



**March 2022**

# the Good Life

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

## What's Inside.....

	page
Center Notes	2
The History of the Shamrock	3
Don't miss this music performance March 25th	4
Outdoor Adventures and Activities	5
Activities & Fitness Schedules	6-7
Fold-out Calendar	8-9
Birthdays	10
March is National Women's History Month	11
Health & Wellness Activities	12
Trips, Trips, and More Trips	13
News and Notes	14
Office Corner	15
Sudoku Answers	16

**March 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".*

### **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 262-335-4498.



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.

We especially think of Helen Schmitz who lost her daughter January 20th and Mary Ann Buckley who sister passes away January 16th.

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



### **A Special Tribute to**

### **♥ Donald 'Red' Gross**

*Today I lost a dear friend. Red Gross was a pillar at our senior center and community. He was a good man with a giving heart. For the past 6 years Red helped me once a month with Senior Bingo. I was blessed to call him friend. I will miss laughing with him the most. Rest in Heaven, Red. I will smile and think of you every time I call out I-22 during bingo.*

Roxann Long - Volunteer Bingo Facilitator

**The shamrock is a St. Patrick's Day symbol that dates back to the 1700s**



Few holidays have transformed quite like St. Patrick's Day. It began in Ireland as a way to honor the country's patron saint, but through both immigration and secularization it has now become a worldwide day to pay tribute to all things Irish. The date, March 17, is one of the few constants over the years.

St. Patrick's Day has been celebrated in Ireland for more than a millennium. It was a time to cut loose during the Catholic Lent season, and as such it quickly became synonymous with Irish food and drink.

The shamrock has long been a piece of Irish iconography because it symbolizes "the rebirth of spring." Shamrocks are a trefoil plant, and were worn by poorer Irish citizens to church ceremonies on St. Patrick's Day in order to look nice.

Irish immigrants who moved to America in the 1700s brought the symbol and image of the shamrock stateside as a way of paying tribute to their heritage.

It has a deeper significance as it relates to St. Patrick's Day, too, since St. Patrick himself is said to have used the shamrock's three leaves to explain the Christian concept of the holy trinity.



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**Friday, March 25  
1:30 pm to 4:30 pm**

**At the Activity Center for 50+ers  
2378 W. Washington St., West Bend**

Enjoy an afternoon of music and fun with  
Wisconsin singer/songwriter, Buck Shot, as he  
performs songs from the '50s, '60s and '70s.

**Tickets \$10**

**Available at the Senior  
Center  
and at the door the day  
of the performance**



Soda, Water and Snacks will be available for purchase.

## 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

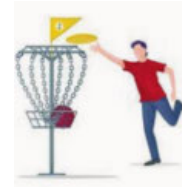
## Community Resources Information:

**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](mailto: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

# Outdoor Adventures & Activities

There were 27 participants who attended an initial **Outdoor Adventures & Activities Group** meeting on Tuesday, February 15th! There were many ideas and possibilities shared. Stay tuned for more information on upcoming offerings. If interested in getting involved or knowing more, please make certain that we have your email address by calling phone #262-335-4498.



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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 <b>Stay Active Gym</b>	8:00 – 9:00am <b>Line Dancing Gym</b>	8:00 – 8:45am <b>Stay Active Gym</b>		9:00 – 12:00pm <b>Ping Pong Open/Dining Area</b>
9:00 -11:00am <b>Pickleball Gym</b>	9:00 -11:00am <b>Pickleball Gym</b>	9:00 -11:00am <b>Pickleball Gym</b>	9:00 -11:00am <b>Pickleball Gym</b>	9:30 – 10:30am <b>Line Dancing Gym</b>
	10:00 - 11:00am <b>Chair Yoga Church Space</b>	10:30 - 11:30am <b>Armchair Exercises Church Space</b>	10:00 - 11:00am <b>Chair Yoga Church Space</b>	10:30 -12:00pm <b>Pickleball Gym</b>
11:00—1:00pm <b>Pickleball Gym</b>	11:00—1:00pm <b>Pickleball Gym</b>	11:00—1:00pm <b>Pickleball Gym</b>	11:00—1:00pm <b>Pickleball Gym</b>	
1:00 - 3:00pm <b>Ping Pong Gym</b>	1:00 - 3:00pm <b>Ping Pong Open/Dining Area</b>	1:00 - 3:00pm <b>Ping Pong Gym</b>	1:00 - 3:00pm <b>Ping Pong Open/Dining Area</b>	

