

SENIOR CONNECTIONS

THE MONTHLY NEWSLETTER OF
THE SENIOR ACTIVITY CENTER
OF SHEBOYGAN, WISCONSIN

July 2011
Vol. 2011 • No. 7

Senior Activity Center of Sheboygan

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Sheboygan, WI 53081

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Hours ...M-Th 8:30 A.M.- 4:00 P.M.
Thursdays 6:00 P.M.-9:00P.M.

We're on the Web

Visit us at www.ci.sheboygan.wi.us.
Facebook..Friends of Senior
Activity Center

Our Staff Supervisor

Wendy Schmitz

Health/Fitness Coordinator

Marion Helf

Art/Crafts Coordinator

Jean Mullen

Volunteer Manager

Dot Clark

Senior Solutions Program Coordinator/Counselor,

Wendy Oppermann 920-459-8587

Thank You!

Senior Connections newsletter
sponsored by the Friends of
the Senior Activity Center.



CAMPSITE COOKING CLASS AT KOHLER-
ANDRAE STATE PARK
THURSDAY, July 7th—3:00 P.M.
See page 5 for details

*OUR MISSION-TO ENCOURAGE OLDER ADULTS TO REMAIN ACTIVE AND
ENGAGED IN THEIR COMMUNITY.*



TRIP POLICY

Trips are open to seniors and adults.

Trip Sign Up

Sign up for trips will be taken as soon as the trip is announced. Payment must accompany reservation. Payment can be made by cash or check in person or by mail. One person can sign up multiple participants.

Day Trip Bus Loading

Trip lists are on a first come, first served basis. Bus seats will be assigned according to the list. Seats may be reserved for medical purposes. A physician's note must accompany the request.

Cancellation Policy

Refunds are not issued if a participant cancels; however, you may find your own replacement if there is not a waiting list.

Travelers MUST be independent or travel with a caregiver.

Unannounced Trip Changes

Itinerary changes may occur unexpectedly due to unforeseen circumstances or weather. Every effort will be made to make a substitution. Refunds will not be made.

Illness on a Trip

In the event of illness, the trip escort will ensure that participants receive appropriate care but the escort will remain with the group. In extreme cases it is the traveler's responsibility to make alternative arrangements.

2011 TRIP SCHEDULE

These are the trips planned so far. If you have further requests let us know and we'll see what we can do.

- July- Million Dollar Quartet -Chicago Wed.20th
TRIP IS FULL
Late Night Catechism-show Thurs.21st
- August- Cubs Game -Thurs, 25th
2 seats available!
Till Death Do Us Part-show Thurs. 4th
- September - Art Trip Beloit- Wed 7th
Italian lakes/Greek Islands- 15-27th
Orchid Show at the Milwaukee Domes 17th
Seats still available.
St. Ives, England Art/Photography 16-25th
TRIP IS FULL
Washington D.C.-22-27th
- October- 3 day Redwing Casino Trip -Oct. 19th-21st
Still taking reservations, this is going to be a LOT of fun!
Switzerland, Austria & Bavaria- 12th-21st

DETAILED INFORMATION ON ALL TRIPS CAN BE FOUND ON THE TRIP BULLETIN BOARDS OUTSIDE THE MAIN OFFICE or call 459-3290

**Treasure Island Resort
Redwing, MN
Join John and Wendy
Schmitz as they host 3
days of fun!**



Tour highlights- Fanny Hill Dinner Theatre, Treasure Island Resort/ Casino with \$40 game play money, free game of bowling, Redwing Pottery, Redwing Shoes and Museum, Mississippi River Cruise, Red Wing Trolley, Scenic Amtrak Train Ride, 4 meals.

WHEN: October 19-21

COST: \$455 Double
\$445 Triple
\$435 Quad
\$530 Single

Trips and Activities

Chicago Cubs Game

Enjoy a day at Wrigley Field without the hassle of driving and parking! Join other avid Cubs fans as they watch their Cubbies play the Atlanta Braves.
 WHEN: Thursday, August 25th
 COST: \$70 Friends , \$73 Guests.
 ONLY TWO SEATS REMAINING

Sky Diving Trips Skydive Adventure, Omro

We need to have a total of 20 people in order to get the discounted rate. We will be carpooling to get there. Plan to spend the better part of the day. Bring a picnic and wear comfortable clothes. You CAN wear glasses but jewelry may fall off during free fall. All dives are tandem.
 WHEN: Saturday, July 16th.
 COST: \$166.95 (if we get 20)
 Non-refundable deposit of \$20 due by July 1st
 VIDEO can be purchased for \$78.75. Must indicate if you want one when you sign up.
 If a jump is cancelled because of adverse weather the deposit is applicable on another date.
 There is a weight limit of 200 pounds. A surcharge is charged for overweight.
 FAMILIES AND FRIENDS ARE WELCOME TO COME AND WATCH OR JUMP TOO.



