



February 2022

the Good Life

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

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February 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!



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.





SCAI'S MISSION

"To enrich the lives of adults 50+ through wellness opportunities, social interaction, recreational activities & community involvement".

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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
wbseiorcenterphader@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 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.



Outdoor Activities Anyone?

A group of Center participants are forming a group to plan Outdoor Adventures/Activities for 2022.

Some possible activities are:

Hikes, Candlelight Walks, Exploring the Eisenbahn Trail, Alzheimer's Walk, Other Community Events, Museum of Wisconsin Art.

An organizational meeting will be held **Tuesday, February 15th at 11 am** in the church gathering space. Everyone is welcome to attend.



Valentine's Traditions Around the World



- ◆ In Japan, Women Are The Ones Who Give Chocolates To Men On February 14
- ◆ In Wales, Spoons Are A Token Of Love. . It's been a long-standing tradition — and not just once a year — for men to carve intricate spoons for women as a token of their affection.
- ◆ Germans Love Pork — So Much So That They Exchange Pigs On Valentine's Day. Not real ones, maybe just little keepsakes and cartoons. Pigs are considered a symbol of luck in Germany, and they're just as common in Valentine's Day displays as cupids are in the States.
- ◆ Verona, Italy, Is The Site Of One Valentine's Day Origin Story. According to legend, one of the martyred Valentines secretly wed couples in defiance of a Roman Emperor's orders not to marry anyone during wartime. Today, there's a four-day festival in Verona that celebrates love with heart-shaped lanterns and a letter-writing contest to Juliet.
- ◆ The Phrase "Wear Your Heart On Your Sleeve" Is Not Just An Expression In Some Places. In South Africa, women carry on the Lupercalian tradition by literally wearing their heart on their sleeves, or by pinning the name of their love interest to their shirts.



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Senior Citizens Activities Inc., West Bend, WI

A 4C 01-1497

Did You Know There Were So Many National Observance Days in February?

Battery Day	Fettuccine Alfredo Day	Polar Bear Day
Cabbage Day	Floral Design Day	Public Sleeping Day
Almond Day	Freedom Day	Random Acts Of Kindness Day
Bagel Day	Frozen Yogurt Day	Send A Card To A Friend Day
Baked Alaska Day	Get Up Day	Serpent Day
Banana Bread Day	Groundhog Day	Shower With A Friend Day
Boy Scouts Day	Gumdrop Day	Shut-In Visitation Day
Carrot Cake Day	Heavenly Hash Day	Skip The Straw Day
Cherry Pie Day	Home Warranty Day	Sticky Bun Day
Chocolate Covered Nut Day	Homemade Soup Day	Strawberry Day
Chocolate Mint Day	Inventor's Day	Tell A Fairy Tale Day
Chocolate Souffle Day	Kahlua Day	Thank A Mail Carrier Day
Clam Chowder Day	Kite Fighting Day	Tile Day
Cook A Sweet Potato Day	Lame Duck Day	Toast Day
Crab Stuffed Flounder Day	Lash Day	Tooth Fairy Day
Cream Cheese Brownie Day	Love Your Pet Day	Toothache Day
Cream-Filled Chocolates Day	Make A Friend Day	Tortellini Day
Create A Vacuum Day	Margarita Day	Tortilla Chip Day
Day The Music Died	Organ Donor Day	Umbrella Day
Do A Grouch A Favor Day	Peppermint Patty Day	Weatherperson's Day
Dog Biscuit Day	Periodic Table Day	White Shirt Day
Don't Cry Over Spilled Milk Day	Pistachio Day	Women Physicians Day
Drink Wine Day	Pizza Day	
Ferris Wheel Day	Plum Pudding Day	

CIRCLE YOUR FAVORITES!

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@washcowisconsin.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

February Updates!



