



Grafton Senior Center

Volume 7, Issue 2

March & April 2009

Grafton Senior Center
1665 7th Avenue
Grafton, WI 53024

55 Plus Equals Fun!

Senior Coordinator
Karin Sevener
262-375-5311

ksevener@village.grafton.wi.us

Monday - Friday
8:00 a.m. - 4:30 p.m.

Grafton Dining / ADRC	2
Health & Wellness	3
Fireside Trips	4
March Calendar	5
April Calendar	6
Trips / Events	7
Parties / Classes Friendship Club	8
Meal Site Calendar	9

Points of Interest

- * Senior Olympics
- * ADRC Outreach - New!
- * Computer Classes
- * Shows / Trips
- * Lunch Menu & Events
- * Book Club
- * Wii gaming
- * Intergenerational Activities

Senior Friendship Club Officers:

President: Virginia Moore
Vice President: Pat Baumann
Secretary: Betty Sarg
Sunshine: Doris Schmidt
Crafts: Ann Vaughan

Welcome New Members!

Mary Collins
 Robert & Sharon Wrecza
 Valerie Burton
 Rich & Donna Fix
 Beverly Brandau
 Janet Janus
 Thomas & Lucille Keagy
 Ronald & Nancy Lang
 Alfred & Grace Smaxwill
 Wayne & Diana Merkle
 Tom & Wendy Tomter

Senior Committee Meetings

Tuesday, April 7 at 11:00 a.m. All Committee members are asked to attend. If anyone has a concern that the committee should address, please contact an officer.

Senior Meetings

Thursday, April 9 at 1:00 p.m. Find out what events are coming up, voice your suggestions, and meet new friends. There is no meeting in March.

Sign-in Policy

Please sign in at the podium near the east side entrance each day you visit the Center.

Senior Center Contribution

Please contribute \$5 for annual dues if you utilize the Senior Center. Thank you.

Bulletin Board Info

Check our bulletin boards often for classes, community events and trips. Boards are located in the lobby, podium, elevator, and above Lynn's desk in the dining room.



Mrs. Sladky's class plays games with the seniors.

The Silver Belles entertained us for Mardi Gras. Great dancing!



Mrs. Sladky's class practices the National Anthem with the seniors for the Admiral hockey game.



Happy Mardi Gras!
~ Lynn

Grafton Dining News / Events

Tired of eating alone and the high cost of groceries? Enjoy good company and conversation at the Grafton Senior Center. The Ozaukee County Food and Friendship has a meal site at our Center and provides delicious meals. **Call Lynn**, our Nutrition Site Manager, **one day in advance at 262-483-1362** by noon. First time diners get a free lunch.

We now have a new provider for our meals. The company is Tahr from Brown Deer. The food is great, especially the desserts. Hope you come to try the new program!

Upcoming Lunch Events:

March 5	Manchester Heights Day
March 11	Digital TV Answers by Tom Tomter
March 17	St. Patrick's Day Lunch w/ Golden Tones
March 19	Movie & Lunch 10 a.m. "Mama Mia"
March 26	Bingo at 1:00 p.m.
April 2	Berkshire Day
April 9	Lunch and Senior meeting at 1:00 p.m.
April 13	Easter Monday Celebration
April 16	Movie 10:00 a.m. "Wall-E"
April 30	Lunch and Bingo at 1:00 p.m.

Aging and Disability Resource Center of Ozaukee County coming to the Grafton Senior Center

To increase the outreach efforts to community seniors, the A.D.R.C. of Ozaukee County has a staff person here two times per month on a Wednesday from 10:00 - 11:30 a.m. Staff will be present to answer your questions about services or resources available to you to help you stay healthy and independent. **FREE! Dates: March 4 & 18, April 1 & 15.**

Movie & Lunch

Watch a movie with popcorn and stay for a delicious lunch. Call Lynn 483-1362 at least one day in advance before 12:30 p.m. for reservations. Lunch \$3.50 donation.

