

NOVEMBER NEWSLETTER 2025



The Center for Life Enrichment

1306 W. Wisconsin Ave. Oconomowoc, WI, 53066

262-354-1375

shorehavenliving.org

Gratitude paints this month in colors of its own

This is the season to turn up the heat, dial in curiosity, to be stimulated and to share gratitude with others. We want to encourage you to do just that, here at the Center for Life Enrichment. Look inside for this month's programs.

May you have a happy and blessed Thanksgiving!

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 is open. Please check our website Shorehavenliving.org/Shorehaven-strength-fitness-center/ for pool schedule. Please contact Kira Grosenick kgrosenick@lho.org with any questions.

***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.

Founders Gallery

Presents: Lake Country Carvers
Holiday Wood Carving Exhibit and Sale

Art will be on display from

Nov. 1 through Dec. 31

Meet The Carvers! – Tuesday, November 18

11 a.m. to 1 p.m. at Café LaBelle

See next page for details.



A place where you belong

FITNESS CLASSES

ZUMBA Gold with Lisa Welch \$8

Mondays – 4:30 to 5:15 p.m.

Wed. – 4:30 to 5:15 p.m.

Saturdays – 9 to 9:45 a.m.

Shorehaven Water Classes - \$4

Tuesday – 12:30 to 1:15 p.m.

Wednesday – 9:30 to 10:15 a.m.

Thursday – 9 to 9:45 a.m. & 1 to 1:45 p.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.

Seated and Strong– with Trish Sargent

\$3 classes SEATED

Tuesdays 2 to 2:45 p.m.

Line Dancing \$2

Mondays – 2 to 2:45 p.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.

The Center for Life Enrichment will feature a wood carving display by Lake Country Carvers club. Discover different styles of carvings available for purchase for Christmas gifts! Stop in on November 16 to meet the carvers while they whittle and talk about carving! Started in 1981 to promote wood carving, more than 40 years later this is an active group of women and men of all ages who meet monthly to learn from each other and share their craft. Lake Country Carvers' members offer presentations about carving to community organizations, teach "Wood Carving 101" classes for new carvers and those who want to rekindle an interest in carving, and display carvings at the Oconomowoc and Watertown Libraries as well as here at the Center for Life Enrichment. Follow Lake Country Carvers on Facebook for classes and general carving information or email lakecountrycarvers@gmail.com.

Great opportunity for you to find hand-made Christmas gifts!

When purchasing please make out check payment to the individual carver (items will be marked). Cash is accepted. All purchases can be made through the Life Enrichment desk.



From 1 to 2 p.m.

Free Event

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

- **Nov. 3** – Understanding Alzheimer's – November is Alzheimer's Awareness month
- **Nov. 11, 18, 25** – 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, November 3 through December 8
11:30 to 12:30 p.m.

\$35 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.

Animal Vision - Seeing Color

Professor Todd Levine

Wednesday, November 5

1:30 to 2:30 p.m.

\$5 attendance fee

We all see differently. While we imagine a world that we all experience in the same way, each of us experiences some differences in perception. Human color blindness is more common than we imagine, for example. Octopus eyes are eerily



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 (Nov. 4 & 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.

Kiwanis Group

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

and third Wednesday

of the month (Nov. 5 & 19).

Breakfast can be ordered

when you arrive.

ajwagner48@yahoo.com

Grief Support

Meets the second Monday of

each month Contact

Wes Werner

wes.werner@sbcglobal.net

Community Bible Study

Will Be held in the Lake Terrace

Garden Room 1380 W Wisc.

Ave Door #7

This year's study will be the Psalms

This weekly Bible study is held

every Tuesday at 10 a.m. and

runs through May 2026

Call Terri Stone to register and

with any questions

262-434-0320.

\$35 cost for materials



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

similar to human eyes. Some clams can see. Many animals are blind, even some whose ancestors could see very well. Different habitats present themselves in different ways. Animals swimming through a river full of mud experience a different world than those in high alpine lakes, which are often crystal clear. Deep lakes and oceans reflect light in a monochrome blue palette. We will explore the diversity of animal vision and how that vision shapes the colors, patterns, and experiences of animals.

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. He has always been fascinated by biodiversity and, early in his career, was drawn to large mammals. His work eventually led him to spend more time with invertebrates than bears or wolves, but these large animals had a profound impact on his life and career. 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 is required for this event.**

2025 Medicare Prescription Drug Plan Comparisons

Thursday, November 6

10 a.m. to 12 p.m.

