The Center for Life Enrichment

1306 W. Wisconsin Ave. Oconomowoc, WI, 53066
262-354-1375
shorehavenliving.org

“March is a tomboy with tousled hair, a mischievous smile, mud on her shoes, and a laugh in her voice”

Let us welcome an early Easter celebration this year on March 31. May you have a happy and blessed Easter celebration. March will be another busy month at Life Enrichment, a new artist in the Founders’ gallery, health care options, Memories from the Past returns, Western Lakes safety discussion, mosaics class, a visit to Ireland with lunch, well known photographer John Hart and Spring Wines will fill your month with plenty of things to do. See articles below for more details.

Café Hours: Closed for Easter

Looking for something to make your holiday easier? Stop by Café LaBelle and grab a catering menu and let us entertain for you! quiche, bakery orders, and specialty trays are available for special order this holiday season!

PARKING - Please be reminded when attending LE programs to 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 remain 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 credit card number. For more information or to receive our e-newsletter, call Jill Halliburton at 262-354-1375 or email jhallburton@lho.org

FITNESS CLASSES

Land Dancin’
Mondays & Wednesdays – 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 – 9 to 1:45 p.m.
Thursdays – 8 to 8:45 p.m.

55 Balance, Strength
Mondays & Wednesdays
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
Tuesdays – 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
Founders Gallery
Presents: Photographer Jeff Engel
March 1 through April 30
Meet Jeff Engel on Tuesday,
March 5 from 2 to 3:30 p.m.
Jeff lives in Delafield, WI and is a nationally known
seminar speaker, award-winning nature and wildlife photographer, television
personality and an Amazon Best-Selling author. Jeff also coordinates, leads and guides
amazing South African Photo Safari’s. Jeff hosted and was the Executive Producer, of an
award-winning Outdoor Adventure Television series, which aired Nationally for eight
consecutive years called, “Engel’s Outdoor Experience.” As host of this exciting
television show, Jeff traveled, filmed and photographed amazing nature and wildlife
images, as far North as the Arctic Circle, as far South as South America, as far West as
New Zealand, and as far East as Africa.
Jeff has appeared on television networks such as ABC, CBS, PBS, Outdoor Channel, the
Sportsmen Channel and FOX SPORTS TV, to discuss animal behavior and nature. Jeff’s
pictures can also be seen on many national wildlife and nature magazines.
Please visit Jeff’s Instagram page at... jeffengeloutdoors, or his website at
engeloutdoors.com or is a Facebook page at Jeff Engel. All art is for sale and 20% of
the sales support Life Enrichment Programming.

Tuesdays
From 1 to 2 p.m.
Free Event
TED Talks are an online tool—presented by experts—to
evoke 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. No Registration is required.
March Schedule
• Mar. 5 - The mysterious lives of great trees - Richard Preston
• Mar. 12 - Live TED - ADRC Waukesha County
• Mar. 19 - How to live to be 100+ - Dan Buettner
• Mar. 26 - The key of genius - Derek Paravicini

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

Health Care Alternatives
Solstice Health
Monday, March 4
1 to 2 p.m.
Free Event
Join Timothy J. Murray, M.D. Founder & CEO of Solstice Health,
founded in 2012. Prior to founding Solstice Health, he began his
medical career in General Surgery and subsequently transitioned to Anesthesiology
and continues to lead a robust private practice as an independent contractor with
multiple hospital appointments across Wisconsin. Between his specialty medical
training, he also served as a lead physician supporting several rural Emergency and
Urgent Care centers across the state, allowing him unique experience and
perspective from several specialties early on. As a result of this exposure, he witnessed
the skyrocketing costs of healthcare, substandard patient care and attention, and the
need for a radical shift in healthcare delivery. This led Dr. Murray to found and expand
Solstice Health, a non-insurance-based, monthly membership medical clinic, the first of
its kind in Wisconsin. “Our healthcare system is broken,” said Dr. Murray. “Wisconsin

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 Milleger,
Life@Home Coordinator
First and Third Tuesday
of the month (Mar. 5 & Mar. 19),
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 (Mar. 10).
If you have questions, send a note
to Wes Werner at
wespflmail@gmail.com.