Thursday, March 19 at 10:00 a.m. "Mama Mia" (PG13). Starring: Pierce Brosnan, Meryl Streep and others. The story of a bride-to-be trying to find her real father told using hit songs by the popular 70's group ABBA.

Thursday, April, 16 at 10:00 a.m. "Wall-E" (PG13). Won an Oscar for the Best Animated Feature! In the future, mankind has abandoned Earth because it has become inhabitable as it is covered with trash. Wall-E, a garbage collecting robot and his pet cockroach has been left alone to clean up the mess. One day, Eve, a reconnaissance robot is sent to Earth to find proof that life is once again sustainable. Come see this great film to find out the rest!

Ongoing Activities

Pick 'N Save "We Care"

Pick 'N Save makes it easy for groups to work with the We Care Program. Individuals need to fill out a card that will automatically credit the account you have chosen. You may choose up to three recipients and your sales will be divided evenly. You will be given a small card that you present to the clerk when you check out. **THE ACCOUNT NUMBER FOR THE GRAFTON SENIOR CENTER IS 290975.**

Thursday Night Sheepshead

The Grafton Senior Center holds a Thursday night Sheepshead program for all Senior Citizens in Ozaukee County. Play starts promptly at 7:00 p.m. We suggest arriving anytime after 6:00 p.m. to ensure a spot, as setup time needs to be completed by 7:00 p.m. For more information please call Ron and Fay Scheel at 377-3040.

Yarn Donations

The knitting group thanks everyone who has donated yarn. Donations of any color or length are appreciated. We have a group of talented, caring seniors who enjoy knitting hats and booties for newborns at hospitals, gifts for nursing homes, and winter necessities for those less fortunate year-round.

Chicken Foot & Mexican Train

Chicken Foot is a fun dominoes game that is easy to learn and can be played with different numbers of players. No partner is needed and there is no pressure to win. This game allows for lots of laughs and conversation! Rules are available in the dining room.

Mexican Train is a fascinating and challenging dominoes game. We have sets in the dining room so you may play any day of the week. Harvey and Carol Polster will teach you how to play on Mondays at 1:00 p.m.

Chorus

The Golden Tones Chorus practice on Tuesday mornings from 9:30-10:30 a.m. fall through May. Join us as we learn new songs, perform for other groups, and have a good time. Choir is directed by Bethany Leinss. Practices are only \$1.

Calling All Crafters

Helpers needed to decorate the Center and tables. Crafters meet on Mondays at 1:00 p.m. in the dining room (except the first Monday of the month). Thank you to Ann Vaughan, Peter Swatek, and Harvey and Carol Polster for all of their hard work to make the Center look nice and festive.

Bingo!

We play Bingo on the last Thursday of the month at 1:00 p.m. We have easy finger slider boards so there is no mess. Cash prizes are donated monthly by Comfort Keepers. Thank you!



Health and Wellness



Foot & Nail Clinic

“Solefully Yours,” Pampered attention for your feet!

Nurse Sheila Novin is here to help with the growing concerns of foot care for seniors. Thirty minute appointment consists of a foot & toenail assessment, soak, gentle exfoliation wash, toenail trim, and foot massage. Please bring 2 hand towels and a wash cloth. Cost: \$25.00. Appointments are from **8:30 a.m. - 2:30 p.m.** Please call 375-5311.

March 10 & 19. April 14 & 16. May 12 & 21. June 9 & 18.

Senior Exercise Class

Stop in and visit our most popular class. Instructor Evelyn Nowack is ACSM/AEA certified. Classes are held every Monday, Wednesday and Friday morning from 10:30-11:30 a.m. Class fee is only \$1 whenever you come. The first half of class includes seated stretches, use of therabands and light hand weights followed by low impact aerobics to music.

Silver Belles

This group of fun ladies can dance! All are members of the Senior Exercise class who perform varying dance routines choreographed to music to perform for local groups.

Wii

Learn how to play this fun game on our big screen! Wii is fun, improves your range of motion, standing and balance, endurance, posture and socialization. Play virtual bowling, golf, tennis, baseball and more!

We will have open gaming on the first and third Friday of the month from 1:00-3:00 p.m. Instructor may or may not be available during this time.

