

# DECEMBER NEWSLETTER 2024



The Center for Life Enrichment

1306 W. Wisconsin Ave. Oconomowoc, WI, 53066

262-354-1375

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

## It's the most wonderful time of the year!

December brings the closing of another year. As the snow begins to lay upon the chilly countryside, like a blanket wrapping the earth, let us settle into these darker days prepared to celebrate the birth of our Saviour. Jesus came to us in the midst of unrest, sharing His life, in hopes of renewing humanity. He was the greatest example of humility and servitude for all of mankind. Let us rekindle our faith in our saviour as we move into this wonderful time of the year. Merry Christmas to you and your family from Shorehaven's Life Enrichment.

**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)

Founders Gallery Presents:

The Lake Country Carvers

Holiday Wood Carving Exhibit

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

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



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

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](mailto: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.



### December Schedule

- Dec. 3 – Live TED with Frank Reda – Music and Movement
- Dec. 10 – How to grow a forest in your backyard – Shudhendu Sharma
- Dec. 17 – A walk down Christmas lane the 40's, 50's and 60's
- Dec. 24 and 31 – No talks are scheduled

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.

### Why Did the Reformation Start in Germany?

Scott Hendrix PhD. Professor from Carroll

Monday, December 2

1 to 2 p.m.

\$5 attendance fee

The Reformation, which split the Catholic Church creating a range of Protestant traditions, began in the small town of Wittenburg in Germany. Why there? We will discuss the life and times of Martin Luther, as well as the broader context of late medieval and early modern Germany, in order to gain a better understanding of this issue.

Join Scott Hendrix PhD. Professor from Carroll University for his final lecture of the semester. **Registration and payment are required. This event will be held in the second floor Board Room.**



### Looking our Best for the Holidays and Beyond

Make-up tips for Our Age

Wednesday, December 4

1:30 to 2:30 p.m.

20 Spots

Free Event

Meet Bethany Frost, Oconomowoc Merle Norman studio owner and Aesthetician. Beth opened her studio in 2013 partly for selfish reasons. She was tired of driving out of town to buy her favorite Merle Norman products and figured she wasn't the only one in this plight. It turns out, she was right - Lake Country women were thrilled to have a Merle Norman come to town. Beth bought a building in downtown Oconomowoc, renovated it, and re-opened her studio in that location.



**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 (Dec. 3 and 17),  
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  
(Dec. 9). 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 (Dec. 4 and 18).  
Breakfast can be ordered  
when you arrive.  
[schneider726@wi.rr.com](mailto: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.

In March of 2017, Beth went to The Salon Professional Academy for her Aesthetics degree, passing the State Board exams. She has also been trained and worked with customers facing health set-backs, helping them feel beautiful during their difficult battles.

Beth will be on campus to consult participants with suitable tips for our aging skin, demonstrating make-up application that is both sophisticated and appropriate. This will be a fun and informative demonstration that we are sure you will enjoy.

Registration is required.

### GriefShare - A Grief Support Group

Hosted by: Pagenkopf Funeral Home

Monday, December 9

10 to 11:30 a.m.

Free Event

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.**

Meeting in second floor LaBelle Room.



### ProHealth Presents

Bone Health - Keeping Our Bones Healthy

Tuesday, December 10

10 to 11 am.

Free Event

Bone Health: Tips to Keep Your Bones Healthy

Discover essential strategies for maintaining strong bones at this informative community event. Meet our Bone Health Program team and learn about the prevention and treatment of bone-related conditions. Whether you're pre-menopausal, menopausal, male, or a cancer survivor, our specialists will offer tailored recommendations to support your bone health. Registration is required.



### 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 (Dec. 11) 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.



### Craig Siemsen Presents:

*Silent Night* in Concert

Wednesday, December 11

1 to 2 p.m.

\$5 attendance fee - see article on next page



### 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**

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Jill Halliburton at

262-354-1375 or email

[jhalliburton@lho.org](mailto:jhalliburton@lho.org)

Like us on Facebook!

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

Silent Night - This is a beautiful program celebrating Christmas and the winter season. Join Craig as he sings and reflects on the history and traditions of this most wonderful time of the year.

For years, fans of acoustic music have been entertained by Craig Siemsen's personal blend of original songs, folk, and old timey country music. With his whimsical storytelling and wit, audiences find themselves laughing and toe tapping during these memorable performances. **Christmas Cookies and Cider will be available for your refreshment. Registration and payment are required.**

### Life Enrichment Book Club

Thursday, December 12

12 to 1 p.m.

