



May 2022

the Good Life

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

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May 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**

Please include your phone number so we can reach you if we have questions.

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



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 are being held at 1pm on Tuesday and Thursday.

There has been a great response so far.

Come and join the fun!!



Sympathy

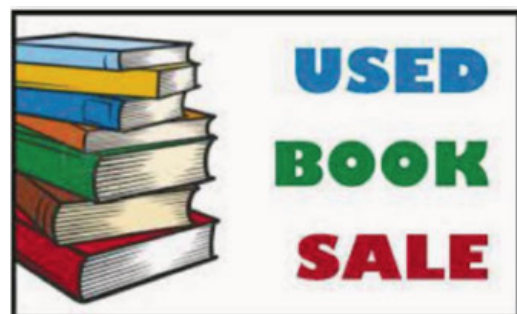


Our sympathies are extended to Jennifer Tsuzuki-Korbar on the passing of her father Robert Tsuzuki at the age 94. Bob attended chair yoga classes until recently when his health began to fail.

Our thoughts are 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.

Start clearing clutter - you can send your gently used books our way beginning June 1!

**TUESDAY, SEPTEMBER 13TH
BOOK SALE & LUNCHEON**
In collaboration with
Ozaukee Christian School



Watch for forthcoming details!



Age My Way



Older Americans Month May 2022

When Older Americans Month was established in 1963, only 17 million living Americans had reached their 65th birthday. About a third of older Americans lived in poverty and there were few programs to meet their needs. Interest in older Americans and their concerns was growing. A meeting in April 1963 between President John F. Kennedy and members of the National Council of Senior Citizens led to designating May as “Senior Citizens Month,” the prelude to “Older Americans Month.”

Historically, Older Americans Month has been a time to acknowledge the contributions of past and current older persons to our country, in particular those who defended our country. Every President since Kennedy has issued a formal proclamation during or before the month of May asking that the entire nation pay tribute in some way to older persons in their communities. Older Americans Month is celebrated across the country through ceremonies, events, fairs, and other such activities.



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Protect Yourself Against Scams FREE Seminars



Ever received a phone call from a strange number asking you to verify personal information? If yes, you may have been called by a person running a scam. It seems every day a new story about the latest scam is circulating on the nightly news and it can be hard to keep up. Luckily, Sandra (Sandi) Stahl from Humana is here to help!

Please join Sandi on **Wednesday, May 4th at 1pm** in the Senior Center Gathering Space to learn how to “Protect Yourself from Scams”. In this educational program Sandi will provide interesting facts about scams, the top scams to watch out for, tips on how to protect yourself and what to do if you are the victim of a scam. **Sign up at the front desk.**



Tech Time Tuesdays

No registration required, just walk in.



Unsure of how to video chat with your kids or grandkids? Can't access your email? Trouble logging in to Facebook? If you answered “yes” to any of these questions, Sandi Stahl from Humana help you out **free of charge**. We are beginning a program called **Tech Time Tuesdays**. Sandi will be available in the Multi- Purpose Room the second and fourth Tuesdays each month from **11am – 1pm beginning on Tuesday, May 10th and Tuesday, May 24th**. She will help answer all your questions about your devices - cellular phones (iPhone and Android), tablets, lap tops, e-readers, etc... There will also be cupcakes on May 10th to celebrate May birthdays!

These sessions brought to you by

Humana.

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



The 6 Worst Habits for Your Eyes



Smoking Add this to the always-growing list of reasons to give up smoking for good: Cigarette smoke is more than just irritating to your eyes; research shows it also raises your risk of developing AMD, the eye disease that can blur your central vision. People over age 55 are already at risk for the condition, but study found that smokers have a nearly four-fold higher risk of late AMD than people who've never smoked.

Staring at your smartphone or computer/laptop screen Your eyes pay a price directly and indirectly when you stare at that tiny screen — or, for that matter, your computer screen or TV — without giving them a break. The biggest concern with onscreen is chronic dry eye symptoms. We're supposed to blink once every four seconds and in front of the computer we blink about once every eight to 10 seconds. Throughout the day, take a 20-second screen break every 20 minutes to look at something 20 feet away.

Not wearing sunglasses In the same way ultraviolet (UV) radiation from the sun can do a number on your skin, it can also wreak havoc with your vision. Specifically: UV rays can damage the eye's surface tissues, the cornea and lens.

