



July 2022

the Good Life

“the GOOD LIFE IS ONE INSPIRED BY LOVE & GUIDED BY KNOWLEDGE”

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July 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.

the Center Notes

hello
SUMMER
Center News & Events

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

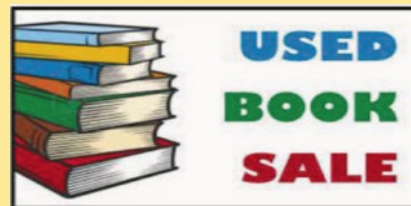
NOW ACCEPTING GENTLY-USED BOOKS!

~ VOLUNTEERS NEEDED ~

9am to noon - setup and sell books
(3 or 4 Center Volunteers per shift)

Noon to 3pm - sell books
(3 or 4 Center Volunteers per shift)

3pm to 5pm - sell and take down
(3 or 4 Center Volunteers per shift)



Tuesday, September 13th
More details are listed below.



With Sympathy

Dedicated and long-time Center Participant & Volunteer, **Bernette Wolf**, passed on May 22nd, her 79th birthday. Our deepest sympathies are extended to the families and friends of our beloved **Bernette!**

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 - **Carolyn Volk and LaVerne Coon** each lost a sibling. Please notify us if you know of a Center participant who has passed. We do our best to list everyone we are aware of.



'Cultivating the next generation to impact the world for God's glory!'

Ozaukee Christian School is a K3 - 8th grade private, non-denominational Christian school. They've served families in Ozaukee and Washington counties since 1990!

More details regarding a nutritious luncheon on the Book Sale Day will be forthcoming - watch for postings at the Center as well as on our social media, too!

The students will help serve a nutritious luncheon on Tuesday, September 13th.

Please contact Paula at:
wbseniorcenterphader@gmail.com
if you can help out. Thanks in advance!

Home Health vs. Supportive Home Care

Q. How is skilled home health care different from supportive home care?

A. *Skilled home health care is provided by a team of licensed and/or certified clinicians under the guidance of your physician. Registered nurses, licensed therapists, and other health professionals work with your physician to provide the needed services to help you reach and maintain your maximal level of function, health, and comfort.*

Supportive home care services are considered nonclinical. The focus is on providing personal and supportive care in your home, with the goal of helping you stay in your home. Services are provided by nonmedical caregivers.

Q. Who would benefit from skilled home health care?

.....to be continued in August's Newsletter



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**JES-B-CUZ YOU'RE BUSY
LLC**



FREE Seminar Fruits & Vegetables: *Color Yourself Healthy*



Does an apple a day really keep the doctor away? Please join Sandi Stahl from Humana on **Wednesday, July 6th at 1pm** at the Senior Center.

During this educational presentation Sandi will explain the benefits of fruits and vegetables, talk about antioxidants and free radicals, go over the recommended daily intake for both men and women, and the importance of a colorful plate. Sandi from Humana looks forward to seeing you there!

Please remember to pre-register at the Front Reception 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 can help you out **free of charge**. The program is called **Tech Time Tuesdays**. In July, Sandi will be available in the Multi-Purpose Room from **11am – 1pm on Tuesday, July 12th & Tuesday, July 26th**. 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 and healthy treats on July 12th to celebrate July 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
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

What is Camp SuperHero?



Camp Super Hero is an opportunity for youth to learn how to be an active member of Washington County. The mission is to teach youth to serve non-profits in a meaningful way, increase awareness and offer education about our nonprofit community, and provide youth with positive volunteer experiences. Interaction with adults in the community creates a positive effect and bonds youth to the community in which they live.

Thank you to the Center's Pickleball players who will be giving of their time and talent by demonstrating and providing mini lessons for the young adults.

**Monday, July 11th
10am to 12 Noon
Gym @ Senior Center (Intergenerational Opportunity)**

THANKS TO SOME OF OUR ADVISORY COMMITTEE MEMBERS FOR HELPING!

A FUN DISPLAY OF
~ **RETRO-TOYS** ~
WILL BE DISPLAYED & FOR SALE
FROM 9-NOON!



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1-800-963-0035

For more information on your long-term care
options, contact your local ADRC.

DHS Approved 4/22/2021

Joy Manor of West Bend

Assisted living facility for Seniors

262-365-0056

370 N Forest Ave., West Bend 53095

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For ad info. call 1-800-950-9952 • www.lpicommunities.com

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 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 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		10:00 - 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 Pickleball Gym	1:00 - 3:00pm Ping Pong Gym	1:00—3:00pm Pickleball Gym	

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.