Orchid Show at the Milwaukee Domes

Fall in love with Orchids! Show and Sale. Orchid exhibition, demonstrations, plants, supplies and jewelry. This promises to be a memorable show and we have interested people. Ron and Bonnie Feld, our knitting group and Woodcarving Group leaders are members of the Orchid Society and will be attending.
 WHEN: Saturday, September 17th
 COST:\$38 Friends, \$40 Guests
 Includes bus and entrance fee.
 Lunch on your own at Lulu's café.

Fabulous Opportunity- Unique Holiday Shopping Trip to China! Beijing City Stay

Highlights- Beijing Zoo, Peking Duck dinner & Opera, The Great Wall of China, Temple of Heaven, Rickshaw Tour
 Informational meeting- Thursday July 14th 5:30 P.M. At Two Rivers Senior Center
 RSVP: 920-793-5590
 WHEN: December 4-12, 2011
 COST: \$1699 Double, if paid by 8/05/11
 \$1899 Double (after 8/05/11)

Escape Wisconsin Winter!

Emerald Coast Value Tour
 8 days 9 meals
 Spend 3 fabulous nights in Destin on Florida's white sand beaches and crystal clear waters. Visit Jimmy Carter presidential library and Museum, tour the Air Force Museum, cast off on a Dolphin Watching Cruise, visit Opryland Resort and enjoy a great evening at Chaffin's Barn Dinner Theatre on the way home.
 WHEN: April 13, 2012
 COST: from \$1099 double rate.

Exploring Panama

May 10-16 2012
 Highlights- Panama City, Panama Viejo, Casco Antiguo, Local markets, Miraflores Locks, Gamboa, Salsa Dance Lesson, Smithsonian Galeta Marine Lab, Panama Canal Railway
 COST: Book by 11/10/11 double \$2059
 Single- \$2459

Spain-Costa Del Sol

October 31- November 8 2012
 COST: \$2959 double rate.

London and Paris

November 1-8 2012
 COST: \$3,349 Double if booked by 5/02/12

Arts, Crafts, and Classes

Arts and Crafts

There is something for everyone in the craft room! Stop in and talk to Jean about what your interests are, and she will direct you to one of the many programs offered.



Knitting Club

This is open to beginners and anyone who enjoys knitting or crocheting. This is a group of folks that come together to share their craft and conversation.

WHEN: Monday, July 18th

TIME: 9:00 A.M. – 12:00 P.M.

COST: Free to Friends, \$1 for Guests

Wood Carving

Open to anyone interested in carving, from beginners to learning from the experts. It's a great way to share ideas.

WHEN: Monday, July 18th

TIME: 9:00 A.M.—12:00 P.M.

WHERE: Ceramic Room

Cost: Free to Friends, \$1 Guests

Painters Club

This club is open to artist with experience in painting.

WHEN: Thursdays

TIME: 1:00 PM.— 3:00 PM

WHERE: Meet in Ceramic Room

COST: Free to Friends, \$1 Guests

Evening Open Studio & Wood Carvers

Open to artists of all ages. This gives all artists a chance to work on projects and receive advice from other artists and crafters.

WHEN: Thursday evenings

TIME: 6:00 P.M.—9:00 P.M.

COST: Free to Friends, \$1 Guests

Beginning Stained Glass Class

Create your beautiful glass project. as you learn the basics of working with stained glass. This will be an on-going class which will enable the participants to come as their schedules allow.

WHEN: Monday, July 25th

TIME: 1:00 P.M.—3 :00 P.M.

COST: \$8 Friends, \$10 Guests

Open Studio

This program is open to newcomers and artists able to work independently. Jean will determine if you qualify for the Open Studio.

Tuesdays - 8:30 A.M. – 11:30 A.M.

Free to Friends, \$1 for Guests

Beginners Ceramics

This program is available to anyone interested in Ceramics. This class is under the guidance of Jean to help students learn the basics of ceramics and its simple techniques.

Wednesdays – 9:00 A.M. – 12:30 P.M.

Cost based on materials used.

Intermediate Ceramics

This program is open for artists who have completed the beginners program and need little guidance on projects. Jean is there to supervise class and will determine who is eligible for this program.

WHEN: Thurs. 9:00 AM– 11:30 AM

Cost based on materials used.