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

Free Event

Mockingbird Summer Lynda Rutledge

In segregated High Cotton, Texas, in 1964, the racial divide is as clear as the railroad tracks running through town. It's also where two girls are going to shake things up.

This is the last summer of thirteen-year-old Corky Corcoran's childhood, and her family hires a Haitian housekeeper who brings her daughter, America, along with her. Corky is quick to befriend America and eager to share her favorite new "grown-up" novel, *To Kill a Mockingbird*. America's take on it is different and profoundly personal. As their friendship grows, Corky finds out so much more about America's life and her hidden skill: she can run as fast as Olympian Wilma Rudolph!

When Corky asks America to play with her girls' softball team for the annual church rivals game, it's a move that crosses the color line and sets off a firestorm. As tensions escalate, it fast becomes a season of big changes in High Cotton. For Corky, those changes will last a lifetime.

Set on the eve of massive cultural shifts, *Mockingbird Summer* explores the impact of great books, the burden of potential, and the power of friendship with humor, poignancy, and exhilarating hope.

**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.**



### Wisconsin Historical Society Speakers Bureau Presents

#### The Wisconsin Indian Burial Grounds

Thursday, December 12

2 to 3 p.m.

\$5 attendance fee

Today's discussion will bring Wisconsin Speakers Bureau presenter, Robert Birmingham, author and editor of many publications on Wisconsin archaeology, including his most recent Society Press books *Skunk Hill: A Native Ceremonial Community in Wisconsin*, *Life, Death and Archeology at Fort Blue Mounds: A Settlers' Fortification of the Black Hawk War* and *Aztalan: Mysteries of an Ancient Indian Town*.

Birmingham is the former Wisconsin State Archaeologist (1989-2004) at the Wisconsin Historical Society. He teaches anthropology at the University of Wisconsin-Waukesha.

Wisconsin has a large number of such mounds, though many have been destroyed or affected by later development and natural processes. Prior to European colonization, there were more than 15,000 mounds in the State; perhaps 4,000 of these burial sights remain today. **Registration and payment are required.**



### A Serious Look at the Blue Zones

Wednesday, December 18

1 to 2:30 p.m.

Free Event

Blue zones are regions in the world where people live exceptionally long lives beyond the age of 80 due to a lifestyle combining physical activity, low stress, rich social interactions, a local whole-foods diet, resulting in low disease incidence.



Let's take a look at the documented information and see for ourselves how life can be lived to its fullest with just a few minor changes. Happy Living! **Registration is required.**

### 7 Week Balance Seminar Presented by ProHealth

Thursdays, January 9 through February 20

10 a.m. to Noon

Class size: Max 14 participants

#### Free Event

Stepping On is a workshop for older adults interested in learning how to prevent falls.

Topics covered include: simple and fun strength and balance exercises, the role vision plays in keeping your balance, how medications can contribute to falls, ways to stay safe when out and about in your community, what to look for in safe footwear and how to check your home for safety hazards. A certified Stepping On instructor will facilitate these sessions.

The program is an evidence-based program that is effective and proven to reduce falls in older people living in the community. The program incorporates strategies to implement positive lifestyle changes to keep you independent, upright and active. *The evidence has proven that Stepping On reduces falls by 31% in the community.* **Registration is required please call 262-354-1375.**



### 4 Rivers Center for Well Being

Foundations of Wellness – December Events

#### Season of Silent Nights

Enter the Inner Room of your being. Close the door on all the distractions and quiet your mind. With a brief introduction to contemplative centering and demonstration of breathing techniques Kathy will guide you into the stillness of your body and soul. How can we begin to truly savor this season of Silent Nights and quietly seek the real meaning of Christmas, not merely survive? Perhaps nestled deep within the outer-ware of Christmas is the quiet solitude we truly are seeking. Beyond the jingle and jangle of all the distractions, can we return to the simplicity of the inner ware of Christmas?

**The Invitation** – offer yourself the gift of inner-ware this Christmas season. In this class we will learn to integrate the following practices as part of your Christmas celebration and ceremony. Learn to rest in Silence – Silence opens the pathway to your heart. Breathe deep – Allow the birth of Christ to come alive deep within you! Return to the simplicity of Sacred Solitude. Contemplative Centering – what does Christmas mean for you? Allow yourself to be wrapped in the Silent Nights throughout this Christmas season. **December 4<sup>th</sup> / 1-3pm OR Saturday, December 14<sup>th</sup> / 1-3 pm. Class fee: \$10, Registration – Contact Kathy at 608-334-8592 / [Kathy@4riverscenter.com](mailto: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.



**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 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.