



The Center for Life Enrichment

1306 W. Wisconsin Ave. Oconomowoc, WI, 53066

262-354-1375

shorehavenliving.org

**I love March as it gives me hope that new beginnings are always beautiful
~Anamika Mishra**

With spring on the horizon, we're excited to share a full month of engaging programs and activities for you. You are invited to share in the opportunities to learn, connect and refresh your mind! We look forward to seeing you soon!

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.

Thursday – 9 to 9:45 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.

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.

Shorehaven Yoga

\$50/10 classes OR \$6 walk in fee

Mobility required. Mat Class.

Wednesdays - 9 to 10 a.m. &

10:45 to 11:45 a.m.

See more on next page

Founders' Gallery Presents: Portraiture Ken Young
Ken's work will be on display from
March 1 through March 31

"My name is Ken Young, and I've been drawing detailed black and white pencil drawings of people and pets for over 45 years. Over the years I have met some wonderful people who have given me the opportunity to take their life's precious moments and portraying them indelibly through this artistic form. My technique is to draw from your personally provided photo, I can even use multiple subjects to create a custom piece that captures the exact image you have in mind for lasting memories. And don't forget, these personalized drawings make great gifts for those who seem to be hard to buy for." Ken's background is in graphic arts and design. Ken's work and styles will be on display for you to view throughout the month of March. **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.

March Schedule

- Mar. 3 – Sitting all day is killing you, here is what to do about it. - Manoush Zomorodi
- Mar. 10 – Meet Kelly Garcia – Good Day Art Studio owner – Downtown Oconomowoc
- Mar. 17 – Dr. Scott Hendrix – Let's go to Ireland, a historical talk -\$5 fee
- Mar. 24 – A look at mental health
- Mar. 31 – The Ocean's glory and horror – Brian Skerry

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

ProHealth Presents:
Diabetes: Set Yourself Up for Success
Certified RN Diabetes Educator
Thursday, March 5
11 a.m. to Noon
Free Event

Type 2 diabetes is a chronic condition where the body either doesn't produce enough insulin or doesn't use insulin effectively (insulin resistance), leading to high blood sugar levels, as glucose can't enter cells for energy. It's often linked to lifestyle factors such as: overweight, inactivity, genetics, and



Late Afternoon Yoga
Tuesdays - 4:15 to 5:15 p.m.
\$50/10 class punch card OR \$6 walk
in fee 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 (Mar. 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 (Mar. 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.

typically develops in adults but is rising in younger people. Management involves diet, exercise, weight control, and potentially medications, with goals to keep blood sugar normal and prevent complications like heart disease or nerve damage.

Join Suzanne Blixt, Certified RN Diabetes Educator with ProHealth as she brings the topic of diabetes to light. If you are living with diabetes or have been told by a health professional that you have pre-diabetes, this presentation led by a ProHealth Care certified diabetes educator can help you learn how to better manage your condition.

Registration is required for this event.

GriefShare - A Grief Support Group
Hosted by Pagenkopf Funeral Home
Monday, March 9
10 to 11:30 a.m.

Free Event - Sessions are held in the 2nd floor LaBelle Room.

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.



Live Topic Tuesday Talk
Let's Meet Our Neighbor - Good Day Art Studio Owner, Kelly Garcia
Tuesday, March 10
1 to 2 p.m.

Free Event

"I'm an artist and designer with a passion for capturing the joy of flowers and nature! As a former floral designer, I'm inspired to interpret nature in my paintings using lively brushstrokes and vibrant color. I want my work to ignite something happy and alive in the viewer. I draw inspiration from Impressionism, Abstract Expressionism, and my dynamic faith. I happily paint and design with my studio cat, Violet, often by my side!"

Located in beautiful Downtown Oconomowoc, Wisconsin, our gallery showcases the work of owner and 20 year expressionist artist Kelly Garcia. Visit Kelly's Artist Website at www.GoodDayArt.com to learn more about her art practice. Good Day Art Gallery also features the work of a small, curated selection of talented Wisconsin artists. Framing and other art related items are available in store as well. You will LOVE it!



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 (Mar. 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.



Animate the Soul: Christian Spirituality
With Mary Ann Noe
Wednesday, March 11
1 to 2:30 p.m.
\$5 attendance fee

During this season of Lent, a season of prayer, fasting, and reflection in preparation for Easter. Join us in this study of Christian spirituality: What is it? How can we make it work



in our lives? Spirituality animates and deepens a life of faith. Over the centuries, several leaders emerged as the most influential in the realm of spirituality: Augustine of Hippo, Francis of Assisi, Thomas Aquinas and Ignatius Loyola. Each offers a unique approach to prayer and thought. Come and learn about these four great teachers, and how we can apply some of what they offer to our own lives.

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.**

Life Enrichment Book Club

Thursday, March 12

12 to 1 p.m.

Free Event - Meeting held in second floor LaBelle Room

My Antonia by Willa Cather

Widely recognized as Willa Cather's finest book and one of the outstanding novels of American literature, *My Antonia* details the life of early American pioneers in Nebraska.