Something New for Summer- Acrylic Painting on Location

The location for this month's "Painting on Location" class is beautiful Larson's Resort on Lake Ellen. The group will be carpooling, so make sure to register by July 7th if you are interested in going. Plan on bringing your own picnic lunch. If you would like to fry out bring your own meat. Come equipped with your own art supplies, easels will be provided.

WHEN: Monday, July 11th

TIME: 10:00 A.M.

COST: \$3 per session for Friends,
\$4 per session for Guests

Open Pottery

Learn the basics of working on the potter's wheel. Let the relaxing feel of the clay calm you as it transforms into a beautiful pot. This class is bound to be a favorite. Join us at anytime.

WHEN: Monday, July 25th

TIME: 9:00 AM—11:00 A.M.

COST: \$5 per session for Friends,
\$6 per session for Guests

More Craft and Cooking Classes

Please register and pay in advance for all Craft and Cooking Classes.

Stepping Stone Bricks

Leaves, Pinecones, and Flowers will be pressed into our handmade bricks. They will then be glazed and fired. A great handmade gift for family and friends.

WHEN: Monday July 25, and Wednesday, July 27th

TIME: 1:00 P.M.— 3:00 P.M.

COST: \$10 Friends, \$12 Guests

Fabric Picture

Join us as we create a beautiful 3 dimensional landscape with scraps of material you may have around your home. These creations will compliment any room in your home.

WHEN: Wednesdays, Aug. 3rd, 10th, 17th & 24th

TIME: 1:00 P.M. - 3:00 P.M.

COST: \$25 Friends, \$27 Guests



Clay Button Making

You can dress up any apparel with these handmade buttons made out of clay. Personalize them for yourself or for someone special.

WHEN: Wednesday, September 14th

TIME: 1:00 P.M.-3:00 P.M.

COST: \$5 friends \$7 Guests

Doll House Miniatures

For that little girl in your life. Join us as we make miniature furniture, just like in a fairytale.

Guaranteed to become a beautiful family heirloom, that will be treasured from one generation to the next.

WHEN: Wednesdays, October 5th, 12th, 19th and 26th

TIME: 1:00 P.M.-3:00 P.M.

COST: \$15.00

Hand Painted Christmas Ornaments

Personalize a Christmas ornament with a scene from our beautiful Wisconsin winters. This will truly be a gift from the heart.

WHEN: Wednesday, November 16th

TIME: 1:00 P.M.-3:00 P.M.

COST:\$5.00

Cooking Classes

This year we are changing things up a bit. Lunch will be served before each class. You do not have to attend the class after lunch but the cost will remain the same. You **MUST** sign up the Monday before the class to help us determine the number of people that are attending and what supplies are needed. Advance registration and payment can be made at the reception desk.

Campsite Cooking at Kohler-Andre State Park

Menu

Steak and Mushrooms

Cole Slaw

Foiled Seasoned Potatoes

Stuffed Zucchini

Garlic Bread/Homemade Honey Butter

Pineapple Upside down cake

WHEN: Thursday, July 7th

TIME: Class 3:00 P.M.; Dinner 5:00 P.M.

May arrive at 10:00 A.M.

COST: \$5 Friends, \$7 Guests

See Jeanine for details.

Classes at SACS

Oven Fried Drumsticks

Menu

Oven Fried Drumsticks

Bean Salad

Shredded Potatoes Au Gratin

Peach Cobbler

WHEN: Wednesday, August 3rd

TIME: Noon - 3:00 P.M.

COST: \$5 Friends, \$7 Guests

Beef Kabobs

Menu

Marinated Veggie Beef Kabobs

Butter and Parsley Red Potatoes

Fresh Fruit Salad with Honey Dressing

Berry Tart

WHEN: Thursday, September 8th

TIME: Noon-3:00 P.M.

Mah Jongg Open Play

Now that you have learned how to play, come and join your friends for a game. No registration required, feel free to just drop in.

WHEN: Thursdays, July 7th, 14th, 21st and 28th

TIME: 9:30 A.M and 1 P.M.

COST: FREE for Friends, \$1 Guests.



Bunco Bash

Bunco (also Bunko and Bonko) is a popular game played in teams with three dice. A winning throw in Bunco is to throw three of a kind of a specified number. Don't worry if you don't know how to play it's an easy game to learn and people are willing to teach you. This is a drop in activity, no sign up needed.

WHEN: 2nd Monday, July 11th

TIME: 1:00 P.M.

COST: \$1

(\$1 goes towards the prize.)



Low Vision Group

The July program will feature a discussions on the devices that are used to help with daily living and to maintain independence. Come and share helpful ideas. Any persons experiencing or having an interest in vision loss and methods of coping and compensating are urged to attend. No registration required.

