



The Center for Life Enrichment

1306 W. Wisconsin Ave. Oconomowoc, WI, 53066

262-354-1375

shorehavenliving.org

You are never too old to set another goal or to dream a new dream.
C.S. Lewis

With the new year upon us we hope that you find your way to Shorehaven's Center for Life Enrichment, where learning and living come together. Remember, all our programs are open to our public friends as well as to our residents. We look forward to seeing you in 2026 and please feel free to bring a friend along to share in the learning experience.

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. **Just a reminder - 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 call Jill Halliburton at 262-354-1375 or email
jhalliburton@lho.org



A place where you belong

FITNESS CLASSES

Splash Dancin' with Lisa Welch \$8

Mondays – 4:30 to 5:15 p.m.

Zumba Gold Land - 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:
Photographer Jonathan Yogerst
January 4 through February 28
Meet Artist Sunday, January 18 from
11 a.m. to 12:30 p.m.**

"I grew up in Oconomowoc and spent hours during my childhood enjoying Wisconsin's outdoors. As a family, we spent many weekends camping and getting lost in nature. The intrigue of the woods and the draw of calming waters brought satisfaction like nothing else. Today, when I can, I travel our beautiful country, I have visited dozens of state and national parks and have found many sweet adventures off the beaten path. The landscapes I capture through my camera have made each memory live on. I want to share those treasured moments with you." – Jonathan Yogerst.



**When purchasing please make out check payment to the artist. Cash is accepted.
All purchases can be made through the Life Enrichment desk.**



**Topic Tuesdays
There's so Much to Learn
1 to 2 p.m.
Free Event**

We are changing the look of our Tuesday discussions but still using the format of TED Talks, which are an online tool—presented by experts—to engage your mind in learning. Each week we will view interesting and mind engaging information via videos, speakers, and yes even TED Talks. After viewing the talk, participants will be led in a group discussion, providing a fun and interactive way to share your views on the subject.

Bring a friend, be stimulated by the topic and grow in amazing ways.

January Schedule

- Jan. 6 – Why having fun is the secret to healthier living – Catherine Price
- Jan. 13 – Three secrets of resilient people – Lucy Hone
- Jan. 20 – Eloquent civil rights leaders from 1963
- Jan. 27 – Surprising lessons diabetes taught me - Harrison

Please note: Topics listed may change at the discretion of the presenter.

**A Time to Write
Wednesday, January 7 and 14
1 to 2 pm**

Free event

It has been said, "we write in order to taste life twice". As we continue to live our story, let us take the time to write it as well. This month we are planning a one hour writing session on the second and third Wednesday. We will use this hour to help stimulate your writing skills by looking at styles, content creativity and other ways you can share and learn to improve your skills. This writing lab is designed to encourage you to consistently write the narrative that you want to have recorded. Registration is required for this event.

This event will be held in the second floor LaBelle Room.



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 Gosenick 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 (Jan. 6 & 20),
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 (Jan. 7 & 21).
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
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.

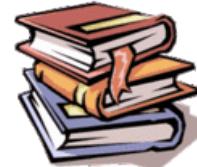
Life Enrichment Book Club

Thursday, January 8

12 to 1 p.m.

Free Event Sessions are now held in the second floor LaBelle Room

Unfinished Love Story: A Personal History of the 1960's by Doris Kearns Goodwin



An Unfinished Love Story: A Personal History of the 1960s by Doris Kearns Goodwin, one of America's most beloved historians, artfully weaves together biography, memoir, and history. She takes you along on the emotional journey she and her husband, Richard (Dick) Goodwin embarked upon in the last years of his life.

Dick and Doris Goodwin were married for forty-two years and married to American history even longer. In his twenties, Dick was one of the brilliant young men of John F. Kennedy's New Frontier. In his thirties he both named and helped design Lyndon Johnson's Great Society and was a speechwriter and close advisor to Robert Kennedy. Doris Kearns was a twenty-four-year-old graduate student when selected as a White House Fellow. She worked directly for Lyndon Johnson and later assisted on his memoir.

Over the years, with humor, anger, frustration, and in the end, a growing understanding, Dick and Doris had argued over the achievements and failings of the leaders they served and observed, debating the progress and unfinished promises of the country they both loved.

The Goodwins' last great adventure involved finally opening the more than three hundred boxes of letters, diaries, documents, and memorabilia that Dick had saved for more than fifty years. They soon realized they had before them an unparalleled personal time capsule of the 1960s, illuminating public and private moments of a decade when individuals were powered by the conviction they could make a difference; a time, like today, marked by struggles for racial and economic justice, a time when lines were drawn and loyalties tested.