Ping Pong Update

Monday and Wednesday at 1:00pm
in the Gym

Tuesday and Thursday at 1:00pm
in the Open/Dining Area

Friday 9:00am - Noon
in the Open/Dining Area



Saturday Bingo

February 12th at 1:00pm

Fun Bingo

Wednesday, February 23rd at 1:00pm

Pre registration required.

Sign up at the reception desk.

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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.

Create-A-Card: 2nd Thurs

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: 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 – 12:00pm Ping Pong Open/Dining Area
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 Line Dancing Gym
	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
11:00—1:00pm Pickleball Gym	11:00—1:00pm Pickleball Gym	11:00—1:00pm Pickleball Gym	11:00—1:00pm Pickleball Gym	
1:00 - 3:00pm Ping Pong Gym	1:00 - 3:00pm Ping Pong Open/Dining Area	1:00 - 3:00pm Ping Pong Gym	1:00 - 3:00pm 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.

14	8:00 Stay Active Pickleball - 2 sessions 9am-11 / 11-1pm	9:30 Cribbage 1:00 Dominoes 1:00 Ping Pong	15	8:00 Line Dancing 9:00 Sheephead Pickleball - 3 sessions 9am-11 / 11-1pm / 1pm-3pm	10:00 Chair Yoga 11:00 Outdoor Adventures Mtg. 1:00 Wil Bowling 1:00 Pinochle 1:00 Euchre 1:00 Quilting/Sewing 1:00 Scrabble 1:00 Ping Pong	16	8:00 Stay Active 9:00 Woodcarving Pickleball - 2 sessions 9am-11 / 11-1pm	10:30 Armchair Exercises 1:00 Mah Jongg 1:00 Ping Pong	17	9:00 Sheephead 9:45 Knit/Crochet 10:00 Chair Yoga Pickleball - 3 sessions 9am-11 / 11-1pm / 1pm-3pm	1:00 Dominoes 1:00 Open Games 1:00 Ping Pong	18	9:00 Open Games 9:00 Ping Pong 9:30 Line Dancing 10:30 - 12:00 Pickleball	February 19th Widows' & Widowers' Network 11:15 am @ Dooleys Bar and Grill
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21	8:00 Stay Active Pickleball - 2 sessions 9am-11 / 11-1pm	9:30 Cribbage 1:00 Dominoes 1:00 Ping Pong	22	8:00 Line Dancing 9:00 Sheephead Pickleball - 3 sessions 9am-11 / 11-1pm / 1pm-3pm	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 1:00 Ping Pong	23	8:00 Stay Active 9:00 Woodcarving Pickleball - 2 sessions 9am-11 / 11-1pm	10:30 Armchair Exercises 1:00 Fun Bingo 1:00 Mah Jongg 1:00 Ping Pong	24	9:00 Sheephead 9:45 Knit/Crochet 10:00 Chair Yoga Pickleball - 3 sessions 9am-11 / 11-1pm / 1pm-3pm	1:00 Dominoes 1:00 Open Games 1:00 Ping Pong	25	9:00 Open Games 9:00 Ping Pong 9:30 Line Dancing 10:30 - 12:00 Pickleball
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28	8:00 Stay Active Pickleball - 2 sessions 9am-11 / 11-1pm	9:30 Cribbage 1:00 Dominoes 1:00 Ping Pong	29	8:00 Stay Active Pickleball - 2 sessions 9am-11 / 11-1pm	9:30 Cribbage 1:00 Dominoes 1:00 Ping Pong	30	8:00 Stay Active Pickleball - 2 sessions 9am-11 / 11-1pm	9:30 Cribbage 1:00 Dominoes 1:00 Ping Pong
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FEBRUARY
BLACK HISTORY MONTH



