



**April 2022**

# the Good Life

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

## What's Inside.....

	page
Center Notes	2
The Growing Popularity of Pickleball	3
Senior Golf League 2022	4
7 Superfoods for Your Teeth	5
Activities & Fitness Schedules	6-7
Fold-out Calendar	8-9
Birthdays	10
Easter Traditions Around the World	11
Health & Wellness Activities	12
Trips, Trips, and More Trips	13
News and Notes	14
Office Corner	15
Sudoku Answers	16

## April 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.*



United Way of Washington County



### **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](mailto:wbseniorcenterphader@gmail.com)

### **Calling All Quilters**

The Monday Quilting Class has restarted and will now meet twice a month on the first and third Monday. April Classes will be on the 4th and 18th.

Center Participant, Linda Benson will be facilitating the classes and she has many great ideas.

Future topics will include how to do free motion quilting, how to make an overnight bag, tote bag or casserole tote.

**All are welcome!**



Our sincerest sympathies are extended to Michelle Urbanczyk on the loss of her brother; Mary DeSmidt on the loss of her father; and the friends and family of Joe Hetzel who was a chess instructor at the Center.

Our thoughts are also with the families and friends of all other Center participants who have passed and all Center participants who have lost friends and loved ones.

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



### **Have you always wanted to learn how to play Sheepshead?**

#### **Now you can learn here at the Center!**

Center Participant, Kathy Gibson, an avid Sheepshead player, has volunteered her time, talent and expertise to teach Sheepshead for Beginners!

Come and learn this fun and popular game. Classes start in April and will be held at 1pm twice a week on Tuesday and Thursday beginning April 5th and April 7th. No class on Thursday, April 14th due to the Annual Meeting and Luncheon.





## The Growing Popularity of Pickleball



In 2015, pickleball was an outlier activity. It was only offered at a handful of Senior Centers. Since then, it has steadily increased in popularity and is now offered at over 250 Centers across the country. In 2021, the total number of players passed 500,000! With the exception of 2020, where just about all activities were cancelled or scaled back, the trend has been headed up, but the boom in 2021 was bigger than expected.

Pickleball has a lot to offer participants: socialization, physical activity and mental strategy.

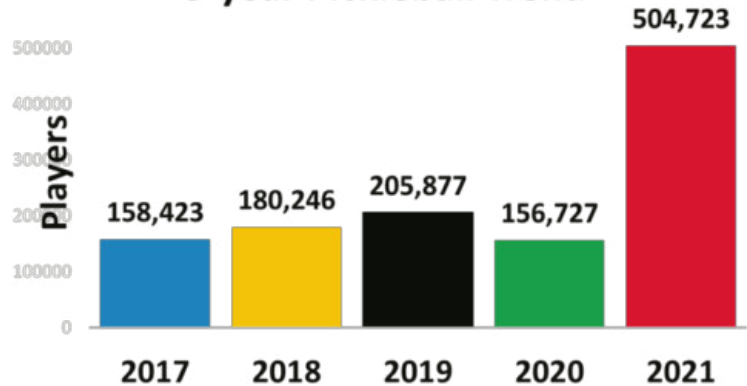
It's also FUN!!

Come join the fantastic group of Pickleball players at the Center.

There are 2 or 3 opportunities to play every day.

See the calendar for details.

### 5-year Pickleball Trend



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Senior Citizens Activities Inc., West Bend, WI

A 4C 01-1497



# Grab your Golf Clubs!



## **Wednesday Morning Sr. Golf League**

An organizational meeting will be held at the Senior Center on **Wednesday, April 6 at 9:30am** facilitated by Doug Rakowski, Sr. Golf League Coordinator.

Tim Krell, the General Manager of West Bend Lakes will be at the meeting to bring us up to date on the construction, confirmation of cart/golf fees, and will answer any questions.

The League runs Wednesday, May 4th through and including Wednesday, August 31st. TEE times for the Senior Center Wednesday Morning Sr. Golf League are from 8:40am through and including 9:30am.

League dues/contribution of \$10 should be paid prior to May 5 – either by mailing \$10 to Doug at the address indicated below, paying Doug at the April 6th meeting or dropping it off at the Senior Center – Attn: Paula Hader.

