are for each day. By having a clear idea of what you're working toward, and the steps needed to get there, you can track your progress as you strive to achieve your ultimate goal.

Make it fun - A resolution is often a big goal that can take some hard work to reach, so why not make it fun? Grab a friend and go exercise together when you are working on your fitness. If you're looking to make healthier eating decisions, check out the frozen section of your local supermarket, where you'll find plenty of new options like SeaPak Alaskan Salmon Burgers and Maryland Style Crab Cakes. These tasty seafood products are low calorie and make it easy to pull together a healthy meal in just minutes with little fuss or hassle.

Switch it up - Changing things up is critical to staying motivated. Infuse fresh flavor into mealtime with new recipes or enroll in a new fitness class to update your workout regimen. By making changes here and there, it's less likely you'll tire of working toward your goals.

Bounce back - No one is perfect, so don't consider your resolution a loss if you have a bad day once in a while. Use any setbacks as motivation. Then, refocus and determine your next steps to get back on track toward your goals.

Celebrate the victories - Whether you are simply working toward some closer targets or have a long term goal, celebrate all the steps in between. Doing so will motivate you to work even harder to accomplish what's next, and you'll make each resolution a reality before you know it.



Source—LPI



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Senior Citizens Activities Inc., West Bend, WI

A 4C 01-1497

TRY SOMETHING NEW IN 2022!

There are so many different activities and events offered at this Center for 50+ers!
No matter what your activity level

There is something for everyone!

- ◆ Ping Pong
- ◆ Scrabble
- ◆ Woodcarving
- ◆ Quilting



- ◆ Chair Yoga
- ◆ Knit/Crochet
- ◆ Mah Jongg



- ◆ Chi Kung
- ◆ Pinochle
- ◆ Euchre
- ◆ Wii Bowling



- ◆ Fitness Classes
- ◆ Sheepshead
- ◆ Card-making
- ◆ Art Classes
- ◆ Dominoes



- ◆ Cribbage
- ◆ Pickleball
- ◆ Line Dancing
- ◆ Art Classes



.....and so much more!

The Senior Center Information:

Phone:

262.335.4498

Hours of Operation:

Monday - Thursday 8:00am - 4:00pm
Friday 9:00am - Noon

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@washcowisco.gov

Hours: Mon, 8:00am - 7:00pm

Tues-Fri, 8:00am - 4:30pm

West Bend City Taxi Service:

(phone) 262.334.3096

Hours: Mon-Sat 6:00am -10:00pm

Sun 8:00am - 4:00pm

January Updates!



**Create-a-Card
Is moving to the second
Thursday of the month at
1:00pm.**

The January class will be on the
12th.

Cost is \$5.50 (\$1.50 activity fee and \$4.00 to
the instructor)

Line Dancing

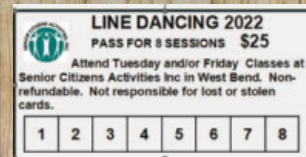
Will resume classes
Tuesday, January 4th

Classes will be held at the same
days/times as they were in 2021 -

Tuesday at 8:00am and Friday at 9:30am

New in 2022 - Passes!

You can purchase a pass for \$25 that is good for 8
sessions. They are available from the receptionist.



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Sunday
8AM - 4PM



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the Center Activities



Center Program Descriptions

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.

Create-A-Card: 2nd Thurs

Tap into your creative abilities! Instructed; 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: 3rd 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.

Mah Jongg: Wed

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

Pinochle: Tues

Join us for this great card game. Instruction available!

Quilting Class: Mon

Work on a fun project with a master quilter instructing.

Scrabble: Tues

Test your vocabulary skills. Participate in this great group crossword game!

Sewing & Quilting: Tues

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

Sheepshead: Tue & Thurs

Join us for this popular game. Play 5-handed, Call an Ace, Jack of Diamonds, etc .

Wii Bowling: Tues

Enjoy bowling without the heavy ball and bowling shoes. Great for exercise and fun.