the Birthday Wishes



Feb 01	Tamara Dvorak	Feb 12	Beverly Schultz
Feb 01	Karen Uebelacker	Feb 12	Susan Mansmith
Feb 01	Peggy Arkin	Feb 12	Michael Lewis
Feb 02	Sharon Jach	Feb 12	Jane Matko
Feb 02	William Mitchell	Feb 13	Ruth Redlin
Feb 03	Joan Adler	Feb 14	Sue Loiacono
Feb 04	John Zabinski	Feb 14	Kathleen Herrman
Feb 04	Helen Strong	Feb 14	Clem Jacak
Feb 05	Mary Luedtke	Feb 15	Sandy Becker
Feb 05	Kathy Dricken	Feb 15	Linda Heinecke
Feb 06	James Hammen	Feb 16	Joanne Bodien
Feb 06	Diane Timm	Feb 17	Barbara Yagodinski
Feb 06	Janet Guse	Feb 17	Nancy Punzenberger
Feb 06	Albert Marschner	Feb 18	Leslie Roberts
Feb 07	Carol Conroy	Feb 19	Beth Spott
Feb 09	Michele Knop	Feb 19	Joy Blodgett
Feb 09	Janet Daly	Feb 20	Harvey Jaeger
Feb 09	Barb Wolf	Feb 20	Cynthia Peters
Feb 09	Dorothy Przybylski	Feb 20	Mary Riffel
Feb 09	Kenneth Rose	Feb 20	Sharon Gessner
Feb 09	Jan Giza	Feb 20	Barbara Weinert
Feb 10	Beverly Hetzel	Feb 22	Marlene Nagel
Feb 10	Shirley Gengler	Feb 22	Martha Bernhard
Feb 10	Sharon Jaeck	Feb 23	Karen Geib
Feb 11	Mary Crass	Feb 25	Betty Nelson
Feb 11	Joanne Backhaus	Feb 25	Carl Shannon
		Feb 25	Pamela Herdeman
		Feb 26	Sandra Roecker





February is National Heart Month



February is American Heart Month, a time when all people can focus on their cardiovascular health.

You can take steps to lower your risk by changing the factors you can control.

Health conditions

High blood pressure, unhealthy cholesterol levels, diabetes and obesity. All of these conditions can be managed by diet and lifestyle changes. There is also medication available if other approaches are ineffective. Obesity is linked to higher “bad” cholesterol and triglyceride levels and to lower “good” cholesterol levels. Obesity can lead to high blood pressure and diabetes as well as heart disease.

Behaviors

Eating a diet high in saturated fats, trans fat, and cholesterol, too much salt in your diet, not getting enough physical activity, drinking too much alcohol, tobacco use.

Regular physical activity can lower your risk for heart disease. Women should have no more than 1 drink a day. Men should have no more than 2 drinks a day. Cigarette smoking can damage the heart and blood vessels, which increases your risk for heart conditions such as atherosclerosis and heart attack. Nicotine raises blood pressure.

Source: Center for Disease Control and Prevention

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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

Ping Pong is a fun way to get some low stress exercise in. 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!

CHAIR YOGA Tue & Thur

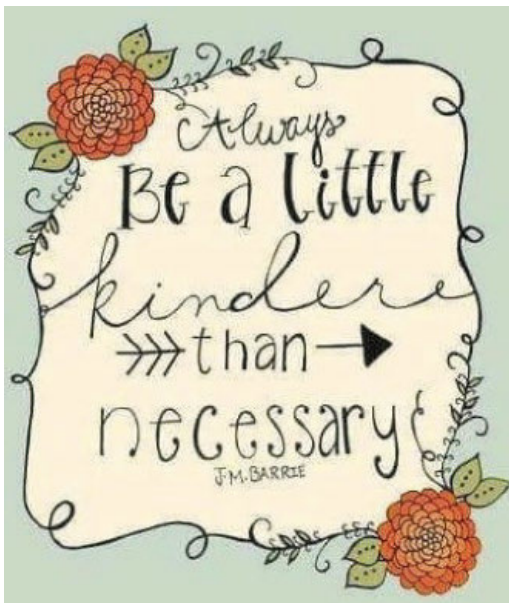
A gentle form of stretching practiced sitting on a chair or standing using a chair for support.

