The Center for Life Enrichment
1306 W. Wisconsin Ave. Oconomowoc, WI, 53066
262-354-1375
shorehavenliving.org

Life Enrichment has a month planned for you, packed with programming that we are sure you will enjoy. We have invited local author and nurse practitioner to share her research on simple steps to brain health. Carroll University professor, Scott Hendrix will bring the first of three lectures to our campus. This month’s lecture is titled Science and Religion. February is president’s month and Dale Reich will present the interesting life of Abe Lincoln, passing fun facts you may not know. We have a simple paint class offered, Oconomowoc Historical Society will present Oconomowoc’s historical resident the Valentine estate and finally we are bringing back Ethnic dinners with Chef Anthony. We are excited to have you join us in this month’s happenings.

PARKING – Now that our attendance is picking up again, be reminded when attending LE programs to please park in the parking area just outside the LE entrance and NOT in front of the Café Labelle entrance. This keeps parking clear for those dining at the Café. Thank you.

FITNESS CENTER – The Fitness Center has reopened to classes and gym memberships only. The pool will remained closed until further notice. Call Kira for more information.

*Most events will be held in the 1st floor Roehl Auditorium, unless otherwise indicated.

TO REGISTER FOR A CLASS OR TO SEND PAYMENT
Center for Life Enrichment, 1306 W. Wisconsin Ave, Oconomowoc, WI 53066
Please include names of attendees and contact phone number. For more information or to receive our e-newsletter, call Jill Halliburton at 262-354-1375 or email jhalliburton@hs.com

Founders Gallery
Presents: Artists Joseph Ricci and Robert Krantz
January 1 through February 29
All art is for sale and 20% of the sales help to continue Life Enrichment Programming

FITNESS CLASSES

**Land Dancin’**
Mondays & Weds. – 5:30 to 6:15 p.m.
Saturdays – 9:30 to 10:20 a.m.

**SilverSneakers**
Instructor: Trish Sargent
$2 classes

**55 Cardio**
Mondays, Wednesdays, Thursdays & Fridays,
8 to 8:45 a.m.
Mondays & Wednesdays,
1 to 1:45 p.m.

**55 Timed Stations**
Tuesdays – 1 to 1:45 p.m.
Thursdays – 8 to 8:45 p.m.

**55 Balance, Strength**
Mondays & Tuesdays
3 to 3:45 p.m.
Tuesdays – 10:30 to 11:15 a.m.
Thursdays – 3 to 3:45 p.m.

**55 Balance, Strength SEATED**
Thursdays – 10:30 to 11:15 a.m.

**Land Aerobics $3**
Tuesdays, 9:30 to 10:15 a.m. & 2 to 2:45 p.m.
Wednesdays, 2 to 2:45 p.m.
Thursdays, 9:30 to 10:15 a.m.

**Line Dancing $2**
Mondays - 2 to 2:45 p.m.
Shorehaven Fitness

**Strength & Conditioning $5**
Active Senior Class
Instructor: Jill Halliburton
$45 for 10 classes
Can be used on all Shorehaven Fitness Classes
Mondays & Fridays
9 to 9:45 a.m. & 10:45 to 11:30 a.m.
For more information, call Shorehaven Fitness 262-354-1180
January and February Artists Biography:

Joseph Rice - I am a 70 year old retired medical equipment salesman. I grew up in St Paul, Minnesota and as a young boy, my friends and I spent hours drawing our favorite musicians and super heroes. Our goal was always to capture the details of our subject and we pushed each other. I was never the best, but our little competition helped to make me better. As it tends to do, life intervenes and for many years I occasionally dabbled but never really picked up a pencil or a brush. As I crept closer to retirement, my interest in oil painting increased and I found myself distracted with it in my day to day demands. I was happy to discover some of the things I learned from my childhood friends stayed with me, and I was able to begin again to rediscover my passion.

Robert Krantz - I have been showing at art fairs since 1986. I have done the Oconomowoc Festival of the Arts for the past 20 years, consecutively. I have won the Best of Category award 4 times. My work is primarily Craftsman Style, with a bit of a twist. At one point in time, I had employees, and we built all of the executive furniture for six different Quad Graphics offices around the country. I have been making high quality custom art furniture for about 38 years. In my spare time I like to golf and sing, and I have three international medals for singing barbershop music with the Midwest Vocal Express. I have a wife, Sherri, and a daughter, Kristin. My wife and I reside in a timber frame house which I built in Delafield, WI.

Tuesdays
From 1 to 2 p.m.
Free Event
TED Talks are an online tool—presented by experts—to engage your mind in learning. Most TED Talks run between nine and 20 minutes in length. After viewing the TED Talk, participants will be led in a group discussion, providing a fun and interactive way to share your views on the subject.

