



# Grafton Senior Center

**Grafton Senior Center**  
1665 7th Avenue  
Grafton, WI 53024  
262-375-5311

Volume 11, Issue 1

January and February 2013

## 55 Plus Equals Fun!

**Senior Coordinator**  
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**Assistant**

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**Monday - Thursday**

**9 a.m. - 3:30 p.m.**

**Friday 9 a.m. - 1 p.m.**

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### Points of Interest

- \* Beginner iPad class
- \* Ping Pong
- \* Pizza Party / Travel Show

*Member of:*

Wisconsin Association of Senior Centers (WASC)  
Wisconsin Park & Recreation Association (WPRA)

### Senior Friendship Club Officers:

**President:** Ceil Albers

**Vice President:** Pat Baumann

**Secretary:** Vacant. Help needed!

**Sunshine:** Doris Schmidt

**Crafts:** Lu Newberry

### Senior Meetings

Find out what events are coming up, voice your suggestions, and meet new friends.  
Next meeting dates: **January 10, 2013, 1:00 p.m.**

### Sign-in Policy

Please swipe your membership card at the podium near the east side entrance each day you visit the Center. Visitors are asked to sign the guest book.

### 2013 Senior Membership

Please note our policy requiring ALL users of the Grafton Senior Center to show proof of membership. Fees for **2013** remain the same at \$15.00 for Village of Grafton residents and \$25.00 for non-residents. Each member will receive a swipe card to sign in. Five dollars of the fee will go to the Grafton Senior Friendship Club with the remainder to help offset some of the operational costs of our building. Thank you.

### Welcome New Member!

Bob Rice



### Recent Events

Halloween and Christmas Party Fun!

Lucy Prucca,  
Mary  
Richmond and  
Irene Jordan.



Your hostesses, Karin and Lynn, dressed up in costume too!

Entertainer, Windy Hope Bohn, performed Christmas Carols at the party for all to enjoy.



Lorraine Roy chose the "first gift of Christmas"!



## Grafton Dining News / Events

Ozaukee County has a meal site at the Grafton Senior Center and provides delicious meals **catered by Taher Co. of Brown Deer** Monday - Friday. The cost of our meal is a donation to the program. Catch up with friends and meet new neighbors. Call **Lynn**, our Nutrition Site Manager, **one day in advance** at **262-483-1362** by noon. First time diners get a free lunch.

### Upcoming Lunch Events:

January 2	Happy New Years Lunch
January 14	Information Specialist 11:30-1:00
January 17	10:00 a.m. Movie and Lunch
January 31	Lunch and BINGO
February 1	Super Bowl Lunch Party
February 14	Valentine's Day Candle Light Lunch
February 21	10:00 a.m. Movie and Lunch
February 28	Lunch and BINGO

### Aging and Disability Resource Center of Ozaukee County is 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 from 11:30 a.m. - 1:00 p.m. Staff will answer your questions about services or resources available to you to help you stay healthy and independent. **FREE! Next Date: January 14.**

### Movie and Lunch

**Thursday, January 17, 10:00 a.m., "Mirror, Mirror"** Rated PG. The timeless fairy tale Snow White gets a dazzling makeover in this fantasy adventure starring Oscar winner Julia Roberts as the Evil Queen and newcomer Lily Collins as the fair-skinned Princess Snow White. When handsome Prince Alcott falls for Snow White, the jealous Evil Queen seizes control of a magical kingdom and casts the orphaned princess into exile. Meanwhile, as the diabolical queen schemes to win the heart of handsome Prince Alcott, Snow White befriends a gang of pint-sized thieves who will help her to reclaim her rightful place on the throne and win back the man of her dreams.

**Thursday, February 21, 10:00 a.m., "Moonrise Kingdom"** Rated PG-13. Set in the 1960s, a pair of young lovers, (Jared Gilman and Kara Hayward) from an island off the New England coast flee for the hills and throw their small town into a frenzy causing a search party to fan out and look for them. Bruce Willis co-stars with Bill Murray, Edward Norton, and Frances McDormand. **Sign-up with Lynn for the movies and stay for lunch!**

**SUPER BOWL FRIDAY LUNCH - Friday, February 1.** Come for lunch and get a number for the game. You may win a free lunch!

