



**AUGUST 2022**

# the Good Life

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

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## **4th of July Parade**



The Senior Center made their very first appearance in the 4th of July parade. *Senior Citizens Activities, Inc.* is celebrating their 55th Anniversary!



National Exchange Bank  
Foundation Inc.

*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.*



# CONNECTED THROUGH FUN, FITNESS & FRIENDSHIPS!

## 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

### Sock Hop Committee:

Barb (L), Lynn, Mary Lee & Sharina (R)



*The 6/26/22  
Participant-Driven  
Fundraiser was a total success!*

## With Sympathy

Our sympathies to the families and friends of **Donna Kahlschauer**.

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.



See Pages 10, 14 & 15 for July 4th pics!



**Home Health vs. Supportive Home Care** (continued from July)

**Q. Who would benefit from skilled home health care?**

**A.** You or a family member may benefit from skilled home health care if you are:

- Recovering from a recent illness, surgery, or hospitalization.
- Recently discharged from a nursing home or rehabilitation unit, but need additional care.
- In need of education regarding your health condition and how to manage your disease effectively.
- In need of medication management, which may involve educating persons to fill pillboxes correctly and/or assisting with monitoring of other therapeutic medication regimes (such as Coumadin, etc.).
- In need of therapy services to regain strength and mobility in your home, which could include the development of a home exercise program.

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

For more information or services available, email [CCommunity1953@gmail.com](mailto:CCommunity1953@gmail.com)



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## FREE Seminar ~ Stretch Your Grocery Budget ~

With the increase in food prices, we could all use some ideas on how to stretch our grocery budgets. Please join Sandra (Sandi) Stahl from Humana for the educational program **“Stretch Your Grocery Budget”**. During this presentation Sandi will discuss how to eat healthy on a budget, tips on meal planning, grocery shopping strategies, practical eating habits, and how to stay healthy when dining out. Please join Sandi from Humana on Wednesday, August 3<sup>rd</sup> at 1pm in the church gathering space to learn how to **“Stretch Your Grocery Budget”**. Hope to see 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 August, Sandi will be available in the Multi-Purpose Room from **11am – 1pm on Tuesday, August 9th & Tuesday, August 23rd**. Sandi 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  
Aug 9th to celebrate August 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

# Machine Embroidery Demonstration - August 1st

Learn what an embroidery machine can do! Watch a design being stitched out and see all kinds of creations! An embroidery machine can even quilt your sandwiched quilt! Show & Tell session with items made in the hoop such as:

- Lace
- Mug rugs
- Trivets
- Crossbody Purses
- Zippered Pouches
- Patches
- Kitchen Towels
- T-shirts

and.....even Toilet Paper! 😊



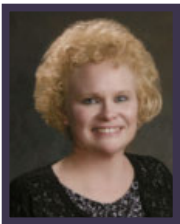
**Date: Monday, August 1st**

**Time: 9:30 am**

**Cost: \$2**

**Senior Center Open Activity Area**

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

DHS Approved 4/22/2021

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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 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 & Thurs**

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!

**A BIG SHOUT OUT to the Center's Pickleball Players for facilitating the July 9th Sendik's Community Grill Event!**

### **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.



15	8:00 Stay Active 9:00 Pickleball - 2 Sessions 9:30 9am-11 / 11-1pm 1:00 Cribbage 1:00 Dominoes 1:00 Ping Pong	16	8:00 Beg. Line Dancing 9:00 Sheepshead 9-11 Pickleball 9am-11 / 11-1pm / 1-3pm 10:00 Chair Yoga 1:00 Pinochle 1:00 Euchre 1:00 Quilting/Sewing 1:00 Scrabble	17	8:00 Stay Active 9:00 FOOT CARE 9:00 Woodcarving 9:00 Pickleball - 2 Sessions 9am-11 / 11-1pm 1:00 Mah Jongg 1:00 Ping Pong	18	9:00 Sheepshead 9-11 Pickleball 9am-11 / 11-1pm / 1-3pm 9:30 Knit/Crochet 10:00 Chair Yoga 1:00 Dominoes 1:00 Sheepshead for Beginners 1:00 Open Games	19	9:00 Open Games 9:30 Beg. Line Dancing 10:30 - 12:00 Pickleball  <b>August 20th Widows' &amp; Widowers' Network</b> <b>11:15 am @ Main Street Cafe</b>
22	8:00 Stay Active 9:00 Pickleball - 2 Sessions 9:30 9am-11 / 11-1pm 1:00 Cribbage 1:00 Dominoes 1:00 Ping Pong	23	8:00 Beg. Line Dancing 9:00 Sheepshead 9-11 Pickleball 9am-11 / 11-1pm / 1-3pm 10:00 Chair Yoga <b>11-1 pm Tech Time Tuesdays</b> 1:00 Pinochle 1:00 Euchre 1:00 Quilting/Sewing 1:00 Scrabble	24	8:00 Stay Active 9:00 Woodcarving 9:00 Pickleball - 2 Sessions 9am-11 / 11-1pm 1:00 Art with Ellie 1:00 Mah Jongg 1:00 Ping Pong 1:00 FUN Bingo	25	9:00 Sheepshead 9-11 Pickleball 9am-11 / 11-1pm / 1-3pm 9:30 Knit/Crochet 10:00 Chair Yoga 1:00 Dominoes 1:00 Sheepshead for Beginners 1:00 Open Games	26	9:00 Open Games 9:30 Beg. Line Dancing 10:30 - 12:00 Pickleball
29	8:00 Stay Active 9:00 Pickleball - 2 Sessions 9:30 9am-11 / 11-1pm 9:30 Quilting Class 9:30 Cribbage 1:00 Dominoes 1:00 Ping Pong	30	8:00 Beg. Line Dancing 9:00 Sheepshead 9-11 Pickleball 9am-11 / 11-1pm / 1-3pm 10:00 Chair Yoga 11-1 Pickleball 1:00 Pinochle 1:00 Euchre 1:00 Quilting/Sewing 1:00 Scrabble	31	8:00 Stay Active 9:00 Woodcarving 9:00 Pickleball - 2 Sessions 9am-11 / 11-1pm 1:00 Mah Jongg 1:00 Ping Pong <b>1:00 FREE - Heart Healthy Diet Education by Cedar Community</b>	1	<b>SEPTEMBER</b> 9:00 Sheepshead 9-11 Pickleball 9am-11 / 11-1pm / 1-3pm 9:30 Knit/Crochet 10:00 Chair Yoga 1:00 Dominoes 1:00 Sheepshead for Beginners 1:00 Open Games	2	<b>SEPTEMBER</b> 9:00 Open Games 9:30 Beg. Line Dancing 10:30 - 12:00 Pickleball