January Schedule
- Feb. 6 - The neuroscience of restorative justice - Dan Reis
- Feb. 13 - Live TED - Safety Oconomowoc police officer - Sgt. Patrick Hogan (see article below)
- Feb. 20 - The skill of self confidence - Dr. Ivan Joseph
- Feb. 27 - How to spot a liar - Pamela Meyer

Please note: Topics listed may change at the discretion of the presenter.

This event will be held in the Roehl Auditorium on the first floor of the Center for Life Enrichment. No registration is required.

Simple Steps to Brain Health
Local Author and Nurse Practitioner
Cherri Schleicher
Thursday, February 1
1 to 2 p.m.
Free Event
Have you been told that because you have a family history of Alzheimer’s Disease that it is only a matter of time before you develop it? Maybe you have been told that what you eat or your lifestyle has no impact on your health.

Shorehaven Yoga $5
Mobility required. Mat Class.
Wednesdays - 9:15 to 10:15 a.m. & 10:45 to 11:45 a.m.

Late Afternoon Yoga -
Wednesdays
4:15 to 5:15 p.m.
$45/10 class punch card purchase for public
Free for Shorehaven staff

MONTHLY MEETINGS & SUPPORT OPPORTUNITIES

Morning Alzheimer’s Support Group
Led by Jamie Milaeger,
Life@Home Coordinator
First and Third Tuesday of the month (Feb. 6 and 20).
10 to 11:30 a.m.
Meetings are open to caregivers or family members whose loved one has been diagnosed with dementia, no registration is required.
For additional information, call Jamie at 262-560-6960.

Grief Support Group,
Led by Wes Werner
This meeting is free and meets from 10 to 11:30 a.m. on the second Monday of every month (Feb. 12).
If you have questions, send a note to Wes Werner at weswl@aol.com.

Kiwannis Group
This group meets from 7:30 to 9 a.m., every first and third Wednesday of the month (Feb. 7 and 21).
Breakfast can be ordered when you arrive.
schneider775@wi.rr.com

Community Bible Study
This Bible study is a non-denominational international study. This ongoing study is a 30 week study. Registration cost is $35 and is held each Tuesday at 10 a.m. in the first floor conference room in the Center for Life Enrichment Building. This year’s study will include the books of Ruth, Samuel and Ephesians.
Please contact instructor, Terri Stone 262-434-0320
The truth is cognitive decline is optional. You can have ultimate brain health through your entire life. During this presentation, you will learn seven simple lifestyle steps that you can do from the comfort of your home to enhance your physical and brain health. Cherri Schleicher, is a licensed Functional Medicine Nurse Practitioner and Functional Medicine Health Coach. She is the owner of C&S Holistic Family Health and Wellness. Cherri shares her personal story of Alzheimer’s and cognitive decline which has led her on this journey to help others.

Science and Religion
With Carroll University Professor Scott E. Hendrix
Monday, February 5
1 to 2 p.m.
$5 Attendance Fee
Join Professor Scott Hendrix from Carroll University as he presents his research and lecture of Science and Religion. He will help answer the question “are they compatible?”
He wrote his book, God's Philosophers and Scientists - Religion and Science in the West and uses its findings to teach a class on The History and Philosophy of Science hoping to guide his students, who typically think that the conflict between religion and science has been the norm, and showing that’s not the case.
According to Pew Research studies, most Americans think religion always conflicts with science. The popular writings of scientists such as Richard Dawkins, Sam Harris, and Lawrence Krauss reinforce this idea, as do books by writers such as Christopher Hitchens and Daniel Dennet. Furthermore, the two versions of the enormously popular television show Cosmos, hosted by Carl Sagan in 1980 and Neil deGrasse Tyson in 2014, present a history of science in which religion has always acted as a barrier to scientific development, with scientists frequently persecuted or even executed for their work.

Life Enrichment Book Club
Trust by: Hernan Diaz
Thursday, February 8
12 to 1 p.m.
Free Event
Meeting in First Floor Community Conference Room
Even through the roar and effervescence of the 1920s, everyone in New York has heard of Benjamin and Helen Rask. He is a legendary Wall Street tycoon; she is the daughter of eccentric aristocrats. Together, they have risen to the very top of a world of seemingly endless wealth—all as a decade of excess and speculation draws to an end. But at what cost have they acquired their immense fortune? This is the mystery at the center of Bonds, a successful 1937 novel that all of New York seems to have read. Yet there are other versions of this tale of privilege and deceit.
Hernan Diaz’s TRUST elegantly puts these competing narratives into conversation with one another—and in tension with the perspective of one woman bent on disentangling fact from fiction. The result is a novel that spans over a century and becomes more exhilarating with each new revelation.
At once an immersive story and a brilliant literary puzzle, TRUST engages the reader in a quest for the truth while confronting the deceptions that often live at the heart of personal relationships, the reality-warping force of capital, and the ease with which power can manipulate facts. Books are available at Books and Company in Oconomowoc. You may be eligible for a 15% Book Club discount when you mention the Life Enrichment Book Club. Registration is no longer required.
GriefShare - A Grief Support Group
Hosted by: Pagenkopf Funeral Home
Monday, February 12
10 to 11:30 a.m.
Free Event
Loss comes in many forms. Whether you have experienced the loss of a loved one or have lost your way, it is essential that you find support and encouragement as you return to life's daily routines. Grief Share provides participants the opportunity to experience their journey from grief to healing in a Christ-centered small group. Join Wes Werner of Pagenkopf Funeral Home as he leads the monthly session. Meetings will include a DVD video as well as group conversations on a variety of grief-related topics that blend biblical instruction and practical guidance.
Everyone is welcome.

