

# OCTOBER NEWSLETTER 2024



The Center for Life Enrichment

1306 W. Wisconsin Ave. Oconomowoc, WI, 53066

262-354-1375

[shorehavenliving.org](http://shorehavenliving.org)

**October, shower me with leaves! Swaddle me in corduroy and nurse me with chicken noodle soup.**

The crisp air, the warm cup of cider, the smell of fall everywhere, we love October around Life Enrichment! We have two live TED Talks this month. First off, Oconomowoc Historical Museum Director, Justin Agar-Pratt will share his vision for the museum and later in the month Dr. Morin Martin brings a talk on balancing your retirement as it pertains to your health. Also, two university professors from Carroll are scheduled, the first lecture is on art and science during Renaissance Europe and the second on seasonal changes. Then, Bill Marris returns with a discussion on the faith of Christopher Columbus. Are you interested in painting pumpkins with Lee Hayden-Young? Lee is excited to share some of her unique and creative styles with those attending. And finally on Halloween, retired History Professor, Dale Reich will portray an unsung hero of the Revolutionary War.

**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 1<sup>st</sup> 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](mailto:jhalliburton@lho.org)



A place where you belong

## FITNESS CLASSES

### Land Dancin'

Mondays – 5:15 to 6 p.m.  
Wed. – 4:30 to 5:15 p.m.  
Saturdays – 9 to 10:30 a.m.

### SilverSneakers

Instructor: Trish Sargent  
\$2 classes

### SS Cardio

Mondays, Wednesdays,  
& 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 \$2 - SEATED

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: Photographer Marci Lanois

September 1 through October 31

For Marci Lanois, photography is a spiritual connection to this wonderful world of ours. Marci finds herself in complete awe of the beauty and uniqueness of nature that she sees through her lens! Photography piques Marci's curiosity, fills her with joy and makes her feel alive! Even as a child, Marci felt a strong connection to nature, as well as exhibiting an interest in photography. Marci and her sister would play in a prairie not far from home. Marci noticed (and often brought home) some of the gorgeous insects found there. When Marci's father brought home an old Kodak camera, she was the only one interested in using it. As such, she became the unofficial photographer on every family vacation. After retiring from the Waukesha School District in 2007, Marci began to reacquaint herself with her love of photography. She bought her first DSLR in 2012. In 2013, a friend convinced Marci to enter a local photo contest. Winning first place gave her confidence and motivation a huge boost. Next, she decided to try her hand at the Wisconsin State Fair Photography Contest. Her first year entering garnered a third place ribbon, further motivating Marci to continue this hobby. Entries in future years brought several more first, second, third and fourth place ribbons. Marci was once again hooked on photography! In 2015, Marci moved to La Valle, a small town in the beautiful driftless area of Wisconsin. There, she connected with another photographer in this area and has traveled all around our state photographing large and small wildlife, natural landscapes in all seasons, wildflowers and night skies. Marci also expanded her interest in photography into creative photography. She began entering other photo contests, winning first place in 2021 in The Nature Conservancy of Wisconsin's contest, and first place in 2022 in The Natural Resources of Wisconsin's photo contest. In 2023, Marci was asked to be a guest judge for the Natural Resources of Wisconsin's 10th Anniversary photo contest. Marci's photography travels have taken her to many Midwest states, to national parks and to Africa.



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 Talk Tuesday

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.

See next page for October schedule.



**Shorehaven Yoga \$5**  
Mobility required. Mat Class.  
Wednesdays - 9 to 10 a.m. &  
10:45 to 11:45 a.m.

**Late Afternoon Yoga**  
Tuesdays - 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 (Oct. 1 and 15),  
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 (Oct. 14).

If you have questions, send a note to Wes Werner at [wespfhmail@gmail.com](mailto:wespfhmail@gmail.com).

### Kiwanis Group

This group meets from 7:30 to 9 a.m. every first and third Wednesday of the month (Oct. 2 and 16). Breakfast can be ordered when you arrive.

[schneider726@wi.rr.com](mailto:schneider726@wi.rr.com)

### Community Bible Study

This weekly Bible study began Tuesday, Sept. 10 at 10 a.m. but it is not too late to join. This year's study is the New Testament book of Matthew and will run from September through May of 2025. Class fee is \$35. The class will be held in the first floor Life Enrichment Community Conference Room.

Call Terri Stone with any questions 262-434-0320.

