

AUGUST NEWSLETTER 2024



The Center for Life Enrichment

1306 W. Wisconsin Ave. Oconomowoc, WI, 53066

262-354-1375

shorehavenliving.org



"It is easy to forget, how effervescent and free we all feel in summer."

We hope the summer is treating you well. August kicks off with device help, a casual hour for you to bring your questions and find solutions for your hand held device and receive some help from our staff volunteers. We have

invited the Department of Natural Resources to campus to talk about lake management and the fish protection efforts made to keep Wisconsin lakes clean. Also this month, we will take a look at the life of Deitrich Bonhoeffer, his struggles and sacrifices during WWII. Finally, *Lunchtime Cinema*, we will view a wonderful story about a young football player from the south and his pursuits to win, not only on the field but in life itself.

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 remained 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



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

**Founders' Gallery Presents:
Wood Artist – Ron Oszuscik
Christmas in July
Ron added a July and August show with New
Items**

"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

All art is for sale and 20% of the sales support Life Enrichment Programming. Founders Gallery is located in the foyer and back hallway of the Center for Life Enrichment.



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

**TED
TALKS**

**Computer Cafe
Hand Held Device Help!
Thursday, August 1
1 to 2 p.m.
Free Event**

Are you interested in learning more about your tablet or your smart phone? Join us in the Café this month to chat about technology. These casual meeting times allow you to ask questions and get advice about your "device" that others in the group may require help solving as well. Let us help you out-smart your smart device. **Registration required. Last minute walk-ins will be welcome.**



**Let's Talk Fishing!
With Veteran DNR Staff Member
Benjamin Heussner
Wednesday, August 7
1 to 2 p.m.
Free Event**

Benjamin Heussner is a fisheries biologist for the Wisconsin Department of Natural Resources. He started his career with the WDNR in 1993 while attending University of Wisconsin Stevens Point. He has a bachelors of science in fisheries management, an active member of the American Fisheries Society, and has served on many teams including walleye, staff development, fisheries structure, stakeholder engagement, catfish and northern pike teams. After 30 plus years of working in fisheries management, the overall goals of our program is to promote, protect and enhance the diversity of fisheries found in Wisconsin waters. He works with lake management groups - including Lac La Belle,



**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 Aug. 7 and 21 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 (Aug. 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 (Aug. 12).

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 (Aug. 7 and 21). Breakfast can be ordered when you arrive.

schneider726@wi.rr.com

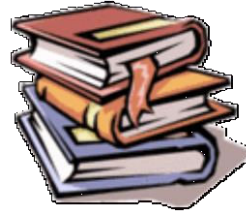
Community Bible Study

will begin again
Tuesday, Sept. 10, 10 a.m. Weekly study on the book of Matthew in Life Enrichment Community Confernece Room.

Call JoAnne Temple with any questions
847/477-8133

riparian land owners, conservation congress, angling clubs, and law enforcement to promulgate fishing regulations, fish refuges, stock fish, protect and enhance fisheries habitat. Benjamin will share some of his most memorable and successful WDNR fisheries experiences, and maybe even some big fish pictures!
Registration is required.

Life Enrichment Book Club
Thursday, August 8
Noon to 1 p.m.
1st floor Conference Room
Free Event



There There: a Novel Tommy Orange
Tommy Orange's "groundbreaking, extraordinary" (*The New York Times*) *There There* is the "brilliant, propulsive" (*People Magazine*) story of 12 unforgettable characters, Urban Indians living in Oakland, California, who converge and collide on one fateful day. It's "the year's most galvanizing debut novel" (*Entertainment Weekly*). As we learn the reasons that each person is attending the Big Oakland Powwow - some generous, some fearful, some joyful, some violent - momentum builds toward a shocking yet inevitable conclusion that changes everything. Jacquie Red Feather is newly sober and trying to get back to the family she left behind in shame. Dene Oxendene is pulling his life back together after his uncle's death and has come to work at the powwow to honor his uncle's memory. Opal Viola Victoria Bear Shield has come to watch her nephew Orvil, who has taught himself traditional Indian dance through YouTube videos and will perform in public for the very first time. There will be glorious communion, and a spectacle of sacred tradition and pageantry. And there will be sacrifice, and heroism, and loss.

There There is a wondrous and shattering portrait of an America few of us have ever seen. It's "masterful...white-hot...devastating" (*The Washington Post*) at the same time as it is fierce, funny, suspenseful, thoroughly modern, and impossible to pause. Here is a voice we have never heard - a voice full of poetry and rage, exploding onto the page with urgency and force. Tommy Orange has written a stunning novel that grapples with a complex and painful history, with an inheritance of beauty and profound spirituality, and with a plague of addiction, abuse, and suicide. This is the book that everyone is talking about right now, and it's destined to be a classic. **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, August 12
10 to 11:30 a.m.
Free Event - Meeting in second floor LaBelle Room



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

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
Like us on Facebook!
shorehavenliving.org

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 Life of Dietrich Bonhoeffer

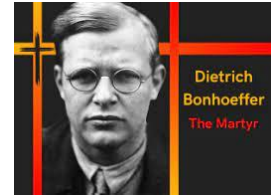
Agent of Grace

Tuesday, August 13

1 to 2:30 p.m.

Free Event

The story of Dietrich Bonhoeffer, a German clergyman of great distinction, who actively opposed Hitler and the Nazis. His convictions cost him his life. His last years, his participation in the German resistance, and his moral struggle are dramatized in this film. **Please register for this event.**



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 (**August 14 and 28**) 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.



All Shorehaven military veteran residents are welcome to the annual cook out given by the American Legion. This event will be held on **Monday, August 19** from 6 to 8 p.m. in the Life Enrichment Roehl Auditorium. Dinner at 6 p.m. and meeting to follow. Please call Jill 262-354-1375 to register.

Lunchtime Cinema

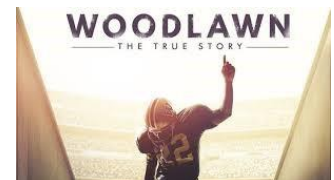
Woodlawn

August 22

12:30 to 2:45 p.m.

Free Event

A gifted high school football player must learn to boldly embrace his talent and his faith as he battles racial tensions on and off the field in Woodlawn, a moving and inspirational new film based on the true story of how love and unity overcame hate and division in early 1970s Birmingham, Alabama. **Registration is appreciated but walk-ins are welcome.**



4 Rivers Center for Well Being

Foundations of Wellness – August 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 vegas 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. **Special Guest - Kristopher Grove offering Sound Healing, Aug 28th / 2-3:30 pm / \$10, Registration – Contact Kathy at 608-334-8592 / Kathy@4riverscenter.com**

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.