**Valentine Lunch, Thursday, February 14.** Join us for a special candle light lunch.

**BINGO LUNCH - January 31 and February 28.** Come eat lunch at noon. Bingo to follow sponsored by Comfort Keepers.

## Ongoing Activities

**Thursday Night Sheepshead** Play starts promptly at 7:00 p.m. We suggest arriving any time after 6:00 p.m. to ensure a spot, as set-up time needs to be completed by 7:00 p.m. Please call Ron and Fay Scheel at 377-3040 for more information. **See page 7 for overnight Sheepshead Retreat.**

**500 and Canasta** Do you or someone you know play 500? Canasta? 500 is **now played on Tuesday and Thursday** afternoons at 1:00 p.m. Call Ruth Patterson with any questions 377-1757. Canasta is played on Tuesdays at 1:00 p.m. Please join us!

### Needlework (Many hands make light work.)

Thank you to everyone who has donated yarn. Donations of any color or length are appreciated. We have a group of talented, caring seniors, our "Needle workers", who enjoy knitting hats and booties for newborns at hospitals, gifts for nursing homes, and necessities for those less fortunate year-round. **Please consider joining them on Thursday mornings at 9:00 a.m., we need more hands!**

### Calling All Crafters

Crafters meet on Mondays at 1:00 p.m. in the dining room. Thank you to Lu Newberry, Peter Swatek, Carol Polster, Nancy Milbauer, Pat Baumann and Lucy Prucca for all of their hard work to make the Center look nice.

### Dominoes

**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.

**Mexican Train** is a fascinating and challenging dominoes game. Domino sets are available in the dining room so you may play any day of the week. Rules for both games are available in the dining room. **See page 7 for overnight Dominoes retreat.**

### Chorus

Chorus meets every Tuesday morning from 9:30-10:30 a.m. Our director is Sarah Roesch and the cost is \$1 each time you come. New voices always welcome! Try it!

### Thank you Volunteer Leaders!

**500:** Ruth Patterson. **Bingo:** Ann Haugstad and Lu Newberry. **Sheepshead:** Ron and Fay Scheel. **Crafts:** Peter Swatek, Lu Newberry, Carol Polster, Nancy Milbauer, Pat Baumann. **Dominoes:** Carol Polster. **Parties:** Pat Baumann, Lu Newberry, Lucy Prucca. **Bridge:** Elaine Kortenhoff. **Meal site:** Pat Baumann, Lu Newberry, Janet Traxel, and Norb Studelska. **Generations Online Computer Help:** Frances Bigari. **Wii:** June.

**BINGO** Bingo is played on the last Thursday of the month at 1:00 p.m. We provide easy finger slider boards so there is no mess. Sponsored by Comfort Keepers of Grafton. Papa Murphy's Pizza of Grafton also provides one lucky winner a coupon each month for a free large pizza!

## Health and Wellness

### Senior Exercise Class

Stop in and visit our most popular class. Our instructor is Evelyn Nowak. 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. Fun!

### Silver Belles

These ladies love to dance! They are part of the Senior Exercise class and perform for retirement homes, assisted living centers, nursing homes, etc. The group is choreographed by Evelyn Nowak.

### FREE Blood Pressure Checks

**Wednesday, Jan. 2 and Feb. 6, 9:30-10:30 a.m.**

Meadowmere Northshore in Mequon is proud to sponsor free blood pressure checks on the first Wednesday of the month.

### Toe Nail Trimmers Foot Clinic

At the Grafton Senior Center from 9:30 a.m. - 2:00 p.m.

Tuesdays, **January 8, 22 and February 12 and 26.** Cost is \$25 for a 30 minute appointment. Call ahead to make a reservation.

### Wii

Come Play Wii and meet our awesome volunteer, June! She will teach you how to play. Wii is fun, improves your range of motion, standing and balance, endurance, posture and socialization. Play virtual bowling, golf, tennis, baseball and more! Open gaming is on the third Thursday of the month from **10:00-11:00 a.m. NOTE THE TIME HAS CHANGED!**

### Fitness Room

The Fitness Room is OPEN to all members of the Grafton Senior Center for no extra fee! All users are required to sign a waiver and sign up for an orientation to learn how to use the equipment correctly. This is a great improvement to our Center and will help keep our seniors healthy and active! Try out our newest piece of equipment, the stair-stepper!

### Diabetes Lecture, Tuesday, January 29, 10:30 a.m.

People with pre-diabetes are at increased risk for developing Type II Diabetes, heart disease and stroke. When you have diabetes, you are more than twice as likely as people without diabetes to have heart disease or a stroke. If you have diabetes, your risk of a heart attack is the same as someone who has already had a heart attack. Diabetes is the 6th leading cause of death in the U.S. Metabolic Syndrome affects 7 million adults in the U.S. This lecture by Sean Tsang, LAc will discuss the cause, prevention, control and elimination of Type II Diabetes.