## October Schedule

- Oct. 1 – Live TED Talk - Oconomowoc Historical Museum Director Justin Agar-Pratt
- Oct 8 – Plug into your hard-wired happiness – Srikumar Rao
- Oct. 15 – Live TED Talk – Balance in Retirement – Dr. Moira Martin
- Oct. 22 – How to regain your health – Dean Ornish
- Oct. 29 – A broken body is not a broken person – Janine Shepherd

Please note: Topics listed may change at the discretion of the presenter. This event will be held in the Roehl Auditorium on the first floor of the Center for Life Enrichment. No Registration is required.

### Live TED Talk - Oconomowoc Historical Museum - Justin Agar-Pratt Director Tuesday, Oct 1 from 1 to 2 p.m.

#### Free Event

Oconomowoc Historical Society Director Justin Agar-Pratt will share a brief history of the historical society and its museum as well as the organization's vision for the future. Learn how the society is working to increase community awareness, grow membership value, and secure its future.

Justin Agar-Pratt has worked in the museum field for nearly a decade with a variety of institutions. He is endlessly curious about ways people can connect with the past (and each other) through objects.

Registration is not required but appreciated.



### Getting to Know Medicare Wednesday, October 2 1 to 2:30 p.m. and Thursday, Oct. 3 from 6 to 7:30 p.m

#### Free Event

This seminar will educate current and future Medicare beneficiaries about Medicare.

Instructor and insurance broker, John Leis, will answer: What are the differences between Medicare Parts A, B, C, D? What are your options for enrolling in Medicare, and when? What are the differences between Medicare Supplement and Medicare Advantage plans? How do I determine the best prescription drug plan? **Please register by Sept. 3. Last minute walk-ins will be welcome.** This event will be held in the first floor Community Conference Room located in the Life Enrichment Building.



### Mindful Grieving Workshop Facilitated by Melissa Minkley, MSW September 4 and 18; October 2, 16 and 30 6 to 7 p.m.

\$25 or you are welcome to join at anytime.  
Fee is \$5 per session. See next page for details -



### 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](mailto: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 HOURS**

### TO REGISTER FOR A CLASS OR TO SEND PAYMENT

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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](mailto:jhalliburton@lho.org)  
**Like us on Facebook!**  
[shorehavenliving.org](http://shorehavenliving.org)

## Navigating Life's Transitions - a gathering for those grieving a loss, adapting to change and life transitions.

This 5-session workshop will focus on incorporating mindfulness practices to assist with moving through one's experience with loss towards healing. Our time together will offer guided imagery/relaxation, time for self-reflection and guidance on how to navigate the grief process. **Registration and payment are required.** To register, contact Melissa at 262-751-3910 or [melissaminkley@hotmail.com](mailto:melissaminkley@hotmail.com)  
This event will be held in the second floor LaBelle 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 (Oct. 9) from 10:30 a.m. to 12 p.m. in the Roehl Auditorium. Please contact Kira Grosenick [kgrosenick@Lho.org](mailto:kgrosenick@Lho.org) or 262-354-1180 for more information.



## Life Enrichment Book Club

Thursday, October 10

Noon to 1 p.m.

1<sup>st</sup> floor Conference Room

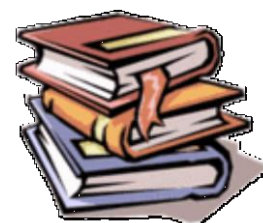
Free Event

Solita: A Memoir Javier Zamora

Javier Zamora's *adventure* is a three-thousand-mile journey from his small town in El Salvador, through Guatemala and Mexico, and across the U.S. border. He will leave behind his beloved aunt and grandparents to reunite with a mother who left four years ago and a father he barely remembers. Traveling alone amid a group of strangers and a "coyote" hired to lead them to safety, Javier expects his trip to last two short weeks.

At nine years old, all Javier can imagine is rushing into his parents' arms, snuggling in bed between them, and living under the same roof again. He cannot foresee the perilous boat trips, relentless desert treks, pointed guns, arrests and deceptions that await him; nor can he know that those two weeks will expand into two life-altering months alongside fellow migrants who will come to encircle him like an unexpected family.

A memoir as gripping as it is moving, *Solita* provides an immediate and intimate account not only of a treacherous and near-impossible journey, but also of the miraculous kindness and love delivered at the most unexpected moments. *Solita* is Javier Zamora's story, but it's also the story of millions of others who had no choice but to leave home. **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, October 14

10 to 11:30 a.m.

Free Event - Meeting in second floor LaBelle Room

See next page for details

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 - Balance in Retirement - Dr. Moira Martin

Tuesday, October 15

1 to 2 p.m.