**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 Sheepshhead Pickleball - 3 sessions 9am-11 / 11-1pm / 1pm-3pm 10:00 Chair Yoga 1:00 Pinochle 1:00 Euchre 1:00 Quilting/Sewing 1:00 Scrabble 1:00 Ping Pong <b>1:00 Travel Showcase — Personalized Tours</b>	16	8:00 Stay Active 9:00 FOOT CARE 9:00 Woodcarving Pickleball - 2 sessions 9am-11 / 11-1pm 10:30 Armchair Exercises 1:00 Mahjong 1:00 Ping Pong	17	9:00 Sheepshhead 9:45 Knit/Crochet 10:00 Chair Yoga Pickleball - 3 sessions 9am-11 / 11-1pm / 1pm-3pm 12:00 Create-a-Card 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  <b>March 19th Widows' &amp; Widowers' Network 11:15 am @ Don Ramon's Mexican Restaurant</b>
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 Sheepshhead Pickleball - 3 sessions 9am-11 / 11-1pm / 1pm-3pm 10:00 Chair Yoga 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 Art with Ellie 1:00 Mahjong 1:00 Ping Pong 1:00 Fun Bingo	24	9:00 Sheepshhead 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 <b>1:30 An Afternoon of Music with Buck Shot</b>
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 Line Dancing 9:00 Sheepshhead Pickleball - 3 sessions 9am-11 / 11-1pm / 1pm-3pm 10:00 Chair Yoga 1:00 Pinochle 1:00 Euchre 1:00 Quilting/Sewing 1:00 Scrabble 1:00 Ping Pong	30	8:00 Stay Active 9:00 Woodcarving Pickleball - 2 sessions 9am-11 / 11-1pm 10:30 Armchair Exercises 1:00 Mahjong 1:00 Ping Pong	31	9:00 Sheepshhead 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		







# March



Monday

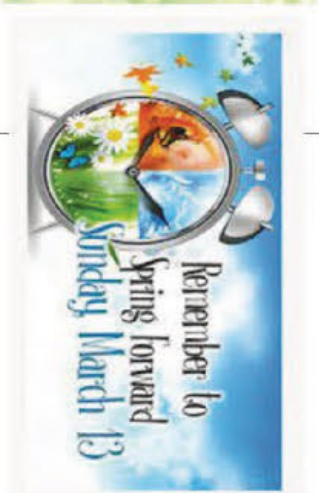
Tuesday

Wednesday

Thursday

Friday

**SCAI March Hours**  
 Monday - Thursday  
 8:00am - 4:00pm  
 Friday 9:00am - Noon



**Free Open Walking  
 Every Day**  
 See Page 7 for details

7	8	9	10	11
<p>8:00 Stay Active</p> <p>Pickleball - 2 sessions          9am-11 / 11-1pm</p> <p>9:30 Cribbage</p> <p>10:00 Quilting Get Together</p> <p>1:00 Dominoes</p> <p>1:00 Ping Pong</p>	<p>8:00 Line Dancing</p> <p>9:00 Sheepshead</p> <p>Pickleball - 3 sessions          9am-11 / 11-1pm / 1pm-3pm</p> <p>10:00 Chair Yoga</p> <p>1:00 Pinochle</p> <p>1:00 Euchre</p> <p>1:00 Quilting/Sewing</p> <p>1:00 Scrabble</p> <p>1:00 Ping Pong</p>	<p>8:00 Stay Active</p> <p>9:00 Woodcarving</p> <p>Pickleball - 2 sessions          9am-11 / 11-1pm</p> <p>10:30 Armchair Exercises</p> <p>1:00 Art with Ellie</p> <p>1:00 Mahjong</p> <p>1:00 Ping Pong</p>	<p>9:00 Sheepshead</p> <p>9:45 Knit/Crochet</p> <p>Pickleball - 3 sessions          9am-11 / 11-1pm / 1pm-3pm</p> <p>10:00 Chair Yoga</p> <p>1:00 Dominoes</p> <p>1:00 Open Games</p> <p>1:00 Ping Pong</p> <p><b>Widows' &amp; Widowers' Network</b>  <b>11:15 am @ The Chocolate Factory</b></p>	<p>9:00 Open Games</p> <p>9:00 Ping Pong</p> <p>9:30 Line Dancing</p> <p>10:30 - 12:00 Pickleball</p>

