

NOVEMBER NEWSLETTER 2024



The Center for Life Enrichment

1306 W. Wisconsin Ave. Oconomowoc, WI, 53066

262-354-1375

shorehavenliving.org

Autumnthe year's last, loveliest smile. ~ Bryant

With our hearts turned towards God, we give thanks for all we have. We are grateful for all those who arrange their time to participate, volunteer, encourage and support the efforts here at Life Enrichment, Thank you!

This month is packed with interesting programs that we are sure you will enjoy. Please take a look and sign up soon.

Happy Thanksgiving from our hearts to yours.

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

Founders Gallery Presents:

The Lake Country Carvers
Holiday Wood Work Exhibit

Art will be on display from Nov. 1 through Dec. 31

Read more on the next page



A place where you belong

FITNESS CLASSES

ZUMBA Gold with Lisa Welch

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

Meet and Greet the carvers on Tuesday, November 26, from 11 am to 1 pm. at Café LaBelle. The Center for Life Enrichment will feature a wood carving display by Lake Country Carvers. Discover different styles of carving and ideas for Christmas gifts! Started in 1981 to promote wood carving, more than 40 years later this is an active group of women and men who meet monthly to learn from each other and share their craft. In 2024 the carvers presented 5 "Introduction to Wood Carving" talks to community organizations, 5 "Wood Carving 101" hands-on carving classes and displayed carvings at the Oconomowoc and Watertown libraries in addition to here at the Center. New carvers and those who want to rekindle an interest in carving can email lakecountrycarvers@gmail.com or watch Lake Country Carvers on Facebook for future classes.
Great opportunity for you to find that special Christmas gift.

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.

November Schedule

- 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.

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.



6 - Week Ukulele Beginner and Beyond

Mondays Nov. 4 through Dec. 9

11:30 to 12:30 p.m.

\$40 for all 6 weeks Including materials Join instructor Jack Johnson as he shares his love of music and the ukulele. This class is offered as a beginner 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 a few ukuleles available to use but feel free to bring your own if you have one. **Registration and payment are required. This event will be held in the second floor LaBelle Room.**



Renaissance Art and Notions of the Beautiful

Monday, November 4

1 to 2 p.m.

\$5 attendance fee

Evolutionary psychologists such as Dr. Linda Talley argue that people find certain physical characteristics beautiful due to biological drives—but is that true? By exploring what Renaissance Europeans thought of as beautiful, we'll see that beauty standards are actually quite different than what this biological approach might suggest, along the way learning a bit about economics, the family—and ourselves.

Professor Scott E. Hendrix, Ph.D. will continue the four part monthly series on history and religion. Scott is a Professor of History at Carroll University and Chair of the Department of History, Political Science, and Religious Studies. **Registration and payment are required. This event will be held in the second floor Board Room.**



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 (Nov. 5 and 19),
 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 (Nov. 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 (Nov. 6 and 20).

Breakfast can be ordered when you arrive.

schneider726@wi.rr.com

Community Bible Study

This weekly Bible study is held every Tuesday 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.

What is Ballroom Basics?

With Kira Grosenick

Tuesday, November 5

10 to 11 a.m.

Free Event

What are the steps you can take to improve your balance? Why is dance so good for your balance? Get the answers in this informative session with Shorehaven's Fitness Center Director, Kira Grosenick. Ballroom Basics for Balance can help provide physical improvements as well as cognitive. **Registration is required. This session will be held in the second floor LaBelle Room.**



**BALLROOM BASICS
for BALANCE™**

Offers a fun way to practice balance and falls prevention through the basics of dance!

OHS Students Offer Tech Help!

Thursdays, Nov. 7, 14, and 21

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.**



Mystery Items From the Past and Their Stories

Thursday, November 7

1 to 2:30 p.m.

