



The Center for Life Enrichment

1306 W. Wisconsin Ave. Oconomowoc, WI, 53066

262-354-1375

shorehavenliving.org

Spring is far more than a changing of seasons, it's a rebirth of spirit. Blessings to you and your family! April is a month of reawakening and, Life Enrichment is happy to share in your journey of learning and growth. With this month being Easter month we have mixed a few spiritual programs into our course schedule to encourage you. Take a deeper look into the newsletter to find more, and we look forward to seeing you around the campus.

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 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

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.



A place where you belong

FITNESS CLASSES

ZUMBA Gold with Lisa Welch \$5

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.

Dancing for Balance with Kira

Grosenick \$3

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

Shorehaven Fitness **Strength & Conditioning**

\$6 walk in fee

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.

April 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.

North America's Hidden Natural Heritage: Freshwater Mussels

Professor Todd Levine

Wednesday, April 2

1:30 to 2:30 p.m.

\$5 attendance fee

Let's learn a bit about science from Carroll Professor Todd

Levine. Beneath the waters of North American rivers hides a treasure often unseen and forgotten - freshwater, pearly mussels. These animals have more diversity in North America than anywhere else in the world. While they seem like little more than a pair of shells and a simple bit of goo between, this belies a vast diversity, fascinating life histories, and the drivers of decades of 20th century economics.

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 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.**



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 (Apr. 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.

Kiwanis Group

This group meets from 7:30 to 9 a.m. every first

and third Wednesday
of the month (Apr. 2 and 16).

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. 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.

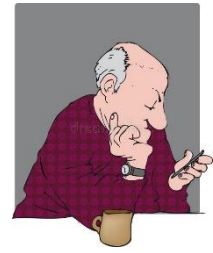
Call Terri Stone with any questions 262-434-0320.



Café LaBelle is open from
8 a.m. to 2 p.m. daily.

OHS Students Offer
Tech Help!
Thursdays, April 3, 10, and 24
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.**



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 (April 9) 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.



Praying in Color Art Class

With Julie Wold

Wednesday, April 9 from 1 to 2 p.m.

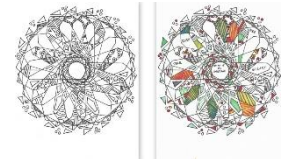
\$25 includes all supplies -15 spots available

The author of Praying in Color, Sybil MacBeth has written an inspiring book about taking your prayers and thoughts to the creative side. Is it 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. This class is designed 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 to use and take home.

As we close this Lenten season may this art practice become a new tool in your spiritual journey.

Registration and payment are required.



Life Enrichment Book Club

Thursday, April 10

12 to 1 p.m.

1st floor Conference Room

Free Event

Demon of Unrest: A saga of hubris, heartache, and heroism at the dawn of the Civil War, by Erik Larson.

On November 6, 1860, Abraham Lincoln became the fluky victor in a tight race for president. The country was bitterly at odds; Southern extremists were moving ever closer to destroying the Union, with one state after another seceding and Lincoln powerless to stop them. Slavery fueled the conflict, but somehow the passions of North and South came to focus on a lonely federal fortress in Charleston Harbor: Fort Sumter.

Master storyteller Erik Larson offers a gripping account of the chaotic months between Lincoln's election and the Confederacy's shelling of Sumter—a period marked by tragic errors and miscommunications, enflamed egos and craven ambitions, personal tragedies and betrayals. Lincoln himself wrote that the trials of these five months were "so great that, could I have anticipated them, I would not have believed it possible to survive them."

At the heart of this suspense-filled narrative are Major Robert Anderson, Sumter's commander and a former slave owner sympathetic to the South but loyal to the Union; Edmund Ruffin, a vain and bloodthirsty radical who stirs secessionist ardor at every opportunity; and Mary Boykin Chesnut, wife of a prominent planter, conflicted over both



marriage and slavery and seeing parallels between them. In the middle of it all is the overwhelmed Lincoln, battling with his duplicitous secretary of state, William Seward, as he tries desperately to avert a war that he fears is inevitable—one that will eventually kill 750,000 Americans.

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.

Virtual Tour of Israel

With Pastor Jim Stevens

Thursday, April 10

1 to 2:30 p.m.

