The Center for Life Enrichment
1306 W. Wisconsin Ave. Oconomowoc, WI, 53066
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shorehavenliving.org

Let’s get through these winter months together. This month, along with our regular monthly happenings, we have fall prevention, Valentine’s Day, WWII history and understanding our brain. Please take time to peruse through this month’s newsletter and find activities that you can be involved in. See you soon!

ROOM POLICY - All of the rooms at the Center for Life Enrichment are regularly sanitized. Visitors, face mask are now being recommended for your safety. We also ask that public participants stay on the first floor while in the building.

*All events will be held in the 1st floor Roehl Auditorium, unless otherwise indicated.

TED Talk Tuesdays
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. (See following page for schedule)

FITNESS CLASSES

**Tai Chi**
$20/4 class purchase OR $6 drop in fee - Registration Required
Pay Instructor monthly
Feb and March Thursdays - 11:30 a.m. to 12:30 p.m.
No class on March 24
Instructor: Dr. Taiyong

**Zumba Gold**
Mondays - 5 to 5:45 p.m.
Aqua Zumba - Saturdays 10 to 10:45 a.m.
Instructor: Lisa Welch

SilverSneakers Water Aerobics
Tuesdays 2 to 2:45 p.m.
Thursdays 1 to 1:45 p.m.
Instructor: Kira Grosenick

SilverSneakers
Instructor: Trish Sargent
$2 classes

**Cardio & Strength**
Mondays thru Fridays 8 to 8:45 a.m.
Mondays thru Wednesdays 1 to 1:45 p.m.

**Balance, Strength & Stability**
Mondays thru Wednesdays 3 to 3:45 p.m.
Tuesdays (Tuesday class is seated)
Thursdays - 10:30 to 11:15 a.m.
Thursdays - 3 to 3:45 p.m.

**Line Dancing**
Mondays - 2 to 2:45 p.m.
February Schedule

- Feb. 1 – Why people think they can’t draw – Graham Shaw
- Feb. 8 – Why the secret to success is setting the right goals – Doerr
- Feb. 15 – The need for family reunification – to make a family whole again
  Elizabeth Zion
- Feb. 22 – The science of preserving sight – Joshua Chu-Tan

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

Staying Stable Seminar
With Physical Therapist Preston Brown
Monday, Feb. 7
1 to 2 p.m.
Free Event
Join Preston Brown, Physical Therapist and owner of
Prestige Therapy and Wellness, LLC and Prestige Fitness
WI, LLC. He graduated from the University of Wisconsin-Madison with a Master of
Physical Therapy Degree and completed his Doctor of Physical Therapy Degree at
Temple University. In 2017, Preston received his Certification as a Board Certified
Clinical Specialist through the American Physical Therapy Association for Geriatric
Physical Therapy. Preston has over 14 years of practical experience as a physical therapiest
working with seniors, and providing individualized care.
Learn simple ways to prevent a fall, regain confidence, and maintain independence
without relying on a walking device or a loved one to help you get around. The objectives
of this seminar will be to: better your understanding and lower the risk of future falls,
discuss why people sustain falls and things that can be done to prevent future falls. Also,
to provide real-life stories and techniques that have been used to improve walking and
steadiness, discussing ways to confidently get you back to the active and healthy lifestyle
lost, or are in danger of losing due to a fall.
Please register by Feb 3.

Life Enrichment Book Club
Thursday, Feb 10.
11:45 a.m. to 12:45 p.m.
Free Event
West with Giraffes by Lynda Rutledge
An emotional, rousing novel inspired by the incredible true
story of two giraffes who made headlines and won the
hearts of Depression-era America. “Few true friends have I
known and two were giraffes...”
Woodrow Wilson Nickel, age 105, feels his life ebbing away. But when he learns giraffes
are going extinct, he finds himself recalling the unforgettable experience he cannot take
to his grave. It’s 1938. The Great Depression lingers. Hitler is threatening Europe, and
world-weary Americans long for wonder. They find it in two giraffes who miraculously
survive a hurricane while crossing the Atlantic. What follows is a twelve-day road trip in
a custom truck to deliver Southern California’s first giraffes to the San Diego Zoo. Behind
the wheel is the young Dust Bowl rowdy Woodrow. Inspired by true events, the tale
weaves real-life figures with fictional ones, including the world’s first female zoo director,
a crusty old man with a past, a young female photographer with a secret, and assorted
prorebases as spotty as the giraffes.
Part adventure, part historical saga, and part coming-of-age love story, West with Giraffes explores what it means to be changed by the grace of animals, the kindness of strangers, the passing of time, and a story told before it’s too late.