Free Event

As we age, maintaining mobility becomes crucial for preserving independence, enjoying life, and staying active. In the talk "Balance in Retirement: The Key to Healthy Aging," we will explore the importance of mobility, the challenges that often accompany aging, and effective strategies to keep moving smoothly and confidently.

Dr. Moira Martin the Chiropractor and owner of The Mobility Doc will touch on: The Importance of Mobility: Understand how maintaining mobility enhances quality of life, supports mental well-being, and helps prevent falls and injuries. Common Mobility Challenges: Learn about the physical changes that can affect mobility as we age, including joint stiffness, muscle weakness, balance issues, and chronic conditions like arthritis.

Exercise and Movement Strategies: Discover exercises and activities designed to improve strength, flexibility, and balance. Daily Life Adjustments: Get practical tips for incorporating more movement into your daily routine. Success Stories: Hear inspiring stories from individuals who have successfully maintained or regained mobility, demonstrating the positive impact of an active lifestyle on aging.

Join us for this informative and motivational session to learn how you can stay mobile and active as you age. Whether you're looking to maintain your current level of mobility or seeking ways to improve it, Dr. Moira Martin will provide valuable insights and practical strategies to support your journey toward healthy aging.

**Registration is appreciated but not required for this event.**



### Art and Science During the Renaissance Europe

Wednesday, October 16

1 to 2 p.m.

\$5 attendance fee

Today we often think of disciplines such as art and science as being entirely separate from one another, if not diametrically opposed in their approaches. But in Renaissance Europe, nothing could have been further from the truth. By exploring the life, times, and contributions of individuals such as Michelangelo, Galileo, and the anatomist Andreas Vesalius these connections—and what they might tell us about modern ways of thinking—will become clear.

Join Carroll University Professor Scott Hendrix. 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.



### Community Mobility and Pre-Driving Assessments

With Andrea Reynolds

Thursday, October 17

1 to 2 p.m.

Free Event

Safe driving protects you, your passengers and others on the road. Driving represents independence for many people. That independence can be impacted



by an injury, chronic medical condition or disability or just getting older. To help safely resume or continue daily activities such as driving, we offer Community Mobility and Pre-driving assessments at many sites throughout the Aurora system including Summit. During an assessment, you will meet with a specially trained occupational therapist who will perform a thorough in-clinic evaluation using tools to measure memory, reaction time, strength, thinking/attention and vision. Recommendations to continue driving, proceed with further behind the wheel assessment or retire from driving will be given. Your physician will refer you to the program and will make the final determination on your driving. Adaptations can be made as needed such as additional mirrors, no driving at night or driving in a certain mile radius from your residence. Join Occupational Therapist Andrea Reynolds OTR/L, MHS who performs Community Mobility and Pre-driving assessments. Andrea will go into more detail during this informative session.  
**Registration is required.**

### The Faith of Christopher Columbus

Presented by: Bill Marris from

Circuit Rider Ministries

Monday, October 21

1 to 2:15 p.m.

\$5 attendance fee

In observance of Columbus Day, please join us for a discussion regarding the Christian faith of that famed yet controversial explorer, Christopher Columbus. Revered and honored for centuries, Columbus has become reviled and discredited in recent years. We will attempt to answer questions regarding the character, integrity, and personal beliefs of this complex man, for you to decide whether he was "hero" or "scoundrel." We also promise that you will hear things that typically are not covered in school!

William Colin Marris has taught Biblical courses throughout the country for the past forty-five years, lecturing at a number of churches, adult Sunday-schools, prophecy conferences, small groups, and as an adjunct instructor at a local Milwaukee Bible College. He is the founder of Lake Country Circuit Rider Ministries, Inc., a Bible teaching mission to Southeastern Wisconsin and the nation. Marris is a member of Mensa and holds a Master's Degree in

History Summa Cum Laude from the University of Wisconsin-Milwaukee. He also served as a commissioned officer in the United States Naval Reserve.

Bill previously published a book on the Armenian Genocide that was nominated for a Pulitzer Prize. He has recently finished a manuscript on the Christmas Story "looking through Jewish Eyes."

William Marris has visited and led excursions to many Biblical sites in Israel, Egypt, Jordan, Turkey, Greece, and Italy. His lifetime goal is to proclaim the Lord Jesus Christ "to the ends of the Earth" (Acts 1:8), and he has travelled to seventy countries, all fifty states, and has personally testified about the Lord Jesus Christ on all seven continents.

Bill and his artist wife Lynne reside in the "Lake Country" of Oconomowoc, Wisconsin. Together they have three married children, and eight grandchildren. **Registration and payment are required.**

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



### Seasonal Changes What's Actually Happening?

Science Professor Todd Levine Ph.D.

