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Grafton Senior Center

1665 7th Avenue, Grafton, WI 53024 | 262-375-5311

**November/
December 2014**

Volume 12, Issue 6

Monday - Thursday

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

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

Senior Friendship Club Officers

President: Ceil Albers

Vice President: Pat Baumann

Secretary: Nancy Milbauer

Sunshine: Doris Schmidt

Crafts: Lu Newberry

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Points of Interest

- **Living Your Best Life**
- **Fashion Show**
- **Christmas Party**
- **Tech Tuesdays**

Member of:

Wisconsin Association of Senior Centers (WASC)

Wisconsin Park & Recreation Association (WPRA)

Thursday September 18th luncheon, "Swap till you Drop!"



Fun for everyone 55 years and better!

Senior Meetings

Find out what events are coming up, voice your suggestions, and meet new friends. Next meeting date: **November 6 at 1:00 p.m.** Guest speaker, Richard Gonzalez will speak about Indian Folklore.

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.

2015 Senior Membership

Please note our policy requiring ALL users of the Grafton Senior Center to show proof of membership. Fees for **2015** will remain 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 Members!

Emily Sauter

James Ulrich

Pat Stoecker

Melvin Buchholz

Ann Turney

Beatrice Ulrich

Charlie Dietrich

Nina Olesiak

TRY SOMETHING NEW

Grafton Dining News and Events

Monday -Thursday at noon; Fridays at 11:45 a.m. Ozaukee County has a meal site at the Grafton Senior Center and provides delicious meals catered by Taher Co. of Brown Deer. The cost of each meal is a donation to the program (\$4 suggestion). Dessert and Coffee are included. Catch up with friends and meet new neighbors. Call Lynn, the Nutrition Site Manager, one day in advance at 262-483-1362 by noon. Menus are available at the Senior Center or at www.qualitylifegrafton.com.

First time diners get a free lunch! Frequent Diner Card: Receive a complimentary lunch after 10 visits!

Upcoming Lunch Events:

November 11 Veteran's Lunch
November 19 Thanksgiving Lunch
November 20 Lunch and BINGO
December 4 Special Event at 9:45 a.m.
December TBA Christmas Party Luncheon, 11:30 a.m.
December 18 Lunch and BINGO

Aging and Disability Resource Center of Ozaukee County at the Grafton Senior Center.

To increase the outreach efforts to community seniors, the A.D.R.C. of Ozaukee County will have a staff person here from **11:00 a.m. - 12:30 p.m., TBA**. Staff will answer questions about services or resources available to help you stay healthy and independent.

Packer Fridays

Each Friday before a Sunday football game.

Join us for lunch and receive a number for Sunday's Packer game. The winner will receive a free lunch. Remember to wear your green and gold!

Veteran's Day

Tuesday, November 11.

Free lunch for Veteran's ages 60 and better. Thank you for your service!

Thanksgiving Lunch

Wednesday, November 19.

Come and wish your friends and neighbors a Happy Thanksgiving!

Special Event

Thursday, December 4, 9:45 a.m.

Check in with Lynn to find out about this special event and stay for lunch.

Christmas Party

December TBA, 11:30 a.m.

It's always a feast with appetizers, lunch and Christmas surprises. It's a holly, jolly good time! Sign up with Lynn.

ONGOING ACTIVITIES

Thursday Night Sheephead

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.

500 and Canasta

Do you or someone you know play 500 or Canasta? 500 is now played on **Tuesday 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

Thursday mornings at 9:00 a.m.

Thank you to 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 necessities for those less fortunate year-round. Come join them!

Calling All Crafters

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

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.**

Thank you Volunteer Leaders!

500: Ruth Patterson. **Bingo:** Ann Haugstad and Lu Newberry. **Sheephead:** Ron and Fay Scheel. **Crafts/Decorating:** Lu Newberry, Carol Polster, Nancy Milbauer, and Pat Baumann. **Dominoes:** Carol Polster. **Parties:** Pat Baumann, Lu Newberry, Lucy Prucca. **Bocce:** Lu Newberry. **Bridge:** Elaine Korten Hof. **Meal site:** Pat Baumann, Lu Newberry, Janet Traxel, and Norb Studelska. **Generations Online Computer Help:** Frances Bigari. **Looking for volunteers to lead Wii, Ping Pong and teach Art.**

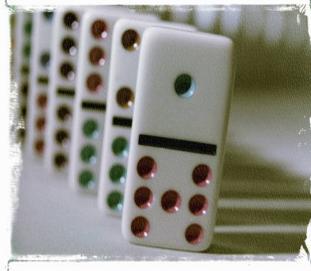
ONGOING ACTIVITIES (CONTINUED)

Dominoes

Monday and Wednesday afternoons at 1:00 p.m.

Chicken Foot is a fun domino 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 domino 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.



