



The Center for Life Enrichment

1306 W. Wisconsin Ave. Oconomowoc, WI, 53066

262-354-1375

shorehavenliving.org

The Month of May is the Gateway to Summer!

With the wonderful weather we have experienced this year, we wait for the blessed days ahead. Thank you for being a part of the Life Enrichment programs. Your support through participation and suggestions is very much appreciated. This month we will take a look at another one of Oconomowoc's jewels - The Knollward Mansion. Also, Mayor Magnus will share his vision for the city of Oconomowoc. Author, Bonnie Merryfield will share her work and book as she presents, "Glimpses into the World of Widowhood". Artist, Janelle Stensby will offer a jewelry making class and Greener Oconomowoc will present the environmental efforts that are being made in our area.

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.

*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 jjhalliburton@lho.org

Founders' Gallery Presents:

Wood Artist - Ron Oszuscik

May 1 through June 30

All art is for sale and 20% of the sales support Life Enrichment Programming Founders Gallery is located in the back hallway of the Center for Life Enrichment Building. (see next page for article)



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 a.m.

SS Balance, Strength

Mondays & Wednesdays
3 to 3:45 p.m.
Tuesdays - 10:30 to 11:15 a.m.

SS Balance, Strength

SEATED
Thursdays - 10:30 to 11:15 a.m.

Land Aerobics \$3

Tuesdays, 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.

"I grew up in Greenfield, WI, and the middle of two brothers. With just a year between each of us, activity filled our home and mom and dad often sent us outside to burn off energy. Along with neighborhood friends, we often got into mischief, making up new games, using whatever happened to be lying around, likely my Dad's tools. Until one day my dad brought home an old jig saw. Dad took time to show me how to use it, change the blades, and work with wood scraps. I was hooked! I later learned how to use a bandsaw and scrollsaw, eventually I was creating, cutting and painting yard ornaments. As time went on I discovered the woodworking art of *Intarsia* and was attracted to a variety of hardwoods, both domestic and exotic used in that art form. *Intarsia* patterns look like puzzle pieces and work best when cut with a scrollsaw. Created on paper and transferred to different woods, creating an artistic pattern. The process includes gluing each pattern piece to choice wood and then cutting with the scrollsaw. Afterwards, reassembling the pieces, gluing each to a wooden foundation. My favorite part in the creation is selecting the woods! I love to search through bins of wood at Kettle Moraine Hardwoods for just the right pieces, those having character such as: striking grains, knots, and burls. I like to create art patterns that will accentuate my particular wood choices. Over the past 35 years, I've created 100's of pieces. Some have been sold, some given as gifts but mostly, I've supplied my wife with creations that fill our Neosho home." - Ron

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.**

May Schedule

- 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.
- May 14 – Live TED with John Koehn (see separate article)
- May 21 – The 1 minute secret to forming a new habit – Christine Carter
- May 28 – How to find humor in life's absurdities – Maira Kalman

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



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 (May 7 and 21),
 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 (May 13).

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 (May 1 and 15).

Breakfast can be ordered
 when you arrive.

schneider726@wi.rr.com

Jessica Michna Presents: Golda Meir – Prime Minister to Israel

Wednesday, May 1

1 to 2:30 pm

Cost: \$10 Performance Only

Registration Deadline is April 25.

How does a girl born in the Ukraine, raised in Milwaukee, Wisconsin, travel a path that will lead her to become Prime Minister of Israel? What was it like to emigrate to a country where you didn't know the language, not once, but twice. This informative, entertaining program, developed by Jessica Michna, explores that rather circuitous route. What roadblocks and detours were thrown in Golda's way and how did she overcome them? The journey is a fascinating one, filled with joy, sorrow, seriousness and humor. Let Golda, as portrayed by Ms Michna, tell you in her own words. **Registration and payment are required.** This event will be held in the Roehl Auditorium.



OHS Students Offer

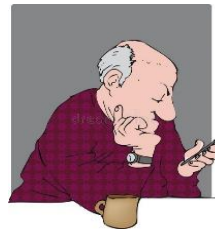
Tech Help!

Thursdays, May 2 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.



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 Wednesday of each month (May 8)** 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**



State of the City

Mayor Bob Magnus

Thursday, May 9

11 a.m. to 12 p.m.

Free Event

As we wrap up our look at Oconomowoc and the safety in our community we have invited Mayor Bob Magnus.



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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more information or to receive our e-newsletter, call Jill Halliburton at

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jhalliburton@lho.org

Like us on Facebook!
shorehavenliving.org

Mayor Magnus will share the state of Oconomowoc along with the future plans for the community. Mayor Magnus is a Doctor of Veterinary Medicine and is an accomplished senior executive and thought leader with over thirty five years in the veterinary health care and business consulting industries. He is the founder and past CEO of Wisconsin Equine Clinic & Hospital, a full-service nationally renowned equine referral hospital and ambulatory practice established in 1992 in Oconomowoc. In 2005 he founded Equine Business Management Strategies LLC, an executive business education program for the equine veterinary industry. He then joined the business consulting firm Oculus Insights LLP, a global consulting firm to the veterinary profession offering full operational management services, executive coaching, business project consulting and animal health industry B2B collaboration. He was elected Mayor of City of Oconomowoc on April 7, 2020 , re-elected April 21, 2022 and is running for his 3rd term this April 2024.

Life Enrichment Book Club

Thursday, May 9

12 to 1 p.m.