### Stress & Pain Management Lecture,

**New Solutions to Fibromyalgia, Thursday, February 21, 10:30 a.m.** This lecture by Sean Tsang will discuss how a holistic approach which encompasses nutrition, diet, exercise, and lifestyle changes such as stress reduction, detoxification and natural healthcare, will help people manage this condition and return them to a healthier, happier lifestyle.

### Swimming Hours– Grafton High School Pool

The indoor pool is open through May 2013 (closed December 24-January 1).

Adult Swim: Monday and Wednesday 7:00-8:30 p.m.

Open Swim: Saturdays from 1 - 3 p.m.

Senior Fees: \$3 Resident; \$4 Town; \$4 Non-Resident

**AQUA DYNAMICS** and **DEEP WATER AEROBICS** classes

are held on Monday and Wednesday evenings from 7:00-8:00 p.m. Session 1, **January 2-February 18**; Session 2, **February 20-April 15.** No classes April 1 & 3.

Register at the Parks and Recreation Department, 675 N. Green Bay Rd. Fee: \$39 residents, \$50 non-residents.

### Ping Pong Anyone?

The Grafton Senior Friendship Club has purchased a **LIKE-NEW** Ping Pong table and equipment. Please stop in the office to sign-up for this new indoor league beginning on Thursday mornings in March.

### Why Whole Grain Foods are Better for Older Adults

**Only whole grains, not refined, reduce the risk of several major diseases.**

The next time you have toast or a sandwich, make sure you choose whole grain bread. Older adults who eat **whole grain foods** instead of refined grain products may be at lower risk for health conditions that can lead to diabetes and heart disease.

The study also found that older adults who choose whole grains have a lower mortality rate from cardiovascular disease than people who don't eat whole grains.

#### About the Whole Grain Study

University of Maryland Assistant Professor Nadine Sahyoun, an expert in older adult nutrition, led a team of researchers who studied how eating whole grains affects the metabolic syndrome of older adults. Metabolic syndrome is characterized by disturbed glucose and insulin metabolism, central obesity and high blood pressure, also known as hypertension.

After looking at 3-day food diaries of more than 500 people aged 60 and older (average age being 72 for men and 73 for women), researchers found that the older adults who consumed more whole grains significantly lowered their risk of having metabolic syndrome.

Study subjects who consumed about **three servings of whole grains daily**, including whole grain bread, whole grain cereal and brown rice, had a lower prevalence of metabolic syndrome than those who ate less than one serving per day.

"There have been studies that show the benefits (of whole grains) for a middle-aged population," said Sayoun in a news release from UM. "Ours is the first study that shows the relationship between eating whole grains and the health benefits for older people, whose metabolic characteristics may be different from younger adults."

~Seniorliving.about.com

# The FIRESIDE Dinner Theatre

## Sizzlin' 60's

**Thursday, January 24. Depart 8:15 a.m.**

The 1960's was the most creative, the most turbulent, the most exciting and the most entertaining decade of the last half of the 20th Century. It was an era of new styles, new ideas, and fabulous new music. The Beatles; The Beach Boys; Rolling Stones; The Association; Chicago; The Doors, Crosby, Stills and Nash; Simon and Garfunkel; Peter, Paul and Mary; as well as the Motown sound of The Temptations, The Supremes, The Jackson 5; Stevie Wonder, and Aretha Franklin and much more! This season The Fireside will continue their tradition of spectacular live band shows with a tribute to that unforgettable decade! From the creator of VIVA VEGAS comes this all new production featuring Fireside favorite Steve Watts and The Fireside Band and a cast of talented singers and dancers in a dazzling, fast-moving, sizzlin' extravaganza! Menu: Cream of Shiitake Mushroom Soup flavored with Spanish Sherry. Fresh Baked Breads. Beef and Bird: Boneless Short Ribs of Beef slowly braised in Red Wine. Accompanied by Chicken Waterford: a skinless Breast dipped in egg batter, lightly breaded and sautéed, topped with Leeks, Corned Beef, Jarlsberg Swiss Cheese and presented on an Irish Mustard Cream Sauce. Served with Seasoned Baked Yukon Gold Potatoes and Green String Beans. Lemon Chess Pie garnished with Whipped Cream and Fresh Strawberry Coulis. Coffee, Tea and Milk. Cost: \$87.