\$5 attendance fee

Real-life drama with danger, deception, and the unusual often rivals anything from fiction. Try to identify mystery items from earlier days and hear their fascinating historical backgrounds. Join Joan Johnson as she returns with her mysterious antique collection. Joan's collection is sure to stir recollection in all those attending as well as giving the audience fun lessons in history. **Registration and payment are required.**



GriefShare - A Grief Support Group

Hosted by: Pagenkopf Funeral Home

Monday, November 11

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



**WISCONSIN
PARKINSON
ASSOCIATION**

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 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

month (Nov. 13) 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.

Learning Life From the Trees

Professor Scott Levine, PhD.

Wednesday, November 13

1:30 – 2:30 p.m.

\$5 attendance fee

Many living things record the history of our world in their bodies. Together, we will look at the ways that trees record the history of their world in their rings. We often think of tree rings as a way to estimate the age of trees, and that does work. What we think of less often is that trees can help us reconstruct past weather, record fire events, and even be used in archaeology and forensics. Let's take a look at all of the things that tree rings can tell us, then we will explore a few other rings that show up in our world recording similar histories in mussel shells and even caves.

Join Carroll University Professor, Todd Levine, PhD. Todd grew up near the confluence of the Mississippi, Missouri, and Illinois Rivers. Nature provided him inspiration and was one of his most consistent teachers, along with a diverse cadre of people who were likewise inspired and guided by our natural world. After an undergraduate trip to study Amazonian biodiversity didn't work out, he discovered the extraordinary diversity in North American rivers. His graduate research focused on freshwater mussels. He continued to work on aquatic life through a post-doctoral position. As a young teacher at Carroll University, he was drawn to the stream that runs through Carroll University's field station. As he explored ways to protect Genesee Creek, his work began to incorporate terrestrial ecosystems and fire ecology. He is now an Associate Professor and director of Prairie Springs Environmental Education Center and Greene Field Station at Carroll University and teaches both broad, foundational biology and upper-level ecology and natural resource management courses. **Registration and payment are required.**



Bob Ross Oils Painting Class

Thursday, November 14

10 a.m. to 1 p.m.

Class cost: \$60 includes all supplies

Only 12 spots available

Join Julie Fjetland, a certified Bob Ross instructor, as she makes this oils class fun and empowering by using the Bob Ross approach to painting. This class is sure to make your painting a success and you too can find the *joy in painting*. No experience necessary.

Shorehaven residents will receive \$30 off their class fee due to the generous donations of the Shorehaven Service League. **Registration and payment are required.**



Life Enrichment Book Club

Thursday, November 14

Noon to 1 p.m.

1st floor Conference Room

Free Event

Horse by: Geraldine Brooks

Kentucky, 1850. An enslaved groom named Jarret and a bay foal forge a bond of understanding that will carry the horse to record-setting victories across the South. When the nation erupts in civil war, an itinerant young artist who has made his name on paintings of the racehorse takes up arms for the Union. On a perilous night, he reunites with the stallion and his groom, very far from the glamor of any racetrack.

New York City, 1954. Martha Jackson, a gallery owner celebrated for taking risks on edgy contemporary painters, becomes obsessed with a nineteenth-century equestrian oil painting of mysterious provenance.

Washington, DC, 2019. Jess, a Smithsonian scientist from Australia, and Theo, a Nigerian-American art historian, find themselves unexpectedly connected through their shared interest in the horse—one studying the stallion's bones for clues to his power and endurance, the other uncovering the lost history of the unsung Black horsemen who were critical to his racing success. Based on the remarkable true story of the record-breaking thoroughbred Lexington, *Horse* is a novel of art and science, love and obsession, and our unfinished reckoning with racism.



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.

Badger Talks Presents:

The Wreck of the Edmund Fitzgerald: The Ship, the Storm, and the Song

Monday, November 18

1 to 2 p.m.

\$5 attendance fee

Join Professor Steve Ackerman from UW-Madison as we explore the wreck of the Edmund Fitzgerald from perspectives of the weather, the ship and the song by Gordon Lightfoot.