WHEN: Thursday, July 21st

TIME: 1:00 P.M.



TV 95-Community Cable

The show airs on Mondays at 2:00 P.M., Thursdays at 10:30 A.M. and Fridays at 7:00 P.M

We have done some very interesting shows recently. Make sure you see the interview with Suzan Heil our genealogy teacher and Mary Reisseuw of the Sheboygan Historical Research Center.

**VOLUNTEERS NEEDED FOR PRODUCTION TEAM.
SEE DOT IF YOU ARE INTERESTED.**



Greeting Card Club

This club is for those who enjoy creating their own all-occasion greeting and note cards. This club is open to beginners as

well as pros. Bring your artwork to show and share. The club will meet on the 3rd Thursday of each month. No registration required.

WHEN: Thursday, July 21st

TIME: 1:00 P.M.

COST: FREE to Friends, \$1 Guests

Senior Activity Center Commission

This is an open meeting. The public is welcome to come and observe the Mayor's appointed committee.

WHEN: Thursday, July 21st

TIME: 8:00 A.M.

WHERE: Room B



Come Ride With Us

Informal bike rides will begin on Saturday at 9:00 A.M. The group will meet at the East entrance of SACS. Each ride will be approximately 2 to 2 1/2 hours. Rides will continue on the first and third Saturday of the

month. Rides will be cancelled if it is raining or if the temperature is below 40 degrees. Some of the destinations will include rides to Kohler Andrae State Park, Sheboygan Falls and North on County Highway LS. Contact Curt Hancock if you would like to ride at 457- 9214 home, 254 - 6138 cell.

DATES: July 2nd & 16 and August 6th & 20th

TIME: 9:00 A.M.

COST: Free

PLEASE CALL DR. HANCOCK PRIOR TO THE RIDE.

One of the things that may get in the way of people being lifelong learners is that they're not in touch with their passion. If you're passionate about what it is you do, then you're going to be looking for everything you can to get better at it.

Jack Canfield



Monthly Birthday Bash

On the first Monday of the month anyone who is celebrating a birthday that month is welcome to come for a bite to eat and will receive a corsage or boutonniere. You are welcome to bring a small group of friends. Please sign up so that we know how much to prepare.

WHEN: Monday, July 11th (It's the second Monday this month due to the July 4th holiday)

TIME: 9:30 A.M.

Free to Friends members, \$1 for Guests

Sign up required.



Life In Writing Class

Emergency Emergency!

Oh my what would I have done in case of a medical emergency? If

you are sure how you want things handled, put it in writing! In July we shall learn how to write things so we know what we wrote is accurate and binding. Next month we will work on writing an obituary.

September we will take the month off. In October we will move to a new day and new time, going back to the beginning with new questions.

On the first Thursday of each month we meet to remember and discuss a particular subject that jogs our memories, so in the quiet of our homes we can think about them and write them down. We invite you to join in on the discussions, read some of what you have written, or just listen to the thoughts of others. Because we do not write in chronological order new people are always welcome.

WHEN: Thursday, July 7th

TIME: 9:30 A.M.

COST: \$5.00 start up cost, then free to Friends, \$1.00 for Guests

Sign up so that we can prepare materials for you.



Investment Perspective Seminar

“Investing is a Marathon Not a Sprint”

This month's Investment Perspective seminar discusses how current government debt controversies and international events have caused many investors to become frustrated. This seminar reminds them that investing requires a long-term view and explains why we believe risky investments, which appear popular right now, are not the solution to long-term financial goals. The seminar also includes a profile on quality, equity sectors that we believe are attractively priced today as well as information on risks that fixed income investors can encounter when they reach for yield.

Presenter- Peter Herzog, Financial Advisor

WHEN: Wednesday, July 27th

TIME: 9:00 AM

FREE,; Coffee and donuts will be served.

Please register in advance at the front desk.

Around the World Dining Club

The 52 Stafford in downtown Plymouth is our next dining destination. Wet your Irish whistle in one of



Wisconsin's prettiest Irish pubs.

Refreshments, food and conversation will make a memorable evening. Since our group meets on a Wednesday we will be lucky to enjoy the best live Irish music this side of Old Dublin. Prior to dinner you will have an opportunity to tour the new murals in Plymouth depicting the history of the city.

WHEN: Wednesday, July 27th

TIME: 5:00 P.M. meet at the Pub, 6:00 P.M. supper

COST: On your own

Please sign up at the front desk.



