



**June 2022**

# the Good Life

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

## What's Inside.....

	page
Center Notes	2
Be a Mentor - Big Brothers, Big Sisters	3
Battling the Aging Brain Presentation - June 1st	4
A Guide to Reducing Robocalls	5
Activities & Fitness Schedules	6-7
Fold-out Calendar	8-9
Birthdays	10
So Many Activities, So Little Time	11
Health & Wellness Activities	12
Trips, Trips, and More Trips	13
News and Notes	14
Office Corner	15
Sudoku Answers	16

## June Hours

**Monday - Thursday**

**8:00am - 4:00pm**

**Friday 9:00am - Noon**

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

## Thank You to Our Supporters!



**National Exchange Bank  
Foundation Inc.**



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.*

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



**There's still room in the Wednesday morning Sr. Golf League at West Bend Lakes.**

**Bring your friends! Various tee times are available. If interested, please contact Doug Rakowski, Golf Coordinator at 262 334 8050.**



## *Sympathy*

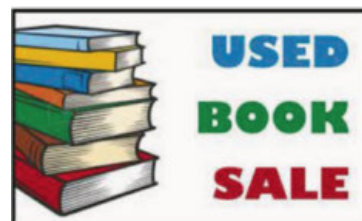


Our sympathies are extended to the families and friends of 'Bob' Robert Tsuzuki. Daughter, Jenny faithfully brought her dad Bob to chair yoga weekly.

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 - send your gently used books our way (no magazines please)! Books will be collected at the Center and transported once a week to the Ozaukee Christian School.**

**BOOK SALE & LUNCHEON  
TUESDAY, SEPTEMBER 13<sup>TH</sup>**  
in collaboration with  
Ozaukee Christian School





## Be a Mentor- Help Shape a Child's Future



Being a Big Brother, Big Sister, or Big Couple is one of the most enjoyable things you'll ever do. Not to mention one of the most fulfilling. You have the opportunity to help shape a child's future for the better by empowering them to achieve. The best part, it's actually a lot of fun. You and your Little can share the kinds of activities you already like to do.

We'll never leave you on your own. Our staff are trained social services professionals, here to help whenever you need it. You'll be well-equipped with loads of information, advice, tips, and answers. We've also got activity ideas, organized events, and a handy list of discounts to local events and activities available to our Matches.

Big Brothers Big Sisters of Washington County is looking for mentors just like you. Right now, there are over 30 children waiting for a Big Brother, Big Sister, Big Couple, or Big Family in Washington County. Being a Big means empowering a child to achieve their full potential by simply going for a walk, visiting the library, helping with homework, doing a craft, or even just talking. Visit [bbbswashco.org/big](http://bbbswashco.org/big) to #BecomeABig today and help shape a child's future for the better.



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Senior Citizens Activities Inc., West Bend, WI

A 4C 01-1497



## Battling the Aging Brain FREE Seminar



Please join Sandi on **Wednesday, June 1<sup>st</sup> at 1pm** in the Senior Center Gathering Space to learn how to “*Battle the Aging Brain*”. Ever wonder why your brain doesn’t seem to remember things like it used to? More than likely the cause is simply due to the aging brain. During this educational program Sandi will discuss how the brain changes while you age, tips on how to keep your brain healthy and tips on using memory aids.

Please join Sandi from Humana to learn more about this important organ.

Hope to see you there!

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**. In June, Sandi will be available in the Multi- Purpose Room the from **11am – 1pm on Tuesday, June 14<sup>th</sup> and Tuesday, June 28<sup>th</sup>**. 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 June 14th to celebrate June 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@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



# A Guide to Reducing Robocalls



## Best practices for consumers

To join in the fight, consumers are urged to:

**Download a call blocker.** First, try a free solution to see if it does the trick. No-cost services from firms such as [YouMail](#) and [Nomorobo](#) are carrier-agnostic. (Nomorobo is free for landlines but \$1.99 a month for cellphones.) Your mobile carrier has free tools, too.

**Experiment with call-blocking tools,** apps and options, to strike the right balance between the calls you want and those you don't. It may take trial and error to avoid a "false positive," the term for a legitimate call that is stopped.

**Let a call go to voice mail** if it gets through a robocall app and you don't recognize the caller. If the caller claims to be from, say, Citibank, don't call back a number left on voice mail. Use a number that you know is legitimate, such as one on a statement or credit card.

