

JULY NEWSLETTER 2024



Shorehaven
Trusted for Generations

The Center for Life Enrichment

1306 W. Wisconsin Ave. Oconomowoc, WI, 53066

262-354-1375

shorehavenliving.org



This year, Shorehaven marks 85 years of service to our community. Thank you for being a part of our Shorehaven family. The support you offer through class participation means so much to us and we are happy to provide classes and education for your life long learning experience. This month

the Lake Country Woodcarvers will offer a carving workshop for you to try. Urban pole walking is back and Lunchtime Cinema features *The Boys in the Boat*. Wrapping up the month with a tech support workshop called "Password Hygiene", offered by WCTC tech teacher Melissa Seamonson.

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 is open to classes and gym memberships. 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 jhalliburton@lho.org



Life Enrichment and Café LaBelle will be closed on July 4. The café will be open from 8 a.m. until 1 p.m. on July 3 and July 5. Regular hours resume on the weekend. **NEW SUMMER HOURS 8 a.m. to 2 p.m. DAILY**



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.

For fitness information call Kira
Grosenick at 262-354-1180

Happy Birthday America!

TED Talks will be back in September.
See you for the fall semester.

Chair Massage at Café LaBelle
Offered by 4Rivers Center for Well Being
Dates: Every Tuesday in July
Time: 9 to 11:30 a.m.
Fee: \$1 per minute – minimum 10 minutes
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, July 8
10 to 11:30 a.m.
Free Event – Meeting 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.**

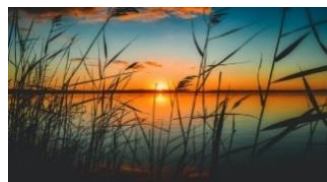
Parkinson's Monthly Meeting

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.

This meeting is free and meets on the **second Wednesday of each month (July 10) from 10:30 a.m. to 12 p.m.** in the Roehl Auditorium. Please contact Kira Grosenick kgrosenick@Lho.org or 262-354-1180 for more information.

Intro to Urban Walking Poles
With Kira Grosenick
Tuesday, July 16 from 10 to 11 a.m.
Free Event

TED
TALKS



WISCONSIN
PARKINSON
ASSOCIATION



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
CHECK SCHEDULE
Wednesdays July 10 and 24 ONLY
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 (July 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 (July 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 (July 3 and 17). Breakfast can be ordered when you arrive.
schneider726@wi.rr.com

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.

This class is designed for those who have urban poles and would like to learn how to better use them and become more efficient while exercising with them. Poles are available to purchase and order along with additional education for those interested. This form of exercise is a great addition to your regular fitness regimen and can be easily implemented to your lifestyle. **Please register by July 11.**

Wood Carving 101

Thursday, July 18

10 a.m. to Noon

Class Fee: \$15 includes tools

Only 6 spots available.

Members of Lake Country Carvers club will present Wood Carving 101 covering the basics of wood carving. If you'd like to learn wood carving, this is your first step toward becoming a wood carver! We'll cover safety including how to hold a knife for safe and effective carving. Learn to understand wood grain direction. Review the basic cuts used in every carving. Finally, practice what you've learned and "put a knife to wood" to create a carving! You'll have a mentor at your side to guide you to the finished carving. The mission of Lake Country Carvers is to grow the art of wood carving, and we're excited to share carving with you! Knife, safety gloves and wood provided. **Registration and payment are required.**



Life Enrichment Book Club

Thursday, July 18

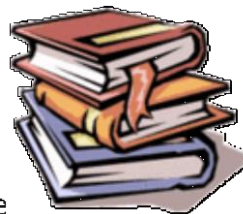
Noon to 1 p.m.

1st floor Conference Room

Free Event

Mother-Daughter Murder Night Nina Simon

High-powered businesswoman Lana Rubicon has a lot to be proud of; her keen intelligence, impeccable taste, and the L.A. real estate empire she's built. But when she finds herself trapped 300 miles north of the city, convalescing in a sleepy, coastal town with her adult daughter Beth and teenage granddaughter Jack, Lana is stuck counting otters instead of square footage—and hoping that boredom won't kill her before the cancer does. Then Jack—tiny in stature but fiercely independent—happens upon a dead body while kayaking. She quickly becomes a suspect in the homicide investigation, and the Rubicon women are thrown into chaos. Beth thinks Lana should focus on recovery, but Lana has a better idea. She'll pull on her wig, find the true murderer, protect her family, and prove she still has power.



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 2 p.m.
NEW SUMMER HOURS

TO REGISTER FOR A CLASS OR TO SEND PAYMENT

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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
Like us on Facebook!
shorehavenliving.org

With Jack and Beth's help, Lana uncovers a web of lies, family vendettas, and land disputes lurking beneath the surface of a community populated by folksy conservationists and wealthy ranchers. But as their amateur snooping advances into ever-more dangerous territory, the headstrong Rubicon women must learn to do the one thing they've always resisted, depend on each other. **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.**

Lunchtime Cinema

The Boys in the Boat

Monday, July 22

12:30 – 2:45 p.m.

Free Event

During the height of the Great Depression, members of the rowing team at the University of Washington get thrust into the spotlight as they compete for gold at the 1936 Olympics in Berlin.

The Boys in the Boat is a 2023 American biographical sports drama film produced and directed by George Clooney from a screenplay by Mark L. Smith, based on the 2013 book of the same name by Daniel James Brown.



Password Hygiene Workshop

Wednesday, July 24

1 to 2 p.m.

\$15 – 20 spots available

Does it seem like everywhere you go on the Internet you need to create an account? Are you frustrated trying to remember all those passwords, so you find yourself using the same passwords over and over again? Do you know that good password hygiene is the best way to protect your online identity? Come and learn about the importance of good password hygiene and discuss tips for creating and maintaining your personal passwords.

Melissa Seamonson – IT faculty at WCTC for 22 years with a passion for helping others use their technology to its full potential. I love working with all types of users but particularly enjoy working with seniors to make them more comfortable and confident using Windows, Mac, smartphones, and tablets. **Registration and payment are required.**



4 Rivers Center for Well Being

Foundations of Wellness – NO July 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



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.