Their expedition gave Dick's last years renewed purpose and determination. It gave Doris the opportunity to connect and reconnect with participants and witnesses of pivotal moments of the 1960s. And it gave them both an opportunity to make fresh assessments of the central figures of the time—John F. Kennedy, Jacqueline Kennedy, Martin Luther King Jr., Robert Kennedy, Eugene McCarthy, and especially Lyndon Johnson, who greatly impacted both their lives. The voyage of remembrance brought unexpected discoveries, forgiveness, and the renewal of old dreams, reviving the hope that the youth of today will carry forward this unfinished love story with America.

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.

Feel free to order lunch at Café LaBelle and bring it to the book discussion. Registration is no longer required.

Lunchtime Cinema

The Soloist

Thursday, January 8

12:30 to 2:45 p.m.

Free Event

Los Angeles columnist Steve Lopez (Robert Downey Jr.) has reached a standoff in his life. His marriage is on the rocks, and he's dissatisfied with his job. While wandering through L.A.'s Skid Row, he notices a homeless man (Jamie Foxx) playing a two-stringed violin with proficient skill. Lopez initially thinks of the man, named Nathaniel Ayers, as just a story idea. But as he begins to unravel the mystery of Ayers' strange fate, Lopez realizes that a change is happening within himself. **Feel free to come for lunch before the movie. Registration is required for this event.**



GriefShare - A Grief Support Group

Hosted by Pagenkopf Funeral Home

Monday, January 12

10 to 11:30 a.m.

Free Event - see next page for details



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.**

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 (Jan. 14) 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.



7 Week Balance Seminar Presented by ProHealth

Thursdays, January 15 through February 26

10 a.m. to Noon

Class size: Max 14 Participants

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.*



Carroll University Professor Scott Hendrix Presents:

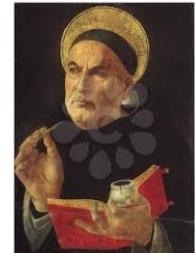
Was it all Swords and Battles? Intellectual Life in the Middle Ages.

Thursday, January 15

1 to 2 p.m.

\$5 attendance fee

In this discussion we will look at the doomed love affair of Abelard and Heloise and interesting figures such as Thomas Aquinas and William Wycliffe, as we explore the formation of universities and the development of intellectual life in the Middle Ages.



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.

Paint Your Own Pottery

Wednesday, January 21

1 to 3 p.m.

\$30 includes all supplies

10 spots available

Come in from the cold and enjoy this winter ceramics project.

Paint-your-own-pottery is an activity where you select a pre-fired ceramic piece, paint it using special glazes, and wait for it to be fired in a kiln. After the firing process, which makes the piece functional and food-safe, the piece will be returned to you. You will be provided with the materials and guidance to help you create a unique piece of art suitable to use, display or give as a gift.



Karen Norris is our instructor and the owner and operator of Our Creative Outlet, a pottery and art studio in Sussex Wisconsin. Teaching students of all ages, she enjoys simplifying complex concepts while building student skills to help them successfully complete their projects, whether working in clay, painting, drawing, or various arts and crafts. She was educated at both Elmhurst College and Northern Illinois University, and received a Bachelor of Science in Computer Science and a minor in Fine Art from NIU. Her offsite art activities include Artist-in-Residence at local schools, retirement communities, and home school enrichment programs, making clay items with various groups. As an artist, she creates unique functional art and sculptures, and combines her love of sculpting and painting with clay to create unique custom tile work. Along with a small gallery within the studio, she also sells her artwork at several art fairs during the year. **Please bring your own smock to wear. Registration is required for this event.**

What's New at Our Local Library?

Wednesday, January 28

1 to 2 p.m.

Free Event

So what's new at our local library? This presentation is brought to you by Jennie Fidler, Oconomowoc Library's Coordinator of Adult Services. Jennie is excited to share this year's programs and services that you will have access to. She'll share some new options now available as well. Whether an avid reader or a life time learner the Oconomowoc Library has resources for you! Did you know they deliver books right to your home? **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 January Events

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

Follow the Voice of the River; where Healing and Wellness Flow.

4Rivers staff offers a variety of Wellness Services, Transformation Learning Classes and Sound Healing. We are committed to serving you with our heart and with our gifts, in which God has blessed us with. May the new year bring you abundance, good health, and joy!



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.