**Saturday Bingo March  
 12th at 1:00pm**

# the Birthday Wishes



Mar 01	Terry Baasch	Mar 16	Carol Casadonte
Mar 01	Elfriede Gruenewald	Mar 16	Margaret Geiger
Mar 01	Lilly Westerman	Mar 17	Scott Tennies
Mar 02	Beverly Dobberstein	Mar 17	Kathleen Vaughan
Mar 02	Kathleen Van Wagenen	Mar 17	Patricia Siefkes
Mar 02	George Fetzer	Mar 18	Marilyn Terrill
Mar 03	Carolyn Caputa	Mar 18	David Wittenberger
Mar 04	James Higgins	Mar 20	Sharon Tesker
Mar 05	Tok Kum Andrae	Mar 21	Richard Herbst
Mar 05	Lavonne Christenson	Mar 21	Bonnie Neumann
Mar 06	Jeanne Lauson	Mar 21	Susan Kohlwey
Mar 06	Janet Trigg	Mar 21	Jean Penkoske
Mar 07	Joyce Ruesch	Mar 22	Mary Johnson
Mar 07	Linda Tappa	Mar 22	Sally Campion
Mar 07	Janet Roach	Mar 23	Helen Schmitz
Mar 08	Maggie Seideman	Mar 25	Kathleen Falk
Mar 08	Jacqueline Settingsgaard	Mar 25	Elizabeth Krim
Mar 09	LaVerne Coon	Mar 25	Lee Casati
Mar 09	Judith Ross	Mar 25	Suzanne Casati
Mar 09	Bev Sturgeon	Mar 25	Mae Staehle
Mar 11	Frances VandeBoom	Mar 26	Iva Thelen
Mar 11	Sheree Rechlin	Mar 26	Michele Beason
Mar 13	Sandy Poehlman	Mar 28	Lynne Ferge
Mar 13	Joyce Miller	Mar 28	Dottie Klemp
Mar 13	Gerianne Kelly	Mar 28	Joy Kegler
Mar 13	Tom Hildebrandt	Mar 28	Judith Eisenmann
Mar 14	Kathleen Kraft	Mar 29	John P Bell
Mar 14	Rose Schwai	Mar 29	Lucille Derler
Mar 15	Robert Schlidt	Mar 29	Ray Wetzel
Mar 15	Bette Braun-Auten	Mar 30	Anna Philippi
Mar 15	Joan Truog	Mar 30	Josephine Woods
Mar 15	Robert Tsuzuki	Mar 31	Maybelle Fullhart
Mar 15	Tom Pierringer	Mar 31	Ronald Ellefson
Mar 16	Bernice Fetzer	Mar 31	Sharon Mitchell





## March is National Women's History



National Women's History Month in March annually encourages us to honor the women who came before us and fought for equality among all races and genders. While America is full of influential women today, hundreds of women came before them, paving the way. Women's History Month serves as a way to not only remember them but keep carrying their torch onward.

### Pioneering Women from History

In the 1800s, **Sojourner Truth** was an abolitionist and women's rights activist who was born into slavery and escaped with her infant daughter.

**Louisa May Alcott** worked in the mid-1800s to support her family while she was just a young girl. She wrote one of the most famous novels in American history, "Little Women."

**Susan B. Anthony** played a massive role in the women's suffrage movement in 1878 when she and her friends presented an amendment to Congress that would give women the right to vote. In 1920 it was ratified as the 19th amendment.

**Marguerite Higgins** was a reporter and war correspondent for the New York Herald Tribune during WWII, The Korean War, and the Vietnam War. She was the first woman to win a Pulitzer Prize for Foreign Correspondence.

**Coretta Scott King** played a crucial role in keeping alive the legacy of her husband, civil rights leader Martin Luther King Jr., after his death. She started the Martin Luther King Jr. Center for Nonviolent Social Change in 1968 after he was assassinated.