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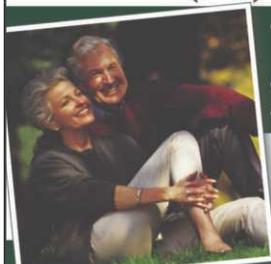
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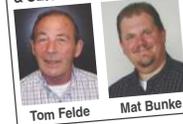
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Volunteer News

Thank you to all of the people who have contributed to the SACS Shoppe. When a cherished, re-giftable item is donated—everyone wins. The donator knows that their item is going to a good cause (supporting the Senior Activity Center), the buyer knows that they were able to purchase a very nice gift for an amount of money that they can afford, and the recipient of the purchase thoroughly enjoys receiving a gift of value that they love—a win-win situation.

Speaking of donating...if you are able to donate some of your valuable free time, please let Dot know. There are various activities and duties that require your time and talents. Some of these needs may be here at SACS and some may be at other parts of the city.

All volunteers and program leaders must attend a Volunteer Orientation. If you have not yet done so, please sign up with Dot today or leave your name and number at the desk and she will get back to you as soon as possible. If you want to become a volunteer, please fill out a Volunteer Survey (also available at the Reception Desk) and Dot will contact you. Thank you for caring and sharing yourself with others.

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Rotation Sheepshead

Rotation Sheepshead is always the 3rd Monday and last Wednesday of the month. The fee of 75 cents is divided between high scores. Players rotate among tables to get a chance to play with others. Newcomers are welcome, no sign up needed.

WHEN: Mon. July 18th and Wed. July 27th

TIME: 1:00 P.M.

COST: 75 cents for Friends
\$1.75 Guests



Digital Camera Club

The Camera Club will meet the 3rd Thursday of each month unless that is a "photo shoot" month. New members are always welcome to attend, feel free to just drop in.

WHEN : Thursday, July 21st

TIME: 1:00 P.M.

Free to Friends, \$1 for Guests.



Readers Theatre

The Readers Theatre group is enjoying reading and discussing plays. No memorization or performing is required. New members are always welcome, no experience or registration necessary! The group meets every other Tuesday.

WHEN: Tuesdays, July 5th & 19th

TIME: 1:00 P.M.

COST: \$5-one time only registration fee

Senior Advisory Council WE NEED YOU!!

The Council is made up of people who regularly use the Senior Activity Center and are willing to gather information and requests from other users. As we move forward in our planning of room use and renovation ideas, we want to have input from each group. If you or someone from your activity group would like to attend, please feel free to do so.

WHEN: Monday, July 11th

TIME: 1:00 P.M. Come and visit anytime.



Movie Day Failure to Launch

"A bright and breezy romantic comedy" Tripp is a 35 year old who still lives at home and who can blame him, it's free.

He's got a great room, and mom does the laundry. Desperate to get him out of the house, his parents hire a gorgeous woman to give him a little push.

WHEN: Tuesday, July 19th

TIME: 1:00 P.M.

COST: Free to Friends , \$1 for Guests. Please sign up in advance.

Evening Bingo

On the last Thursday of each month (July 28th) there is evening bingo from 6:00 - 8:00 P.M. \$.75 per card or 3 cards for \$2.00. Join the fun! There will be 5— \$5 prizes donated by Comfort Keepers and hosted by the Lions club. No need to sign up.



Pancake Breakfast

Everyone is invited to join us for a pancake breakfast, including juice, coffee and bakery. Generously sponsored by Countryside Manor

WHEN: Thursday, July 28th

TIME: 9:30 AM

Reservations required.

Donations gratefully accepted.

Breakfast For The Brain

Just as breakfast is important for your body , mind stimulation is important for your brain. The Breakfast for your Brain program has been designed to focus on nutrition, humor and how your brain works by using visuals to stimulate, listening as a brain enhancer and reminiscing exercises for memory building.

Presenter- Deneen Bufton Senior Lifestyle Consultant

WHEN: Thursday, July 28th

TIME: 11:30 AM

COST-FREE -No registration needed



Karate Class

All ability levels are welcome

A class for beginners wishing to learn karate begins in July. No experience is necessary for the class and all levels of physical ability are welcome. Come dressed in comfortable clothing.

At least 3 people are needed to teach this curriculum.

VOLUNTEER TIME IS VALUABLE TIME! PLEASE REGISTER AT FRONT DESK

WHEN: Wednesdays, July 6– August 17th.

TIME: 11:30 A.M. 45 min. class

COST: \$22 Friends, \$24 Guests.

County Picnic

Rochester Park, Sheboygan Falls

Transportation is available if needed.

Double brats and double hamburgers will be served.