Free Event

In this land of milk and honey sweet, The air is filled with history's treat, The whispers of the past remain, A testament to love and pain. Ancient stones, worn smooth by time, Bear witness to a sacred rhyme, The walls of Jerusalem, strong and high, A testament to a city's sigh. The Western Wall, a place of prayer, Where hearts and souls are laid bare, The whispers of the faithful rise, To heaven's gates, where love resides.

Pastor Jim Stevens from Faith Baptist in Oconomowoc along with his wife Linda will share their trip to the land of Israel. They visited major locations in Israel, many which are mentioned in the Bible, Their guide, a full-time missionary in Israel, gave them a wealth of information at each site. Locations include Capernaum, Jesus' hometown, the Temple Mount, the Mount of Olives, Golgotha, the empty tomb, and many more.

Pastor Stevens began his ministry after receiving a B.A., M.A., and M.Div. in Bible and Pastoral Studies. The next 35 years he was senior pastor in three churches, and has enjoyed eleven years as an assistant pastor at Faith Baptist Church. He has served with his wife Linda. They have seven children and nineteen grandchildren.

Registration and payment are required.



GriefShare - A Grief Support Group

Hosted by: Pagenkopf Funeral Home

Monday, April 14

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.



Intro to Urban Walking Poles

With Kira Grosenick

Wednesday, April 16

10 to 11 a.m.

Free Event

Curious about working out with walking poles? Urban poling (also known as Nordic walking)—think cross-country skiing without the skis—has toning, calorie-burning and posture benefits. This safe and unique form of exercise has been popular in Europe for decades and is now trending in North America. Join Shorehaven Fitness Center manager, Kira Grosenick to learn the history of urban poling as well as the importance of the various techniques that make your walk so beneficial to your health. Kira will demonstrate poling and allow you to give it a try as well.

This class is designed for those who have urban poles and would like to learn how to better use them and become more efficient while exercising with them.

Poles are available to purchase and order along with additional education for those interested. This form of exercise is a great addition to your regular fitness regiment and can be easily implemented to your lifestyle. Please register by April 14.



Spoon Bracelets
Jewelry Making With Janelle
Thursday, April 17
1 to 2:30 p.m.
\$30 includes supplies

Turning our antique silverware into something enjoyable. Join artist Janelle Stensby as she makes this process fun and affordable. Spoons along with all other supplies will be provided for you. Participants will learn to form the bracelet to just your size. Once the bracelet is suitable, each student will buff it or color it to your liking. **Registration and payment are required.**



Huldrych Zwingli and the Reformation
Professor Scott Hendrix
Thursday, April 24
1 to 2 p.m.
\$5 attendance fee

Huldrych Zwingli is the Forgotten Reformer. The 16th century Switzerland was home to the best infantry in Europe, sending its soldiers all over Europe. It was against this backdrop that a man who thought Swiss blood shouldn't be spilled in Europe's wars, who believed "true religion" had become corrupted, but who also opposed Martin Luther - Huldrych Zwingli. We will discuss who he was, his lasting importance, and what his life can tell us about the Reformation. **If you are new to the series feel free to join this month's lecture on the Reformation. Registration and payment are required.**



Route 66
America's Main Street Adventure
Musician Craig Siemsen
Wednesday, April 30
1 to 2 p.m.

Take a ride on America's most famous highway, Route 66. Folk singer and humorist, Craig Siemsen, will explore the 2,448 miles of songs, stories, legends, and humor of Route 66. Often called Blue Highways, our two lane roads were once the backbone of an emerging country. This program offers a little history and a lot of fun!
Registration and payment are required. \$5 attendance fee.



4 Rivers Center for Well Being - April Events
Registration: Contact Kathy Ginn, 608-334-8592 Kathy@4riverscenter.com
Serving the Dying - The role, responsibilities and purpose of an End of Life Care Doula

Death is not a medical experience - it is a human one. End of Life Doulas are non-medical professionals trained to care for the dying with a holistic model of care. 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 will also share with you the "signs of the times" in End of Life Care.

Kathy Ginn, creative force of 4Rivers, is a Body-centered Therapist, End of Life Touch Therapist, Certified End of Life Care Doula and Certified Body-centered Grief Companion. 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. **April 23 from 2 to 3:30 p.m. Donation: \$5.**



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.