

FEBRUARY NEWSLETTER 2026



The Center for Life Enrichment

1306 W. Wisconsin Ave. Oconomowoc, WI, 53066

262-354-1375

shorehavenliving.org

**To the world you may be one person, but to one person
you are the world.**

February is a month rich with the themes of love, companionship, and togetherness, serving as a beautiful reminder of the bonds that connect us all. It's a time when we reflect on the importance of nurturing our relationships and cherishing the moments we share with those we hold dear. At Shorehaven, we wholeheartedly embrace these values, fostering a sense of community and connection that enhances the lives of our seniors. Let us come together to celebrate the joy of companionship, ensuring that everyone feels valued and supported within our vibrant community.

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.

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

\$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 the artist on 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.

February Schedule

- Feb. 3 – His and her healthcare – Paula Johnson
- Feb. 10 – A daily practice that could rewire your brain – Timm Chuisano
- Feb. 17 – Two governors, a Democrat and Republican and why there is hope for democracy – Matt Meyer
- Feb. 24 – Artificial Intelligence talk TBD

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

**UW-Madison BadgerTalks
Presents: Dr. Steve Barczi
Sleep, Health and Aging
Wednesday, February 4
1 to 2 p.m.**

Free Event

Join us as Department of Medicine-Division of Geriatrics. Dr. Steve Barczi discusses the basic principles of sleep, health consequences of impaired sleep and basic strategies for optimizing sleep. Dr. Barczi comes from the Center for Sleep Medicine at the University of Wisconsin School of Medicine & Public Health. Dr. Barczi has been a clinician-educator who has worked in the areas of general geriatrics care, memory care and sleep disorders (with a special focus on sleep issues in later life) over the past 25 years. He has helped develop a number of new models of care for optimizing the care of older persons (e.g. geriatrics telemedicine, tele-dementia care, home-based primary care, sleep education programming). He also



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 (Feb. 3 & 17),
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 (Feb. 4 & 18).

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.

dedicates time in creating curricula and educational products that support competency-based education for many different healthcare disciplines. He regularly speaks to community groups as well as groups of health care professionals on a range of age-related health care topics and also adult sleep topics. **Registration is required for this event.**

Alcohol Ink Hearts
With Julie Wold
Thursday, February 5
1 to 3 p.m.
\$30 includes supplies
12 spots available

Turn ordinary galvanized hearts into dazzling works of art! In this colorful, hands-on class, you'll explore the vibrancy of alcohol inks to create a one-of-a-kind heart design that's all your own. Each 18" x 3" piece will come to life with your choice of brilliant hues and flowing patterns. Your masterpiece will be dry and ready to take home the same day! **Don't forget to bring a smock or apron** — things might get delightfully messy. **Registration is required for this event.**



GriefShare - A Grief Support Group
Hosted by Pagenkopf Funeral Home
Monday, February 9
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

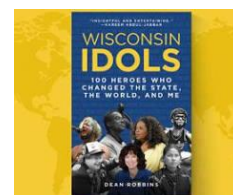
Meetings are open to all individuals whose lives have been touched by Parkinson's Disease. Aside from providing a supportive community, various educational topics and speakers will be featured. This meeting is free and meets on the **second Wednesday of each month (Feb. 11) from 10:30 a.m. to 12 p.m.** in the Roehl Auditorium. Please contact Kira Grosenick kgrosenick@lho.org or 262-354-1180 for more information.



Wisconsin Historical Society Presents: Wisconsin Idols

Author Dean Robbins
Wednesday, February 11
1 to 2 p.m.
\$5 attendance fee

Dean Robbins discusses his essay collection *Wisconsin Idols: 100 Heroes Who Changed the State, the World, and Me*, offering a unique perspective on legendary figures with often surprising connections to the state, including Jackie Robinson, Oprah Winfrey, Harrison Ford, Elvis Presley, Orson Welles, Ann Landers, and Joni Mitchell. With photos, videoclips, and humorous anecdotes, the presentation establishes Wisconsin as a notably influential place: a crossroads for people who changed the world. Attendees will learn more about the Wisconsin heroes they know and discover new heroes to fall in love with. *Wisconsin Idols* has been praised by Wisconsin Public Radio, the Wisconsin State Journal, Milwaukee Magazine, the Capital Times, and WTMJ-TV and chosen as Book of the Month by the Milwaukee Journal Sentinel and Madison Magazine. NBA legend Kareem Abdul-Jabbar calls it "insightful and entertaining: a passionate and poetic homage. Dean Robbins is a journalist who has



contributed to *USA Today*, *The New York Daily News*, *GRAMMY* magazine, and other national media outlets, as well as serving as editor in chief of *Isthmus* and *On Wisconsin* magazine. He is also a children's author whose books have appeared on many best-of-the-year lists, earning praise in the *New York Times*, *Los Angeles Times*, *USA Today*, and *Wall Street Journal*. **Registration is required for this event.**

Life Enrichment Book Club

Thursday, February 12

12 to 1 p.m.