If interested, please let Doug know if you will attend the organizational meeting on Wednesday, April 6th. If you have additional questions, please contact Doug via phone or email .

### **Contact Information:**

Doug Rakowski, Golf Coordinator  
117 Deer Ridge Drive  
West Bend, W 53095  
Phone #262 334 8050  
Email Address: 9drak7@gmail.com

## **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





# 7 Superfoods for your Teeth



When it comes to dental health, you can't simply brush away a diet of poor food choices.

When you eat, you're not just feeding yourself — you're feeding all the good and bad bacteria that live in your mouth. An eating pattern which is low in sugar but high in fiber is a major factor to help prevent cavities and keep teeth and gums strong and healthy.

**Tap water** - H2O should be your beverage of choice as much as possible. Water also cleans your mouth with every sip, washing away leftover food and acids that can cause cavities and tooth erosion.

**Cheese** - Milk and other dairy products such as cheese and yogurt are rich in both calcium and phosphates, which help replace minerals your teeth might have lost when you've eaten other types of foods.

**Fruits and Vegetables** - It really doesn't matter what kind: They're all good for your chompers. They're all high in water, which helps wash away harmful acids and debris in your mouth, and they're rich in fiber, which helps to balance the sugars they contain and helps to clean your teeth.

**Lean proteins** - Poultry, fish, eggs and lean cuts of beef are all rich in phosphorus, a mineral that helps to strengthen your teeth by protecting and rebuilding tooth enamel.

**Sugarless gum** - It's a serious saliva maker, which can help with remineralization. The increased flow adds more calcium and phosphate to your saliva, which help strengthen tooth enamel.

**Nuts** - They contain protein and the amino acid arginine, which has been shown to help reduce risk of cavities,

**Green tea** - It's rich in antioxidants such as catechin, which may reduce your risk of developing gum disease.

Source - AARP

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Senior Citizens Activities Inc., West Bend, WI

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# the Center Activities



## Center Program Descriptions

### **Art with Ellie: 2nd and 4th Wed**

Unleash your inner artist with a variety of new projects—a different one every class.

### **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 provides all cards and materials.

### **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 at 9:00**

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

### **Beginner's Sheepshead: Tue & Thurs at 1:00**

Learn how to play this popular game. Experienced instructor teaching newcomers

### **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. Tools are available at the Center.



# 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**)

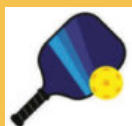
Please be considerate if you are walking while a class is being taught in this space.

## 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>



## Passes are available for some Fitness Classes

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

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











# APRIL



Monday

Tuesday

Wednesday

Thursday

Friday

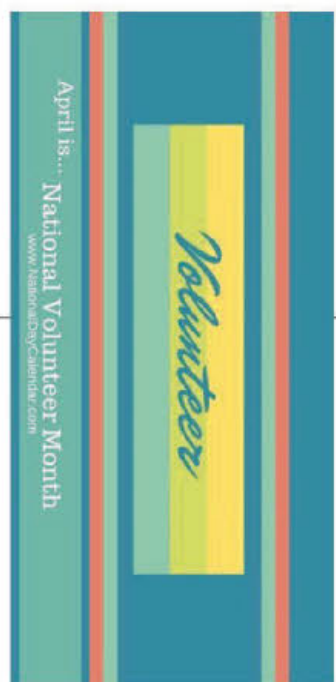
## SCAI April Hours

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



## Free Open Walking Every Day

See Page 7 for details



4

5

6

7

8

8:00 Stay Active  
Pickleball - 2 sessions  
9am-11 / 11-1pm  
9:30 Cribbage  
9:30 Quilting Class  
1:00 Dominoes  
1:00 Ping Pong

8:00 Line Dancing  
9:00 Sheephead  
Pickleball - 3 sessions  
9am-11 / 11-1pm / 1pm-3pm  
10:00 Chair Yoga  
1:00 Sheephead for Beginners  
1:00 Pinochle  
1:00 Euchre  
1:00 Quilting/Sewing  
1:00 Scrabble  
1:00 Ping Pong