Bingo

The last Thursday of the month at 1:00 p.m.

We provide easy finger slider boards. Bingo prizes are sponsored by Comfort Keepers of Grafton.



GOLDEN TONES CHORUS

The Golden Tones Chorus is a mixed choir led by Director Sarah Roesch. Rehearsals are held on **Tuesday mornings** from **9:30-10:30 a.m.**

Fee is \$1 per rehearsal.

New voices are always welcome!
Come join the fun!

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

Wednesdays, Nov. 5 and Dec. 3, 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.

Adult Lap Swim at Grafton High School, 1950 Washington Street

Adult Lap Swim:

Evenings - Tuesday and Thursday, 6:30 p.m. - 8:00 p.m. Closed November 27, December 18 - January 2.



Open Swim:

Saturdays - Beginning November 8, 1:00 - 3:00 p.m. Closed November 29, December 27).

DAILY FEES FOR SENIORS

Resident Daily Fee \$3.00
Non-resident Daily Fee \$4.00

PUNCH CARD FEES FOR SENIORS 55 & BETTER

Resident: \$25 for 10 visits, save \$5, or \$50 for 20 visits, save \$10!
Non-Resident: \$35 for 10 visits, save \$5, or \$70 for 20 visits, save \$10!

AQUA DYNAMICS and DEEP WATER AEROBICS
Classes are held on Tuesday and Thursday evenings from 6:30 - 7:30 p.m. at the Grafton Pool. Register at Grafton Parks and Recreation Department, 675 N. Green Bay Road. Instructors: Jan Hill and Evelyn Nowak. Call Grafton Parks and Recreation Department for updated information on programming at 375-5310.

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. The Fitness Room will help keep our seniors healthy and active!

Ping Pong Anyone?

We would like to get a Ping Pong league started up again. Please stop in the office or call to let us know if you are interested in playing on the second and fourth Thursdays of the month at 10:00 a.m. FREE!

Toe Nail Trimmers Foot Clinic

At Grafton Senior Center from 9:30 a.m.-2:00 p.m. Tuesdays, **November 11 and 25, December 9 and 23, January 13 and 27.** Cost: \$25 for a 30 minute appointment. Call ahead to make a reservation.

Wii

Come 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.**

Adult Basketball

Drop-in for a night on the court! Adult Basketball will start Tuesday, November 4 from 7:00-8:45 p.m. at Grafton Elementary School. Drop-in once, or drop-in weekly. Cost is \$3 each time you come.

Dates include: November 4, 11, 18 and 25. December 2, 9, 16. January 6, 13, 20, 2015. *November 11 and December 2 will have a 7:30 p.m. start time.

Pick up basketball, H-O-R-S-E, Free throw shooting and more. Bring a light and a dark colored shirt. A supervisor will be on duty.

PICKLEBALL!

What is Pickleball? Pickleball is one of the fastest growing sports in the country, especially with seniors! It is a sport for all ages similar to tennis, but on a court the size of a badminton court. Warning: This game may be addictive!

Adult Pickleball program is offered through the Grafton Parks and Recreation Department, 375-5310. Drop-in Pickleball, is played on **Saturdays from 6:30-8:30 p.m.** at John Long Middle School, 700 Hickory Street. (*No play on November 29 or December 27*). Fee: \$3 per night. Try it!

HEALTH AND WELLNESS

Living Your Best Life

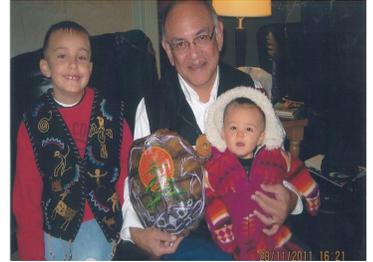
Thursday, December 11, 10:00 a.m.

Robert Dittmer, Senior Support Specialist from COPE Services will be here to present "*Living Your Best Life: Reviewing Your Life and Finding Resources and Greater Joy.*" This informative, yet humorous presentation is free and open to the public. Call the Senior Center at 375-5311 so we have an attendance estimate.

Senior Friendship Club Meeting and Guest Speaker

Thursday, November 13, 1:00 p.m.

After the senior meeting agenda items are covered, Richard Gonzalez, Grafton resident and former principal of Grafton schools will speak on his Iroquois Confederation, Oneida Tribe, and Turtle Clan heritage and citizenship. His Indian name is "Loliwayn^tati" which means "He Who Brings the Good Word".



Need help with your Leaves?

The Grafton High School Athletic Leadership Team is looking to help senior citizens in Grafton on **Sunday, November 2** from **1:00-3:00 p.m.** raking leaves.

If you are interested in FREE help please sign up in the Senior Center office. We will need your name, address and phone number. Grafton High School athletes will rake your leaves on this date as a community service project.