The Story of Abe
Presented by Dale Reich
Monday, February 12 from 1 to 2 p.m.
$5 Attendance Fee
Did you know that Abraham Lincoln was saved from drowning by a boyhood friend? Did you know he's in the wrestling Hall of Fame? Did you know he's the only president to ever hold a patent? Learn a long list of fascinating things about this most admired American ever when we celebrate his 215th birthday on February 12 with a presentation by historian Dale Reich, an Oconomowoc native and retired college teacher. Reich, who has studied the "Great Emancipator" in depth, details both the triumphs and the tragedies of this remarkable man. He will examine how a child born into poverty rose to the highest office in the land and managed to hold our nation together through a bloody and costly Civil War while also ending slavery. And how he overcame a series of personal difficulties to do it.
Reich holds a master's degree in history and education, and has authored several books.
Registration is appreciated but walk-ins are welcome.

Live TED Talk
Presents: Oconomowoc Police Sargent Patrick Hogan
Tuesday, February 13
1 to 2 p.m.
Free Event
Join our "Live" TED Talk to hear from Oconomowoc Police Officer, Sargent Patrick Hogan as he addresses safety and how that relates to our senior population. He plans on discussing the newest scams that threaten our seniors, as well as what public safety looks like in Oconomowoc. He will talk about what safety measures you can take if you encounter an active assailant. If there are any questions from the audience on a public safety topic, Sargent Hogan is happy to answer those questions and concerns, and he looks forward to speaking with you.
Sargent Patrick Hogan is a Graduate of Oconomowoc H.S., Graduate of UW-Whitewater (B.A Communications w/Public Relations emphasis) Police Officer for 26 yrs, City of Columbus P.D. 6 months, Summit P.D. 3 1/2 yrs, Oconomowoc P.D. 22 yrs. Worked 3rd shift until becoming the SRO (school resource officer) for 8+ years. Currently the 1st shift patrol Sergeant for past 3 yrs. Registration is appreciated but walk-ins are welcome.

Parkinson's Monthly Meeting
Meetings are open to all individuals whose lives have been touched by Parkinson's Disease. Aside from providing a supportive community, various educational topics and speakers will be featured. This meeting is free and meets on the second and fourth Wednesday of each month (Feb. 14 and 28) from 10:30 a.m. to 12 p.m. in the Roehl Auditorium. For additional information, please contact Kira Grosenick at 262-354-1180 or email kgrosenick@Lho.org
3 Week DVD Series
Sitting for Truth
Thursdays, February 15 through 29
1 to 2 p.m.
Free Event
What does archaeology tell us about the historical accuracy of the Bible? Join host Dr. Chris Sinkinson as he visits the great sites of the Holy Land, including the site of the original “City of David”; the Temple Mount; Capernaum, where you can see the remnants of the Apostle Peter’s house; and the church of the Holy Sepulchre, the site of Jesus’ crucifixion and resurrection. This beautifully photographed two-part documentary series takes you inside these fascinating sites and allows you to see them as never before. Insightful commentary from the host and a team of experts will connect these sites with the stories and characters of the Old and New Testaments, explaining why we can rely on the historical accuracy of the Scriptures. In the third session we will view a complimentary video called Fragments of Truth which goes on to answer the questions Can we trust the Bible? Our faith is based on the New Testament but can we really trust the Bible? Skeptics say no, arguing that the Gospel manuscripts have been doctored to push a theological agenda.
Join Dr. Craig Evans as he takes this claim head-on, traveling the globe to track down the most ancient New Testament Manuscripts. Along the way, he highlights groundbreaking new evidence, demonstrating that the case for the reliability of the New Testament manuscripts is stronger than ever.
Registration is appreciated but walk-ins are welcome.