Rubbing your eyes There's no real harm in occasionally rubbing your eyes, but if you're aggressive about it, you run the risk of damaging your cornea. The occasional rub will milk some tears out of the tear gland, but try not to be overly aggressive or frequent. Better yet, reach for some lubricating eye drops.

Sleeping in your contact lenses Sure, contacts have gotten more user-friendly, but that doesn't mean you can simply put them in and forget about them. Bacteria and other debris get trapped between the contact lens and the surface of the cornea, so leaving them in too long or past their expiration [puts you at] high risk for developing an infection.

Sleeping with your makeup on Every once in a great while it's OK to fall asleep with your eye makeup on. Make a habit of it, however, and you raise your risk of eye infection.

Source - AARP

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Senior Citizens Activities Inc., West Bend, WI

B 4C 01-1497

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 Stay Active Gym	8:00 – 9:00am Line Dancing Gym	8:00 – 8:45am Stay Active Gym		
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 Gym		

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.



<p>16 Stay Active 8:00 Pickleball - 2 sessions 9am-11 / 11-1pm</p> <p>9:30 Quilting Class 9:30 Cribbage 1:00 Dominoes 1:00 Ping Pong</p>	<p>17 Line Dancing 8:00 Sheepshead 9:00 Pickleball - 3 sessions 9am-11 / 11-1pm / 1pm-3pm</p> <p>10:00 Chair Yoga 1:00 Sheepshead for Beginners 1:00 Pinochle 1:00 Euchre 1:00 Quilting/Sewing 1:00 Scrabble</p>	<p>18 Sr Golf West Bend Lakes 8:00 Stay Active 9:00 FOOT CARE 9:00 Woodcarving Pickleball - 2 sessions 9am-11 / 11-1pm</p> <p>10:30 Armchair Exercises 1:00 Mahjong 1:00 Ping Pong</p>	<p>19 Sheepshead 9:00 Knit/Crochet 9:45 Chair Yoga 10:00 Pickleball - 3 sessions 9am-11 / 11-1pm / 1pm-3pm</p> <p>12:00 Open Games 1:00 Sheepshead for Beginners 1:00 Dominoes</p>	<p>20 Open Games 9:00 Line Dancing 9:30 Pickleball 10:30 - 12:00</p> <p>May 21st Widows' & Widowers' Network 11:15 am @ Copper Penny</p>
<p>23 Stay Active 8:00 Pickleball - 2 sessions 9am-11 / 11-1pm</p> <p>9:30 Cribbage 1:00 Dominoes 1:00 Ping Pong</p>	<p>24 Line Dancing 8:00 Sheepshead 9:00 Pickleball - 3 sessions 9am-11 / 11-1pm / 1pm-3pm</p> <p>10:00 Chair Yoga 11 - 1 Tech Time with Sandi 1:00 Sheepshead for Beginners 1:00 Pinochle 1:00 Euchre 1:00 Quilting/Sewing 1:00 Scrabble</p>	<p>25 Sr Golf West Bend Lakes 8:00 Stay Active 9:00 Woodcarving Pickleball - 2 sessions 9am-11 / 11-1pm</p> <p>10:00 Jewelry Making 10:30 Armchair Exercises 1:00 Art with Elite 1:00 Mahjong 1:00 Ping Pong 1:00 Fun Bingo</p>	<p>26 Sheepshead 9:00 Knit/Crochet 9:45 Chair Yoga 10:00 Pickleball - 3 sessions 9am-11 / 11-1pm / 1pm-3pm</p> <p>12:00 Open Games 1:00 Sheepshead for Beginners 1:00 Dominoes</p>	<p>27 Open Games 9:00 Line Dancing 9:30 Pickleball 10:30 - 12:00</p>
<p>30 CENTER CLOSED</p>				
<p>31 Line Dancing 8:00 Sheepshead 9:00 Pickleball - 3 sessions 9am-11 / 11-1pm / 1pm-3pm</p> <p>10:00 Chair Yoga 1:00 Sheepshead for Beginners 1:00 Pinochle 1:00 Euchre 1:00 Quilting/Sewing 1:00 Scrabble</p>				
<p>Memorial Day</p>				
<p>HAPPY MOTHER'S DAY!</p>				
<p>Free Open Walking Every Day See Page 7 for details</p>				