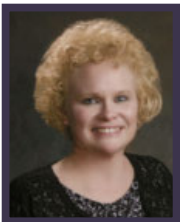
**Hang up** if it's a live person calling, as computer-based robocall systems allow. Do not engage.

**Learn what security tools** your provider offers.

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 fun projects—a different one every class.

### **Bingo: 2nd Sat & 4th Wed**

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

### **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 -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>		10:00 - 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>Pickleball Gym</b>	1:00 - 3:00pm <b>Ping Pong Gym</b>	1:00—3:00pm <b>Pickleball Gym</b>	

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

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

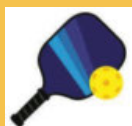
Please be considerate if you are walking while a class is being taught in this space.

## 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* are \$25.

*Line Dancing and Chair Yoga* passes are available for \$25.

Each pass is good for 8 sessions of that class.



	1:00 Euchre 1:00 Quilting/Sewing 1:00 Scrabble				
20	8:00 Stay Active Pickleball - 2 sessions 9am-11 / 11-1pm 9:30 Quilting Class Cribbage 1:00 Dominoes 1:00 Ping Pong	21	8:00 Beginner Line Dancing 9:00 Sheepshhead Pickleball - 3 sessions 9am-11 / 11-1pm / 1pm-3pm 10:00 Chair Yoga 1:00 Sheepshhead for Beginners 1:00 Pinochle 1:00 Euchre 1:00 Quilting/Sewing 1:00 Scrabble	22	Sr Golf West Bend Lakes 8:00 Stay Active 9:00 Woodcarving Pickleball - 2 sessions 9am-11 / 11-1pm 1:00 Art with Elle 1:00 Mahjong 1:00 Ping Pong 1:00 Fun Bingo
27	8:00 Stay Active Pickleball - 2 sessions 9am-11 / 11-1pm 9:30 Cribbage 1:00 Dominoes 1:00 Ping Pong	28	8:00 Beginner Line Dancing 9:00 Sheepshhead Pickleball - 3 sessions 9am-11 / 11-1pm / 1pm-3pm 10:00 Chair Yoga <b>11 - 1 Tech Time with Sandi</b> 1:00 Sheepshhead for Beginners 1:00 Pinochle 1:00 Euchre 1:00 Quilting/Sewing 1:00 Scrabble	29	Sr Golf West Bend Lakes 8:00 Stay Active 9:00 Woodcarving Pickleball - 2 sessions 9am-11 / 11-1pm 1:00 Mahjong 1:00 Ping Pong
		30	9:00 Sheepshhead 9:30 Knit/Crochet 10:00 Chair Yoga Pickleball - 3 sessions 9am-11 / 11-1pm / 1pm-3pm 12:00 Open Games 1:00 Sheepshhead for Beginners 1:00 Dominoes	23	9:00 Sheepshhead 9:30 Knit/Crochet 10:00 Chair Yoga Pickleball - 3 sessions 9am-11 / 11-1pm / 1pm-3pm 12:00 Open Games 1:00 Sheepshhead for Beginners 1:00 Dominoes
				24	9:00 Open Games 9:30 Beginner Line Dancing 10:30 - 12:00 Pickleball



