

DECEMBER NEWSLETTER 2025



The Center for Life Enrichment

1306 W. Wisconsin Ave. Oconomowoc, WI, 53066

262-354-1375

shorehavenliving.org

Gifts of Time and Love are Surely the Basic Ingredients of a Truly Merry Christmas

We welcome the highlights of December back into our lives. Preparing in the old familiar ways, the details and the carrying out of this spectacular season. Our plans here at Life Enrichment will bring some of those memories to life for you and your family. Don't miss out on the wrapping up of this year's history lectures, informative classes and help from our OHS students. Don't miss the holiday music concerts and finally the traditional life of Charles Dickens!

Merry Christmas and happy and blessed New Year from all of us here at 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 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. **December fitness class cancellation dates are as follows: Dec. 24, 25, 26 and Dec. 31, Jan 1 and Jan. 2.**

Severe Weather Policy – Programs scheduled by Life Enrichment and Shorehaven Fitness Center 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



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.

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.

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.



TED
TALKS 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.

December Schedule

- Dec. 2 - 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.
- Dec. 9 - Bill Marris' Book - Joseph's Terrible Planning: The Christmas Story Revisted
- Dec. 16 -Reflecting on 2025

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.**

What Kind of Legacy do You Want to Leave Your Children?

Wednesday, December 3

2 to 3 p.m.

Free event

Join Kirstin Dorn, AAMS and Nicole Pretzel, CIMA, CRPC | MFS with Edward Jones as they unpack the process of transferring the family money. This is a free seminar to help you better understand how to protect your wealth and your family.

Learn how to create a successful family wealth transfer plan.

Unfortunately family wealth transfers sometimes fail, damaging personal relationships



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 (Dec. 2 & 16),
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 (Dec. 3 & 17).

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.

and affecting the impact you wanted your assets to have. Join us for a seminar to learn about the common mistakes to avoid. We will also discuss tools and resources to help aid the family wealth discussion and how to communicate with clarity. **Registration is required for this event.**

**OHS Students Offer
Tech Help!
Thursdays, 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.**



**GriefShare - A Grief Support Group
Hosted by Pagenkopf Funeral Home
Monday, December 8
10 to 11:30 a.m.
Free Event**



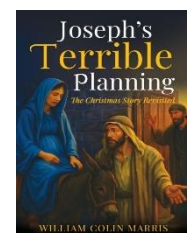
Loss comes in many forms. Whether you have experienced the loss of a loved one or have lost your way, it is essential that you find support and encouragement as you return to life's daily routines. Grief Share provides participants the opportunity to experience their journey from grief to healing in 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.**

**Ukulele Christmas Performance
Monday, December 8
11:30 a.m. to 12 p.m.
Free Event at Café LaBelle**



Our Life Enrichment ukulele players would like to perform a mini Christmas concert for our lunchtime diners in the Café. You are invited to dine at Café LaBelle and enjoy the serenade of these joyful strummers. **Merry Christmas from the "Uke" players.**

**Joseph's Terrible Planning: The Christmas Story Revisited
Presented by Local Author
William Colin Marris
Tuesday, December 9
1 to 2 p.m.**



Free Event – Books will be available for purchase.

Imagine a man who takes his pregnant wife, who is ready to give birth at any moment, to a strange, crowded town on a cold winter's night, who is vainly knocking on doors seeking lodging without a reservation...

The traditional Christmas story is a narrative that is vividly recognizable to countless millions, both Christians and non-believers alike. In reality, however, many of our traditional Christmas images and beliefs (including Joseph's "terrible" planning) may actually convey a flawed rendition of Jesus' birth.

Rather than an accurate portrayal of Christ's nativity, what has transpired instead might be called a traditional "greeting card" Christmas story... **Deck the Hall[mark]s!**

This book will examine the Christmas story based on our understanding of first-century Jewish history, culture, and, most importantly, a reliance on the truth of the Gospels. It is believed that what will emerge is a story that is no less beautiful but one that is more biblically accurate...one that even demonstrates Joseph's **WONDERFUL** Planning!

William Colin Marris has taught Biblical courses throughout the country for the past forty-five years, lecturing at a number of churches, adult Sunday-schools, prophecy conferences, small groups, and as an adjunct instructor at a local Milwaukee Bible College. He is the co-founder of Circuit Rider Ministries, Inc., a Bible teaching mission to Southeastern Wisconsin and the nation. Marris is a member of Mensa and holds a Master's Degree in History Summa Cum Laude from the University of Wisconsin-Milwaukee. He also served as a commissioned officer in the United States Naval Reserve.

Bill previously published a book on the Armenian Genocide that was nominated for a Pulitzer Prize.

Registration is required for this event.

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. 10) 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.



Is Acupuncture Something to Consider?

With Local Practitioner David Bock

Wednesday, December 10

1 to 2 p.m.

Free Event

Acupuncture is a traditional Chinese medicine practice that involves inserting thin, sterile needles into specific points on the body called meridians. These points are believed to be along energy channels that connect different organs and systems in the body. Acupuncture is based on the ancient Chinese philosophy of Qi, which is a vital life force that flows through the body. Acupuncture aims to restore balance and improve Qi flow by stimulating specific points on the body. Acupuncture is used to treat a wide range of conditions, including: Chronic pain (e.g., back pain, neck pain, headaches), Nausea and vomiting, Anxiety and depression, Insomnia, Infertility, Substance use disorders.

