



The Center for Life Enrichment

1306 W. Wisconsin Ave. Oconomowoc, WI, 53066

262-354-1375

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

**March bustles in on windy feet and sweeps my doorstep and my street**  
~ Susan Reiner

May the cold of winter leave us now and we will wait patiently for its return. We are excited about this month's line up of classes! The professors from Carroll University will return with their science and religious/history lectures. We are also excited to offer a 6 week, evening class, beginning this month on the *Unfinished Life of John F. Kennedy*, Dr. Timothy Crain of Marquette University will lecture. Take a peek inside and with all the offerings this month, we look forward to seeing you soon!

**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.

**Severe Weather Policy** - Programs scheduled by Life Enrichment will cancel when Oconomowoc School District closes school. The Center for Life Enrichment building and Cafe LaBelle remain open. For those who rent or use space at the Center for Life Enrichment, it is at the discretion of the Coordinator whether to run or cancel. The group coordinator will contact the Center for Life Enrichment to inform us of their status. Additionally, the group coordinator is responsible for communication with their attendees. Please include your phone number and email address when registering.

\*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

##### ZUMBA Gold with Lisa Welch

Mondays - 4:30 to 5:15 p.m.  
Wed. - 4:30 to 5:15 p.m.  
Saturdays - 9 to 9:45 a.m and  
Stretch - 9:50 to 10:30 a.m.

##### SilverSneakers

Instructor: Trish Sargent  
\$3 classes or \$25/11 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.

##### 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.

##### Brainy Acts - with Trish Sargent

##### \$3 classes SEATED

Tuesdays 2 to 2:45 p.m.  
Thursdays 9:30 to 10:15 a.m.

##### Line Dancing \$2

Mondays - 2 to 2:45 p.m.

##### 6-Week Ballroom Basics for Balance with Kira Grosenick \$30

Tuesdays - 9:30 to 10:15 a.m.

##### Shorehaven Fitness

##### Strength & Conditioning \$6

##### Active Senior Class

##### Instructor: Jill Halliburton

##### \$50/10 classes

Mondays & Fridays  
9 to 9:45 a.m. & 10:45 to 11:30 a.m.

## Founders Gallery Presents:

Paul Underwood

Art will be on display from March 1 through April 30

Paul Underwood is a local provider of beautiful wood, metal, glass or leather engraving. The work Paul will have on display at Shorehaven's Founders' Gallery, located in the Center for Life Enrichment can be purchased as is or turned into a personal item for gifting or personal pleasure. Through *Lazering Memories*, Paul uses the latest laser technology to offer a high quality outcome. Whether it's a gift for you, your loved one, your pet or commemorating a special occasion, his latest laser technology ensures personalized keepsakes that bring joy and happiness for years to come.



## TED Talk Tuesday

1 to 2 p.m.

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.



### March Schedule

- Mar. 4 – Real reasons why we use daylight savings time
- Mar. 11 – Live TED Talk - Praying in Color
- Mar. 18 – How to see beyond your own perspective to find truth Michael Patrick Lynch
- Mar. 25 – A scientific approach to the paranormal – Carrie Poppy

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.

## Feeling the Heat:

*Wild and Prescribed Fire In Wisconsin*

Professor Todd Levine

Wednesday, March 5

1:30 to 2:30 p.m.

\$5 attendance fee

Wildfire is a reality in many parts of the world, becoming more frequent and intense in many places in the US. In the West, wildfire has been a part of life, but recent and unprecedented fires have made the news in the northeast US as well. While these are damaging, expensive, and sometimes terrifying events, intentional fires are frequently set in ecosystems too. Learn about the role that fire plays in ecosystems, both when directed by humans and beyond our control.

Todd Levine 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



## Shorehaven Yoga \$6 walk in fee

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.

\$50/10 class punch card  
purchase for public  
Free for Shorehaven staff

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

## MONTHLY MEETINGS & SUPPORT OPPORTUNITIES

### Morning Alzheimer's Support Group

Led by Jamie Milaeger,  
Life@Home Coordinator

First and Third Tuesday  
of the month (Mar. 4 and 18),  
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  
(Mar. 10). 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 (Mar. 5 and 19).  
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. 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.

Education Center and Greene Field Station at Carroll University and teaches both broad, foundational biology and upper-level ecology and natural resource management courses.

### Intro to Stretching - With StretchZone

Trainer Dan Harris

Thursday, March 6

10 to 11 a.m.

Free Event

You may think of stretching as something performed by runners or gymnasts. But we all need to stretch in order to protect our mobility and independence. A lot of people don't understand that stretching has to happen on a regular basis. Ideally, it should be daily.

**Why stretching is important:** Stretching keeps the muscles flexible and healthy, and we need that flexibility to maintain a range of motion in the joints. Without it, the muscles shorten and become tight. When we call on the muscles for activity, they are unable to extend all the way, which puts people at risk for joint pain, strains, and muscle damage.