Woodcarving: Wed

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



Fitness Activities Schedule



Monday	Tuesday	Wednesday	Thursday	Friday
8:00 – 8:45am Stay Active Gym	8:00 – 9:00am Line Dancing Gym	8:00 – 8:45am Stay Active Gym		
9:00 -11:00am, 11:00—1:00 and 1:00—3:00pm Pickleball Gym	9:00 -11:00am 11:00—1:00 and 1:00—3:00pm Pickleball Gym	9:00 -11:00am 11:00—1:00 and 1:00—3:00pm Pickleball Gym 9:00 - 10:00am Chi Kung Church Space	9:00 -11:00am 11:00—1:00 and 1:00—3:00pm Pickleball Gym	9:30 – 10:30am Line Dancing Gym 10:00 - Noon Ping Pong Open /Dining Area
	10:00 - 11:00am Chair Yoga Church Space	10:30 - 11:30am Armchair Exercises Church Space	10:00 - 11:00am Chair Yoga Church Space	10:30 -12:00pm Pickleball Gym
1:00 - 4:00pm Ping Pong Open /Dining Area	1:00 - 4:00pm Ping Pong Open /Dining Area	1:00 - 4:00pm Ping Pong Open /Dining Area	1:00 - 4:00pm Ping Pong Open /Dining Area	

Free Open Walking is available Every Day in the Church Gathering Space!

Monday - Thursday 8:00am - 4pm Friday 9:00am - Noon (**except 2nd and 4th Fridays**)

Please be considerate if you are walking while a class is being taught in this space.

Pickleball

Cost: \$2.00

Players must initially give their email address to Paula to register within *Playtime Scheduler*. After players are registered, they can sign up for various sessions through the online *Play-Time Scheduler* app.

<https://playtimescheduler.com/login.php>



Monthly Passes are available for some Fitness Classes

Passes for *Stay Active* & *Chair Yoga* classes are \$25.

Passes for *Armchair Exercises* are \$13.

Passes for *Line Dancing* are available for \$25 for 8 sessions.

17	8:00 Stay Active Pickleball - 3 sessions 9am-11 / 11-1pm / 1pm-3	18	8:00 Line Dancing 9:00 Sheephead Pickleball - 3 sessions 9am-11 / 11-1pm / 1pm-3	19	8:00 Stay Active 9:00 FOOT CARE 9:00 Chi Kung 9:00 Woodcarving Pickleball - 3 sessions 9am-11 / 11-1pm / 1pm-3	20	9:00 Sheephead 9:45 Knit/Crochet 10:00 Chair Yoga Pickleball - 3 sessions 9am-11 / 11-1pm / 1pm-3	21	9:00 Open Games 9:30 Line Dancing 10 - 12 Ping Pong 10:30 - 12:00 Pickleball
24	8:00 Stay Active Pickleball - 3 sessions 9am-11 / 11-1pm / 1pm-3	25	8:00 Line Dancing 9:00 Sheephead Pickleball - 3 sessions 9am-11 / 11-1pm / 1pm-3	26	8:00 Stay Active 9:00 Chi Kung 9:00 Woodcarving Pickleball - 3 sessions 9am-11 / 11-1pm / 1pm-3	27	9:00 Sheephead 9:45 Knit/Crochet 10:00 Chair Yoga Pickleball - 3 sessions 9am-11 / 11-1pm / 1pm-3	28	9:00 Open Games 9:30 Line Dancing 10 - 12 Ping Pong 10:30 - 12:00 Pickleball
31	8:00 Stay Active Pickleball - 3 sessions 9am-11 / 11-1pm / 1pm-3								
	9:30 Cribbage 10:00 Quilting Class 1:00 Dominoes 1:00 Ping Pong		10:00 Art with Ellie 10:00 Chair Yoga 1:00 Will Bowling 1:00 Pinochle 1:00 Euchre 1:00 Quilting/Sewing 1:00 Scrabble 1:00 Ping Pong						