Acupuncture is generally considered safe when performed by a qualified practitioner. However, there are some potential risks, such as infection, bruising, and nerve damage. It is important to talk to your doctor before trying acupuncture, especially if you have any underlying medical conditions or are taking medications.

Join local practitioner David Bock C.Ac.,Dipl.OM. FABORM and learn more about this alternative approach to health. David has been treating Lake Country residents since 1999, in a family practice style of medicine. He is a Wisconsin State Certified Acupuncturist, and nationally certified (NCCAOM) in Oriental Medicine and the clinical application of Acupuncture, Chinese Herbal medicine and Asian bodywork therapies. He is also a Fellow of the American Board of Oriental Reproductive Medicine. His background is in biology and chemistry with a Graduate degree in Oriental Medicine. He has specific professional training in the areas of cancer, infertility, HIV/AIDS, as well as drug and herb interactions and herbal safety. He is a Community Care Provider for the VA medical system. A former president of WISCA, Wisconsin Society of Certified Acupuncturists and active in the leadership of the American Society of Acupuncturists. **Registration is required for this event.**



Holiday Performance

Wednesday, December 10

6 to 7:30 p.m.

Concert begins at 6:30 p.m.

Wine, Cider and Small Sweets

***Donations accepted for the concert**

The Lambda Woodwind Quintet is in its seventh year of making music. LWQ began in 2018, when the five original members were all playing in the Madison VFW Band. Lonna Brooks, the French horn player, started the group when her friend Dion picked up the bassoon. Since then they've rehearsed around Madison and during COVID even rehearsed in members' driveways or in local parks. The five members of LWQ are Jenn Birins of Fitchburg on flute;



Jenny Petzlaff of Sun Prairie on oboe; Amanda Langer of Jefferson on clarinet; Lonna Brooks of Rio on French horn, and Dion Mills of DeForest on Bassoon. They love playing a variety of music and enjoy the mix of tastes each member brings to the group. Our concerts generally include a mix of classical music, ragtime, folk tunes, and show tunes from musicals. This holiday concert, our goal is to share joy through music and are glad to do so for audiences of all kinds. **Registration is required for this event.**

Life Enrichment Book Club
Persuasion by: Jane Austen

Thursday, December 11

12 to 1 p.m.

Free Event

This month's meeting will be held in the LTA Strand Theatre

Please meet in the first floor Community Room, located in the Life Enrichment Building, promptly at Noon

This year is the 250th anniversary of Austen's birth. Published after Jane Austen's death in 1817, *Persuasion* tells the story of twenty-seven-year-old Anne Elliot, who is resigned to an unhappy fate and forced to move with her family to humbler lodgings when an old, lost love reenters her life.

The handsome young naval officer, whose marriage proposal she was persuaded to reject seven years prior, has moved up in the world, and now she has a second chance at love. Presenting a heroine who is older and wiser than those in her other books, Jane Austen's final novel is now available in this beautiful collector's edition. Published after Jane Austen's death in 1817, *Persuasion* tells the story of twenty-seven-year-old Anne Elliot, who is resigned to an unhappy fate and forced to move with her family to humbler lodgings when an old, lost love reenters her life.

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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. Please arrive promptly at Noon.



Carroll University Professor Scott Hendrix Presents: Europe's Muslim Neighbors

Thursday, December 11

1 to 2 p.m.

\$5 attendance fee

In this discussion, we will consider the rise of Islam in what is now Saudi Arabia, its expansion, and how institutions such as The House of Wisdom in Baghdad and translators in places such as Toledo in modern-day Spain changed Europe.

Join Scott Hendrix, History Professor from Carroll University. Scott has lectured on our campus over these past years and offers interesting and enthusiastic lectures. He makes history come alive! Scott is Carroll University Chair of the Department of History, Political Science, and Religious Studies. **Registration is required for this event.**



Fall Prevention of Waukesha County

Monday, December 15

1 to 2 p.m.

Free event

Did you know that Waukesha County has the highest rate of falls in the state of Wisconsin? Because of those statistics a fall prevention coalition has been formed to raise awareness through education.

Join Kira Grosenick, Shorehaven Fitness Center manager as well as a member of the Waukesha County Fall Coalition. Kira will provide resources and education regarding fall prevention. Learn about environmental and physical factors that may help prevent falls in the future as well as exercises that can help lower your risk of falling. Falling shouldn't be a *normal* part of aging. Let's arm ourselves with tools to keep upright and moving forward.

Registration is required for this event.



Jim Gibbons Presents:
The Life of Charles Dickens
Thursday, December 18 - **CHANGED DATE!**
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.**

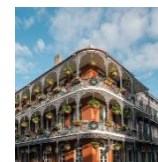
EXPLORE THE WORLD, WITH US!

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 - December Events

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

Season of Silent Nights

Enter the Inner Room of your being. Close the door on all the distractions. Quiet your mind, heart and soul. With a brief introduction to contemplative centering and demonstration of breathing techniques Kathy Ginn will guide you into the stillness of your heart 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 and 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 through- out this Christmas season.

December 10, 1pm- 2:30pm, Class fee: \$10, Registration - Contact Kathy at 608-334-8592,

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 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.