Meet in the First Floor Community Conference Room. Registration is required, but new members are always welcome. 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.

Make Yourself a Valentine
Monday, Feb. 14
1 to 2:30 p.m.
Cost: $30 includes all supplies
Spend the afternoon making yourself a valentine. Join artist and jewelry maker Janelle Stensby for an afternoon that will be a real treat. Janelle has worked with metals and glass for many years. She has displayed her work in many art galleries throughout the country as well as owning her own studio. Cookies and coffee will be provided during class. Please register by February 9. Ten spots available.

GriefShare - A Grief Support Group
Hosted by: Pagenkopf Funeral Home
Monday, Feb. 14
2 to 3:30 p.m.
Free Event
Loss comes in many forms. Whether you have experienced the loss of a loved one during this pandemic 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. Everyone is welcome.

Lunchtime Cinema
Thursday, Feb. 17
12:30 to 2:45 p.m.
Free Event
Following the rise of Aretha Franklin’s career - from a child singing in her father’s church choir to international superstardom, this is a remarkable and true story of the music icon's journey to find her voice. While a lunch purchase is not required, you are welcome to arrive early and dine at Café Labelle. Registration for Lunchtime Cinema is no longer required, but is appreciated.

When is Daddy Coming Home? An American Family During World War II
Presented by Author and Professor Richard Haney
Monday, Feb. 21
1 to 2 p.m.
Free Event
(For details see article on next page)
When is Daddy Coming Home? An American Family During World War II. This is a story of my mother and father’s lives during World War II. My dad was killed in combat when I was four years old. We lived in Janesville during the war years, but after the war mom and I moved back to my parents’ home town of Madison to be closer to my grandparents. This is the story of the impact of World War II on my mother, my father, and me. I pieced together the narrative based on my dad’s over 200 letters to my mom, my mom’s recollections, my memories as a little boy, and my professional expertise as an historian.
Richard Haney is a retired professor of History from UW-Whitewater for 42 years. He specialized in World War II, Wisconsin history, 20th century U.S. history, American military history. Also he holds a Ph. D., in History from the University of Wisconsin-Madison and a graduate of Post-Ph.D. military history program at the U.S. Military Academy at West Point. He has authored numerous historical articles and reviews in professional journals, including the Wisconsin Magazine of History. Please register by February 17.

Memory Changes as We Age, What’s Normal?
Presenter: ADRC Instructor, Jennifer Harders
Monday, Feb 28
1 to 2 pm
Free Event
Are you concerned about memory loss or having difficulty remembering things? Are you concerned about a loved one’s memory? We have invited Waukesha County, Aging and Disability Resource Center instructor, Jennifer Harders to our campus to discuss dementia. Learn about the difference between normal aging memory changes and memory loss related to mild cognitive impairment or dementia and what can be done for better brain health. Learn what resources are available to you and the community.
Jennifer is a Dementia Care Specialist for the Aging and Disability Resource Center (ADRC) of Waukesha County. In this role she provides education and support to persons living with dementia, families and health care professionals, and collaborates with area agencies, groups and organizations to increase awareness of dementia. Jennifer also works with businesses in Waukesha County to provide training for promotion of Dementia Friendly Communities. She is a certified Social Worker and has worked with older adults with memory loss in a variety of settings.

Foundations of Wellness – Feb. Events – 4 Rivers Center for Well Being
Registration – Contact Kathy at 608-334-8592 or Kathy@4riverscenter.com
Healthy Cells – Healthy Life – Feb. 3 from 2 to 3:30 p.m. and 6 to 7:30 p.m.
Free Event
Please join Tom and Kathy Ginn as they share with you the power of Redox cell signaling molecules. Most of our health problems are due to unhealthy cells, a breakdown of how our cells communicate. The impact of day-to-day life can destabilize the body’s innate ability to maintain homeostasis. If you are experiencing pain, discomfort or a specific health challenge, please come and learn how to bring your body back to a state of homeostasis. You will gain an understanding of how aging and illness occur, and investigate possibilities for improving your health and perhaps the health of others around you.
Open House – 4 River’s Center for Well Being
Please join us on Thursday, Feb.10 from 2 to 6 pm.
Accept this invitation to discover a place of warm welcome and healing during the Open House at 4 Rivers Center for Well Being, located within Shorehaven’s Life Enrichment Center. We will be introducing our newest addition; The Grief Wellness Center. Meet our competent, heart-driven practitioners and learn about their purposeful, whole-person, healing practices. Snacks will be served.

Founders’ Gallery is always interested in new art displays. If you have a desire to share your two dimensional artwork with the public, we would like to see your talent. Exhibits are typically on display for two months. Please contact Jill at Life Enrichment with your inquiries.