8:00 Stay Active	8:00 Beg. Line Dancing	8:00 Stay Active	9:00 Sheepshhead	9:00 Open Games
CAMP SUPERHERO DAY!	9:00 Sheepshhead	9:00 Woodcarving	Pickleball - 3 sessions	9:00 Ping Pong
10-12 Noon Pickleball with Kids in Gym! See Page 5 to learn more!	Pickleball - 3 sessions	Pickleball - 2 sessions	9am-11 / 11-1pm / 1pm-3pm	9:30 Beg. Line Dancing
	9am-11 / 11-1pm / 1pm-3pm	9am-11 / 11-1pm	9:30 Knit/Crochet	10:30 - 12:00 Pickleball
	10:00 Chair Yoga	1:00 Art with Ellie	10:00 Chair Yoga	July 16th Windows' & Widowers' Network
9:30 Cribbage	11-1 Tech Time w/Sandi Stahl	1:00 Mahjong	12:00 Open Games	11:15 am @ Culver's
1:00 Dominoes	1:00 Sheepshhead for Beginners	1:00 Ping Pong	12:00 Create-a-Card	
1:00 Ping Pong	1:00 Pinochle		1:00 Sheepshhead for Beginners	
	1:00 Euchre		1:00 Dominoes	
	1:00 Quilting/Sewing			
	1:00 Scrabble			
18	19	20 Sr. Golf League	21	22
8:00 Stay Active	8:00 Beg. Line Dancing	8:00 Stay Active	9:00 Sheepshhead	9:00 Open Games
Pickleball - 2 sessions	9:00 Sheepshhead	9:00 Woodcarving	Pickleball - 3 sessions	9:00 Ping Pong
9am-11 / 11-1pm	Pickleball - 3 sessions	Pickleball - 2 sessions	9am-11 / 11-1pm / 1pm-3pm	9:30 Beg. Line Dancing
9:30 Cribbage	9am-11 / 11-1pm / 1pm-3pm	9am-11 / 11-1pm	9:30 Knit/Crochet	10:30 - 12:00 Pickleball
9:30 Quilting Class	10:00 Armchair Fitness w/Nancy	9:00 FOOT CARE	10:00 No Chair Yoga Class Today!	
1:00 Dominoes	1:00 Sheepshhead for Beginners	1:00 Mahjong	12:00 Open Games	
1:00 Ping Pong	1:00 Pinochle	1:00 Ping Pong	1:00 Sheepshhead for Beginners	
	1:00 Euchre		1:00 Dominoes	
	1:00 Quilting/Sewing			
	1:00 Scrabble			
25	26	27 Sr. Golf League	28	29
8:00 Stay Active	8:00 Beg. Line Dancing	8:00 Stay Active	9:00 Sheepshhead	9:00 Open Games
Pickleball - 2 sessions	9:00 Sheepshhead	9:00 Woodcarving	Pickleball - 3 sessions	9:00 Ping Pong
9am-11 / 11-1pm	Pickleball - 3 sessions	Pickleball - 2 sessions	9am-11 / 11-1pm / 1pm-3pm	9:30 Beg. Line Dancing
9:30 Cribbage	9am-11 / 11-1pm / 1pm-3pm	9am-11 / 11-1pm	9:30 Knit/Crochet	10:30 - 12:00 Pickleball
1:00 Dominoes	10:00 Chair Yoga	1:00 Art with Ellie	10:00 Chair Yoga	
1:00 Ping Pong	11-1 Tech Time w/Sandi Stahl	1:00 Mahjong	12:00 Open Games	
	1:00 Sheepshhead for Beginners	1:00 Ping Pong	1:00 Sheepshhead for Beginners	
	1:00 Pinochle	1:00 FUN Bingo	1:00 Dominoes	
	1:00 Euchre			
	1:00 Quilting/Sewing			





Monday

Tuesday

Wednesday

Thursday

Friday



Yankee Doodle

Yan-kee Doo-dle went to town a - rid - ing on a po - ny,
 Stuck a fea - ther in his hat and called it Ma - ca - ro - ni.

Chords: G, D7, C, G, D7, G

Free Open Walking Every Day
 See Page 7 for details

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

4
5
6
7
8

9:30am
Watch for some of the
Seniors in the WB Parade!