## Footloose

**Wednesday, March 6. Depart 8:15 a.m.**

When Chicago teenager Ren McCormack moves to the small town of Bomont he is shocked to find a gloomy place where dancing has been outlawed. He sets out to change the law and the minds of the town council and bring laughter and fun back to the town. His journey is the basis for one of the most exciting, vibrant, and entertaining musicals you'll ever see. FOOTLOOSE is filled with high energy singing, heart-pounding rhythms, and ultimately some of Broadway's most spectacular dancing. It's a show that will bring generations together and bring audiences to their feet in a dazzling production featuring hit songs "Let's Hear it For the Boy", "I Need a Hero" and the well known title song. Menu: Garden Salad with Belgium Endive, Spinach, Frisee Lettuce, Corn, Red Beets, Broccoli Buds, Pear Tomatoes and Cucumbers with a House-Made Sweet Sour Dressing, Jones Bacon and Deep Fried Onion Strings. Fresh Baked Breads. Chicken Piccata: Skinless Breast of Chicken dipped in a special egg batter, lightly breaded, sautéed to a golden brown, topped with Veloute Lemon Cream Sauce garnished with tiny Caper Buds and French Fried Parsley. Served with Charleston Rice flavored with Jones Original Recipe Sausage and a Medley of Roasted Fresh Vegetables. Baked Cherry Streusel topped with House-Made Madagascar Vanilla Bean Ice Cream. Coffee, Tea and Milk. Cost: \$87.



## Annie GET YOUR GUN

**Thursday, May 2. Depart 8:15 a.m.**

Three of the greatest names in American Musical Theatre—Richard Rodgers, Oscar Hammerstein and Irving Berlin—came together to create one of the most original and beloved musical comedies of all time, ANNIE GET YOUR GUN. Many shows claim to be classics but this one truly is. It tells the tale of Annie Oakley - the world's greatest sharpshooter and her topsy-turvy, hilarious journey to find fortune, fame and true love. Along the way she meets Buffalo Bill, Chief Sitting Bull, and an array of colorful characters who help her in her quest. Yet they still find time to sing some of the greatest songs ever to be sung on Broadway, including "Anything You Can Do I Can Do Better," "The Sun in the Morning and the Moon at Night," "I Got Lost in His Arms," and "There's No Business Like Show Business." Menu: Southwestern Santa Fe Black Bean Soup Garnished with Ribbons of Crisp Tortilla Chips. Freshly Baked Breads. Chicken and Ribs: The Fireside's popular and favorite duet, Lean Pork Back Ribs glazed with their Special BBQ Sauce, slowly roasted until the tender meat falls from the bone. Accompanied by our Buttermilk Marinated Southern Fried Baked Fresh Chicken Breast. Served with Baked Idaho Potato stuffed with Fresh Broccoli Buds in a Wisconsin Cheese Sauce. Georgia Pecan Pie: Flaky Crust made in our Bakery, garnished with Whipped Cream and Myers Rum Caramel Sauce. Coffee, Tea and Milk. Cost: \$87.

