

APRIL NEWSLETTER 2024



The Center for Life Enrichment

1306 W. Wisconsin Ave. Oconomowoc, WI, 53066

262-354-1375

shorehavenliving.org

God loves each of us, as if there were only one of us. St Augustine

This month we will offer a few of the program suggestions you have made. Thank you! Returning for the third of three lectures is Professor Scott Hendrix from Carroll University with a look at Israel's Security. The OHS students will be here to provide tech help to you, as well as weekly TED Talk discussions. We have invited the Wisconsin Historical Society to share Wisconsin Lighthouses and Hanna Halverson will offer a three week, smart phone camera class. We will again partner with Learning in Retirement as they present a six week, DVD study on *The Understanding of Art* and finally, UW-Madison Professor, James Conway will share his research on Community Immunity. Look further to find all the monthly offerings.

Café Hours: Closed for Easter

Looking for something to make your holiday easier? Stop by Café LaBelle and pick up 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 contact phone number. For more information or to receive our e-newsletter, call Jill Halliburton at 262-354-1375 or email jhalliburton@lho.org



A place where you belong

FITNESS CLASSES

Land Dancin'

Mondays & Wed. - 5:30 to 6:15 p.m.
Saturdays - 9:30 to 10:20 a.m.

SilverSneakers

Instructor: Trish Sargent
\$2 classes

SS Cardio

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

SS Timed Stations

Tuesdays - 1 to 1:45 p.m.
Thursdays - 8 to 8:45 p.m.

SS 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.

SS 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.

Founders Gallery

Presents: Photographer Jeff Engel

March 1 through April 30

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](https://www.instagram.com/jeffengeloutdoors), or his website at jeffengeloutdoors.com or his 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 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. **No Registration is required.**

April Schedule

- Apr. 2 – No Ted Talk this week
- Apr. 9 – How does AI (Artificial Intelligence) learn?
- Apr. 16 through May 7 - Oconomowoc High School Seminar
Digital Communications students will present various topics in a live TED format this month. You will not want to miss these well researched and well presented talks. Come support our partnership with OHS.

TED
TALKS

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

Chair Massage at Café LaBelle
Offered by 4Rivers Center for Well Being

Dates: Every Wednesday in April

Time: 9-11:30 a.m.

Fee: \$1 per minute – minimum 10 minutes

See article on next page



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 (Apr. 2 and 16),
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 (Apr. 8).

If you have questions, send a note
to Wes Werner at

wespfhmail@gmail.com.

Kiwanis Group

This group meets from 7:30 to
9 a.m. every first
and third Wednesday
of the month (Apr. 3 and 17).

Breakfast can be ordered
when you arrive.

schneider726@wi.rr.com

Community Bible Study

This Bible study is a non-
denominational international study.

This on going 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

Chair massage is a 10-20 minute massage focused on the back, shoulders, neck, arms, and head. It is designed to relax the muscles, improve flexibility and movement, and bring calmness to your day.

Come and enjoy a relaxing chair massage at Café LaBelle. *Who wouldn't like to feel better?*

GriefShare – A Grief Support Group

Hosted by: Pagenkopf Funeral Home

Monday, April 8

10 to 11:30 a.m.

Free Event – NEW LOCATION – Held in second floor LaBelle 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.**

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.



WISCONSIN
PARKINSON
ASSOCIATION

This meeting is free and meets on the **second Wednesday of each month (Apr. 10)** from 10:30 a.m. to 12 p.m. in the Roehl Auditorium. **Jaime Milaeger is temporarily stepping in for Kira Grosenick during her maternity leave please call at 262-560-6960 or email jmilaeger@lho.org**

Life Enrichment Book Club

Thursday, April 11

12 to 1 p.m.

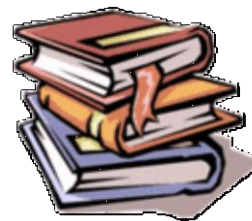
Free Event

Meeting in First Floor Community Conference Room

Hello Beautiful By: Ann Napolitano

William Waters grew up in a house silenced by tragedy, where his parents could hardly bear to look at him, much less love him—so when he meets the spirited and ambitious Julia Padavano in his freshman year of college, it's as if the world has lit up around him. With Julia comes her family, as she and her three sisters are inseparable: Sylvie, the family's dreamer, is happiest with her nose in a book; Cecelia is a free-spirited artist; and Emeline patiently takes care of them all. With the Padavanos, William experiences a newfound contentment; every moment in their house is filled with loving chaos.