Games we have:

Wii Sports: Bowling, Golf, Tennis, Boxing and Baseball.

Wii Games: Billiards, Fishing, Shooting Range, Find Mii, Table Tennis, Pose Mii, and Laser Hockey.

Wii Fit: Balance, Strength, Aerobics, and Yoga activities.

Get a Grip...Don't Slip!

Friday, April 17 at 11:30 a.m.– 12:00 in the dining room. Mary Walker, Registered Nurse from Concordia University. Learn the latest to prevent falls, get a fall assessment and have some fun with a game and prizes.

Ozaukee Senior Games

May 28 - June 18, 2009

Don't miss the fun this summer as Ozaukee County seniors prepare for some fun and friendly competition! Events include: Opening Race/Walk, Dessert Social, Bowling, Horseshoes, Sheepshead, Golf, Bocce Ball, 8 Ball, Bicycling, Shuffleboard, Cribbage, Tennis, and Swimming and an Awards Breakfast. Each participant will get a T-shirt. More information soon.

Chair Massage

Darcy Nordberg, from Healing Thru Massage, will be here to make you feel good with a chair massage. She graduated from Blue Sky in 2001 and is a licensed massage therapist, certified in the areas of relaxation, therapeutic chair, Neuromuscular therapy and TMJ. She is here once a month on a Friday by appointment. Call the Senior Center, 375-5311 to reserve your spot. Fee: Only \$7 for 10 minutes or \$10 for 15 minutes. You may pay with Cash or Check on that day. Dates: **March 13 & April 10** from **10 a.m.-1 p.m.**

FREE Blood Pressure Checks

Cedar Gardens Assisted Living in Cedarburg has donated time for a nurse to provide blood pressure checks **free** to seniors. A nurse will be here on the **first Wednesday of the month** between **10:30-11:30 a.m.** in the Ceramics room. **March 4 & April 1.**

Bocce Ball

This fun Italian game of outdoor bowling is back. Games are played on both Tuesdays and Thursdays at 9:30 a.m. No experience is necessary as it is fun and easy to learn! Opening day is **Tuesday, June 9**. Play will end in September with a breakfast following the season.

Water Exercise

Water aerobics is great for people with arthritis pain as there is no pounding on the joints! There are classes offered through the Grafton Community Activities Department held at the Grafton High School Pool. Both instructors are Aquatic Exercise Association certified.

Aqua Dynamics is held in the shallow end of pool with instructor Jan Hill. No swimming experience is necessary.

Deep Water Aerobics is led by Evelyn Nowak and is held in the deep end of the pool. Participants wear flotation belts and aqua resistance gloves. Aqua gloves cost \$12.

Class dates: March 9 – May 11, 2009 on Monday and Wednesday evenings from 7:00-8:00 p.m. during the school year. The fee is \$35.00 for Village of Grafton residents and \$45 for non-residents. Sign up with Karin.

Swimming Hours

Grafton High School Indoor Pool

Open through May 11, 2009

Adult Lap Swim: Monday and Wednesday 7:00 - 8:30 p.m.
Saturday and Sunday 1:00 - 3:00 p.m.

Fees: Senior Resident \$3.00
Senior Non-Resident \$4.00

Pool Closed: April 4, 11-15.



HIGH SCHOOL MUSICAL ON STAGE!

Thursday, April 30, 2009. Depart 8:10 a.m.

This Emmy Award winning television film was the most successful Disney Channel movie ever produced with 7.7 million viewers in its premier broadcast in the United States. The Fireside is thrilled to bring this smash hit musical to life on our stage in a sparkling production designed to delight young and old alike. Menu: Cream of Tomato Bisque with Pop-corn Garnish, Fresh Baked Breads, Beef and Bird: Boneless Short-Ribs of Beef Braised in Red Wine and Chicken marinated Southern Style. Served with Zita Pasta in a Velvet Cheese Sauce with a Bouquetierre of Garden Vegetables. Crème Brulee for dessert. Coffee, Tea or Milk. Payment due March 30.