Free Open Walking  
Every Day

See Page 7 for details







Monday

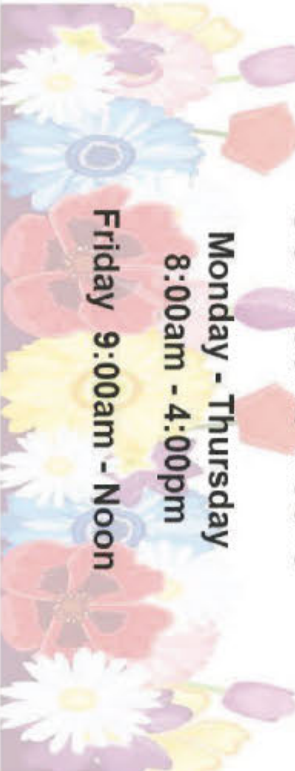
Tuesday

Wednesday

Thursday

Friday

**SCAI June Hours**



Monday	Tuesday	Wednesday	Thursday	Friday
<p>8:00 Stay Active</p> <p>9:30 Quilting Class</p> <p>1:00 Ping Pong</p>	<p>8:00 Beginner Line Dancing</p> <p>9:00 Sheepshead</p> <p>9am-11 / 11-1pm / 1pm-3pm</p> <p>10:00 Chair Yoga</p> <p>1:00 Sheepshead for Beginners</p> <p>1:00 Pinochle</p> <p>1:00 Euchre</p> <p>1:00 Quilting/Sewing</p> <p>1:00 Scrabble</p>	<p>8:00 Stay Active</p> <p>9:00 Woodcarving</p> <p>9am-11 / 11-1pm</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>9:30 Knit/Crochet</p> <p>Pickleball - 3 sessions</p> <p>9am-11 / 11-1pm / 1pm-3pm</p> <p>10:00 Chair Yoga</p> <p>12:00 Create-a-Card</p> <p>12:00 Open Games</p> <p>1:00 Sheepshead for Beginners</p> <p>1:00 Dominoes</p>	<p>9:00 Open Games</p> <p>9:30 Beginner Line Dancing</p> <p>10:30 - 12:00 Pickleball</p>
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1 Sr Golf West Bend Lakes

8:00 Stay Active

9:00 Woodcarving

Pickleball - 2 sessions

9am-11 / 11-1pm

1:00 Mahjong

1:00 FOOT CARE

1:00 Ping Pong

2

9:00 Sheepshead

9:30 Knit/Crochet

Pickleball - 3 sessions

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

10:00 Chair Yoga

12:00 Open Games

1:00 Sheepshead for Beginners

1:00 Dominoes

3

9:00 Open Games

9:30 Beginner Line Dancing

10:30 - 12:00 Pickleball

**1:00 Humana Presentation - Battling the Aging Brain**

**11:15 am @ Burger King**

**11:15 am @ Panera Bread**

**Widowers' & Widowers' Network**

**Saturday Bingo**

**June 11th at 1:00pm**

**(Please remember to preregister by June 8th 262-335-4498)**

# *the* Birthday Wishes



Jun 01	Judy Zander	Jun 14	Marlene Rohan
Jun 01	Geraldine Cauwels	Jun 15	Kathy Miller
Jun 02	Mary Heltemes	Jun 15	Judy Schuh
Jun 03	Raymond Lavrenz Sr.	Jun 16	Marcia Draheim
Jun 03	Edna Steger	Jun 16	Margareta Gessner
Jun 03	Gretchen Muth	Jun 16	Mary Lou Desrosier
Jun 03	Catherine Osborne	Jun 17	Beverly J Hoover
Jun 03	Mary Glenn	Jun 18	Carol Jones
Jun 04	Sarah Muellerweiss	Jun 18	Lynn Reese
Jun 04	Mary Becker	Jun 19	Carol Schacht
Jun 05	James Konzal	Jun 19	Sharon Neidinger
Jun 05	Ann Waldkirch	Jun 20	Mary DeSmidt
Jun 05	Vicki Colburn	Jun 20	Nancy Gloede
Jun 05	Jeanette Hodge	Jun 21	Marcia Erickson
Jun 06	Norbert Hynek	Jun 22	Steven Smith
Jun 06	Eleanor Muraski	Jun 24	Joyce Guse
Jun 08	Joan McCuen	Jun 24	Cynthia Borostowski
Jun 08	Rose Zingsheim	Jun 25	Donna May
Jun 09	Lucille Janz	Jun 25	Jacqueline Granger
Jun 10	Harriet Leppla	Jun 26	June Worzalla
Jun 10	Jeanne Knoeck-Stoffel	Jun 26	Sally Mundinger
Jun 10	Gerald Wanta	Jun 27	Russell Guillaume
Jun 11	Daniel Keaton	Jun 27	Elizabeth Ilnicki
Jun 11	Rebecca Fritsche	Jun 27	Neil Coulthurst
Jun 12	Sherry Fechter	Jun 28	Amy Christenson
Jun 12	Robert Buth	Jun 29	Joan Dautermann
Jun 13	Diane Ekvall	Jun 30	Babette Rhoads
Jun 13	Sandra Bradt	Jun 30	Charlene Hull



Activities and events are going strong here at the Activity Center for 50+ers. Tuesdays are very busy days! Early morning starts with Line Dancing, FREE inside-walking, followed by Sheephead, Chair Yoga Classes, Tech Time (help with your cell phones both iPhone and Android, tablets, laptops, Ipads, e-readers). Some of the afternoon activities available are Beginning Sheephead, Pinochle, Euchre, Scrabble, Sewing/Quilting and more!