8:00 Stay Active  
9:00 Woodcarving  
Pickleball - 2 sessions  
9am-11 / 11-1pm  
9:30 Sr. Golf League Mtg.  
10:30 Armchair Exercises  
1:00 MahJong  
1:00 Ping Pong

9:00 Sheephead  
9:45 Knit/Crochet  
Pickleball - 3 sessions  
9am-11 / 11-1pm / 1pm-3pm  
10:00 Chair Yoga  
12:00 Open Games  
1:00 Sheephead for Beginners  
1:00 Dominoes  
1:00 Ping Pong  
**Widows' & Widowers' Network  
11:15 am @ Omicron**

9:00 Open Games  
9:00 Ping Pong  
9:30 Line Dancing  
10:30 - 12:00 Pickleball  
**Saturday Bingo  
April 9th at 1:00pm  
(Please remember to  
preregister by April 6  
262-335-4498)**

14

13

12

11

10

Good Friday

# the Birthday Wishes



April Birthdays

Apr 01 Linda Coppes  
Apr 02 Richard Kraemer  
Apr 03 Rosella Blum  
Apr 03 Jane Noerenberg  
Apr 03 Susan Klostermann  
Apr 03 Lynn Thorin  
Apr 04 Sandra Peters  
Apr 04 Jerianne Feiten  
Apr 05 Mary Fisher  
Apr 08 James Hull  
Apr 08 Lee Anderson  
Apr 09 Joan Casetta  
Apr 09 Teresa Krantz  
Apr 09 Chung Zacher  
Apr 09 William Becker  
Apr 12 Lynn Taetsch  
Apr 13 Donna Klumb  
Apr 13 Debra Puestow  
Apr 13 Marilyn Stys  
Apr 15 Kathleen Yogerst  
Apr 15 Glen Bodendorfer  
Apr 15 Tracy Peterson  
Apr 16 Susan Praefke  
Apr 16 Margaret Moser  
Apr 16 Donald Rabe  
Apr 16 Judith Bullock  
Apr 16 Fay Rose  
Apr 16 Vivian Knepel  
Apr 17 Dianne Albinger  
Apr 17 Kenneth Freund

Apr 17 Michael Newell  
Apr 18 George Ploof  
Apr 18 Mary Zagorski  
Apr 18 Eileen Tenpas  
Apr 19 Cheryl Roberts  
Apr 20 Max Sommerfeld  
Apr 20 Susette Lindbeck  
Apr 21 Maureen Brunette  
Apr 21 Linda Uelmen  
Apr 21 Joan Lyskawa  
Apr 23 Darleen Baerenwald  
Apr 23 Dana Kay  
Apr 23 Dennis Cybela  
Apr 23 Nettie Serafin  
Apr 24 Alice Werner  
Apr 24 Robert Ruesch  
Apr 24 Mary Horst  
Apr 25 Paul Maschmeier  
Apr 26 Janet Nienow  
Apr 26 Jane Jansen  
Apr 28 Nancy Wickert  
Apr 28 Barbara Janiszewski  
Apr 28 Michelle Wimer  
Apr 28 Dorothy Walsh-Best  
Apr 29 Patricia Seitz  
Apr 29 Ruth Heinecke  
Apr 29 Caroline Danaher  
Apr 30 Robert Schermacher  
Apr 30 Carol Kender





## Easter Traditions Around the World



### **Fly a Kite**

In Bermuda, people fly homemade kites on Good Friday. Legend has it, the tradition started when a local teacher had trouble explaining Jesus's resurrection to his Sunday school class. So, he made a kite to explain the concept.

### **Make a Fire**

In areas of Northwestern Europe, natives light large bonfires called Easter Fires on Easter Sunday and Monday. They began as a way to chase the winter away - but now they bring communities together.

### **Put on a Costume**

In Sweden, children dress up as Easter witches and wear old clothes. Similar to our Halloween, the kids walk around their neighborhoods but they trade their artwork for candy.

### **Make an Omelet**

Residents of Haux, France, serve an enormous omelet on Easter Monday. They use more than 4,500 eggs and feed up to 1,000 people.

### **Make a Bonnet**

Easter bonnet parades take place in Australia, the United Kingdom, and the United States. Kids can decorate their own bonnets with bunny ears, chickens, eggs, chocolate, or flowers!