JANUARY

Monday

Tuesday

Wednesday

Thursday

Friday

SCAI January Hours

Monday, Tuesday, Wednesday & Thursday

8:00am - 4:00pm

Friday 9:00am - Noon



**Free Open Walking
Every Day**

See Page 7 for details

3

8:00 Stay Active

Pickleball - 3 sessions

9am-11 / 11-1pm / 1pm-3

9:30 Cribbage

10:00 Quilting Class

1:00 Dominoes

1:00 Ping Pong

4

8:00 Line Dancing

9:00 Sheepshead

Pickleball - 3 sessions

9am-11 / 11-1pm / 1pm-3

10:00 Chair Yoga

1:00 Wil Bowling

1:00 Pinochle

1:00 Euchre

1:00 Quilting/Sewing

1:00 Scrabble

1:00 Ping Pong

5

8:00 Stay Active

9:00 Chi Kung

Pickleball - 3 sessions

9am-11 / 11-1pm / 1pm-3

10:00 Woodcarving

1:00 Mah Jongg

1:00 Ping Pong

6

9:00 Sheepshead

Pickleball - 3 sessions

9am-11 / 11-1pm / 1pm-3

9:45 Knit/Crochet

10:00 Chair Yoga

1:00 Dominoes

1:00 Open Games

1:00 Ping Pong

**Widows' & Widowers' Network 11:15 am
@ Mariclo's in Barton**

7

9:00 Open Games

9:30 Line Dancing

10 - 12 Ping Pong

10:30 - 12:00 Pickleball

10

8:00 Stay Active

Pickleball - 3 sessions

9am-11 / 11-1pm / 1pm-3

9:30 Cribbage

10:00 Quilting Class

1:00 Dominoes

1:00 Ping Pong

11

8:00 Line Dancing

9:00 Sheepshead

Pickleball - 3 sessions

9am-11 / 11-1pm / 1pm-3

10:00 Art with Ellie

10:00 Chair Yoga

1:00 Wil Bowling

1:00 Pinochle

1:00 Euchre

1:00 Quilting/Sewing

1:00 Scrabble

12

8:00 Stay Active

9:00 Chi Kung

9:00 Woodcarving

Pickleball - 3 sessions

9am-11 / 11-1pm / 1pm-3

10:30 Armchair Exercises

1:00 Mah Jongg

1:00 Ping Pong

13

9:00 Sheepshead

9:45 Knit/Crochet

Pickleball - 3 sessions

9am-11 / 11-1pm / 1pm-3

10:00 Chair Yoga

1:00 Create-a-Card

1:00 Dominoes

1:00 Open Games

1:00 Ping Pong

14

9:00 Open Games

9:30 Line Dancing

10 - 12 Ping Pong

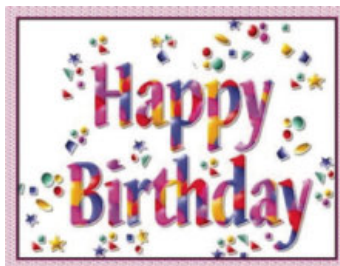
10:30 - 12:00 Pickleball

**January 15th Widows' &
Widowers' Network
11:15 am @ Braising Pan**

the Birthday Wishes

JANUARY
birthdays

Jan 01	Les Wright	Jan 17	Bonnie Cybela
Jan 01	Patricia Young	Jan 17	Earl Russell
Jan 01	Susan Cowell	Jan 18	Jeanne Olmsted
Jan 01	Dianne Johnson	Jan 18	Gerald Schuh
Jan 01	Constance Girard	Jan 18	Martha Bronson
Jan 04	Shirley Stoffel	Jan 20	Linda Larson
Jan 04	Grace Wright	Jan 20	Helen Wolf
Jan 04	Linda Jenz	Jan 21	Tolly Rutz
Jan 05	Bonnie Christ	Jan 21	Doris Cashin
Jan 05	Gracie Dickmann	Jan 23	Nola Rae Asmus
Jan 05	Joann Naumann	Jan 24	Sheila Zeckmeister
Jan 05	Sharleen Przekurat	Jan 24	Glenn Pusch
Jan 05	Katie Mulvihill	Jan 24	Ellen Olson
Jan 06	Frank Laycock	Jan 25	Marge Ruprecht
Jan 07	Dorotheann Rauch	Jan 25	Kiranjeet Kaur
Jan 07	Mary Balzar	Jan 26	Carl Sponholtz
Jan 08	Patricia Harmant	Jan 26	Jack Havertape
Jan 08	Janet Roedl	Jan 26	Audrey Thomas
Jan 10	Polly Schmidt	Jan 27	Kathleen Shinkle
Jan 11	Carol Bork	Jan 27	Susan Wessing
Jan 13	Sharon Miscikowski	Jan 27	Sandra Bodden
Jan 14	Angelina Thornburg	Jan 28	Lawrence Gardner
Jan 14	Jean Hames	Jan 28	Dyanne Leinen
Jan 14	James Hodge	Jan 29	Carol King
Jan 14	Deb Streets	Jan 30	David Moening
Jan 15	Carol Welborn	Jan 30	Colleen Braun
Jan 16	Joan Petersen	Jan 30	Clifford Galleske
Jan 17	Nancy Scheunemann	Jan 30	David Moening
Jan 17	Lucille Sincere	Jan 31	Patricia Ertman



5 Foods to Fight Acid Reflux and Heartburn