Memory Changes as we Age, What’s Normal?
Presenter ADRC Instructor, Jennifer Harders
Monday, Feb. 19 from 1 to 2 pm
Free Event
Are you concerned about memory loss or having difficulty remembering things? Are you concerned about a loved one’s memory? We have invited Waukesha County, Aging and Disability Resource Center instructor, Jennifer Harders to our campus to discuss dementia. Learn about the difference between normal aging memory changes and memory loss related to mild cognitive impairment or dementia and what can be done for better brain health. Learn what resources are available to you and the community.
Jennifer is a Dementia Care Specialist for the Aging and Disability Resource Center (ADRC) of Waukesha County. In this role she provides education and support to persons living with dementia, families and health care professionals, and collaborates with area agencies, groups and organizations to increase awareness of dementia. Jennifer also works with businesses in Waukesha County to provide training for promotion of Dementia Friendly Communities. She is a certified Social Worker and has worked with older adults with memory loss in a variety of settings.
Please register by Feb 15 – Walk-ins are welcome.

Simply Paint – Cotton Poppies
Painting for Any Skill Level
Wednesday, February 21 from 1 to 3 p.m.
Cost: $15
“Hello! My name is Joan Banicki and I have been working in eldercare for many years. Most recently, I am currently the office coordinator with At Your Service located in Oconomowoc. One of my favorite things to do is to express myself through abstract painting. I love to get a little messy and consider the act of creating as a form of therapy. Come join me in a fun filled creative afternoon.” No skill required. Please bring a paint smock to protect your clothing. Registration is required for this event and will be held in Roehl Auditorium.

Let’s Go On A Trip - We’re Going to India!
Monday, February 26 from 6 to 8 p.m.
Cost: $30 includes complete meal with ethnic beverage (other beverages available for purchase)
Only 25 Seats Available, Register today! See article below
This year we are launching a new quarterly evening program. Café LaBelle and Life Enrichment are taking trips around the world. We will visit the cuisine, the culture, the music and learn about each country or region. You are invited to join us, come in costume if you like. Singles and couples are invited to this evening of fun, food and festivities.

This month we are going to India! Chef Anthony will introduce secret recipes he learned in culinary school to prepare this authentic meal. What makes Indian food so different? It’s distinct regional delicacies, a unique cultivation of cultural and religious influences and the signature aromatic spices, there is much to explore when it comes to Indian food. Registration with payment is required. This event will be held in Roehl Auditorium.

Oconomowoc Historical Society Presenting
The Valentine Estate
Wednesday, February 28
1 to 2 p.m.
Free Event
We welcome Oconomowoc’s Historical Society researchers and docents Barb Elwood-Goetsch and Jolayne Lindberg for a historical walk into one of Oconomowoc’s famous estates.

The 600 acre Valentine Estate was located on Oconomowoc Lake. Included on the estate was a zoo, which was located in the area where Old Tower Road is now. All that is left from that part of the area is an Old Tower, located on Old Tower Road.

By 1910 the estate was a showplace filled with wildlife, deer, elk, cattle, horses and buffalo. Over the years May Valentine commented to her husband Patrick that she would like a lady for her pet buffalo, so he brought one home to her, shipped from Chicago on a freight car. It was rumored that one of the buffalos they owned was the "model" for the $10 bill. This story made the local and Chicago newspapers. Registration is appreciated but walk-ins are welcome.

4 Rivers Center for Well Being
Foundations of Wellness – February Events
To find out more about 4 Rivers Center for Well Being and to register for classes, please contact Kathy at Kathy@4riverscenter.com or www.4riverscenter.com, or 608-334-8592

Innovations in Wellness
Benefits of Infrared Sauna Therapy for Every Body
Infrared Sauna Therapy is a remarkable tool that can assist in detoxification and combat the root causes of inflammation. Inflammation is the primary cause of many chronic conditions we face today. Infrared saunas play a vital role in enhanced health and well-being. The health benefits that come from infrared sauna therapy are extensive. Here are a few of the benefits: Detoxification, Joint & Muscle pain relief, Reduce inflammation, Aid in weight loss, Promotes healthy looking skin, Relax and rest your body and mind.

If you are experiencing pain, discomfort or a specific health challenge, please come and learn how Infrared Sauna Therapy can support you, no matter where you are in your river of life. You will gain an understanding of the safety protocols along with the multiple benefits of Sauna Therapy.

Bring your questions and join Kathy Ginn for an insightful and informative discussion. 4Rivers is now offering Infrared Sauna Therapy Services! Feb. 7th / 2-3:30 pm / No Charge,

Registration – Contact Kathy at 608-334-8592 Kathy is the Creative Force behind 4Rivers Center for Well Being. She is a Body-Centered practitioner, Grief Companion, End of Life Care Doula and Retreat Leader.

We send the Center for Life Enrichment monthly newsletter via e-mail ONLY. All e-mail addresses will be kept confidential and will not be sold to other organizations. Thank you for helping us remain fiscally responsible.