**Research volunteers needed to participate in a clinical study for sunscreen.**

**1 in-house stay 6 nights in West Bend, WI**

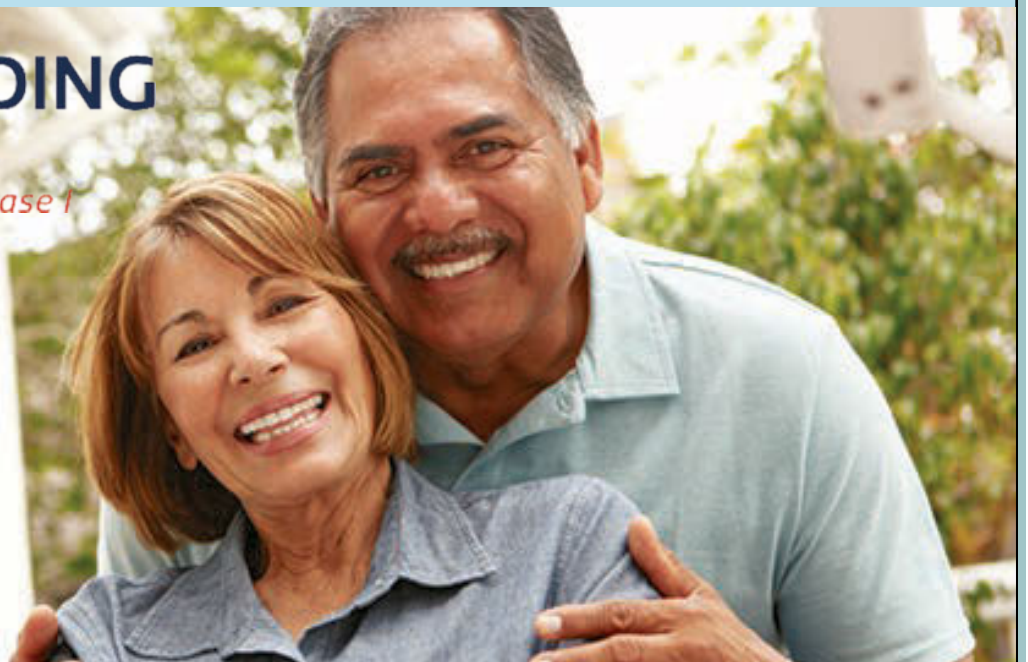
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Senior Citizens Activities Inc., West Bend, WI

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# 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.

### **LINE DANCING** *Tue & Fri*

Have fun while exercising your brain and your body.

### **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*

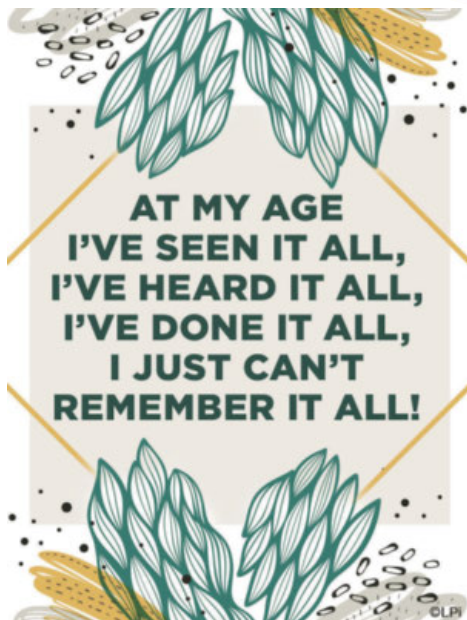
A gentle form of stretching practiced sitting on a chair or standing using a chair for support.