<h1>January 2013</h1>				
Monday	Tuesday	Wednesday	Thursday	Friday
	1 CLOSED 	2 <b>9:30-10:30 Blood Pressure Check</b> 10:30 Exercise 12:30 Ceramics 1:00 Cribbage Bridge Dominoes	3 9:00 Needlework <b>1:00 DKG Book Discussion</b> 1:00 Sheepshead 500 7:00 Sheepshead	4 9:00 Hand and Foot 10:30 Exercise
7 10:30 Exercise 1:00 Crafts Bridge Dominoes Scrapbooking	8 9:30 Golden Tones <b>9:30-2 Foot Clinic</b> 1:00 Canasta 500 Sheepshead	9 9:30 Shuffleboard 10:30 Exercise 12:30 Ceramics 1:00 Cribbage Bridge Dominoes	10 9:00 Needlework <b>1:00 Senior Mtg./ Member Pizza Party</b> 1:00 Sheepshead~LL 500~LL 7:00 Sheepshead	11 9:00 Hand and Foot <b>9:30 Beginner iPad</b> 10:30 Exercise <b>10:45 Digital Cameras</b>
14 10:30 Exercise <b>11:30-1 A.D.R.C. Help</b> 1:00 Bridge Dominoes Scrapbooking	15 9:30 Golden Tones 1:00 Canasta 500 Sheepshead	16 9:30 Shuffleboard 10:30 Exercise 12:30 Ceramics 1:00 Cribbage Bridge Dominoes	17 9:00 Needlework <b>10:00 Movie &amp; Lunch</b> <b>10:00 Wii with June!</b> <b>1:00 Book Club</b> 1:00 Sheepshead 500 7:00 Sheepshead	18 9:00 Hand and Foot 9:30 Beginner iPad 10:30 Exercise 10:45 Digital Cameras
21 10:30 Exercise 1:00 Bridge Dominoes Scrapbooking	22 9:30 Golden Tones <b>9:30-2 Foot Clinic</b> 1:00 Canasta 500 Sheepshead	23 9:30 Shuffleboard 10:30 Exercise 12:30 Ceramics 1:00 Cribbage Bridge Dominoes	24 <b>8:15 Fireside Departs</b> 9:00 Needlework 1:00 Sheepshead 500 7:00 Sheepshead	25 9:00 Hand and Foot 9:30 Beginner iPad 10:30 Exercise 10:45 Digital Cameras
28 10:30 Exercise 1:00 Bridge Dominoes Scrapbooking	29 9:30 Golden Tones <b>10:30 Diabetes Lecture</b> 1:00 Canasta 500 Sheepshead	30 9:30 Shuffleboard 10:30 Exercise 12:30 Ceramics 1:00 Cribbage Bridge Dominoes	31 9:00 Needlework <b>1:00 BINGO</b> 1:00 Sheepshead~LL 500 ~L.L. 7:00 Sheepshead	

**Birthdays**

- |                     |                    |
|---------------------|--------------------|
| 6 Diane Kernats     | 25 Bonnie Orten    |
| 6 Roger Van Ryzin   | 26 Ken Martin      |
| 9 Gene Bendix       | 27 Robert Linsley  |
| 11 Robbi Happ       | 29 Arlene Pechenko |
| 11 Marion Poklasny  | 30 Bernie Gotthart |
| 11 Janet Trapp      |                    |
| 12 Elaine Kortenhof |                    |
| 16 Sharon Casper    |                    |
| 16 Sue Foti Bendix  |                    |
| 17 Sue Burbach      |                    |
| 18 Arlene Giljohann |                    |
| 19 Marge Gotthart   |                    |
| 20 Carol Beaster    |                    |
| 24 Joyce Mintzclaff |                    |

**Special Events this Month:**

**Senior Meeting and Membership/Pizza Party**, Thursday, January 10, 1:00 p.m. Join us for our quarterly senior meeting followed by a Travel Show and Pizza Party.

**Movie and Lunch**, Thursday, January 17, 10:00 a.m. "Mirror, Mirror". Sign-up with Lynn for the movie and stay for lunch.

**Wii Gaming**, Thursday, January 17, 10:00 a.m. Learn to play those games on the Wii system that you've heard so much about!