WHEN: Wednesday, July 20th

TIME: 11:00 A.M.—3:00 P.M.

COST: \$5.00

Reservations and payment may be made at the Senior Activity Center

Sheboygan Brat Days

On Saturday August 6th, SACS will be participating in the Brat Days Parade.

We are in need of gently used pantyhose, knee-highs and batting to make puppets.

We also need the use of a utility trailer.

Our theme is “Sheboygan Seniors Fly”.

We will have a puppet making workshop to make skydiving puppets. Please call if you are interested in helping make the puppets or walking in the parade.

We Need Chairs!

In October we are working with Pat Graney, the Artist in Residence at JMKAC. We are participating in a flash mob which involves a chair dance in the streets of Sheboygan.

In the meantime we are looking for chairs that can be spray painted red for the dance.

Please tell Wendy Schmitz if you have a chair or if you would like to be part of this unique opportunity.

The event is FREE, and is open to everyone.

We want to see a great turn out from our area Seniors!

Drop-In Ping Pong

Anytime the Great Room is available stop in for a game of ping-pong. All levels of players are welcome. This is a great way to get some exercise and meet new friends.



Come and Play Pool

We have four beautiful pool tables available for use any time during the day, when the room is not in use. Join your friends here or make some new ones. There is a group that plays in the afternoons and is always looking for new players. Just stop in.

Poker Party

We will have poker every Tuesday at 1:00 P.M.

Everyone is welcome.

WHERE: Library

COST: Free to Friends, \$1 for guests.

No sign up required.



Bingo on Wednesdays

Meadowview Manor will sponsor bingo on the 2nd Wednesday of each month. Come have some fun and try your luck!

WHEN: Wednesday, July 13th

TIME: 1:00 P.M.

COST: 75 cents per card or 3 cards for \$2.00

Just drop in, no sign up required.

SENIOR ACTIVITY CENTER OF SHEBOYGAN EVENT CALENDAR • JULY 2011

Sun	Monday	Tuesday	Wednesday	Thursday	Fri	Sat
					1	2
3	4 CLOSED	5 ♥ ♠ ♣ ♦ * 8:30 Open Studio 10:00 Sittercise Class 12:30 Appts. for Computer Tutor 1:00 Poker Party 1:00 Readers Theater	6 ♥ ♠ ♣ ♦ * 9:00 Zumba 9:30 Appts. for Computer Tutor 11:30 Karate Class 12:30 Bridge 12:45 Dominoes	7 ♥ ♠ ♣ ♦ * 9:30 A Life in Writing 1:00 Painter's Club 1:00 Wii Fit 3:00 Campsite Cooking Class 6:00 Open Art Studio, Wood Carving Ping Pong	8	9
10	11 ♥ ♠ ♣ ♦ * 9:00 Zumba 9:30 Birthday Bash 10:00 Painting on Location 11:30 Appt. for Computer Tutor 1:00 Bunco Bash 1:00 Euchre 1:00 Senior Advisory	12 ♥ ♠ ♣ ♦ * 8:30 Open Studio 10:00 Sittercise Class 12:30 Appts. for Computer Tutor 1:00 Card Party 1:00 Poker Party	13 ♥ ♠ ♣ ♦ * 9:00 Zumba 9:30 Appts. for Computer Tutor 11:30 Karate Class 12:45 Dominoes 1:00 Bingo	14 ♥ ♠ ♣ ♦ * 10:30 Blood Pressure Check 1:00 Painter's Club 1:00 Wii Fit 6:00 Open Art Studio, Wood Carving Ping Pong	15	16
17	18 ♥ ♠ ♣ ♦ * 9:00 Knitting and Carving Club 9:00 Foot Care Clinic 11:30 Appt. for Computer Tutor 1:00 Euchre	19 ♥ ♠ ♣ ♦ * 8:30 Open Studio 12:30 Appts. for Computer Tutor 1:00 Poker Party 1:00 Movie Day 1:00 Readers Theater	20 ♥ ♠ ♣ ♦ * 9:30 Appts. for Computer Tutor 11:30 Karate Class 12:45 Dominoes 12:30 Bridge	21 ♥ ♠ ♣ ♦ * 8:00 SACS Commission Meeting 1:00 Painter's Club 1:00 Low Vision Meeting 1:00 Digital Camera Club 1:00 Greeting Card Club 1:00 Wii Fit 6:00 Open Art Studio, Wood Carving Ping Pong	22	23
24	25 ♥ ♠ ♣ ♦ * 9:00 Open Pottery 9:00 Zumba 1:00 Stained Glass Class 1:00 Stepping Stone Craft Class 1:00 Euchre	26 ♥ ♠ ♣ ♦ * 8:30 Open Studio 10:00 Sittercise Class 12:30 Appts. for Computer Tutor 1:00 Poker Party 1:00 Game Day	27 ♥ ♠ ♣ ♦ * 9:00 Zumba 9:00 Investment Perspective Seminar 9:30 Appts. for Computer Tutor 11:30 Karate Class 12:45 Dominoes 1:00 Stepping Stone Craft Class 5:00 Diner's Club	28 ♥ ♠ ♣ ♦ * 9:30 Pancake Breakfast 11:30 Breakfast for the Brain 1:00 Painter's Club 1:00 Wii Fit 6:00 Open Art Studio, Wood Carving Ping Pong 6:00 Evening Bingo	29	30