Free Event

It's that time of year again! Soon you'll notice television commercials and receive mail regarding the ANNUAL ENROLLMENT PERIOD. It can be a confusing time, but it doesn't have to be. The Annual Enrollment Period happens every year from **October 15 through December 7**. During this time Medicare allows beneficiaries to evaluate their current prescription drug plan and compare it to any prescription drug plans that may be available during the upcoming calendar year.

Sign up for a free comparison twenty minute appointment with John Leis. You will have the opportunity to review your prescription drug plan to see if it's still the best fit for you. Remember, your Part D coverage may need to change even if your prescriptions didn't! If you would like help evaluating your current prescription drug plan or comparing it to other prescription drug plans, John would be happy to assist you. **Please bring all of your prescriptions to the appointment.**

This is a **FREE** service offered by John Leis our local advisor on Medicare. John is not compensated for these services.

Please call Jill at Life Enrichment to schedule your appointment. APPOINTMENTS ARE REQUIRED!

This event meets in the second floor LaBelle Room.



Busted Canvas Art

Thursday, November 6

1 to 2:30 p.m.

\$30 includes all supplies

10 spots

Busted Canvas Art is a canvas that has been creatively cut to reveal a picture or creation inside. It is such a cute and fun craft project to make.

Once you make your first one, you'll be excited to make one for every season! There are so many possibilities!

There will be a variety of seasonally inspired items to choose from to create your unique look.

Registration and payment are required for this event.



GriefShare - A Grief Support Group

Hosted by Pagenkopf Funeral Home

Monday, November 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. Anyone is welcome. **Sessions will be held in the 2nd floor LaBelle Room.**



Getting to Know Medicare

Monday, November 10

1 to 2:30 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 Nov. 6th. 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.**



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**

(Nov. 12) 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.



POW Camps in Wisconsin

Wisconsin Historical Society

Wednesday, November 12

1 to 2:30 p.m.

\$5 attendance fee



Drawing of Camp McCoy by a German POW 1943

Most people are unaware that Wisconsin had POW (Prisoner of War) camps during WWII and are surprised to learn that there were 38 of them having a total of 20,000 POWs. In this presentation learn about POWs camps in the United States and Wisconsin. This presentation tells interesting stories of those who may have lived in a community that once had a POW camp, those who worked side by side with POWs and those who were once prisoners in a POW camp. You will find this presentation to be informative, educational and entertaining.

Presenter is Bob Block, a resident of Oregon, WI. He retired after working with the Wisconsin Crime Lab in Madison, WI for 34 years before retiring as head of the drug identification unit having testified in courts of law 500 times as an expert witness. Bob is an active member of the Oregon Area Historical Society and has an interest in historic topics.

Registration is required for this event.

Life Enrichment Book Club

James by: Percival Everett

Thursday, November 13

12 to 1 p.m.

NEW ROOM LOCATION!

Second floor LaBelle Room

Free Event



Pulitzer Prize winner and #1 New York Times bestseller, national book award winner. A brilliant, action-packed reimagining of *Adventures of Huckleberry Finn*, both harrowing and darkly humorous, told from the enslaved Jim's point of view. When Jim overhears that he is about to be sold to a man in New Orleans, separated from his wife and daughter forever, he runs away until he can formulate a plan. Meanwhile, Huck has faked his own death to escape his violent father. As all readers/listeners of American literature know, thus begins the dangerous and transcendent journey by raft down the Mississippi River toward the elusive and unreliable promise of the Free States and beyond.

Brimming with the electrifying humor and lacerating observations that have made Everett a literary icon, this brilliant and tender novel radically illuminates Jim's agency, intelligence, and compassion as never before. *James* is destined to be a major publishing event and a cornerstone of twenty-first century American literature. **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. Feel free to order lunch at Café LaBelle and bring it to the book discussion.**

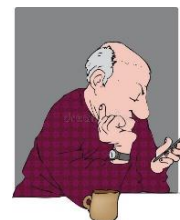
**OHS Students Offer
Tech Help!**

**Thursdays, November 13, 20 and December 4
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! 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. Have a one on one discussion about your device needs. **Registration is appreciated but walk-ins are welcome. This event will be held in the second floor Board Room.**



Christopher Columbus and Medieval Crusading

Professor Scott Hendrix

Thursday, November 13

1 to 2 p.m.

\$5 attendance fee

Christopher Columbus famously "sailed the ocean blue in 1492," which is beyond the scope of the

Middle Ages. In this discussion, we will consider how the Medieval crusading tradition as well as other ways of thinking from the Middle Ages influenced his grand adventure.