THE WITNESSES

Thursday, July 30, 2009. Depart 8:30 a.m.

Through the eyes of Peter and Paul, The Witnesses follows an adventure that began in Jerusalem, where a small group of disciples empowered by the Holy Spirit, traveled across the Roman empire, preaching, teaching and healing. An inspiring account of the rapid spread of Christianity throughout the world and the wonders of life in the first century. Menu: Atlantic Sea Scallop in a crisp Potato Crust, resting on a Sun Dried Tomato Beurre Blanc Sauce. Fresh Baked Breads. Chicken Roulade - Skinless breast of Chicken stuffed with Morrell Mushrooms and Prosciutto Ham, Panko, sautéed with a Veal Demi-Glaze. Served with Rice, Jones Sausage and Asparagus Spears. Key Lime Cheesecake.

The Sound of Music

Thursday, September 10, 2009. Depart 8:30 a.m.

Come and experience the world's most beloved musical! Winner of eight Tony awards including Best Musical, The Sound of Music is a tune-filled tale of hope, courage, friendship and love with a message more poignant today than ever before. Every song is a classic from the joyful, "My Favorite Things," to the stirring "Climb Every Mountain". Menu: Signature Salad - Fresh Fruit with Oriental Vegetables over Fresh Greens sprinkled with Sesame Croutons with a Papaya Chutney Dressing. Fresh Baked Breads. Baked Boneless Pork Chop - Herb stuffing with Sauerkraut and Jones Sausage with rich pork stock gravy. Served with Sweet Potato Souffle; a ramekin of Pink Cinnamon Apple Sauce; Sweet Corn with Diced Red Peppers and Edamame Soybeans. Viennese Sacher Torte - Chocolate Cake layered with Apricot Filling and Bing Cherry Ice Cream.

~ 2009 Fireside Trips !! ~

March 6 - The Fantasticks / April 30 - High School Musical / July 30 - The Witnesses;

September 10 - The Sound of Music / November 19 & December 4 - A Fireside Christmas "Here's Love"

2009 Fireside Trips cost is \$80 and will include deluxe motor coach transportation, luncheon, theater ticket and escort.

March 2009

Monday	Tuesday	Wednesday	Thursday	Friday
2 10:30 Exercise 1:00 Cards 1:00 Bridge Chickenfoot	3 9:30 Golden Tones 10-2 Tax Help 1:00 Canasta 500 Sheepshead	4 9:30 Shuffleboard 10-11:30 ADRC Help 10:30 Exercise 10:30 Blood Pressure 12:30 Ceramics 1:00 Cribbage Dominoes	5 9:00 Handicrafters 1:00 Sheepshead 7:00 Sheepshead	6 8:30 Fireside Trip 9:00 Intermed. Comp 10:00 Digital Cameras 10:30 Exercise 1:00 Hand & Foot 1-3 Wii Gaming
9 10:30 Exercise 1:00 Cards 1:00 Bridge Chickenfoot	10 9-2 Foot & Nail Clinic 9:30 Golden Tones 10-2 Tax Help 11:30 M.S.O. Trip 1:00 Canasta 500 Sheepshead	11 9:30 Shuffleboard 10:30 Exercise 12:00 Digital TV info. 12:30 Ceramics 1:00 Cribbage Dominoes	12 9:00 Handicrafters 1:00 Sheepshead 1-3 Bon Voyage Landmark Tours @ Cedarburg Gym 7:00 Sheepshead	13 10:30 Exercise 10-1 Chair Massage 1:00 Hand and Foot
16 10:30 Exercise 1:00 Cards ~ L.L. 4:00 St. Patrick's Party	17 9:30 Golden Tones 10-2 Tax Help 12:00 St. Pat's Lunch 1:00 Canasta 500 Sheepshead	18 9:30 Shuffleboard 10-11:30 ADRC Help 10:30 Exercise 12:30 Ceramics 1:00 Travel Show! 1:00 Cards ~ L.L.	19 9-2 Foot & Nail Clinic 9:00 Handicrafters 10 Movie "Mama Mia" 1:00 Sheepshead 7:00 Sheepshead	20 9:00 Computer Basics 10:00 Internet Basics 10:30 Exercise 1:00 <u>No</u> Wii 1:00 Hand & Foot 5:00 Admiral Game
23 10:30 Exercise 1:00 Bridge Mexican Train Tourny Scrapbooking	24 9:30 Golden Tones 10-2 Tax Help 1:00 Canasta 500 Sheepshead	25 9:30 Shuffleboard 10:30 Exercise 12:30 Ceramics 1:00 Cribbage / 500/ Dominoes	26 9:00 Handicrafters 1:00 Bingo Sheepshead~LL 7:00 Sheepshead	27 9:00 Computer Basics 10:00 Internet Basics 10:30 Exercise 1:00 Hand & Foot
30 10:30 Exercise 1:00 Bridge Chickenfoot Scrapbooking	31 8:30 Remington Art 9:30 Golden Tones 10-2 Tax Help 1:00 Canasta 500 Sheepshead			