Key: ♥=Swimming/Water Exercise (Central Pool) 7:00 a.m. only • ♠=Senior Solutions 9:00 am, ♣=Line Dancing 9:00 am, ♦=Ceramics Class 9:00 am • * Mah Jongg 9:30 a.m. & 1:00 p.m. • ♠=Fitness Focus 10:45 am • ♠=Wii Gaming Drop-In 1:1:30 ♠=Discount Massage 1:00 p.m. • ♣=Cards Played 1:00 pm • ♠=Rotation Sheephead 1:00p.m. • ♣=Yoga 2:00 pm • * =Ping Pong 2:30



Yoga

New participants are always welcome.

WHEN: Mondays & Wednesdays - 2:00 P.M.
COST: \$5 per class for Friends members
(must be paid by the month), \$6 for guests.

Please make checks out to MaryAnn Dolson.

MaryAnn is offering one FREE session for anyone wanting to check out yoga. Come and see if this is right for you, with no obligation.
NO SIGN UP REQUIRED.

Blood Pressure Check

A representative of Extendicare will be at the Senior Center to offer a free blood pressure screening. No appointment is necessary.



WHEN: Thursday, July 14th
TIME: 10:30–11:15 A.M.
COST: FREE
WHERE: Library

Wii Fit and Wii Dance

Don't forget that the center has Wii Fit and Wii Dance that you are welcome to use whenever Room B is not in use (usually Tuesday and Thursday afternoons.) This a great way to stay active and healthy in the comfort of air conditioning!! Just ask any of the staff and they will be happy to get you started!

Tai Chi Introduction and Review Days

Two days have been scheduled this summer to introduce people to Tai Chi . Tai Chi is sometimes described as “meditation in motion” because it promotes serenity through gentle movements. For those who have taken the class it will be an excellent opportunity to refresh and stay connected to what you have learned in previous classes.

WHEN: Wednesdays, July 13th and Aug. 17th
TIME: 10:00 A.M.
COST: FREE
WHERE: Room A
Just drop in. No sign up required.

Senior Swim Program

The Senior Swim Program is held at Central Pool, 830 Virginia Ave. This is an hour program, which includes a 20 minute optional water exercise session. You do not need to know how to swim to participate.
WHEN: Mondays thru Thursdays
TIME: 7:00 A.M. Only
There will be no swimming the week of July 18th
COST: Swimming Pass may be purchased for \$12.00
Stop at the pool to register .



Footcare Clinic

Judy Gmach, RN, will provide toe-nail clipping and also callous and corn reduction. Gmach has earned a Continuing Education Certificate in Footcare from the University of Wisconsin Eau Claire. She has over 25 years of experience working as an RN in the area.
WHEN: Monday, July 18th
TIME: 9:00 A.M. – 11:45 A.M.
COST: \$16
Please bring a towel and clean socks.
Make an appointment at the Reception Desk.



Sittercise Class

Get FIT while you SIT. This is a class you definitely want to attend. It's a unique way to exercise because you can just sit in a chair while exercising! This class uses warm-ups, aerobics, and cool downs. So, don't just sit there, why not Sittercise your way to feeling great.

WHEN: Every Tuesday at 10:00 A.M.
WHERE: Room B
COST: Free to Friends, \$1 per class for Guests
No need to sign up just drop in.

Drop-In Wii Bowling

WHEN: Mondays and Wednesdays
TIME: 11:30 A.M. - 12:30 P.M.

Additional drop in times may be available if Room B is free. Check in the office.

Euchre

Euchre is a trick-taking card game most commonly played with four people in two partnerships with a deck of 24 standard playing cards. Come play with your friends and meet new friends while you play. All level of players are welcome.



WHEN: Mondays, July 11th, 18th and 25th
 TIME: 1:00—3:00 P.M.

COST: Free for Friends, \$1 Guests
 This is a drop in activity, no sign up needed.