**Rosa Parks** was one of the most famous, influential women of the civil rights movement. In 1955, she refused to give up her seat in the "colored section" of a bus to a white man and got charged with civil disobedience. Today, she's widely known as the "mother of the freedom movement."

**Sandra Day O'Connor** is the only woman on this list who is still alive today. She is a lawyer, a celebrated judge, and was the first female justice on the Supreme Court from 1981-2006.

These women and thousands more played prominent roles in getting women to where they are today.



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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!



**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.*

**March 24, 2022** - Remembering Red Skelton. A tribute to Red Skelton. Palace Theater, Wisconsin Dells. Price includes transportation, lunch, performance and gratuities.

8:30 am Departure 5:30 pm Return

\$89 per person

**Monday, May 9 – Friday, May 13, 2022** - TOUR the SCENIC SHORES of LAKE MICHIGAN and TIPTOE THROUGH THE TULIPS in HOLLAND, MI

Enjoy the scenic shores and sand dunes of Lake Michigan and celebrate the colorful Dutch heritage of Holland, Michigan with a parade, Dutch dancers, Dutch market, Dutch food, windmills, wooden shoes, entertainment, and millions of tulips! 5 days – 4 nights. Depart 8:00am Monday, May 9th.

SINGLE OCCUPANCY - \$1395, DOUBLE- \$1075, TRIPLE - \$925, QUAD - \$875

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

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#### *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





## More Puns...

Never buy flowers from a monk. Only you can prevent florist friars.

How much did the pirate pay to get his ears pierced? A buccaneer.

I once worked at a cheap pizza shop to get by. I kneaded the dough.

Scientists got together to study the effects of alcohol on a person's walk, and the result was staggering.

I'm trying to organize a hide and seek tournament, but good players are really hard to find.

I got over my addiction to chocolate, marshmallows, and nuts. I won't lie, it was a rocky road.

Why is it unwise to share your secrets with a clock? Well, time will tell.

## Sudoku

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

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

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DIFFICULTY: ★★☆☆

Answer on Page 16



## Personalized

### Travel Showcase

Tuesday, March 15th

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**

**or 920.528.7600  
to sign up.**



### You can own an original work of art.

The hallway outside the gym is now populated with works of art. Many of them were painted by SCAI participants.

Some are now for sale with a portion of the proceeds being donated to the Center.

See Paula or Joan for more information.

**ART for SALE**

# the Office Corner



**Paula Hader**, Executive Director  
**Joan Adler**, Administrative Assistant

*A message from the Executive Director*

**You're Invited!** Please join us for an education about this vibrant Activity Center for 50+ers followed by a catered lunch. You may ask **'Why should I attend?'** The Annual Meeting is intentionally scheduled for Center participants, so please attend. You can meet our current Board members who provide leadership and support to the Center in a variety of ways! The past year's activities, participant-driven fundraisers, the results of the working Board's fundraising efforts and other financial highlights will be shared. Bring your questions and concerns.

**April 14, 2022**

- 10am Board Meeting in KBC's conference room (Board & Staff)**
- 10:30am Presentation in Gathering Space (Board, Staff & Participants)**
- 11:30am Catered Luncheon in the Open Activity Area (Board, Staff & Participants)**

**The ONLY activities that will be held on Thursday morning, April 14th will be:**

**9am Pickleball Session**

**9am Chair Yoga Class**

**8am Sheepshead**

**Watch for an email blast with more information regarding the Annual Meeting.**

**If we do not have your email address and you'd like to attend the Annual Meeting followed by a catered lunch, please call 262.335.4498 to RSVP today!**

**Good Luck to Courtney Rummel from some of our Arm Chair Fitness participants.**



**We support you and understand the importance of staying fit and active as we age!**



**Go Courtney! - Courtney Rummel, 18, of West Bend, WI representing the United States in Beijing as an official member of the 2022 Olympic Winter Games—US Olympic Snowboard Slopestyle & Big Air Team.**



**Happy St. Patrick's Day**

*Paula Hader*





**Answer to Sudoku**

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



Senior Citizens Activities Inc. 262-335-4498

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