Kiwanis Group
This group meets from 7:30 to
9 a.m., every first
and third Wednesday
of the month (Mar. 6 and 20).
Breakfast can be ordered
when you arrive.
schneider726@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 $5 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
also has the 4th highest healthcare costs in the country. Our goal is to continue to educate, expand and do our part to correct these unnecessary issues at home in Wisconsin and beyond."

Labs—basic labs to food sensitivity, hormone panels, cancer detection and genetic testing. Imaging—From X-ray to MRI, Solstice has contracts with local independent imaging centers and our members pay $55 for an X-ray and $300 for an MRI—the prices can't be beat! Direct Primary Care—Unlimited primary care visits for a low monthly price, no copays/deductibles and wholesale cost labs, imaging and medications included! These are just a few services offered through this alternative approach to health care needs. This event will be held in the second floor Board Room.

Intro to Urban Walking Poles
With Kira Grosenick
Wednesday, March 6
10 to 11 a.m.
Free Event
Curious about working out with walking poles? Urban poling (also known as Nordic walking)—think cross-country skiing without the skis—has toning, calorie-burning and posture benefits. This safe and unique form of exercise has been popular in Europe for decades and is now trending in North America. Join Shorehaven Fitness Center manager, Kira Grosenick to learn the history of urban poling as well as the importance of the various techniques that make your walk so beneficial to your health. Kira will demonstrate poling and allow you to give it a try as well.
Poles will be available to purchase and order along with additional education for those interested. This form of exercise is a great addition to your regular fitness regiment and can easily be implemented to your lifestyle.
Please register by March 4. Walk-ins are welcome.

The War in Ukraine
With Carroll University
Professor Scott E. Hendrix
Monday, March 6
1 to 2 p.m.
$5 Attendance Fee
Join Professor Scott Hendrix from Carroll University as he presents his research and lecture on The War in Ukraine. Three years into the Russo-Ukrainian war, it’s worth considering how we got here and what might happen next. We’ll consider why Putin chose to invade Ukraine, the impacts on both Russia and Ukraine, and how this historic event may end. We’ll also discuss possible long-term impacts on both nations, as well as the world.
Scott E. Hendrix is a native of Alabama who spent time in the U.S. Army before earning his Ph.D. from the University of Tennessee in 2007, specializing in the history of science. Scott started teaching at Carroll University in Waukesha, Wisconsin, where he is currently the Chair of the Department of History, Political Science, and Religious Studies. Scott is the author of seven books and more than a dozen articles and book chapters on a variety of topics relating to western and world history. This event will be held in the second floor Board Room.
"Mystery Items From the Past and Their Stories"
Thursday, March 7
1 to 2:30 p.m.
$5 Attendance Fee
Intrigue, tragedy, humor... such are the kinds of human interest stories connected with past eras. Try to identify items, often unfamiliar, from bygone days and hear the stories they have to tell. Joan Johnson is back to share stories from the past and involve you in figuring out each item in her collection. This is a fun and educational program you won't want to miss. Registration is appreciated but walk-ins are welcome.

GriefShare - A Grief Support Group
Hosted by: Pagenkopf Funeral Home
Monday, March 11
10 to 11:30 a.m.
Free Event - Held in second floor Board Room
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.

Safety Discussion with Western Lakes Representative
Monday, March 11
1 to 2 p.m.
Free Event
Join the safety discussion with Lake Country’s fire and emergency department. This discussion will be led by Fire Inspector Steve Boldt. Inspector Boldt will address falling, potential emergency health issues, and safety patterns that you can implement in your home. The residents of Lake Terrace will be interested in knowing the relationship and services that Western Lakes offer to our campus. Registration is appreciated but walk-ins are welcome. This event will be held in the second floor Board Room.

Live TED Talk – Tuesday, March 12
Presents: ADRC Waukesha County
1 to 2 p.m.
Free Event
Learn more about what the Aging and Disability Resource Center (ADRC) of Waukesha County does for those ages 60+ and adults with disabilities. The goal of the ADRC of Waukesha County is to empower individuals to make informed choices and to streamline access to the right and appropriate services and supports. You will learn about their various programs and resources such as long term care management, elder and disability benefits counseling (includes Medicare), caregiver support, dementia and Alzheimer’s support and education, resource and referral, senior dining programs, transportation options, and adult protective services.