**Diabetes Lecture**, Tuesday, January 29, 10:30 a.m.

**BINGO**, Thursday, January 31, 1:00 p.m. Prizes donated by Comfort Keepers.

# February 2013

Monday	Tuesday	Wednesday	Thursday	Friday
				1 9:00 Hand and Foot 9:30 Beginner iPad 10:30 Exercise 10:45 Digital Cameras
4 10:30 Exercise 1:00 Bridge Dominoes Scrapbooking	5 9:30 Golden Tones 1:00 Canasta 500 Sheepshead	6 <b>1:00 Card Retreat</b> 9:30 Shuffleboard 10:30 Exercise Class 12:30 Ceramics 1:00 Cribbage/Bridge Dominoes	7 9:00 Needlework <b>1:00 DKG Book Discussion</b> 1:00 Sheepshead 500 7:00 Sheepshead	8 9:00 Hand and Foot 10:30 Exercise
11 10:30 Exercise <b>11:30-1 A.D.R.C. Help</b> 1:00 Crafts Bridge/Dominoes Scrapbooking	12 9:30 Golden Tones <b>9:30-2 Foot Clinic</b> 1:00 Canasta/500 Sheepshead <b>5:00 Valentine Party</b>	13 9:30 Shuffleboard 10:30 Exercise 12:30 Ceramics 1:00 Cribbage/Bridge Dominoes	14 9:00 Needlework <b>10:00 Wii w/June</b> <b>12:00 Valentine Lunch</b> 1:00 Sheepshead 500 7:00 Sheepshead	15 9:00 Hand and Foot <b>9:30 Computer Basics Part 2</b> 10:30 Exercise <b>10:45 Internet</b>
18 10:30 Exercise 1:00 Bridge Dominoes Scrapbooking	19 9:30 Golden Tones 1:00 Canasta 500 Sheepshead	20 9:30 Shuffleboard 10:30 Exercise 12:30 Ceramics 1:00 Cribbage/Bridge Dominoes	21 9:00 Needlework <b>10:00 Movie &amp; Lunch</b> <b>10:30 Stress &amp; Pain Management Lecture</b> <b>1:00 Book Club</b> 1:00 Sheepshead~LL 500~LL 7:00 Sheepshead	22 9:00 Hand and Foot 9:30 Computer Basics Part 2 10:30 Exercise 10:45 Internet
25 <b>Italian Trip Departs</b> 10:30 Exercise 1:00 Bridge Dominoes Scrapbooking	26 9:30 Golden Tones <b>9:30-2 Foot Clinic</b> 1:00 Canasta/500 Sheepshead	27 9:30 Shuffleboard 10:30 Exercise 12:30 Ceramics 1:00 Cribbage/Bridge Dominoes	28 9:00 Needlework <b>1:00 BINGO</b> 1:00 Sheepshead~LL 500~LL 7:00 Sheepshead	

## Special Events this Month:

### Birthdays

1	Gerald Wilda	17	John Jilek
2	Fay Scheel	22	Marjorie Helms
2	Fran Bigari	22	John Thomas
3	Shirley Cordray	25	Rachel Goldberg
5	Dottie Andrews	26	Bernice Haupt
7	Betty Langlais	27	Doris Offner
10	Betsy Torbeck		
10	Diane Markgraf		
11	Karen Meinert		
14	Valerie Burton		
14	Lucille Freitag		
14	Marlene Kraemer		

**Valentine Party!** Tuesday, February 12, 5:00 p.m. Catered dinner, entertainment by the Kennedy G Chorus and door prizes. FREE to the first 60 members to sign up given by an anonymous donor. Sign-up in the office with Karin or Janelle.

**Lynn's Valentine Lunch Party**, Thursday, Feb. 14, noon.

**Stress & Pain Management Lecture**, Thursday, Feb. 21, 10:30 a.m.

**Movie and Lunch**, Thursday, February 21, 10:00 a.m. "Moonrise Kingdom". Sign-up with Lynn for the movie and stay for lunch!

**Bingo**, Thursday, February 28, 1:00 p.m. Prizes donated by Comfort Keepers.

## Day Trip Policies

Please park your car farthest from the entrances.

**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 three weeks will be refunded only if someone fills the spot. Please notify us when registering if you have special needs.

## Travel Show / Pizza Party

**Thursday, January 10, 1:00 p.m.** Senior Meeting and Travel Show, followed by Pizza, Soda and Dessert! Find out what is going on at the Senior Center and receive detailed information on some fascinating new trips for 2013! Sign up early for the trips you would like to go on and avoid being placed on the waiting list.

## Full House Card and Games Retreat

**February 6 & 7, 2013.** Join us for our first Card and Games retreat at the Daniel M. Soref Education and Retreat Center in Fredonia. Enjoy Sheepshead, Cribbage, Dominoes and Bridge. Begins Wednesday at 1:00 p.m. through Thursday at noon. Includes three meals and hotel-style rooms with all of the amenities. \$65 per person for double occupancy or \$85 per person for single occupancy. Transportation to the retreat center is \$10 or you may drive yourself. For more information contact Cathy Prieto at 414-967-8248.

## That's Italian! Monday, February 25. Depart 9 a.m.

Tour Palermo's "Villa Palermo" with a hot fresh sample to taste. Next tour the Italian Community Center and learn about Bocce Ball with time to play. Enjoy a delicious lunch at the Italian Community Center. Choice of Entrée listed on flyer. Cost: \$68. Must be able to walk 2 city blocks.

## Milwaukee Admirals v. Lake Erie Monsters

**Wednesday, March 27.** Depart TBA.

The Admirals are celebrating "Senior Night!" Bus will drop us off in front of the Bradley Center. Play Bingo with prizes. Enjoy watching from Center Ice (few steps) to see the Milwaukee Admirals take on the Lake Erie Monsters. Watch the "Bald Eagles" (our local 60+ hockey team) in action during intermission. Join us for the singing of the National Anthem if you like. Fee: TBA. Payment due March 13.