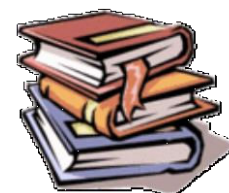
Free Event

Meeting in First Floor Community Conference Room

Demon Copperhead By: Barbara Kingsolver

Set in the mountains of southern Appalachia, *Demon Copperhead* is the story of a boy born to a teenage single mother in a single-wide trailer, with no assets beyond his dead father's good looks and copper-colored hair, a caustic wit, and a fierce talent for survival. Relayed in his own unsparing voice, Demon braves the modern perils of foster care, child labor, derelict schools, athletic success, addiction, disastrous loves, and crushing losses. Through all of it, he reckons with his own invisibility in a popular culture where even the superheroes have abandoned rural people in favor of cities.

Many generations ago, Charles Dickens wrote *David Copperfield* from his experience as a survivor of institutional poverty and its damages to children in his society. Those problems have yet to be solved in ours. Dickens is not a prerequisite for listeners of this novel, but he provided its inspiration. In transposing a Victorian epic novel to the contemporary American South, Barbara Kingsolver enlists Dickens' anger and compassion, and above all, his faith in the transformative powers of a good story. *Demon Copperhead* speaks for a new generation of lost boys, and all those born into beautiful, cursed places they can't imagine leaving behind. **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, May 13

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.**



Live TED Talk

Presents: Dr. John Koehn

Who Am I and How Did I Get This Way?

Tuesday, May 14 from 1 to 2 p.m.

Free Event

This talk will provide some clues and answers to the questions that all of us have asked in our lives, Who am I and how did I get this way?

This session will allow you to identify your personal board of directors. A board that will help to list the characteristics so important to leading a successful life.

The discussion will be led by Dr. John Koehn, a retired educator, classroom teacher, principal and Director of Instruction in the Oconomowoc School District. After retirement John served as an educational consultant, specializing in strategic planning for our schools. He has also held his strategic planning workshops in hospitals, banks and other non-for-profit organizations. **Registration is appreciated but walk-ins are welcome.**



The Knollward Mansion

Wednesday, May 15

1:30 to 2:30 p.m.

Free Event

Knollward, a 15,000 square foot estate of Montgomery Ward heiress Marjorie Ward Baker, has been called one of the "finest examples of french manor house architecture in the midwest."

This summer "cottage" is one of the few grand dames that remains from a time when Oconomowoc was a place of summer respite for Milwaukee and Chicago's elite.

The home has a rich history and through it all, the interior still boasts original ironwork, chandeliers, and wall paintings. In 2017, Dave and Marie O'Brien bought Knollward, and have stepped into the role of stewards, to maintain the beauty and splendor of this historic mansion.

Marie O'Brien has a background in writing and marketing. She has taken on the additional task of gathering and curating all documents and images to create a written and visual history of the home. She will take you on a journey through the halls of Knollward from 1926 to present day. **Please Register.**



A Glimpse into the World of Widowhood

Author Bonnie Merryfield

Thursday, May 16

9:30 to 10:30 a.m.

Free Event

This presentation by Bonnie Merryfield is based on her international award-winning book, *So Now You're a Widow: Tips, Advice, and Stories from Widows to Widows*.

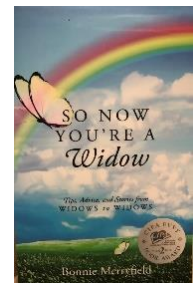
"A Glimpse into the World of Widowhood" will help both men and women to better

understand the widows in their life. If you're a recent widow, you'll be gratified to learn you're not alone in what you're experiencing. If you've been widowed for some time, you'll be able to relate to many of the

experiences and much of the advice shared by the author and the thirty-four women she interviewed.

Her presentation will be of interest not only to those who have been widowed but also those who interact with a widow within their family or circle of friends.

Bonnie is a local author who earned a Masters degree in Fine Arts. She is a retired high school English teacher and was widowed in 2018 after being married for forty-four years.



Bonnie's second book, *The Ultimate Widower's Guide: Advice from Men*, was published in November 2022 and also won an international award.

Following the presentation, there will be a question/answer period, and signed copies of her books will be available to purchase.

Jewelry Making

Spoon Rings

Wednesday, May 22

1 to 2:30 p.m.

\$30 includes all supplies

Have you ever wondered how they make spoon rings? Join artist Janelle Stensby as she makes this process fun and affordable. Spoons along with all other supplies will be provided for you. Participants will learn to form the ring to just your size. Once the ring is suitable each student will buff it or color it to your liking. **Registration and payment are required.**



Greener Oconomowoc

Thursday, May 23

1 to 2 p.m.

Free Event

Wendy Uhl, Vice President of Greener Oconomowoc will share the organizations mission, how they got started and what they offer as services and educational programming. Conservation and sustainability have been the focus of Greener Oconomowoc and their model is based on a Swedish environmental program called Natural Step.

Join the Greener Oconomowoc discussion and learn more about the efforts that are continuing to be made throughout the city and how you might be able to be a part of keeping Oconomowoc beautiful. **Registration is required.**



4 Rivers Center for Well Being

Foundations of Wellness – May 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

Every Breath is Sacred

Lessons in breathing that can bring calm and rest to your nervous system and enhance the joy of living. Modern science is catching up with the wisdom of ancient traditions. How we breathe intimately impacts not only how we feel but how awake we are to the fullness of our life.

In this short 90 minute class, you will learn essential breathing techniques that will stimulate your vagus nerve, inviting your nervous system into the "rest and digest state." Learning to deep breathe helps regulate heart rate, blood pressure, digestion and significantly impacts our immune system. If we don't breathe, we don't feel.

Remember; our breath is free and we can access our breath at any time. Breath is everyone's birthright. Our breath keeps us alive; and keeps us alive! Learn to become intimate with your breath; it will change your life! Please join Kathy Ginn for an insightful class that will take your breath away.

May 15th / 2-3:30 pm / \$10 Registration – Contact Kathy at 608-334-8592 / Kathy@4riverscenter.com



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.