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 (Mar. 13 and 27) 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.
Mosaic Magnet Workshop
Wednesday, March 13
1 to 3:30 p.m.
Cost $42 - Only 10 Spots
Join owner, Miriam Sushman from Mosaic Mirm Studios as she instructs this fun class for beginners and beyond. Students will create several jar lid mosaic magnets. With the use of a fast drying adhesive film, we will be able to grout our mosaics in class. Be sure to bring a shock or apron as grouting can get messy. Registration and payment are required.

Lunch and a Sight Seeing Tour of Ireland
Thursday, March 14 Lunch starts at 12 p.m. Lunch Cost: $15 Serving Irish Slider Burger, Chips and Drink
Beer or wine can be purchased for
$5 in the Café
Sight Seeing Tour begins at 12:30 to 1:30 p.m.
Deep Ireland is best experienced on its Gaelic-speaking west coast, where the rugged villages have changed little over the generations. After exploring the remote Aran Islands, let’s visit Galway and delve into the scenic Dingle Peninsula. Ringing with music from its rustic pubs and dotted with prehistoric forts, this region is something special. If you’re to fall in love with Ireland, chances are it’ll be right here. We go on from there to the iconic of Ireland strewn along its fascinating south coast; Waterford’s crystal factory, the Kennedy family homestead, the Dunbrody Famine Ship, and Kinsale’s star-shaped fortresses. After kissing the Blarney Stone, we visit elegant Muckross House. Then we savor the scenic charms of the Emerald Isle by driving the Ring of Kerry. Registration and payment are required for this event. This event will be held in Roehl Auditorium. Please register if you would like to attend the event without lunch.

Life Enrichment Book Club
Thursday, March 14
12 to 1 p.m.
Free Event
Meeting in First Floor Community Conference Room
Moth By: Melody Razak
Delhi, 1946 Fourteen-year-old Alma is soon to be married despite her parents’ fear that she is far too young. But times are perilous in India, where the country’s long-awaited independence from the British empire heralds a new era of hope—and danger. In its wake, political unrest ripples across the subcontinent, marked by violent confrontations between Hindus and Muslims. The conflict threatens to unravel the rich tapestry of Delhi—a city where different cultures, religions, and traditions have co-existed for centuries. The solution is partition, which will create a new, wholly Muslim, sovereign nation—Pakistan—carved from India’s northwestern shoulder. Given the uncertain times, Alma’s parents, intellectuals who teach at the local university, pray that marriage will provide Alma with stability and safety.

Alma is precocious and headstrong, and her excitement over the wedding rivals only her joy in spinning wild stories about evil spirits for her younger sister Roop. But when Alma’s grandmother—a woman determined to protect the family’s honor no matter the cost—interferes with the engagement, her meddling sets off a chain of events that will wrench the family apart, forcing its members to find new and increasingly desperate ways to survive in the wake of partition. Set during the most tumultuous years in modern Indian history, Melody Razak recreates the painful turmoil of a rupturing nation and its reverberations across the fates of a single family. Powerfully evocative and atmospheric, Moth is a testament to survival and a celebration of the beauty and resilience of the human spirit.

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.
Photographer John Hart
Wednesday, March 20
1:30 to 2:30 p.m.
Free Event
It is a privilege to welcome well known photographer Mr. John Hart to our campus. John is local and is enthusiastically involved in our community and state.
"Through my photography, I'm interested in capturing honest, telling and engaging pictures of our world. As a staff photographer with the Wisconsin State Journal newspaper in Madison, Wisconsin USA, my editorial work has appeared in a wide variety of media outlets, and my art photography has been included in juried exhibits at the Milwaukee Art Museum in Milwaukee, Wisconsin, the Charles Wustum Museum of Fine Art in Racine, Wisconsin, and the Center for Fine Art Photography in Fort Collins, Colorado."

Spring Wines and Appetizers
Thursday, March 21
2 to 3 p.m.
Cost: $25
It's time for those spring wines to be introduced into your Easter dinner and patio celebrations. Join Chef Anthony and Kris Timmer as they share some great tastes for the season. Anthony will be pairing appetizer samples and sharing those recipes with you. This is a fun event and educational too! Only 25 spots available for this tasting event. Sign up early! Please register by March 14.

4 Rivers Center for Well Being
Foundations of Wellness - March 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! March 6, 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.