## Chicago's Ethnic Salad Bowl

**Tuesday, April 23. Depart at 7:15 a.m.** Stops include Jane Addams Hull House, Chinatown, a magnificent Ukrainian Church, Pilsen (Mexican neighborhood), Pilsen's Mexican Family Bakeries and the Mexican Art Museum. Enjoy delicious Chinese specialties in a favorite Chinatown restaurant. Cost \$88 includes motor coach transportation, lunch, tour guide, all admissions, bakery tasting and museum admission.

## Brewers Games

Wednesday, May 22, Brewers vs. Dodgers, 12:10 p.m.  
Wednesday, August 21, Brewers vs. Cardinals, 1:10 p.m.  
Departure times and price to be determined.

## Extended Trips

See trip fliers for detailed itineraries and pricing.

**The Sea Islands, featuring Beaufort, Savannah & Charleston. Departs April 20, 2013. 8 days, 11 meals.** Free home pickup / return. 3 nights in Beaufort, SC. Tour the Int'l. Museum of the Horse at the Kentucky Horse Park. Narrated trolley tour of Savannah. Narrated horse-drawn carriage tour of Beaufort's antebellum homes. Dolphin watching tour aboard the Prince of Tides, Barbara Jean's Restaurant, Penn Center Museum, Hunting Island State Park. Guided tour of Charleston, Boone Hall Plantation & Gardens, Great Smoky Mountains State Park. Hatfield McCoy Dinner Show. \$40 Mayflower money.

**Iceland (Mayflower Tours) 6 Days, 6 Meals. August 7-12.** Embrace the remote, rugged, breathtaking beauty of Iceland, one of the world's most dynamic places. Quite literally, everything is new in Iceland because the island's volcanoes are constantly creating new land and changing the existing terrain. Don't let the name fool you - this island nation enjoys some of the best hot springs in the world, coated in lush greenery, not ice.

**Alaska Discovery Land & Cruise (Collette). September 14-26.** Highlights: Fairbanks, Stern Wheeler, Denali National Park, Music of Denali Dinner Theater, McKinley, McKinley Express Rail, Whittier, Hubbard Glacier, Glacier Bay, Skagway, Juneau, Ketchikan, Inside Passage. See flyer.

**Celebration Belle (High Rollers) 2 days in 2013.** Features an afternoon aboard the riverboat "Celebration" for their Fall Foliage Cruise on the Mississippi River. Stay at the Isle Casino and Hotel in Bettendorf, IA. On the way home we'll stop at the Potosi Brewery for lunch and a brewery tour. Detailed flyer coming soon.

**Branson Christmas (Mayflower Tours) 4 Days, 6 Meals.** See 5 great shows in Branson: Daniel O'Donnell, Shoji Tabuchi, Brett Family Christmas, SIX, and the Twelve Irish Tenors. More details coming soon.

## ~ 2013 ~

<b>January 10</b>	<b>Membership Pizza Party and Travel Show</b>
January 24	<i>Sizzlin' 60's</i> - Fireside
February 6/7	Senior Card Retreat at Daniel M. Soref Ctr.
February 25	That's Italian!
March 6	<i>Footloose</i> - Fireside
March 27	Milwaukee Admirals vs. Lake Erie Monsters
April 20-27	The Sea Islands - Mayflower Tours
April 23	Chicago's Ethnic Salad Bowl
May 2	<i>Annie Get Your Gun</i> - Fireside
May 22	Brewers vs. Dodgers
July 9	Senior Picnic at Centennial Park
July 10	<i>Little Shop of Horrors</i> - Fireside
July 25	Packer Heritage Trip
August 1	<i>Run for Your Wife</i> - Fireside
August 7-12	Iceland—Land of Fire and Ice
August 21	Brewers vs. Cardinals
September 12	<i>Once Upon a Mattress</i> - Fireside
Sept. 14-26	Alaska Discovery Land & Cruise w/ Collette
October TBA	Celebration Belle
Nov. 11 & Dec. 11	<i>A Fireside Christmas</i> - Fireside
Nov. 14-17	Branson Christmas

\*\*More trips and events to come!

## 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.

## Generations on Line

Generations on Line is a national non-profit program that promotes Internet access and literacy to elders 65 and over who are not familiar with computers. It provides simplified Internet access and on-screen basic training for elders for **FREE!** We have a computer set-up for this program in the dining room where you can learn at your own pace.