### **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 \$32**

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.*

**Thursday, June 2** Explore Two of Rockford's Architectural Gems - Anderson Japanese Gardens & FLW Laurent House. Lunch & Dinner are included on this tour.  
7:30am Departure and 8:00pm Return \$125 per person

**Friday, June 17** Stop and Smell the Roses - Milwaukee Radler Rosarium and Narrated Sightseeing Cruise aboard the Edelweiss. Three-course lunch included at The Steakout in Greendale  
8:00am Departure and 5:30pm Return \$98.00 Per Person

**Monday, June 27 - Wednesday, June 29** Summertime Fun in Door County  
Enjoy a 3 day, 2 night tour featuring the beautiful shoreline and quaint communities of Door County.  
8:00am Departure June 27th and 8:00pm Return June 29th  
Single Occupancy - \$650, Double Occupancy - \$525, Triple Occupancy - \$475, Quad Occupancy - \$450

Flyers for most trips are 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

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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 Final Puns...

My friends and I have named our band 'Duvet'. It's a cover band.

What do you say to comfort a friend who's struggling with grammar?  
There, their, they're.

I went to the toy store and asked the assistant where the Schwarzenegger dolls are and he replied, "Aisle B, back."

What did the surgeon say to the patient who insisted on closing up their own incision?  
Suture self.

I've started telling everyone about the benefits of eating dried grapes.  
It's all about raisin awareness.

## Sudoku

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

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

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DIFFICULTY: ★★☆☆

Answer on Page 16

## Jewelry Making & Create-a-Card for April

**Create-a-Card** will be held this month at Noon on Wednesday, April 13, in the Open Dining Area.

**Jewelry Making** will return to the Center on April 20th. Instructor Janet Roach will demonstrate how to make a stretch bracelet and provide all the materials to make your own. You may also work on an individual project if you prefer. Sign up at the reception desk or call 262-335-4498.



## You can own an original work of art (and help support the Senior Center)

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

Most are 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



The phrase “April showers bring May flowers” is a **popular saying used often during the month of April**. This is typically the time when the last bit of snow turns to all rain as temperatures climb, and increased rain shower activity sparks early flowers and plants to really start blooming.

You are invited to attend the SCAI Annual Meeting on Thursday April 14 at 10:30am. The meeting offers a chance to meet the Board of Directors, hear a presentation reviewing the Center’s 2021 operations, and an opportunity to vote on the 2022 Advisory Committee members.

### April is National Volunteer Month

A month dedicated to recognizing the importance of volunteering and honoring the significant contributions volunteers make by generously donating their time and talents to worthy causes. Our Board of Directors volunteer their time, leadership and expertise. Additionally, many participants are now actively involved as volunteers at the Senior Center – either as a volunteer receptionist, stuffing monthly newsletters in envelopes prior to mailing, delivering sealed and addressed envelopes to the post office for bulk mailing, money counters, volunteering to facilitate arts and crafts classes, and/or a love of quilting & sewing classes, cooking classes, keeping the Center tidy, decorating for the different seasons and so much more! Participants/volunteers take full ownership and accountability for various *participant-driven* fundraisers such as an Annual Christmas Cookie Walk & Craft Fair, dances and social events, an ice cream social, Sendik’s Community Grill and Pizza Ranch Fundraisers.

Participants/volunteers also provide support to the *Board-driven* major fundraisers such as the *Classics for a Cause* Car Raffle, *Swinging for Seniors* Golf Outing, selling hot chocolate, popcorn as well as other concessions-type goodies at the Annual Rotary’s *Enchantment in the Park* Light Show. Our Center’s participants also volunteer to support many other community-related events.

Participants/volunteers also donate monetarily. Some donate boldly, many donate quietly. Some participants/volunteers donate postage stamps, office supplies, paper products, and offer to help pay for miscellaneous expenses.

Speaking of volunteering - one more volunteer opportunity is available! The Ozaukee Christian School has reached out to us! They’d like to collaborate and support the Senior Center in a variety of ways. One thought is a Book Sale & Luncheon in September 2022. So start gathering any books you’d like to donate and let us know if you’d be interested in volunteering to help!

*Paula Hader*



### Answer to Sudoku

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



Senior Citizens Activities Inc. 262-335-4498

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 Vice President..... David Streese  
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#### ADDITIONAL MEMBERS 2022

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Additional Members To Be  
 Voted In at the Annual Meeting

#### STAFF

Executive Director..... Paula Hader  
 wbseniorcenterphader@gmail.com  
 Administrative Assistant ..... Joan Adler  
 wbseniorcenterjadler@gmail.com