8:00 Beg. Line Dancing
9:00 Sheepshead
Pickleball - 3 sessions
 9am-11 / 11-1pm / 1pm-3pm

10:00 Chair Yoga
1:00 Sheepshead for Beginners
1:00 Pinochle
1:00 Euchre
1:00 Quilting/Sewing
1:00 Scrabble

8:00 Stay Active
9:00 Woodcarving
Pickleball - 2 sessions
 9am-11 / 11-1pm

1:00 Humana Presentation
Fruits & Vegetables - Color Yourself Healthy
1:00 Mahjong
1:00 Ping Pong

9:00 Open Games
9:00 Ping Pong
9:30 Beg. Line Dancing
10:30 - 12:00 Pickleball

11
12
13
14
15

CENTER CLOSED TODAY!

13 Sr. Golf League

9:00 Sheepshead
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
11:15 am @ Pizza Ranch

9:00 Open Games
9:00 Ping Pong
9:30 Beg. Line Dancing
10:30 - 12:00 Pickleball

SENDIK'S COMMUNITY GRILL EVENT 11am-4pm
Saturday Bingo
July 9th at 1:00pm

the Birthday Wishes



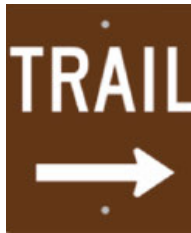
Jul 01 Shirley Schoenauer
Jul 02 Bernadette Falk
Jul 03 Lynn Hammen
Jul 03 Fred Pflughoeft
Jul 03 Janet Heberer
Jul 04 Lorrie Meller
Jul 04 Sharina Adams
Jul 04 Vernon Jacoby
Jul 04 Patrice Mrotek
Jul 05 Darlene Verdick
Jul 05 Patricia Geidel
Jul 06 Steve Miscikowski
Jul 06 Janey Heckendorf
Jul 06 Linda Anderson
Jul 07 Rosemary Guth
Jul 09 Martin Schmidt
Jul 10 Sandi Walters
Jul 11 Kathy Kusters
Jul 11 Drucilla Alexandra-Retzlaff
Jul 12 Sylvia Moore
Jul 12 Theresa Schroeder
Jul 12 Peter Waldkirch
Jul 12 Patric Corteen
Jul 13 Linda Marquardt
Jul 13 Linda Stockhausen
Jul 13 Kathy James
Jul 13 James Girard
Jul 13 Kay Morlen
Jul 14 Dorothy Jansen
Jul 14 Joseph Ilnicki
Jul 14 Sharon Paruch
Jul 14 Theresa McLaughlin
Jul 16 Bonnie Mowery
Jul 16 Therese Gumowski
Jul 16 John Wagie
Jul 17 Karen Shaw



Jul 17 Grace Wind
Jul 18 Ron Rimmel
Jul 18 Diann Klein
Jul 20 Kathy Krueger
Jul 20 Mary Jo Kostelac
Jul 20 Phyllis Kaehne
Jul 21 Pia Lewandowski
Jul 21 Carolyn Wells
Jul 21 Mary Nelesen
Jul 21 Arenell Carlson
Jul 22 Charles Halwas
Jul 23 Linda Konzal
Jul 23 Karen Trepes
Jul 25 Debra Leanna
Jul 25 Nancy Polizotto
Jul 27 Martha McElroy
Jul 27 Kenneth Herrman
Jul 27 Christine Hassler
Jul 27 Kathy Roehrig
Jul 28 Louise Joyner
Jul 29 Lois Dornacker
Jul 29 Sara Alderson
Jul 29 Sue Scholl
Jul 29 Mary Gumm
Jul 30 Vivien Loomis
Jul 30 Barbara Connor
Jul 31 Sharon Feiereisen
Jul 31 Kathy Welch
Jul 31 Linda Gavin
Jul 31 Kevin Walsh



SCAI has an Outdoor Adventures Group!



Come join the fun, enjoy the beautiful outdoors all around us, make friends, share your photos, planning, promotion and leadership skills, too. We welcome *Team Leaders* for these and many more events! Please contact Liz at phone #262.353.9720 or email Liz at the following email address: believe4thebest@frontier.com



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 Armchair Exercises classes in Summer; classes 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!



Join In!

4th of July Parade - WB

Get your **Red, White & Blue** On!

That's right! Join Center Participants in the 4th of July Parade in West Bend. We are the Activity Center for 50+ers!



Time: 9:30am

Place: Meet beforehand in the parking lot at Badger Middle School at 8:30am

If interested: Please call Sarah Muellerweiss at phone # (989) 714-0053. Use your walking poles, just walk, bicycle, dance or twirl along with your pickleball paddles and kayak oars! You're welcome to bring a friend!