Mid-Summers Eve Social

Musical entertainment will be provided by Dr. Hancock. The evening will also include international hors d'oeuvres and cash bar. Great Room— Senior Activity Center.

WHEN: Thursday, August 11th
 TIME: 6:00-9:00 P.M.

COST: \$10.00 Friends \$12.00 Guests, Please register and pay at front desk. Cost includes food and music

FUNDS RAISED AT THIS EVENT WILL BE MATCHED BY THRIVENT FOR LUTHERANS SO PLEASE COME AND SUPPORT US.

SACS Annual Picnic

Maywood Environmental Park

The Administrators from Meadow View Manor, Morningside Health Center and Sheboygan Progressive Care Center are generously providing our picnic again this year.

The dinner will include chicken, corn, coleslaw and a brownie. Music provided by The Handymen, featuring newcomer Terry Knier! Bingo will be played after lunch.

WHERE: Maywood Environmental Park (inside)

WHEN: Thursday, August 18th
 TIME: 10:30 A.M.—2:00 P.M.

COST: \$3.00 suggested donation
 Proceeds go to the Extencicare Foundation
 SIGN UP EARLY –SEATING IS LIMITED

Computer Tutoring

Individual personalized tutoring on basic computer use is available for those interested. We feature hour-long sessions. We can help you set up an e-mail address, surf the Internet, etc. The computers are also available all day for you to use. Please register at the front desk, if you are interested.

TIMES: Monday 11:30 A.M.- 3:30 P.M.
 Tuesday 12:30P.M.- 3:30 P.M.
 Wednesday 9:30 A.M.- 12:30 P.M.

Free introductory class, \$1 per class thereafter which needs to be paid before the session.
 \$2 Guests.

Please call if you cannot make your appointment. Volunteer time is valuable time.

Card Party

It is important that you register one week in advance for the monthly card party. We need to know how much dessert to make and also how many table prizes are needed. Extencicare will be sponsoring the card parties again this year. Thank you Extencicare!



WHEN: Tuesday, July 12th

TIME: 1:00 P.M.

COST: \$2 for Friends, \$3 Guests



Bridge Club

The bridge club meets the 1st and 3rd Wednesday of the month. Carol Saeger is the leader. Please call Carol at 451-6824 if you are a new

member and would like to play. Some beginner help is available. If you have signed up the previous month at bridge and cannot make it, please call Carol so she can find a sub.

WHEN: Wednesdays, July 6th & 20th

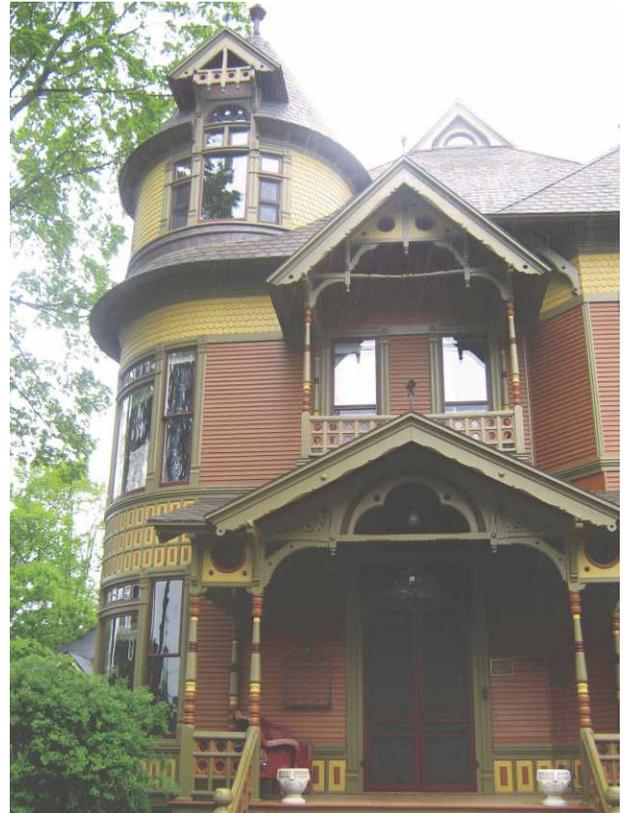
TIME: 12:30 P.M.

COST: Free to Friends , \$1 for Guests

See What We Have Been Up To



The trip to Waupaca included a stop at the Shelly Kristi home and gardens



Spirits couldn't be dampened during our June Brat Fry at Fountain Park. Thank you to all the people who showed up to help and those who stopped by to purchase food.



Need to brighten your day? Check out the beautiful flowers on the east side of the building