Wednesday, October 23

1:30 to 2:30 p.m.

\$5 attendance fee

We live in a place that has seasons. Times for warm sun and long days. And times for long nights and cold weather. Everything alive has to adjust and match those seasons. In this



lecture, we will explore the science of phenology, which records and explains how and why plants and animals react to, and in some cases shape, the seasons. Everything from the germinating of spring flowers, to the courtship behavior of deer, to the hatch of tiny crustaceans in ponds that dry up in the blink of an eye reacts to signs that the weather is shifting and change is coming. We will discuss how living things deal with the constant change of seasons.

Join Associate Professor of Biology, Todd Levine Ph.D. from Carroll University. Professor Levine, has a stellar education which he received his Bachelors in Biology and Political Science from the University of Missouri St. Louis, went on to Miami University to earn his Ph.D. and then Hancock Biological Station, Post-doctoral appointment, Wilderness and Civilization Program at University of Montana, Research Experience for Undergraduates: University of Michigan Biological Station and Pierre Laclède Honors College & Conservation Certificates. He specializes in Ecology, Evolution and Organismal Biology. He's Focused on population genetics, population dynamics and demography, community composition, freshwater systems & behavior. Todd is a Member of the Advisory Board for the UW-Milwaukee - School for Freshwater Science Professional Science Masters Program. Todd is also a Research Fellow with the Milwaukee Public Museum. Todd enjoys giving back to the community by participating in community science events, lectures for organizations such as Kettle Moraine Natural History Society, Boy Scouts, daycares and school districts. **Registration and payment are required.**

### **Painting Pumpkins With Lee**

**Thursday, October 24**

**1 to 3 p.m.**

**\$30 includes supplies - 15 spots available**

Join professional and local Artist, Lee Hayden-Young as she offers this fun and festive pumpkin painting class. Participants will choose two different sizes of pumpkins and create their own artistic creations with the guided help and samples from our instructor. Lee has painted thousands of pumpkins over the years for the school district as well as the now retired, Mark's Farms. This is sure to be a very enjoyable class you won't want to miss. **Registration and payment are required by Oct. 17.**



### **Who is the Greatest Unsung Hero of the American Revolutionary War?**

**Thursday, October 31**

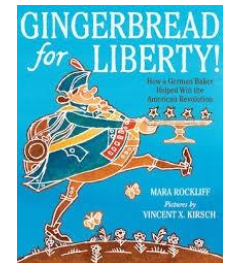
**1 to 2:15 p.m.**

**\$5 attendance fee**

It might just be Christopher Ludwig, the man who served as George Washington's baker general for years, feeding the Continental troops for years while also serving as a spy and contributing in other important ways to the revolutionary cause.

Re-enactor Dale Reich will bring this unsung hero to life through his portrayal of Ludwig when he comes to Life Enrichment on Oct. 31, 2024. His characterization of the man that George Washington called "my honest friend" will provide you with a fascinating, entertaining, and very personal look at this remarkable German immigrant and Philadelphia patriot.

**Registration and payment are required.**



### **4 Rivers Center for Well Being**

**Foundations of Wellness – October Events**

**Serving the Dying – The role, responsibilities and purpose of an End of Life Care Doula**

Death is having a rebirth! Death is not a medical experience – it is a human one.

We all know we are living in challenging times with our current medical system. End of Life Doulas are non-



medical professionals trained to care for the dying with a holistic model of care. As mainstream medical practitioners struggle to meet the needs of our ever-growing elder population, End of Life Doulas supply the needed time, which is often missing with this special population. Doulas are the bridge between hospitals and Hospice. EOL Doulas serve the dying and their loved ones before, during and after death. Trained in various end of life stages, a Doula is able to assist the family with understanding the natural process while providing comfort oriented touch, guidance, support and so much more, with no limits on time. Kathy Ginn is an End of Life Touch Therapist, Certified Grief Companion and Certified End of Life Care Doula. Please join Kathy as she shares with you how an End of Life Care Doula can serve you and your love one at this sacred threshold of one's life. **October 16<sup>th</sup> from 2-3:30 pm. Please register before event date – Contact Kathy at 608-334-8592 / Donation suggestion \$5.** To find out more about 4 Rivers Center for Well Being and to register for classes, please contact Kathy at [Kathy@4riverscenter.com](mailto:Kathy@4riverscenter.com) or [www.4riverscenter.com](http://www.4riverscenter.com) or [608-334-8592](tel: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.**