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
MILWAUKEE WISCONSIN

One-Day Tours

July 13 - Train Lady/Wandering Estate
July 28 - The Christopher Farm & Gardens
Aug 2 - Lambeau Field & GB Packer Hall of Fame
Aug 10 - Exploring Walworth County
Sept 6 - Il Divo at The Riverside Theater
Nov 11 - Rat Pack/Palace Theater in WI Dells

Extended Tours

Oct 2-6 - Mackinac Island in the Fall
Dec 6-8 - Holiday at Sanfilippo Estate

Call Kay Collins
Phone #414.550.5458



Personalized

One-Day Tours

July 3 - Milwaukee Lakefront Fireworks
July 10 - Supper Club Sunday
July 21 - Green Bay Oneida Reservation Tour
July 30 - Fireside: The Wizard of Oz

Extended Tours

Aug 9-12 - Creation & Creatures: The Ark Encounter
Aug 16-17 - Starved Rock State Park
Aug 21-Sept 2 - Alaska Adventure

Phone #920.528.7600
www.GoPersonalized.com



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.

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community

home health & hospice

cedarcommunity.org

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

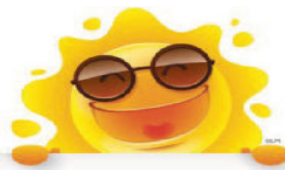
Hospice

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





What's in Your Vegetable Garden?

W O P O T A T O O N S P L M
 A H T R I I T L O G I C C R
 E S A A A O E I T N P A U C
 N A P R M T N N R R I U D O
 I U A A T O A U S A N L O R
 K Q A U R L T P B D S I B N
 P S C A P A E N E I R F R S
 M E R G I A G B A S A L A O
 U E G R S O G U N H P O B R
 P E C A R R O T S H I W U R
 E E P E P P E R S L C E H E
 U E Z U C C H I N I L R R L
 K A L E B R O C C O L I P H
 B E E T S C U C U M B E R P

Word List:

Carrots	Peppers	Beans	Peas
Zucchini	Squash	Pumpkin	Asparagus
Beets	Broccoli	Parsnip	Cauliflower
Corn	Cucumber	Eggplant	Lettuce
Onion	Potato	Kale	Rhubarb
Turnip	Tomato	Sorrel	Radish



the



Office Corner

Paula Hader, Executive Director

A message from the Executive Director

Purchase your tickets with cash, check or charge at the following locations:

* Senior Center * JL Business Interiors * Jeff's Spirits on Main * Bob's Auto



**Admit It...
You've Always Wanted The Topless Model
Get Your Charity Raffle Tickets While They Last!**

**GRAND PRIZE
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or
\$40,000 IN CASH**

2ND PRIZE \$1,000.00 • 3RD PRIZE \$ 500.00 • 4TH PRIZE \$ 500.00
\$40 each or 3 for \$100
ONLY 7,500 Tickets will be Sold!

**Purchase Tickets In Person or By Phone!
Visit ClassicsForACause.org or Call 262-335-4498 for more info!**



Public Drawing:
Friday, September 16th
West Bend Lakes Golf Club (After Outing)
(need not be present to win)



By purchasing a ticket, you help enrich the lives of area adults 50+ through fitness and wellness opportunities, social interaction, recreational activities, and community involvement. Winner responsible for all taxes, title, license and fees. Senior Citizens Activities, Inc. is a 501(c)3 certified non-profit organization. Raffle License #R0013150-A-04038

Purchase the winning ticket today!



NEWS FROM THE 2022 ADVISORY COMMITTEE

Senior Citizens Activities, Inc.

We are celebrating our 55th Anniversary with an Open House & Shredding Event on Saturday, August 13, 2022 from 10am - Noon

Bring your family, your friends and your confidential papers for shredding. Limit 5 boxes \$10 Minimum Donation

Contact the Senior Center with questions at 262.335.4498 or reach out to one of the Advisory Committee Members - their names are listed on the back of the newsletter.



Have a great lunch & Support Your Activity Center for 50+ers!

The Pickleball players will be selling brats and burgers at Sendik's Community Grill Event.

**Saturday, July 9th
11am until 4pm**

The *Classics for a Cause* Corvette will also be on display and raffle tickets will be sold.

Mark your calendar now for the Shredding Event!



Senior Citizens Activities Inc. 262-335-4498

BOARD OF DIRECTORS 2022

President..... Peter Kapler
Vice President..... David Streese
Secretary..... Tracy Thom
Treasurer..... Scott Tennies

ADDITIONAL DIRECTORS 2022

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