# ~ August ~

Monday

Tuesday

Wednesday

Thursday

Friday

## SCAI August Hours

Monday – Thursday  
8am - 4pm  
Friday 9am - Noon



## Free Open Walking Every Day

See Page 7 for details

1	2	3	4	5
8:00 Stay Active 9:00 Pickleball - 2 Sessions 9:30 9am-11 / 11-1pm Cribbage 9:30 Quilting Class - <b>Machine Embroidery Demo Today!</b> 1:00 Dominoes 1:00 Ping Pong	8:00 Beg. Line Dancing 9:00 Sheepshead 9-11 Pickleball 9am-11 / 11-1pm / 1-3pm 10:00 Chair Yoga 1:00 Pinochle 1:00 Euchre 1:00 Quilting/Sewing 1:00 Scrabble	8:00 Stay Active 9:00 Pickleball - 2 Sessions 9am-11 / 11-1pm 9:00 Woodcarving <b>1:00 FREE - Stretch Your Grocery Budget by Humana</b> 1:00 Book Club 1:00 Mah Jongg 1:00 Ping Pong	9:00 Sheepshead 9:30 Knit/Crochet 10:00 Chair Yoga 9-11 Pickleball 9am-11 / 11-1pm / 1-3pm 1:00 Dominoes 1:00 Sheepshead for Beginners 1:00 Open Games <b>Widows' &amp; Widowers' Network 11:15 am @ Marilyn Smith's home: 431 Chestnut Street in West Bend. Call 262.334.7590 with questions or to sign up.</b>	9:00 Open Games 9:30 Beg. Line Dancing 10:30 - 12:00 Pickleball
8	9	10	11	12
8:00 Stay Active 9:00 Pickleball - 2 Sessions 9am-11 / 11-1pm 9:30 Cribbage 1:00 Dominoes 1:00 Ping Pong	8:00 Beg. Line Dancing 9:00 Sheepshead 9-11 Pickleball 9am-11 / 11-1pm / 1-3pm 10:00 Chair Yoga <b>11-1 pm Tech Time Tuesdays by Humana - complimentary B-day Treats from Humana</b> 1:00 Pinochle 1:00 Euchre 1:00 Quilting/Sewing 1:00 Scrabble	8:00 Stay Active 9:00 Woodcarving 9:00 Pickleball - 2 Sessions 9am-11 / 11-1pm 1:00 Art with Ellie 1:00 Mah Jongg 1:00 Ping Pong	9:00 Sheepshead 9:30 Knit/Crochet 10:00 Chair Yoga 9-11 Pickleball 9am-11 / 11-1pm / 1-3pm 12 Noon Create a Card 1:00 Dominoes 1:00 Sheepshead for Beginners 1:00 Open Games	9:00 Open Games 9:30 Beg. Line Dancing 10:30 - 12:00 Pickleball <b>Saturday, August 13th 10-NOON - SHREDDING EVENT &amp; OPEN HOUSE TODAY! THE TOPLESS 2017 CORVETTE WILL BE DISPLAYED! Saturday, August 13th</b>