Birthdays

2 Laura Stern	10 Red Held	17 Ann Vaughan	25 Lavern Gerek
2 George Mayer	11 Oscar Dommer	16 Jody Woulf	25 Carol Polster
3 Rosalie Holland	11 Marion Jordan	19 Noel Kinde	26 Roy Bednarski
4 John Enright	11 Connie Karegeannes	20 Joan Hawig-Kohl	27 Frank Buchholz
4 Kathy Karegeannes	11 Jeffrey Puechner	20 Dorothy Story	28 Helen Kornitz
5 Eldred Eichers	12 Joanne Kaus	21 Marlene Groeler	30 Monica Tillmann
6 Betty Sarg	12 Louise Block	21 Ann Anderson	30 Bill Nelson
6 Joel Leetzow	13 Dianne McCann	22 Ginny Rinka	31 Marilyn Buell
8 Edna Polzin	14 Walter Wisniewski	23 Henry Schmitz	31 Joanne Levenick
9 Arline Kaul	14 Roy Peterson	23 Frances Giano	31 Mary Simonsen
	15 Irma Schoessow	23 Darlene Skow	31 Joyce Huffman
	16 Frieda Witte	24 Lois Ward	31 Janet Demerath

April 2009

Monday	Tuesday	Wednesday	Thursday	Friday
		1 9:30 Shuffleboard 10-11:30 ADRC Help 10:30 Exercise 10:30 Blood Pressure 12:30 Ceramics 1:00 Cribbage / 500 Dominoes	2 9:00 Handicrafters 1:00 Sheepshead 7:00 Sheepshead	3 <u>No</u> Computer class 10:30 Exercise 1:00 Hand & Foot 1-3 Wii Gaming
6 10:30 Exercise 1:00 Crafts Scrapbooking Bridge Chickenfoot	7 9-2 Foot & Nail Clinic 9:30 Golden Tones 10-1 Tax Help 1:00 Canasta 500 Sheepshead	8 9:30 Shuffleboard 10:30 Exercise 12:30 Ceramics 1:00 Cribbage / 500 Dominoes	9 9:00 Handicrafters 1:00 Senior Meeting 1:00 Sheepshead 7:00 Sheepshead	10 9:00 Computer Basics 10:00 Internet Basics 10-1 Chair Massage 10:30 Exercise 1:00 Hand and Foot
13 10:30 Exercise 1:00 Crafts Chickenfoot Scrapbooking	14 9:30 Golden Tones 10-1 Tax Help 1:00 Canasta 500 Sheepshead	15 8:30 Intro to Art 9:30 Shuffleboard 10-11:30 ADRC Help 10:30 Exercise 12:30 Ceramics 1:00 Cribbage / 500 Dominoes	16 9-2 Foot & Nail Clinic 9:00 Handicrafters 10:00 Movie "Wall-E" 1:00 Sheepshead 7:00 Sheepshead	17 9:00 Computer Basics 10:00 Internet Basics 10:30 Exercise 11:30 Get a Grip... Don't Slip 1:00 Hand & Foot 1-3 Wii Gaming
20 10:30 Exercise 1:00 Crafts Bridge Chickenfoot Tourn. Scrapbooking	21 9:30 Golden Tones 1:00 Canasta 500 Sheepshead	22 8:30 Intro to Art 9:30 Shuffleboard 10:30 Exercise 12:30 Ceramics 1:00 Cribbage / 500 Dominoes	23 9:00 Handicrafters 1:00 Sheepshead 7:00 Sheepshead	24 9:00 Internet Part 2 10:00 Shortcuts & Troubleshooting 10:30 Exercise 1:00 Hand & Foot
27 10:30 Exercise 1:00 Crafts Bridge Chickenfoot Scrapbooking	28 9:30 Golden Tones 1:00 Canasta 500 Sheepshead	29 8:30 Intro to Art 9:30 Shuffleboard 10:30 Exercise 12:30 Ceramics 1:00 Cribbage / 500 Dominoes	30 9:00 Handicrafters 1:00 Bingo 1:00 Sheepshead~L.L. 7:00 Sheepshead	