Join Dan Harris from The StretchZone in Delafield. This presentation will be provided by Dan Harris MS, LAT/ATC-R, Regional General Manager for StretchZone. Dan holds a bachelor's degree from the UWSP in athletic training and education along with a Masters in Sports Medicine from the University of Illinois completing his thesis on PNF stretching. With over 30 years of health and wellness experience, he has used his skills in various positions including sports rehabilitation clinic and teaching, coaching, and athletic training services at Monona Grove High School. Dan is committed to providing quality, compassionate care that allows people to reach their goals and improve overall quality of life. Having run over 50 marathons, and multiple ultra-distance events, Dan understands the need to attain good mobility and balance for all daily activities.

"Proper stretching slows down the aging process. Stretching also can improve posture, circulation, balance and range of motion."



### GriefShare - A Grief Support Group

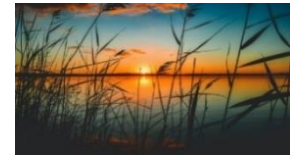
Hosted by: Pagenkopf Funeral Home

Monday, March 10

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.**



### Live TED Talk with Julie Wold - Praying in Color

Tuesday, March 11

1 to 2 p.m.

Free Event

The author of Praying in Color, Sybil MacBeth has written an inspiring book on taking your prayers and thoughts to the creative side. Maybe it's color that you enjoy, maybe you are distractable or anxious, or maybe when taking the time to be still you find drawing or doodling very cathartic. Or maybe your prayer time needs some creativity.

You are invited to learn more as Julie Wold shares her experience with the methods laid out in the book, Praying in Color. You will be given an opportunity to explore this form of doodling while you are guided through the experience. You do NOT need to be an artist or a theologian to enjoy this experience. Anyone with some paper and colored markers can have a silent conversation with God! Paper and markers will be supplied for you.

**Registration is appreciated.**



## 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 (Mar. 12) 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.



## Lunchtime Cinema

*Cabrini*

Wednesday, March 12

1 to 3 p.m.

Free Event

After arriving in New York City in 1889, Italian immigrant Francesca Cabrini is greeted by disease, crime and impoverished children. She soon sets off on a daring mission to convince the mayor to secure housing and health care for society's most vulnerable. With broken English and poor health, Cabrini uses her creative passions to build an empire of hope unlike anything the world has ever seen. **Feel free to have lunch before the movie at Café LaBelle. See you there! Registration is required.**



## Life Enrichment Book Club

Thursday, March 13

12 to 1 p.m.

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

Free Event

***The One Hundred Years of Lenni and Margot* by Marianne Cronin**

Seventeen-year-old Lenni Pettersson lives on the Terminal Ward at the Glasgow Princess Royal Hospital. Though the teenager has been told she's dying, she still has plenty of living to do. Joining the hospital's arts and crafts class, she meets the magnificent Margot, an 83-year-old, purple-pajama-wearing, fruitcake-eating rebel, who transforms Lenni in ways she never imagined. As their friendship blooms, a world of stories opens for these unlikely companions who, between them, have been alive for one hundred years. Though their days are dwindling, both are determined to leave their mark on the world. With the help of Lenni's doting palliative care nurse and Father Arthur, the hospital's patient chaplain, Lenni and Margot devise a plan to create one hundred paintings showcasing the stories of the century they have lived—stories of love and loss, of courage and kindness, of unexpected tenderness and pure joy. Though the end is near, life isn't quite done with these unforgettable women just yet. Delightfully funny and bittersweet, heartbreaking yet ultimately uplifting, *The One Hundred Years of Lenni and Margot* reminds us of the preciousness of life as it considers the legacy we choose to leave, how we influence the lives of others even after we're gone, and the wonder of a friendship that transcends time.

**Registration is no longer required. 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.**



## 8 Week Boost Your Brain and Memory

Thursdays, March 13 through May 1

9:30 to 11:30 a.m.

Free Event - 20 spots available

This unique program takes a holistic approach to improving brain health in older adults. Participants will learn new habits to maintain brain health while practicing new skills for better memory performance. Participants will be provided materials and view videos during each session.

This 8-week evidence based workshop will cover: Physical Activity, Emotional Health Intellectual Activity, Nutrition Spirituality, Social Engagement, and how these areas play a role in our brain health.

This class is being brought to our campus by the ADRC of Waukesha County. Peggy Laz Recknagel will be the instructor. **Registration is required.**



## Truth and Myths of the Vietnam War Documentary

Wednesday, March 19

1 to 2 p.m.

Free Event

This documentary, "Truths and Myths of the Vietnam War," was produced by Veterans in Atlanta, presents an alternative narrative about the Vietnam War that challenges prevailing portrayals of the conflict. The film's introduction is narrated by actor Sam Elliott, who urges viewers to listen to Veterans' accounts of the war.