But then darkness from William's past surfaces, jeopardizing not only Julia's carefully orchestrated plans for their future, but the sisters' unshakeable devotion to one another. The result is a catastrophic family rift that changes their lives for generations. Will the loyalty that once rooted them be strong enough to draw them back together when it matters most? An exquisite homage to Louisa May Alcott's timeless classic, *Little*



Oconomowoc Rotary Club

This group meets the first three Mondays of each month in the **Roehl Auditorium in the Life Enrichment**. 1306 W. Wisconsin Ave., beginning at 12 p.m. til 1:15 p.m.

Prospective Rotarians are welcome to join the luncheon meeting. Meals run \$14 and are billed after joining Rotary.

For more information about the Rotary Club, please contact Sarah Williams-Berg at 262-560-6907 or swberg@lho.org.

Consider hosting a meeting or social event on our campus.

Please inquire about room availability at the Center for Life Enrichment.

CENTER FOR LIFE ENRICHMENT AND CAFÉ HOURS OF OPERATION

Please note, if a class has low interest or registration, we may need to cancel it. Please register early if you plan to attend to reduce the chance a class may be canceled.

Center for Life Enrichment Administrative Office Hours

Monday through Thursday
8 a.m. to 3:30 p.m.,
Fridays 8 a.m. to 1 p.m.
We are not available on the weekends.

CAFÉ LABELLE is open every day from 8 a.m. to 3 p.m.

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Like us on Facebook!
shorehavenliving.org

Women, Hello Beautiful is a profoundly moving portrait of what is possible when we choose to love someone not in spite of who they are, but because of it. **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.**

Unlock the Power of Your Phone Camera

Friday, April 12 through April 26

9:30 to 11 a.m.

\$35 for all three sessions

Only 12 spots available

"Unlock the Power of Your Phone Camera" is a hands-on course designed to help you master the art of mobile photography. Dive into the essentials of composition, lighting, and framing to capture stunning images. Learn how to utilize your phone camera's settings and features to their fullest potential. Whether you're a beginner or looking to enhance your skills, this course will empower you to take breathtaking photos that tell a story. Get ready to transform your everyday moments into lasting memories and shareable art!

Instructor Bio: Hello, My name is Hanna! I attend Carroll University as a double major in Secondary Education and Visual Arts. I am experienced with anything and everything art related and I hope to teach high school art! In my spare time I run my own fishing company. I also own a photography business and enjoy senior and family photo shoots. Outside of school I can be found drawing or fishing out on the lake! I am so excited for this opportunity to help and grow as an educator! **"The capacity to learn is a gift; the ability to learn is a skill; the willingness to learn is a choice."** **Registration with payment are required for this course.**

This event will be held in the second floor Board Room.



5 Week Beginners and Beyond Ukulele Class

Mondays, April 15 through May 20

(no class on May 13)

12:30 to 1:30 p.m.

\$35 for all 5 classes and includes printed materials

Join instructor Jack Johnson as he shares his love of music and the ukulele. This class is offered as a beginner and beyond class and newcomers are encouraged to enroll. Students will learn to play several basic strumming styles, learn to read and understand ukulele chord charts and play along to a large selection of songs. Not only is the ukulele budget friendly, it's also the easiest stringed instrument to learn and become proficient on. There are six ukuleles available to use but feel free to bring your own if you have one. **Please register by April 10. This event will be held in the 2nd floor LaBelle Room**



Israel's Security

Carroll University History Professor Scott Hendrix

Tuesday, April 16

11 a.m. to 12 p.m.

\$5 Attendance Fee

Since the October 7th attack on Israel, Israel Defense Forces have been engaged in a long-running series of military actions in Gaza. War and violence are, unfortunately, nothing new to the region. Scott Hendrix will give an overview of what brought us to this point, discussing Gaza, Hamas, Benjamin Netanyahu, and other factors, as well as what the short and long-term impacts of this violence may be.