Birthdays

1 Jackie Ianarelli
2 Janice Wagner
4 Irene Deering
5 Peter Swatek
8 Henry Klapproth
10 Joan Harris
10 Patty Ettl
11 Al Butler
11 Beverly Brandau
12 Philomena Haas

13 Carol Proctor
13 Rosie Dellenbush
13 Mary Barsch
15 Robert Wrecza
16 Carole Krizak
16 Jacqueline Charney
19 Rudy Manke
19 Jan Gierach
19 Robert Klug
19 Joanne Gundrum
20 Ron Dreblow

20 Diane Holman
20 Lorraine Roy
20 Fred Reynolds
20 Audrey Woller
21 Mary Lou Fries
21 Michael Myers
22 Jane Boehm
22 Gloria Vann
22 Robert Poull
23 Sue Demerath
24 Edwin Proctor

24 Alice Wendt
25 Judy Bandurski
25 Shirley Laska
26 Amy Kuether
27 Carol Ruhland
27 Milton Krumhus
27 Kenneth Gundrum
30 Frank Bialk

Oneida Bingo & Casino

Landmark Tours takes a deluxe motor coach to Oneida Bingo & Casino in Green Bay. Depart here at 7:15 a.m. and return at 5:00 p.m. Cost: \$53. You will receive a casino rebate of \$52 and a \$2 coupon for lunch. Call Karen at 375-1426.

Admirals Hockey Game

Friday, March 20, 2009. Depart 5:15 p.m.

The Milwaukee Admirals vs. the Lake Erie Monsters. Choir Director, Bethany Leinss, will lead our group in the singing of the National Anthem before the game! Cost \$20 includes ticket to the game and school bus transportation.

Frederick Remington Art Museum

Tuesday, March 31. Depart 8:30 a.m.

The exhibit features 26 original paintings, drawings and sculptures. Remington captured the American West through dynamic depiction of cowboys, horses, soldiers and Native American warriors. Collection from the Frederick Remington Art Museum in Ogdensburg, NY. Cost: \$58. Lunch included.

It's Not Easy Being Green

Tuesday, May 12. Depart 6:45 a.m. Return 6:30 p.m.

Tour Midwest Renewable Energy Association to learn about renewable energy, energy efficiency, sustainable living, demonstration gardens and more. Lunch at the Country Kettle. Visit the Hancock Agricultural Research Station gardens and learn how fresh vegetables are grown before they get to the store. Payment due April 14. Cost \$69.

Brewers Matinee Games

Wednesday, May 27: Brewers vs. Cardinals.

Thursday, June 25: Brewers vs. Twins.

Wednesday, September 9: Brewers vs. Cardinals. Cost \$41.

LaCrosse Boats and Bluffs

Wednesday, July 22. Depart 6:15 a.m. Return 6:50 p.m.

Board the LaCrosse Queen Paddle Wheeler or a scenic luncheon cruise on the upper Mississippi River. A local guide will join us for a sightseeing tour of this river town. We'll stop atop Granddad Bluff and at Lock and Dam #7. Cost: \$89. Payment due June 11. Must bring I.D. for lock and dam tour.