the Birthday Wishes



May 02	JoAnne Heisdorf	May 15	Judith Frank
May 03	James Rutz	May 15	Pattie Wachuta
May 04	Deanna Borns	May 15	Katherine Windis
May 04	Shirley Peters	May 16	Karen Lichtensteiger
May 05	Mary Griesemer	May 16	Jen Osier
May 05	Jo Gross	May 17	Missy Jagler
May 06	James German	May 17	Karen Manthe
May 06	Ann Hale	May 19	Lavira Holley
May 07	Doug Rakowski	May 19	Gail Pechinski
May 07	Dolores Schacht	May 20	Barb Schlosser
May 07	Susan Zabinski	May 21	Donna Butz
May 08	Susan Awve	May 22	Bernette Wolf
May 08	Jessica Gintner	May 24	Lois Knoll
May 08	Steven Henze	May 24	Peggy Ore
May 08	Michael Messar	May 24	Peggy Proeber
May 09	Donna Stockfish	May 27	Sandy Mayer
May 10	Bette Koch	May 27	Eva Wall
May 10	Wendy Mellgren	May 28	Richard Lehmann
May 11	Nancy Stoffel	May 28	Pauline Schoenecker
May 11	Jean Zeckmeister	May 29	Carol McKee
May 13	Leroy Bauer	May 30	Marylne Herdina
May 14	Jenny Engel	May 31	Sharon Bollhoffer
May 14	Mary McGrath	May 31	Patricia Burg
May 14	Elaine Rosenberg	May 31	Donna Markgraf





May 6th Concert
Kettle Moraine Symphony with Local
High School Band and Orchestra Students



This concert features side-by-side performances of high school orchestra and band students from West Bend, Slinger and Hartford playing alongside KMS players. Who knows, maybe some of you will have grandchildren or great-grandchildren on stage that day!

RESERVE A SEAT - The **FREE** transportation provided for this performance are volunteers using their personal vehicles. In order to accommodate those who would like a ride, it is required that you please call 262-334-3469. Pickups will be at the Senior Center at 5:50pm and at Cedar Ridge at 6:00pm. **Deadline to reserve a seat is Wednesday, May 4th.**

Tickets for the performance can be bought online or at the door, and the price for adult/senior is \$15. Students are \$3, and the Family ticket is \$30 for parents with children. Questions? Please call 262-334-3469.

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Reservations required. Call 262-334-3469 to reserve a place.

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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 & Wed*

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!



Bunnies & Brewers Fans!



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.*

Wednesday, May 18th Cheer on the **Milwaukee Brewers** as they face they face the 2021 World Champion Atlanta Braves. Watch the game from the Johnsonville Party Deck in Right Field. Including a full buffet. 9:45am Departure and approximately 4:30pm Return . \$115 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**

Great trips are also available from **Personalized Tours 920-528-7600**
Brochures available at the Center



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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





Good News, Bad News

An artist asked the gallery owner if there had been any recent interest in his paintings which happened to be on display.

“I have good news and bad news,” the gallery owner replied. “The good news is that a gentleman inquired about your work and wondered if it would appreciate in value after your death.”

“What did you say?” questioned the artist.

“When I told him that it would, he bought all 15 of your paintings.”

“That’s wonderful!” the artist exclaimed.

“What’s the bad news?”

“The gentleman was your doctor.”

Sudoku

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

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

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DIFFICULTY: ★☆☆☆☆

Answer on Page 16



SHEEPSHEAD FOR BEGINNERS!
JOIN IN THE FUN ON TUES/THURS @ 1PM



**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* —————



Wrapping Up 2021!

With 100+ attendees, SCAI's Annual Meeting was well attended by the board members as well as Center participants and volunteers. Guest of honor, former Board President and Board Member for 10+ years, Mike Sterr attended the meeting to help promote the *Classics for a Cause* collaborative fundraiser facilitated by the Senior Center and West Bend Sunrise Rotary. Mike continues to be a huge supporter of the Senior Center long after his presidency! **Thank you Mike!**

Bring on 2022!



Paula Hader

Mobility Management Program for Washington County

Transportation Service Directory



**Washington
Ozaukee
Counties**
262-977-4441

Physical copies are available at the Senior Center or go to www.rides4wc.com.

Answer to Sudoku

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



Senior Citizens Activities Inc. 262-335-4498

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