Steve Ackerman moved to Wisconsin in 1987, accepting a research scientist position in the Space Science and Engineering Center (SSEC). He joined the UW-Madison faculty in the Department of Atmospheric and Oceanic Sciences in 1992. Professor Ackerman served as Director of the Cooperative Institute for Meteorological Satellite Studies (CIMSS) from 1999-2019. This research organization is a collaboration between the UW-Madison, and The National Oceanic and Atmospheric Administration (NOAA). Wisconsin is widely recognized as the birth place of weather satellites, and CIMSS is key to Wisconsin's current reputation.

He served as Vice Chancellor for Research and Graduate Education at UW-Madison between 2019-2023. This position provides institutional leadership in research and graduate education across campus with responsibilities for the development and implementation of strategic initiatives that seek to maintain and enhance excellence in these areas. **Registration and payment are required. This event will be held in the second floor Board Room**



Jessica Michna Returns Portraying Molly Brown

Wednesday, November 20

1 to 2:30 p.m.

Cost: \$10 Performance Only

Molly Brown; Hard Scrabble to High Society - Remembered as "The Unsinkable" Molly Brown, the lady was more than a survivor of the Titanic disaster. Gold prospector, gambler, and card shark barely scratch the surface of this brave, dynamic woman of the early 20th century. Learn of Molly's fascinating life and meet some of the interesting characters she met along the way. **Registration and payment are required.**



Adventures in the Andes

Thursday, November 21

11 a.m. to 12:30 p.m.

Free Event

We welcome Todd Jerred, an accomplished photographer and his wife

Tamara Hauck as they present a photographic tour of their 2023 adventure to the Andes. Please join them to see images and hear stories of trekking the Inca Trail, Machu Picchu, the Amazon Basin, Lake Titicaca, the condors of the Andes, Arequipa and Lima.

Todd and Tammi are 40 year Oconomowoc residents and are world travelers who have done many hiking adventures in unusual locales. You won't want to miss this fantastic tour! **Registration is required.**



AARP Presents: Six Pillars of Brain Health

Monday, November 25

1 to 2 p.m.

Free Event

Do you think you're too old to grow additional brain cells? Think again! In AARP Six Pillars of Brain Health program findings, attendees learned how they can take charge of their brain health and improve their quality of life at any age. The six pillars of brain health are based on scientific research that shows a healthy lifestyle may protect the brain. "Staying sharp" can help you develop meaningful and lasting practices that are based on the six pillars.

Join Jackie Scott, a volunteer with AARP of Wisconsin, Speakers Bureau. Jackie is a professional speaker and has spoken to a variety of audiences for over 20 years. She is also the Chaplain for the Oconomowoc Police Department,



helping both the officers and the Oconomowoc community. **Registration is required. This class will be held in the second floor Board Room.**

4 Rivers Center for Well Being

Foundations of Wellness – November Events

Cultivating a Deep Current of Gratitude

The River analogy has long been a symbol of movement toward well-being. As we travel the natural flowing water of our River of life, we often forget to count our blessings or to simply sit and reflect on the goodness of our lives. During this class we will explore the following questions and perhaps offer you food for thought along with some solid information. Is there a connection between an attitude of gratitude and our health? Can gratitude play a role in our natural approach to wellness & healing? How do I foster a more powerful and holistic way of living well? How do I cultivate a dependable current of gratitude in my river of life? Please join Kathy Ginn, Creative Force behind 4Rivers Center for Well Being for a time of information, discussion and quiet reflection. **Allow the current of Gratitude to flow within your River of Life! November 13 / 2-3:30 pm / \$5**

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 November 18th / 2-3:30 pm / \$5, Please register with Kathy/ 608-334-8592/ Kathy@4riverscenter.com**



Local artists needed for the 2025 calendar year. If you know of an artist that is willing to display their work on the walls of our Founders Gallery, please have them contact Jill Halliburton at 262-354-1375.

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.