While antacids and other over-the-counter medication can tame stomach acid, dietary tweaks will help control symptoms and provide sweet relief from that burning sensation. But keep in mind, every person is different. Your doctor or a registered dietitian can help identify what foods and beverages may be personal triggers.



1) **Oatmeal.** High-fiber foods make you feel full, and keep you from overeating. Oatmeal in particular absorbs stomach acid. Other [high-fiber options](#): whole-grain bread, brown rice and quinoa; root veggies (carrots, sweet potatoes and beets); and green vegetables (asparagus, broccoli and brussels sprouts).



2) **Bananas.** This yellow powerhouse can help neutralize stomach acid by coating a cranky esophageal lining. And not only are bananas alkaline (with a lower acidic content), they're also rich in pectin, a soluble fiber that helps keeps food flowing nicely through the digestive tract. Other alkaline foods include melons (particularly cantaloupe and honeydew), cauliflower and almonds. .



3) **Salad Greens.** Eating water-filled foods - celery, cucumber and watermelon are other options - helps dilute stomach acid.



4) **Yogurt.** Like milk, [yogurt](#) acts as a temporary buffer, soothing heartburn symptoms. "One of the reasons we're symptomatic with acid reflux is because it causes damage to the lining of the esophagus. Milk and yogurt coat the esophagus so you don't feel that acid irritating that lining.



5) **Ginger Tea.** A cup or two a day may offer a triple whammy of benefits. Not only is this soothing drink alkaline, it's also anti-inflammatory, which can help relieve gastroesophageal irritation and soothe the

Source: AARP

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Senior Citizens Activities Inc., West Bend, WI

C 4C 01-1497

the Health & Wellness



Programs & Special Offerings

PICKLEBALL Mon - Fri

Pickleball is great cardiovascular exercise! Times are available every weekday.

PING PONG Mon - Fri

This fun activity is really catching on! Times are available every weekday.

STAY ACTIVE Mon, Wed

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

LINE DANCING Tues and Fri

Get a moderate workout in to music with this fun group.

CHAIR YOGA Tue & Thur

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

ARMCHAIR EXERCISES Wed

Learn to prevent and manage arthritis with this low-impact program.

CHI KUNG Wed

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

WALKING Mon - Fri

Enjoy walking at your own pace around the inside of the church gathering space. Bring a friend & make it more fun - plus it's FREE!



To everyone who donated items for the concession stand at **Enchantment in the Park**.

And to all of the Bakers and Crafters who helped make the **Cookie Walk** a huge success.

These are a major fundraisers and every item that is donated means more revenue for the Center.



Masks required during appointment

FOOT CARE \$30

Toe nail trimming services will be available at the Center on the 3rd Wednesday of the month. **February Footcare will be on Thursday the 10th.**

[Please call Toe Nail Trimmers directly](#)

at 262-719-0336 to schedule an appointment.