A few benefits it offers:

- Simplified email, with a free email account
- Internet searching in 36 languages
- Intergenerational section
- Easy links to other websites (Medicare, Social Security, Veterans information and newspapers from around the world).

Senior Friendship Club member, Frances Bigari has offered to help anyone who like to try this program. Please call (262) 377-6428 for an appointment.

## Thursday Book Club

**NOTE: Switching from the first Monday of the month to the third Thursday of the month beginning in January!**

Ann Vaughan will lead the group discussion of the books.

**Free activity!** Pick up books or CD's at the Grafton Public Library. Upcoming books: January 17th, **Bad Little Falls** by Paul Doiron, and February 21st, **Afraid to Die** by Lisa Jackson.

## Senior Scrapbook **Free activity!**

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.

## Parties

### Membership Pizza Party

**Thursday, January 10, at 1:00 p.m. Pizza at 3 p.m.**

Senior Friendship Club meeting, pizza, soda, and ice cream as well as a Travel Show! The Silver Belles dancers will also perform for us! Tickets: \$6.

### Valentine Party

**Tuesday, February 12, 5:00 p.m.**

Members of the Grafton Senior Center will want to sign up for this party as soon as possible. This is a **FREE** catered turkey dinner generously and anonymously donated for the enjoyment of the first 60 members to sign up. Entertainment provided by the Kennedy G Singers under the direction of Kristin Dillahunt.

### St. Patrick's Party

**Tuesday, March 12, 4:00 p.m.** Great catered Irish

dinner will be served and a performance by the Trinity Irish Dancers! Tickets are \$10 and must be picked up in advance.

## Delta Kappa Gamma Book Discussions

1:00 p.m. here on the first Thursday of the month. Delta Kappa Gamma received a grant to purchase large print books, audio books and CD players in order to lead book discussions with groups of seniors residing in Ozaukee County.

Upcoming books:

January 3rd: **The Language of Flowers** by Vanessa Diffenbaugh; and February 7th: **Book Thief** by Markus Zusak. Sign up in the office. **FREE!** Questions call 377-6380.

## Free Tax Help

Electronic filing is available for Federal, State, and Homestead Credit on Wednesdays, between 8:30 a.m. and 3:30 p.m. by appointment at the Cedarburg Town Hall, 1293 Washington Avenue, Cedarburg. Please call 377-9000 (Harris Bank) after January 10 to schedule your appointment.

## Computer Classes Offered

Small classes of 5-6 people with hands-on training. Specific class subjects will be taught by **Sherry** through **Sandia Creations** on Friday mornings. Choices: Computer Basics Part 1 and 2; Internet; Email, Microsoft Word 2010; Email Attachments; Digital Cameras Beginner Ipad and Facebook. Agendas based on the needs of each class. You must pre-register for these classes. Call 375-5311. Fee \$38. Students are welcome to bring their own laptops to class, or one will be provided for class use.

**Beginner iPad**, 9:30-10:30 a.m., Fridays: January 11, 18, 25 and February 1. Fee: \$38.00

Maybe you received an iPad for Christmas and now you need to learn how to use it. This class is for you! This class is for those new to iPad. In this beginner class, learn how to use the Apps such as calendar, camera, notepad, iBooks, Internet and other applications. Students are required to bring their own iPad to class.

**Digital Cameras**, 10:45-11:45 a.m., Fridays: January 11, 18, 25 and February 1. Fee: \$38.00

Did you take pictures over the holidays that you want to save to your computer and edit? This class is for students who are new to digital cameras or need additional help in understanding the camera's functions. We will work with the student's specific camera, so the student is encouraged to bring the camera's operating manual to class. Students will learn how to compose a picture, download pictures onto the computer, use basic editing tools, save pictures to the computer and burn a CD. Knowledge of understanding computer basics is required for this class. Students are welcome to bring their own laptop to use during this class.

**Computer Basics Part 2**, 9:30-10:30 a.m., Fridays: February 15, 22, March 1 and 8. Fee: \$38.00

Learn how to create shortcuts on the desktop, use the recycle bin, personalize your desktop, name and organize folders, and navigate the control panel and printer dialog box.

**Internet**, 10:45-11:45 a.m., Fridays: February 15, 22, March 1 and 8. Fee: \$38.00

The internet is a vast resource that the student will learn to explore. Learn the basics of searching and saving favorites. Then we'll learn how to shop, pay bills, play games, and explore other areas of interest. Basic Internet security is also covered.