Through Jim Burden's endearing, smitten voice, we revisit the remarkable vicissitudes of immigrant life in the Nebraska heartland, with all its insistent bonds. Guiding the way are some of literature's most beguiling characters: the Russian brothers plagued by memories of a fateful sleigh ride, Antonia's desperately homesick father and self-indulgent mother, and the coy Lena Lingard. Holding the pastoral society's heart, of course, is the bewitching, free-spirited Antonia. Infused with a gracious passion for the land, *My Antonia* is a deeply moving portrait of an entire community and its way of life.

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.



Live Topic Tuesday

Medieval Ireland and England

Professor Scott Hendrix

Tuesday, March 17

1 to 2 p.m.

\$5 attendance fee

In recognition of St. Patrick's Day, Dr. Hendrix will discuss the beginnings of English colonization of Ireland in the Middle Ages. He will conclude by leaping forward in time to consider stereotypes about the Irish promoted by the English and how those ideas still affect the world today.

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.



How Many Species?

With Carroll University Professor Todd Levine

Wednesday, March 18

1:30 to 2:30 p.m.

\$5 attendance fee

We can't have a conservation crisis without counting the species. In this talk, we discuss the number of species in the world. How DO we know how many there are? How do we know that there's a conservation crisis and that we're losing species? If a massive extinction is happening right now, have extinctions like the one we're experiencing today ever happened before? How do we know? This talk briefly outlines evidence for long ago life on Earth and goes on to explain the many methods used to calculate how many species are here today. We will also talk about the uncertainty in those estimates and why that is important.



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.**

Forensic Science Wisconsin Crime Laboratory

With Bob Block

Thursday, March 19

1 to 2:30 p.m.

\$5 attendance fee

The television series CSI captured the interest and fascination of forensic science and crime laboratories for millions of people in the US. This presentation will tell the real-life work of forensic scientists in the field of forensic science at the Wisconsin Crime Laboratory. Learn about the forensic services of the Wisconsin Crime Laboratory and the type of analysis performed by each of those forensic services. An expert crime laboratory forensic analyst will present his life as a forensic analyst and tales of unusual drug evidence analysis and chilling and haunting crime scene investigations. This presentation is informative, educational and entertaining.

Bob Block is 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.



Operational K9 Medical Team of Wisconsin

With Becky Johnson

Wednesday, March 25

1 to 2 p.m.

Free Event

The Operational K9 Medical Team of Wisconsin (OPK9 of WI) is a registered nonprofit dedicated to empowering the people who care for our state's working dogs. As the only veterinary organization in Wisconsin specializing in this type of critical K9 medical education, we proudly train law enforcement officers, first responders, and firefighters across the state in point-of-injury medical care and support for injured law enforcement K9s.

During this session, you'll get an insider's look at the information we deliver in our courses, why it matters in the field, and exactly how we teach lifesaving techniques. Our live teaching dogs will be on site to help demonstrate our hands-on approach and the energy we bring to every class. Oconomowoc Police Department K9 Gabo will also be present to showcase the incredible skills of a working police dog and highlight how OPK9 of WI plays a vital role in keeping these remarkable K9 partners healthy, safe, and mission-ready. Prepare for an engaging, interactive experience that celebrates the unique bond between responders and their K9 teammates—and the lifesaving knowledge that keeps them both going! **Registration is required for this event.**



General Questions on Estate Planning

With Attorney Lisa Polinske

Thursday, March 26

1 to 2:30 p.m.

Free Event – See the complete article on next page

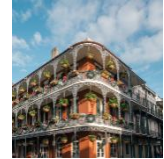
Join local Attorney, Counsel Lisa Polinske in this general and important discussion on estate planning. Several topics will be covered during this session, including the following: What probate court is



and how to avoid it, Differences between wills and revocable trusts, What happens if you die without a will, Ten essential legal documents that are included in many well-thought out plans, How to protect your beneficiaries' inheritance from creditors and divorce, Planning for incapacity. Time will be made available for questions. Attorney Lisa Polinske focuses her practice on estate planning, probate and trust administration, and marital property matters. Lisa works with individuals and families on a wide range of issues, including intergenerational wealth transfers, gift and generation-skipping taxes, charitable giving strategies, methods for maximizing tax efficiency, marital property and special needs trust planning. Her work centers around the design and drafting of personalized plans. Which can include revocable and irrevocable trusts, wills, financial and healthcare powers of attorney, and prenuptial and postnuptial agreements. Through a thoughtful and detailed-oriented approach, Lisa helps clients navigate complex legal and financial considerations to achieve their long-term planning goals.
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.



Invite a friend and join us for a [travel preview on Tuesday, February 24 at 10 a.m.](#) This meeting will take place in the Lake Terrace Clubhouse, 1380 W Wisconsin Ave. Door, # 7, Oconomowoc.

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

Life@Home Shorehaven is committed to helping seniors stay at home – right where they want to be. Life@Home is a non-medical service which provides housekeeping, laundry, errands, shopping, grooming and dressing, personal hygiene, escorting to appointments and pet and plant care. Also serving as a referral resource, linking seniors and their families to area services. Call 262-560-6960 or email LifeatHome@lho.org to learn more.

4 Rivers Center for Well Being – March 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 can 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, the 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 loved one at this sacred threshold of one's life.

March 25th / 2-3:30 pm, Registration – Contact Kathy at 608-334-8592 / donation: \$5



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 Founder's Gallery. Please contact Jill Halliburton, Life Enrichment Coordinator at 262-354-1375.