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

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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 & Wed**

Ping Pong is a fun way to get some low stress exercise. Come and join the fun!

### **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. *(No classes June, July, or August. Class will resume in September)*

### **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!



### **'Aaron's Safe'**



**QUILT ART** on display by Center Participant, Linda Ruess Benson! Stop at the Center to view this fantastic work of art and labor of love made from an original photograph!



**June FOOT CARE will be on Wednesday, June 1, starting at 1pm.**

**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.

**KBC TOUR COMPANY**  
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Phone #414 550 5458

- June 8-10 - Amanda Colonies Iowa
- June 17 - Stop and Smell the Roses Milwaukee
- July 13-Train Lady/Wandering Estate
- July 28-The Christopher Farm & Gardens
- August 2-Lambeau Field & GB Packer Hall of Fame
- August 10-Exploring Walworth County and the communities of Elkhorn, Delavan, Burlington and Lake Geneva.
- September 6-II Divo at The Riverside Theater
- October 2-6-Mackinac Island in the Fall



**Personalized**

**One-Day Tours**

- June 1-Wine Wednesday
- June 5-MSO POPS: Music of the Beatles
- June 15-Fireside: What Happens in Vegas
- June 23-Marvelous Musical Mystery

**Extended Tours**

- June 9-16-South Dakota and More
- June 15-18-Gaither's Gospel Greatness in Indiana Amish Country
- August 21-Sept 2-Alaska Adventure  
Explore Alaska by land and sea in this once-in-a-lifetime tour!

**WWW.GoPersonalized.com**  
**920.528.7600**

Trip descriptions and information from both tour companies are available at the Center. Please call the respective tour company with any questions.



*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.*

**Call us today at 262.306.2691 and together we can find the best care that meets your personal needs.**

**cedar**  
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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



## Dad, You're a Man of Few Words

*With just one look*  
my dad said all I needed to hear.

*With just one look*  
my dad instilled a reverential fear

*With just one look*  
my dad let us kids know just who was boss.

*With just one look*  
his pride and love would always come across.

*Author Unknown*

## Sudoku

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

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

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DIFFICULTY: ★☆☆☆☆

Answer on Page 16

## Tote Bag Painting Class!

Watch for the *Fall* Class.



Always affordable art classes available!



## 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 for more information.

**ART for SALE**

the



# Office Corner Paula Hader, Executive Director

*A message from the Executive Director*

It's already June and the Center is *off and running* with one of two major fundraisers of the year! The **Classics for a Cause** Car Raffle - a collaboration between the Senior Center and the West Bend Sunrise Rotary Club - now has car raffle tickets available for purchase! The proceeds benefit both of these very noteworthy non-profit organizations!

Purchase your tickets at the Senior Center with cash, check or charge or at JL Business Interiors, or Jeff's Spirits on Main. The winner of the raffle will be drawn on Friday, September 16, 2022, at West Bend Lakes Golf Club. You need not be present to win.

Do you feel lucky? If not, consider purchasing tickets with your family and friends. As a winner, if you don't need this sweet ride, you can share \$40,000 in cash!



**~ The BIG Reveal ~  
Purchase tickets today!**



**\$40 each or 3 for \$100**

**ONLY 7,500 Tickets will be Sold!**

**Cash Option: \$40,000 - 2nd Prize \$1,000 - 3rd Prize \$500**



**Raffle License #R0013150A-04038**

*Paula Hader*

### The Famous Man

On day a famous man went to a nursing home to see all of his friends again and see how there were doing.

When he got there EVERYBODY greeted him [because, of course, everybody knows him].

One man he noticed didn't come up to him or say anything to him, so later he walked up to the man and asked him "Do you know who I am?" and the old man replied "No, but you can go to the front desk and they'll tell you."

### Answer to Sudoku

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



Senior Citizens Activities Inc. 262-335-4498

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#### PUBLICATION INFO

The Good Life, #22 June 2022/Issue No.6  
 Monthly Publication Subscription Fee: \$12/yr

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