Join Scott Hendrix, History Professor from Carroll University. Scott has lectured at our campus on and off throughout these past few years and his lectures are very interesting and his presentations are enthusiastically delivered. Scott is also Carroll University Chair of the Department of History, Political Science, and Religious Studies. **Registration and payment are required.**



Wood Carving 101

Carve a Santa!

Wednesday, November 19

1 to 4 p.m.

Only 6 Spots Available - \$20 includes all supplies

Learning a new skill is good for the soul and good for the brain! Learn the three basic wood cuts used to create any carving, and you'll leave with a finished Santa carving you created! No experience or tools needed - wood, carving knives and safety equipment provided.

Instructors are experienced members of Lake Country Carvers who enjoy their craft and want to share it with you! Lake Country Carvers club was founded in 1981 to promote wood carving. More than 40 years later this active group of women and men meet monthly to learn from each other and share the art of carving with the community! **Registration and payment are required.**



Virtual Tour of Ten Chimneys - The Home of Alfred Lunt and Lynn Fontanne

By: Docent Mary Ann Noe

Thursday, November 20

1 to 2 p.m.

\$5 attendance fee

How did this acting couple come to perch every summer in a rural Wisconsin village, in spite of

their global renown? It's a love story that spanned decades. Beginning in 1915, Alfred Lunt built a small house for his mother and three siblings. Eventually, the Ten Chimneys estate grew to over a hundred acres that nurtured everyone that lived there or visited. Lynn Fontanne joined the vibrant entourage when she married Alfred in 1922. From then until their deaths, 50-plus years later, their summer home proved a haven for actors, friends, writers, neighbors. Come follow the silver thread that made up the life of Lynn and Alfred, and how it was woven tightly to their Wisconsin retreat at Ten Chimneys.

Upon retirement from teaching, Mary Ann Noe reinvented herself as an author who publishes novels, essays and poetry.

She spends time reading anything she can get her hands on, writing, and baking (and eating the results). Happily enjoying their grandchildren, she and her husband reside in Wisconsin, where she watches with dismay as the deer eat the flowers in the garden. **Registration is required for this event.**



Jim Gibbons Presents:
The Life of Charles Dickens
Thursday, December 4
1 to 2:30 p.m.

\$10 attendance fee

During the holiday season, one can make the choice to either embrace the holiday spirit of kindness and giving or to say "bah humbug" and be what others call, "a Scrooge." The greedy Ebenezer Scrooge and the kindhearted Bob Cratchit and Tiny Tim, all prove as life lessons during the holiday season. These lessons, originated in the novella, "The Christmas Carol," by Charles Dickens, have been passed down from generation to generation. Dickens has been said by many to be one of the greatest writers of the Victorian Era. In addition to The Christmas Carol, Dickens is most well-known for his fiction novels, Oliver Twist; A Tale of Two Cities; Great Expectations and more. Historian Jim Gibbons will discuss the life of Charles Dickens and his great influence on Victorian age writing and on the tradition of holiday spirit. Gibbons will discuss Dickens' role as a writer, his background, life and his many famous works. He will explain how Dickens, who was widely praised during his time and still continues to be for his works, was also an advocate for children's rights and social reform.

Jim Gibbons and his daughter, Michelle Gibbons, offer informative and riveting presentations that educate and enlighten audiences of all ages on events, people, and places in history. Drawing from their research and knowledge of past events, they bring to light information that applies to our lives today. **Registration is required for this event.**



EXPLORE THE WORLD, WITH US!

Learn about our 2026 plans with Collette Travel.

On October 4 - 11 of 2026 our travels will take us to America's Music Cities: New Orleans, Memphis and Nashville, tour includes: Grand Ole Opry, Historic RCA Studio B, Civil Rights Tour, Graceland, Ryman, Country Music Hall of Fame, Jazz Revue, French Quarter, For more information about the America's Music Cities trip contact: gateway.gocollette.com/link/1289568.

Please contact Bridget Wolfgram at 262-567-8341, ext. 3403 or email bwolfgram@lho.org.



4 Rivers Center for Well Being – NO November Events

Registration: Contact Kathy Ginn, 608-334-8592 Kathy@4riverscenter.com

Deep Current of Gratitude

The staff at 4Rivers Center for Well Being would like to take this opportunity to express our Deep Gratitude for your support of our Service Work. We feel deeply blessed to be located on the Shorehaven Campus. We are committed to continue serving you with our heart and with our gifts God has blessed us with.

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, let us never forget to count our blessings or to simply sit and reflect on the goodness of our lives.

For the month of November we are offering a \$10 discount on all our services. This is a small token of our appreciation. Happy Thanksgiving!



Local artists needed for the 2026 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.