Professor 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. **Registration is appreciated but walk-ins are welcome. This event will be held in the second floor Board Room.**

6 Week Learning in Retirement Offering:

How to Look at and Understand Great Art (Part 1 of 3)

Presenter: Diane Moderson

Thursdays, April 18, 25, May 2, 9, 16, 23

9:30 to 11:30 a.m.

\$10 for all six weeks

Art enriches our lives every day and not only in museums and art galleries. In this series, Professor Sharon Latchaw Hirsh introduces the most essential features of every work of art, including color, line, perspective, composition, and shape as well as less understood elements – point of view, time and motion, light, and texture. We will look at all genres of art, from drawing, sculpture, printmaking, etc. This course provides an excellent introduction to art for everyone. **Registration and payment are required. This event will be held in second floor LaBelle Room.**



Wisconsin Lighthouses

With Wisconsin Historical Society Presenters

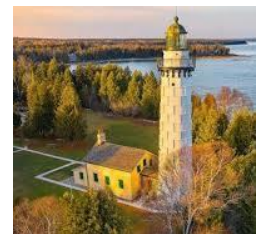
Barb and Ken Wardius

Thursday, April 18 from 1 to 2:30 p.m.

\$5 Attendance Fee

Wisconsin Lighthouses: The most popular program. Covers a third of Wisconsin's 48 lighthouses, including Superior's Wisconsin Point, the Apostle Island's Sand Island and Michigan Island Lights, Cana Island in Door County, Rockwell Lighthouse on Lake Winnebago, Rawley Point near Two Rivers, Old Port Washington, Wind Point in Racine and Kenosha Southport, among others. This publication is the 2014 Winner of the Gold, 1st Place award, in the national Ben Franklin Book Awards, Regional Division. Authors and photographers Barb and Ken Wardius offer several lighthouse lectures that highlight Wisconsin's historical beacons. Barb and Ken Wardius are life-long Wisconsin residents. Lighthouse history and photography are their passion. Their books include: Wisconsin Lighthouses; Cana Island Lighthouse; Wind Point Lighthouse, and North Point Milwaukee Lighthouse. They are sought after lighthouse lecturers, lead lighthouse tours, and belong to organizations dedicated to lighthouse preservation. **Registration is appreciated but walk-ins are welcome.**

This event will be held in Roehl Auditorium.



OHS Students Offer

Tech Help!

Thursdays, Apr. 18, 25, May 1 and 9

12 to 1 p.m.

Free Event

Does your hand held device have you puzzled and perplexed? Are you looking for someone to answer a few questions concerning your device? We have just the solution for you! The Oconomowoc High School students from the Seminar Digital Communications class are willing to lend their time and expertise and help you find solutions to your iPhone, Galaxy, and tablet questions.

Registration is appreciated but walk-ins are welcome. This event will be held in the second floor Board Room.



Lunchtime Cinema
Oppenheimer
Wednesday, April 24
12:30 to 2:45 p.m.
Free Event

During World War II, Lt. Gen. Leslie Groves Jr. appoints physicist J. Robert Oppenheimer to work on the top-secret Manhattan Project. Oppenheimer and a team of scientists spend years developing and designing the atomic bomb. Their work comes to fruition on July 16, 1945, as they witness the world's first nuclear explosion, forever changing the course of history. Feel free to have lunch at Café LaBelle before the movie. Registration is appreciated but walk-ins are welcome.



From Local to Global: Promoting Community Immunity in the Time of COVID?
Thursday, April 25
1:30 to 2:30 p.m.
\$5 Attendance Fee

Join Professor Dr James H Conway a professor in the Department of Pediatrics, Division of Infectious Diseases. His primary area of interest is centered on vaccine development and strengthening immunization programs, both domestic and international. He is Medical Director for UW Health Immunization Programs and is currently providing oversight for UW Health COVID-19 vaccine logistics including storage and prioritization, as well as serving in the Emergency Operations Committee for the University of Wisconsin System. He is involved in multiple COVID-19 vaccine development programs as well as serving on the WI State Disaster Medical Advisory Committee for COVID-19 vaccines. Registration and payment are required. Walk-ins are welcome.



4 Rivers Center for Well Being
Foundations of Wellness – NO April 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.

4Rivers is now offering Infrared Sauna Therapy Services!

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.