# the Birthday Wishes



Aug 01	Jim Derse		Aug 13	Coral Messar
Aug 01	Shirley Fechter		Aug 15	Michelle Humitz
Aug 01	Patricia Buechler		Aug 16	Deborah Anderson
Aug 01	Catherine Weinreich		Aug 16	Donna Bichler
Aug 01	Janet Schober		Aug 16	Je'Ette Tennies
Aug 02	Michelle Urbanczyk		Aug 16	Janet Kohlwey
Aug 02	Karen Leitzke		Aug 17	Kathrine Laycock
Aug 03	Amy Johnson		Aug 18	Mary Endlich
Aug 03	Sandra Dvorak		Aug 19	Linda Koch
Aug 03	Glen Weinreich		Aug 21	Judy Behlen
Aug 04	Denise Newell		Aug 21	Bev Yogerst
Aug 05	James Krim		Aug 21	Adeline Bollen
Aug 06	Jo Ann Hoeser		Aug 23	Carol Thurke
Aug 06	Joyce Herther		Aug 24	Maureen Dick
Aug 06	Marie Jacoby		Aug 24	Carol Cichocki
Aug 07	Dolores Kriefall		Aug 25	Ruth Pivar
Aug 07	Sandra Koeller		Aug 25	Paul Geib
Aug 08	Robert Bergstrom		Aug 25	Ruth Ann Phaneuf
Aug 08	Florence Moran		Aug 25	Mary Heine
Aug 09	Michael Pettit		Aug 26	Joan Oppermann
Aug 10	Gary Daley		Aug 28	Ronald Pechinski
Aug 10	Kathy Doman		Aug 28	Kay Leeson
Aug 10	Evelyn Wolff		Aug 29	Alvin Schachter
Aug 11	Joan Littrel		Aug 29	Linda Volkert
Aug 11	Peg Bremmer		Aug 29	Mariann Gundrum
Aug 11	Rita Schmitt		Aug 30	Katherine Flowers
Aug 13	Rita Lochen		Aug 31	Ellen Brooks-Derzay

**KBC TOUR COMPANY**  
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One-Day Tours

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  
Dec 1 - Holiday at Sanfilippo Estate

Extended Tours

Oct 2-6 - Mackinac Island in the Fall  
Dec 6-8 - Merry Milwaukee Holiday Getaway

Call Kay Collins  
Phone #414.550.5458



*Personalized*

One-Day Tours

Aug 3 - Wine Wednesday  
Aug 9 - Booth Brothers @ The Fireside  
Aug 10 - Brewers Fever  
August 11 - Lake Geneva Boat Cruise  
August 31 - Exploring Chicago

Extended Tours

Aug 16-17 - Starved Rock State Park  
Aug 21-Sept 2 - Alaska Adventure  
Sept 6-27 - Best of the Pacific Northwest

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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. 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!

## HEART HEALTHY DIET EDUCATION PRESENTATION



Wednesday, August 31st @ 1PM

Inside the Church Gathering Space

Please pre-register at the front reception desk.

Presented By Cedar Community



### ~Luncheons~

#### **Widows' & Widowers' Network**

#### **August 4th**

Pot Luck at Marilyn Smith's House  
431 Chestnut Street in West Bend -  
upstairs on the patio.

Call Marilyn at 262-334-7590 and let  
Marilyn know what you will be  
bringing.

#### **August 20 @ 11:15am**

Main Street Café  
817 S Main Street  
West Bend



### **CAMP**



Re-Taping  
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Flooring

### **SUPER HEROS**



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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



# More 4th of July Parade Pics!





the

# Office Corner

Paula Hader, Executive Director

*A message from the Executive Director*

Thank you to the Center's Yoga Instructor, Sarah Muellerweiss, and her husband, Adam who made it possible for the Center to have their very first appearance in the West Bend 4th of July Parade! Several Board members also helped and joined in. Some of the Center participants were line dancers, Exerstrider Pole Walkers, Pickleball players, Outdoor Adventures such as hiking, kayaking, etc.



## NEWS FROM THE 2022 ADVISORY COMMITTEE

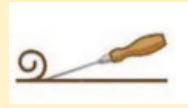
**55  
YEARS**

**Senior Citizens Activities, Inc.**  
**Celebrating their 55th Anniversary**  
**Open House & Shredding Event**  
**Saturday, August 13, 2022 from**  
**10am - Noon**



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

**TOURS & LIVE DEMONSTRATIONS FOR 50+ERS!**  
**Pickleball, Beginner Line Dancing, Mah Jong & Chair Yoga**



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

**See you on August 13th!**



**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**

Jeff Lambie                      Scott Hanson  
 Joel Ongert                      Deb Anderson  
 Iva Thelen                      Jim Derse  
    Max Sallinen

### **PUBLICATION INFO**

The Good Life, #22    August 2022/Issue No.8

### **ADVISORY COMMITTEE 2022**

Senior Rep..... Sue Maschmeier  
 Junior Rep..... Sharon Miscikowski  
 Secretary..... Chris Mueller

### **MEMBERS 2022**

Donna May                      Barb Wolf  
 Sandy Peters                      Donna Butz  
    Lee Casati

### **STAFF**

Paula Hader.....Executive Director  
 Email: wbseniorcenterphader@gmail.com