Developed by the Atlanta Vietnam Veterans Business Association, AVVBA Foundation, the film responds to decades of "misinformation" and portrays the war through the voices of those who experienced it firsthand. It includes commentary from Veterans, historians, and those involved in humanitarian efforts to shed light on misunderstood aspects of the war, including the treatment of returning soldiers, media influence, the antiwar movement, and the humanitarian work carried out by U.S. troops. **Registration is required.**



## How to Use Native Plants in Your Garden

Thursday, March 20

1 to 2 p.m.

\$5 attendance fee

There's nothing like a garden to get us in touch with nature and the life force of our planet—touching soil and sowing seeds, growing plants and harvesting the delightful bounty. It's beneficial for us to grow our own food and rewarding to beautify our homes with flowers and plants, but have you ever wondered if your garden can benefit the earth in return? Adding native plants to your garden or yard is a wonderful way to care for the earth. Native plants are the best food available to bumblebees and butterflies and also help feed our wonderful Wisconsin birds. This presentation will provide an overview of what native plants are, how they benefit our pollinators and wildlife, and identify types that are easy to grow where you live or in the gardens of those you care for.

Join Amanda Langer who earned her Bachelor of Science degree in Natural Resources from UW Stevens Point and has since worked in ecological restoration and landscaping. She has served as the president of the Madison Chapter of Wild Ones and is the current president of Sustain Jefferson, a county-wide nonprofit promoting sustainability in our homes and community. Amanda lives in Jefferson, WI and is passionate about environmental health and ecological wellbeing in our lives and our natural world.

**Registration and payment are required.**



## Brushing Up

With Lynne Marris

Wednesday, March 26

1 to 3 p.m.

\$25 includes all supplies - 15 spots available

Join us as we "paint" on wet cloth with pastels. This project has been taught by Lynne Marris to 5th grade students through seniors—with ALL having a piece of art that they are proud to have created. Your work will be completed and framed out with a white mat, ready for display. A fresh floral bouquet will be on display to use as inspiration.

Lynne Marris is a retired art teacher (BSE UW-Whitewater) who taught in Oconomowoc, Hartland and WCTC (briefly) for over 35 years. She also had an art studio and ceramic dealership in her home. While watercolor is her first love, she has a working knowledge of most art mediums which comes from years of teaching!

Lynne is married to Bill Marris and lives in Oconomowoc. They have 3 married children, and 8 grands, which she considers to be "best in life". She is an active member of her church and the community.

**Registration and payment are required.**



## John Calvin and the Reformation

Professor Scott Hendrix

Thursday, March 27

1 to 2 p.m.

\$5 attendance fee

France of the 16<sup>th</sup> century was home to a highly centralized monarchy and was the intellectual center of Europe. It was also the birthplace of John Calvin and where he developed his ideas, but when he broke from the Catholic Church, he took his reform movement to Geneva, Switzerland. Who was he and why did this happen?

Professor Scott E. Hendrix, Ph.D. will continue a four part monthly series on the history of the Reformation. Scott is a Professor of History at Carroll University and Chair of the Department of History, Political Science, and Religious Studies.

If you are new to the series feel free to join this month's lecture on the Reformation. **Registration and payment are required.**



## 6 Week Evening Series

The Life of John F. Kennedy

Dr. Timothy Crain – Marquette University

Thursdays, March 27 through May 1

6:30 to 7:30 p.m.

\$20 attendance fee for all six weeks

[John Fitzgerald Kennedy: An Unfinished Life](#)

President Kennedy's death caused enormous sadness and grief among all Americans. Most people still remember exactly where they were and what they were doing when they heard the news. Hundreds of thousands of people gathered in Washington for the President's funeral, and millions throughout the world watched it on television.

As the years have gone by and other presidents have written their chapters in history, John Kennedy's brief time in office stands out in people's memories for his leadership, personality, and accomplishments. Many respect his coolness when faced with difficult decisions--like what to do about Soviet missiles in Cuba in 1962. Others admire his ability to inspire people with his eloquent speeches. Still others think his compassion and his willingness to fight for new government programs to help the poor, the elderly and the ill were most important. Like all leaders, John Kennedy made mistakes, but he was always optimistic about the future. He believed that people could solve their common problems if they put their country's interests first and worked together.

Tim Crain received a Ph.D. in Modern European and Modern Middle Eastern history at Arizona State University, after earning a B.A. and M.A. from Marquette University. He taught for fifteen years at Marquette University and the University of Wisconsin-Madison. Crain then became Professor and Director of the National Catholic Center for Holocaust Education at Seton Hill University. He is a recipient of numerous teaching and professional awards, and in 2015, he received Marquette University's Alumni Award for Leadership Excellence. He is presently teaching classes for Marquette University. A noted public speaker, Crain delivers over one hundred and fifty lectures nationally each year. You will want to be a part of this six week look into the life of John F Kennedy.

**Registration and payment are required.**



## 4 Rivers Center for Well Being

Registration: Contact Kathy Ginn, 608-334-8592 [Kathy@4riverscenter.com](mailto:Kathy@4riverscenter.com)

Contact 4Rivers for more information about March events.



**Local artists needed for the 2025 calendar year. If you are an artist or know of an artist and willing to display 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.