Ping Pong at the Center

Monday - Thursday

At 1:00pm

And Friday from 10am - Noon

In the Open/Dining Area

We have an enthusiastic group of players and have room for more folks to participate. There are 2 tables, so there can be 4 people playing at once. Or find a partner and play in pairs!

Cost will be \$2.00 (same as Pickleball).



Let Your Inner Artist Loose

Art With Ellie

Jan. 11 ~ painted wine glasses



Jan. 25 ~ Picasso acrylic on canvas

Feb. 8 ~ Watercolor birds on paper



Feb. 22 ~ Paint a wooden birdhouse



We are here to help you navigate today's complex healthcare system, providing you with the information you need to make informed decisions that are right for you and your family. Our team provides a holistic approach—focusing on mind, body, and spirit while providing compassionate and best-in-class care.

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Home health

Nursing, therapy, and other specialized services in the privacy and comfort of your home help you manage a chronic illness or recovery from surgery or an accident. Our goal is to help you meet your recovery goals, improve your quality of life, and help you stay safely in your home.

Our services include:

- Health assessments
- Patient and family education
- Treatment solutions
- Physical, occupational, and speech therapy

Hospice

Our team is here to compassionately assist you and your family. We are here to answer your questions, care for your needs, and support you on your journey home.

Our services include:

- Emotional, social, and spiritual support
- Overseeing patient care
- Pain management and symptom relief





Quality Crafters sold a variety of lovely items at the Cookie Walk



Sudoku

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

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

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DIFFICULTY: ★★☆☆

Answer on Page 16

ANNUAL MEETING



The SCAI Annual Meeting will be held on

Thursday, January 20th at 1:00 pm
in the Church Gathering Space.

Mark your calendars to come join us and get a review of 2021 and a look forward for 2022.

We will also be voting on 2022 SCAI Advisory Committee members.



Would you like to represent SCAI participants as a member of the SCAI Advisory Committee?

There are several openings on the SCAI Advisory Committee, which acts as a liaison between our participants and the Board of Directors.

The Advisory Committee meets monthly and advises the Board of Directors regarding activities and participant suggestions and concerns.

The election of new members will take place at the Annual Meeting on January 10, 2022.

If you are interested, please contact Myrt Lindholm, Iva Thelen, or any of the Advisory Committee members listed on page 16.

the
Office Corner



Paula Hader, Executive Director
Joan Adler, Administrative Assistant

A message from the Executive Director

Happy New Year! Be sure to check out what's NEW in 2022 by referencing the monthly newsletter! A lot has happened at the Center during the month of November & December. It was such a delight to offer FREE activities to anyone 60 years old or older. I saw many smiles and heard many kind words for making this special offering available for local and community area people.

Enchantment in the Park was again a lot of work by many but also profitable for the Senior Center. Concessions were sold for 28 days in a row! It is a HUGE undertaking! A sincere **Thank You** to all of you who donated food items and/or donated of their time.



All year long, Sunrise Rotary members as well as Center Board members, staff and participants and/or volunteers were selling raffle tickets at various events and County Fairs. The winner of the Classic Car Raffle on Sunday, November 28th at Regner Park had the choice of taking the 2007 Ford Mustang Shelby or \$20,000 cash! Santa pulled the winner's name - Joshua Franke of Richfield, Wisconsin. Congratulations Joshua! Be sure to check *Washington County Insider* for the live footage video.

Thank you to the following Enchantment in the Park Business Sponsors who supported the Center!



Lastly, it's not **all work and no play** here at this Activity Center for 50+ers! An Elvis Impersonator gave a smashing performance on Saturday, November 20th. Attendees dressed up in their 50's & 60's attire! Hamburgers, hot dogs, brats and more were served inside the building by the Washington County 4-H Clubs (Ext. Wash. Co). Yummy Kettle Corn was served from Julie's Country Confections and was sold in the parking



Prizes were awarded for Best Dressed, Best Costume & Best Couple.

Paula Hader