Czech It Out

Thursday, August 6. Depart 7:00 a.m. Return 6:00 p.m.

In the mid 1800s, millions of European settlers arrived along the Great Lakes shoreline. Learn about their unique heritage, homes, farms, churches, traditions and food today. Dine in an 1876 historic farmstead with entertainment by the WI Czech Choraliers. Cost: \$83.

Arlington Racecourse

Thursday, August 27. Depart 7:45 a.m. Return 7:45 p.m.

We have reserved seats under roof cover and will enjoy a delicious luncheon at the Olive Garden with choice of four entrees. Payment due July 10. Cost: \$65.

Day Trip Parking

Please park your cars in the spaces towards the end of the north parking lot. We should reserve the spaces closest to the building for those seniors who will be attending programs.

Trip Policy: We have the right to cancel the trip if we do not have the minimum number of participants to cover the cost, so please sign up before the deadline. Cancellations within two weeks will be refunded only if someone fills the spot. If you have special needs you must notify us when registering.

The Big "O" ... Oprah's Chicago

Friday, October 16. Depart 7:15 a.m. Return 4:30 p.m.

Discover Oprah's Chicago. Visit the brand new Oprah Store and Oprah's Closet and Harpo Studios. Eat lunch at one of Oprah's favorite restaurants, enjoy the specialty popcorn and toffee that she loves. We will also take a narrated driving tour that will feature Oprah sites throughout the city. Discover where she lives, shops and works and hear interesting stories about her life. Cost: \$83 due September 11. Oprah cannot accommodate groups to her show.

Islands of the Palm Coast

Depart April 24, 2009 (9 Days / 12 Meals)

Motorcoach Value Tour through Mayflower Tours. Twin rate \$1209, includes insurance. Free home pickup and return.

TRAVEL SHOW by Badger Tour & Travel

Wednesday, March 18 at 1:00 p.m.

Find out details on some of the new and exciting trips that are being offered this year by the Grafton Senior Center and also Badger Tour & Travel. We will also accept reservations for the Daniel O'Donnell trip on Tuesday, August 18! Pie and coffee will be served.

2009 At a Glance

March 6	The Fantasticks at the Fireside
March 10	Milwaukee Symphony Orchestra matinee
March 16	St. Patrick's Party
March 18	TRAVEL SHOW here at 1:00 p.m.
March 20	Milwaukee Admirals vs. Lake Erie
March 31	Frederick Remington Western Art
May 4	Spring Breakfast at 8:30 a.m.
May 5	Cinco de Mayo Lunch Party
May 12	It's Not Easy Being Green
May 27	Brewers vs. Cardinals
May 28-June 18	Ozaukee Senior Games
June 25	Brewers vs. Twins
July 8	Senior Picnic at Centennial Park
July 22	La Crosse Boats and Bluffs
July 30	The Witnesses at the Fireside
August 6	Czech It Out!
August 18	Daniel O'Donnell
August 27	Arlington Horse Races
September 9	Brewers vs. Cardinals
September 10	The Sound of Music
October 16	The Big "O" (Oprah's Chicago)

* More trips and events are in the planning process.

4th Grade Friends

We are a business partner with Mrs. Sladky's 4th grade class from Grafton Elementary School again this year. Each month a fun activity will be planned. On **Friday, March 20**, we will travel by school bus to the Bradley Center to watch an Admirals hockey game. Choir Director, Bethany Leinss will lead anyone who would like to sing the Anthem before the game. See page 7. April event to be announced. On **Friday, May 22** we are invited to lunch at the school followed by their Spring Choral Concert. Please let Karin know if you are able to attend this event. Free

Gift Certificates

When your families are wondering what to get you for your birthday or holiday, tell them to get a gift certificate from the Grafton Senior Center. They can be purchased for any amount and used for any day trip, party or special event.

