The Center for Life Enrichment
1306 W. Wisconsin Ave. Oconomowoc, WI, 53066
262-354-1375
shorehavenliving.org

Happy Spring! As we look to the unfolding of spring, we hope for warming temperatures, longer sunlit days and the opportunities to meet up with friends and loved ones. This month we have a lot in store. We are planning everything from a casual writing class to St Patrick’s Day festivities. Join in our Lenten, six week, DVD series, The Chosen - a series that relates the life of Christ through the words of those He called. Also, John Lindstedt will present the history of Navy Admiral Hymen Rickover, the “Father of the nuclear navy.”

ROOM POLICY - All of the rooms at the Center for Life Enrichment are regularly sanitized. Visitors, face masks 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

Aqua Gold Zumba -
Mondays - 5 to 5:45 p.m.
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.
March Schedule

- Mar. 1 – Listening to shame – Brené Brown
- Mar. 8 – Surprising science of happiness – Dan Gilbert
- Mar. 15 – The little risks you take to increase your luck – Tina Seelig
- Mar. 22 – What AI is and isn’t – Sebastian Thrun and Chris Anderson
- Mar. 29 – The value of kindness at work – James Rhee

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

2 Week - Prose Writing for Fun
LIR Course, Instructor Mary Ann Noe
Thursdays, March 3 and 10 from 1:30 – 3:30 p.m.
Cost: $5 for both sessions for non LIR members
Whether you want to write for yourself or for an audience, writing should be fun! As a high school English teacher for 24 years, a teacher at Carroll College and a published author, your instructor has designed this course to help you get started in whichever genre you choose: memoir, creative non-fiction or fiction. We will explore more than one, focusing on “where do I start?” and keeping the flow going. This is not a grammar course, although we’ll talk about what makes for easy reading. We will write and share when it’s comfortable. This course is brought to our campus by WCTC, Learning in Retirement.
Please register by Feb 28.

Lunchtime Cinema
Philomena
Monday, Mar. 7
12:30 to 2:45 p.m.
Free Event
In 1952, Irish teenager Philomena (Judi Dench) became pregnant out of wedlock and was sent to a convent. When her baby, Anthony, was a toddler, the nuns took Philomena’s child away from her and put him up for adoption in the United States. For the next 50 years, she searched tirelessly for her son. When former BBC correspondent Martin Sixsmith (Steve Coogan) learns of the story, he becomes her ally. They travel together to America to find Anthony and become unexpectedly close in the process. 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.

6 Week DVD Series
The Chosen
Wednesdays, March 9 through April 13
1 to 2 pm
Free Event
A charismatic fisherman struggling with debt. A troubled woman wrestling with demons. A gifted accountant ostracised from his family and people. In this ground-breaking first season of The Chosen, see how Jesus reaches each of these and more as He works His first miracles and embarks on His ministry to change the world. See Him through the eyes of those who knew Him. During these
weeks of Lent, join us as we view the works of Christ through this biblically narrative. May our hearts be drawn closer to the purpose of this triumphant season. Please register by March 7.

Life Enrichment Book Club
**The Music of Bees** by: Eileen Garvin
Thursday, Mar. 10
11:45 a.m. to 12:45 p.m.
Free Event
Forty-four year old Alice Holtzman is stuck in a dead-end job, bereft of family, and now reeling from the unexpected death of her husband. Alice has begun having panic attacks whenever she thinks about how her life hasn’t turned out the way she dreamed. Even the beloved honeybees she raises in her spare time aren’t helping her feel better these days.

In the grip of a panic attack, she nearly collides with Jake, a troubled paraplegic teenager with the tallest mohawk in Hood River County, while carrying 120,000 honeybees in the back of her pickup truck. Charmed by Jake’s sincere interest in her bees and seeking to rescue him from his toxic home life, Alice surprises herself by inviting Jake to her farm.

And then there’s Harry, a twenty-four year old with debilitating social anxiety who is desperate for work. When he applies to Alice’s ad for part-time farm help, he’s shocked to find himself hired. As an unexpected friendship blossoms among Alice, Jake, and Harry, a nefarious pesticide company moves to town, threatening the local honeybee population and illuminating deep-seated corruption in the community. The unlikely trio must unite for the sake of the bees--and in the process, they just might forge a new future for themselves.