ARMCHAIR EXERCISES Wed

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

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!



**February's Foot Care will be Thursday
February 10**

Masks required during appointment

FOOT CARE \$30

Give your feet some love! Toe nail trimming services will be available at the Center on the 3rd Wednesday of the month.

Please call Toe Nail Trimmers directly

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



Trips, Trips & More Trips!



Made possible by *Senior Citizens Activities, Inc.*

February 8, 2022 - Winter Dance Party. Wisconsin Dells. A re-creation of Buddy Holly, Ritchie Valens, and the Big Bopper's final tour in 1959. Lunch & Performance at The Palace Theater . 8:30 am Departure and 5:30 pm Return.

\$89 per person.

February 15, 2022 - Milwaukee Bucks vs Indiana Pacers. 5:30pm Departure - 7:00pm Game Time - Return after the game 11pm-ish. Seats are in the lower level - Section 114.

\$115 per person

March 24, 2022 - Remembering Red Skelton. Palace Theater, Wisconsin Dells.

Price not set yet

Flyers for most trips available in the Center

Contact Kay Collins / KBC Tour Company for additional information. **414-550-5458**



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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



the Center



The Pun is the Lowest form of Wit

Dad, are we pyromaniacs? Yes, we arson.

She was only a moonshiner's daughter, but I miss her still.

What do you call a pig with laryngitis? Dis-gruntled.

Why do bees stay in their hives during winter? Swarm.

Just so everyone is clear, I'm going to put my glasses on.

A commander walks into a bar and orders everyone around.

I lost my job as a stage designer. I left without making a scene.

Sudoku

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

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

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DIFFICULTY: ★☆☆☆☆

Answer on Page 16



Saturday
Feb 19th
Concert



There is a bus scheduled to pick up patrons at the Senior Center at 5:30 pm for this performance—Saturday, February 19th. It will drop them off in time for the pre-concert talk and performance at Slinger High School PAC.

Call 262-334-3469 for more information and to reserve your spot on the bus.

the
Office Corner



Paula Hader, Executive Director
Joan Adler, Administrative Assistant

————— *A message from the Executive Director* —————



WRAPPING UP 2021 - ENCHANTMENT IN THE PARK & COOKIE WALK & CRAFT SALE

BOTH OF THESE ARE VERY IMPORTANT FUNDRAISERS TO SUPPORT OUR ACTIVITY CENTER FOR 50+ERS! WE ARE A STAND-ALONE, INDEPENDENT, NON-PROFIT ORGANIZATION SERVING SENIORS (not supported by the City of West Bend nor Washington County).



A huge **SHOUT OUT** to everyone who helped in any way to make the Enchantment in the Park fundraising event a huge success! We are so grateful for all of the donated items and volunteers - participants and other donors donated the mix for **3,569** cups of hot chocolate! Talk about impressive! Your **generosity of spirit** and the business sponsorships brought the Senior Center to a record-setting year reflecting approximately **\$14,500** in profit! Nearly **5,000 cups of hot chocolate** were sold! Concessions were sold on 28 consecutive evenings and volunteers of all ages helped - Asher, 5-year old son of Board member, David Streese, loved helping out! Asher had so much fun, he wants to help for many more years! It's always a great thing to have children start volunteering within their own communities at a young age!

Another huge **SHOUT OUT** to everyone who helped make the **Annual Cookie Walk & Craft Fair** so very successful! This **participant-driven** fundraiser netted **\$2,400!** Thanks again!

What's New in 2022?

A group of Center participants are planning Outdoor Adventures/Activities for 2022. More & more trips available through two very professional, reputable travel companies. Stay tuned for more information regarding the 2022 Classics for a Cause Car Raffle. The 2022 Swinging for Seniors Golf Fundraiser is Friday, September 16th at West Bend Lakes Golf Club.

Paula Hader





Answer to Sudoku

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



Senior Citizens Activities Inc. 262-335-4498

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