Senior Scrapbook

Help preserve some great memories at our Senior Center! We have photos and newspaper articles we would like to display in our scrapbooks. We will provide the materials. No experience necessary. The group meets on Mondays from 1:00-3:00 p.m. Come when you can. **Free activity.**

Senior Meetings

Share ideas and find out what is going on. Refreshments, speaker or entertainment to follow. **Thursday, March 12.** No Meeting. Retirement Party for Karen Roberts at Cedarburg Gym, 1-3 p.m. **Thursday, April 9.** Senior Meeting at 1:00 p.m.

Book Club

Enjoy a good book? **Ann Vaughan** leads this group that **meets on the first Monday of the month at 1:00 p.m.** Pick up books at the Grafton Public Library. We will not meet in March. The April book to discuss, "The Killing Game" by Iris Johanson. May 4, "The Lighthouse" by P.D. James. June 1, "The Last Juror" by John Grisham.

Parties

St. Patrick's Party

Monday, March 16 at 4:00 p.m.

Enjoy a great Irish meal, door prizes and the Trinity Irish Dancers! Menu: Corned Beef and Cabbage, Baby Red Potatoes, Cooked Carrots catered by Grafton Catering. Also included are Leprechaun Lime Punch, Coffee and dessert. Tickets are \$10 and must be purchased in advance.

Spring Breakfast

Monday, May 4 at 8:30 a.m.

Start your morning off right with a hot breakfast to welcome spring! Menu: Sausage, Scrambled Eggs, Ham, Fruit, Kringles, Coffee and Juice. Tickets are \$6 and must be purchased in advance.

Cinco de Mayo

Tuesday, May 5 at Noon

Enjoy a great Mexican Lunch at noon. We will have themed decorations, music and prizes. Call Lynn at 262-483-1362 to reserve your spot at least one day in advance. Menu to be announced at a later date. Cost: only \$3.50. Fun!

Ozaukee County Senior Conference

Tuesday, June 16 at the Grafton High School

Educational sessions are planned covering a wide variety of subjects. A light breakfast and a lunch will be provided for each senior. Free health screenings and information booths to answer questions. Registration forms will be available soon. You won't want to miss this event.

Free Tax Help through AARP

Help for those who qualify for Homestead Credit (cannot make more than \$24,500 per year including Social Security). Help is here on Tuesdays from 10:00 a.m.-2:00 p.m. by appointment. Bring last years forms and a rent certificate or property tax bill. If you do not qualify for Homestead Credit you can get help at the Cedarburg Town Hall by calling 377-9100x5451.

Computer Classes Offered

Small classes of 5-8 people with hands-on training. Specific class subjects will be taught by **Mindy** through **Wisdom Technologies** on Friday mornings. Choices: Computer Basics; Intermediate; Internet; Microsoft Word/Excel; Email; Crafty Computers (cards and projects) and Digital Cameras. Agendas based on the needs of each class. Call 375-5311. Fee \$45.

Computer Basics, 9:00-10:00 a.m., Fridays: March 20, 27, April 10 & 17 (no class April 3). Fee: \$45.00.

For those who have never used the computer before or would like a refresher course. Focus on the mouse, keyboard and desktop and is at an easy to follow pace.

Internet Basics, 10:00-11:00 a.m., Fridays: March 20, 27, April 10 & 17 (no class April 3). Fee: \$45.00

Learn to search and save favorites, shop, pay bills, play games and explore other areas. Internet security is also covered.

Internet Part 2 9:00-10:00 a.m., Fridays: April 24, May 1, 8 & 15. Fee: \$45.00 **New Class topic!*

Now that you can get on the Internet. Learn how to use your skills safely and effectively. A few of the topics covered will be Ebay, Craigslist, downloading software and online banking among others.

Shortcuts & Troubleshooting, 10:00-11:00 a.m., Fridays: April 24, May 1, 8 & 15. Fee: \$45.00

Learn tricks and tips for quick access to programs and actions, how to use shortcuts, keystrokes, setting up properties and how to improve a sluggish computer. Maintenance with virus protection, data management, and defragmenting. A slower paced class, yet very informative to those that have been using the computer for a while.