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

Master Slave Husband Wife: An epic journey from slavery to freedom by Ilyon Woo

In 1848, a year of international democratic revolt, a young, enslaved couple, Ellen and William Craft, achieved one of the boldest feats of self-emancipation in American history. Posing as master and slave, while sustained by their love as husband and wife, they made their escape together across more than 1,000 miles, riding out in the open on steamboats, carriages, and trains that took them from bondage in Georgia to the free states of the North.

Along the way, they dodged slave traders, military officers, and even friends of their enslavers, who might have revealed their true identities. The tale of their adventure soon made them celebrities, and generated headlines around the country. Americans could not get enough of this charismatic young couple, who traveled another 1,000 miles criss-crossing New England, drawing thunderous applause as they spoke alongside some of the greatest abolitionist luminaries of the day—among them Frederick Douglass and William Wells Brown.

But even then, they were not out of danger. With the passage of an infamous new Fugitive Slave Act in 1850, all Americans became accountable for returning refugees like the Crafts to slavery. Then yet another adventure began, as slave hunters came up from Georgia, forcing the Crafts to flee once again—this time from the United States, their lives and thousands more on the line and the stakes never higher.

With three epic journeys compressed into one monumental bid for freedom, *Master Slave Husband Wife* is an American love story—one that would challenge the nation's core precepts of life, liberty, and justice for all—one that challenges us even now.

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

Lincoln

Monday, February 16

12:30 to 2:45 p.m.

Free Event

With the nation enmeshed in another year of high death counts of Civil War, President Abraham Lincoln brings the full measure of his passion, humanity and political skill to what would become his defining legacy: to end the war and permanently abolish slavery through the 13th Amendment. Having great courage and moral fortitude, Lincoln pushes forward to compel the nation, and those in government who oppose him, to aim toward a greater good for all mankind.

Feel free to come for lunch before the movie. Registration is required for this event.



Carroll University History Professor Dr. Scott Hendrix

Presents: The Great Famine and the Black Death of the Fourteenth Century

Thursday, February 19

1 to 2 p.m.

\$5 attendance fee

While many people remember the Black Death, did you know a famine hit Europe BEFORE the plague that killed just as many people? In this lecture we will explore European population growth



in the Middle Ages, farming and family, and how the famine and plague changed the face of Europe forever! There are interesting stories and it won't all be a downer!

Join us as we welcome back Dr. Scott Hendrix 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.

Need a Ride?

Wednesday, February 25

1 to 2 p.m.

Free Event

Need to grab a quick ride to a community location? Let's learn more about our community cab service for seniors. Join director of Silver Streak Rod Humpal as he explains the services provided to our community. For 35 years, the Oconomowoc Silver Streak has provided transportation services to Seniors and the disabled in Oconomowoc. We help our Riders maintain independence and connection to the Oconomowoc community, local businesses and activities. Our Riders enjoy safe vehicles, courteous drivers and easy scheduling. Pre-paid coupons and discounts are available. Free Rides are available to the Oconomowoc Area Senior Center. We have recently expanded our fleet to four vehicles. Both Oconomowoc and Silver Streak continue to grow in 2026. **Registration is required for this event.**



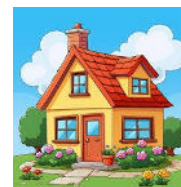
What is Senior Living?

Thursday, February 26

1 to 2:30 p.m.

Free Event

Shorehaven Housing Manager Jaime Jaeger and Life@Home Coordinator Jamie Milaeger will address all aspects of senior living, including the following topics: How to be proactive vs reactive; What is a wait list and strategies to navigate one; Different levels of senior living; What level of care is most appropriate for you and what to expect from each care level. "We hope to educate you on your next big step in your journey," said Jaeger. "We're providing information on how to take advantage of one of the biggest opportunities in your life."



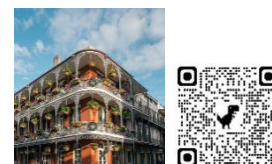
Please register for this event but last minute walk-ins are welcome. This event will be held in the Roehl Auditorium, 1306 W. Wisconsin Ave. Door 41.

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 –February Events

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

Serving the Dying and their families – 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. As mainstream medical practitioners struggle to meet the needs of our ever-growing elder population, End of Life Doulas supply the needed time, which is often missing with this special population. 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 Ginn, creative force of 4Rivers. She is an End of Life Touch Therapist, Certified End of Life Care Care Doula, Certified Grief Companion and a Death Literacy Advocate. 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. **February 25 from 2-3:30 p.m. Registration – Donation: \$10.**



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, Life Enrichment Coordinator at 262-354-1375.