Beautifully moving, warm, and uplifting, *The Music of Bees* is about the power of friendship, compassion in the face of loss, and finding the courage to start over (at any age) when things don’t turn out the way you expect.

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.

GriefShare - A Grief Support Group
Hosted by: Pagenkopf Funeral Home
Monday, Mar. 14
**NEW TIME!** 10 to 11:30 a.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.**
St Patrick’s Day Festivities
Dolce Duo and Desserts
Thursday, March 17
12:30 to 1:30 p.m.
$15 Includes Dessert

Join us on St. Patrick’s Day at Café Labelle!
Wake up with a corned beef hash special served with eggs and toast. Lunch special includes: $2 off our Reuben sandwich, beer and drink specials. Plan to stay for the Life Enrichment concert featuring Dolce Duo, a vocal and acoustic duet (registration and payment required for the concert). Café LaBelle will be serving an array of delicious Irish style desserts and coffee during the concert.
Café Hours are daily 8 a.m. to 3 p.m.

Tasty Treats and a Virtual Tour
Monday, March 21
1 to 2 p.m.
Free Event
Honey Acres has been in business for five generations and in 2007, the Gabrielian family took over. Their mission has always been to maintain the quality that original founder, C.F. Diehnelt demanded for over 160 years. The Gabrielians are a seven generation beekeeping family rich in traditions and honey experience, keeping the Honey Acres’ legacy alive. The farm and museum are located on 40 acres in rural Neosho, Wisconsin.
Join Narek Gabrielian as he shares the story of Honey Acres and a sampling of their products. Over the years, Honey Acres has taken on a new look, but they have maintained the integrity of their honey, creating and repurposing that value into their spreads, candies, mustards and other optimal products. Learn more about what Honey Acres offers to our community and to our natural local environment.

Who is Navy Admiral Rickover?
John Lindstedt Presents
Thursday, March 24
1 to 2:30 p.m.
Free Event
Rickover, The Father of the Nuclear Navy: This is the story of the driving genius of one man, Hyman G. Rickover, who was responsible for introducing nuclear power into the US Navy, and how that has affected contemporary history.
Hyman G. Rickover was the most famous and controversial flag officer of his era (1950-1980). With an intense devotion to the defense of America, he transformed the U.S. Navy with respect to naval tactics and strategy, ship propulsion, personnel selection, training, manufacturing, quality systems and safety.
Join Instructor John Lindstedt as he presents the life and personal insight into this great man of history.
Please register by March 21.

Computer Cafe
Hand Held Device Help!
Monday, March 28
1 to 2 p.m.
Free Event
Are you interested in learning more about your tablet or your smartphone? Join us in the Café this month to chat about technology. These casual meeting times allow you to ask questions and get advice about your “device” that others in the group may require help solving as well. Let us help you out-smart your smart device.
Registration required.
Give your body a chance by giving it the right tools - Please join Tom and Kathy Ginn as we 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 empower you to investigate possibilities for improving your health and perhaps the health of others around you.
March 3rd, 2-3:30 pm. No Charge.

Grief and the Body – when we grieve, our body grieves - Grief is a healthy response to the experience of loss. When you are grieving, your body also grieves. The mind/body connection in grief is profoundly strong. Our body is very wise, and our body never lies. Our bodies are a trustworthy source of wisdom and guidance. Our bodies carry hidden knowledge about what we need during this time of grief. Our body is always calling out for our attention. So, what does all this really mean?
In this class, I will attempt to share with you a brief background of the role of the body in one’s journey of grief. We will explore the physical manifestations of grief and the immediate needs of the body. I will also share with you the inner terrain, the deeper access of the wisdom and guidance our bodies hold. I invite you to become curious about your own body and the story it longs to have you know.
4 Rivers Center for Well Being, together with the Grief Wellness Center, welcomes the bereaved to heal through the support of grief companioning, workshops, retreats, and whole-body services.
March 10th, 2-4 pm. Fee: $20

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.