THE FIRESIDE DINNER THEATRE

The Sensational 70's

Thursday, January 22, 2015. Depart 8:15 a.m.

The Fireside's Live Band Show has become a cherished tradition that draws tens of thousands of people every year from all over the Midwest and beyond. Enjoy music from one of the most exciting decades of the 20th century. You've loved THOSE FABULOUS 50'S and SOLID GOLD 60'S and now The Fireside brings you a super-charged show like no other. Neil Diamond; the Bee Gees; Elton John; Chicago; Donna Summer; Earth, Wind, and Fire; James Taylor; Jackson Five; and ABBA are only some of the great artists who will be represented in this explosive musical celebration featuring the Fireside Band led by the ever popular Steve Watts. Menu: Chopped Chef's Salad. Finely diced Radicchio, Belgium Endive, Frisee and Iceberg Lettuce, Hard-boiled Egg, Red Onion, Grape Tomato, Avocado, Cucumber, Jones Hickory Smoked Bacon Chips and Wisconsin Cheddar cheese topped with The Fireside's Pepper Cream Dressing and Crisp Tortilla Ribbons. Freshly Baked Breads. Pacific Rim Pork Loin. Delicately marinated, lightly grilled, braised and presented with a Signature Polynesian Sauce on a bed of Blended Wild Rice and Sautéed Fresh Golden Pineapple. Served with Fresh Asparagus Spears and a Shiitake Mushroom Carrot Flan. Georgia Pecan Pie. Rich flavorful custard with Fresh Pecans in a flaky crust, garnished with Fresh Whipped Cream and Myers Rum Caramel Sauce. Coffee, Tea and Milk. Cost: \$89.

The Wizard of Oz

Wednesday, March 11, 2015. Depart 8:15 a.m.

We're off to see the Wizard! Generations have grown up loving this classic tale of a of an enchanted land - first as a beloved children's book, then as an iconic Hollywood film. And now the Fireside will perform an exciting stage adaptation of this legendary musical. It's all there - good witches, wicked witches, munchkins, a cowardly lion in search of courage, a tin man in search of a heart, a scarecrow in search of a brain, and a young girl from Kansas in search of home. It's a show for the entire family filled with eye-popping costumes, rib-tickling humor, breath-taking adventure, and an immortal musical score including one of the greatest hit songs in musical history - "Over the Rainbow." Menu: Cream of Shiitake Mushroom Soup flavored with Spanish Sherry. Freshly Baked Breads from our Artisan Bakery. Chicken Oskar - Skinless Breast of Chicken, lightly grilled, poached with steam, topped with Fresh Asparagus, Hollandaise Sauce and crowned with a Butterflied Gulf Shrimp. Served with Garlic Parmesan Orzo and Escalloped Tomatoes. Golden Pineapple Cake - Yellow Cake crowned with Caramelized Fresh Pineapple accompanied by House-Made Salted Caramel Ice Cream. Coffee, Tea and Milk. Cost: \$89.

All Shook Up

Thursday, May 7, 2015. Depart 8:15 a.m.

Join us for the Fireside premiere of this rocking, rollicking musical comedy featuring the songs of the King of rock and roll - Elvis Presley. No tight pants, no kissing and no loud music. Those are the rules in one small Midwestern 1950's town. But then a stranger comes to town - a rebellious, guitar-playing, hip swiveling roustabout (who bears a striking resemblance to the King himself). All at once everything changes - young love blooms, unspoken dreams begin to come true, and the once quiet little town is turned upside down in this hilarious, tuneful, high-stepping, award-winning Broadway romp featuring laughs, romance, thrilling dances, and a host of your favorite Presley classics such as "Jailhouse Rock," "Hound Dog," "Heartbreak Hotel," "Blue Suede Shoes," "Don't Be Cruel," "Burning Love" and many, many more! Menu: Signature Salad - Watermelon, Cantaloupe, Kiwi, Strawberries, Blueberries, and Orange Segment over Fresh Garden Greens, sprinkled with Sesame Croutons and our Famous Papaya Chutney Dressing. Freshly Baked Breads from our Artisan Bakery. Chicken and Ribs - Lean Pork Back Ribs glazed with our Special Barbecue Sauce, slowly roasted until the tender meat falls from the bone. Accompanied by our Buttermilk Marinated Baked Fresh Chicken Breast. Served with a Baked Idaho Potato stuffed with Steamed Broccoli Buds in a Monterey Jack Cheese Sauce and a Corn Bread Muffin. Triple Layer Carrot Cake Cream Cheese Frosting with House-Made Rum Raisin Ice Cream. Coffee, Tea and Milk. Cost: \$89.

More 2015 Fireside Shows: Guys on Ice on July 9; Pump Boys and Dinettes on August 6; West Side Story on September 10; and A Wonderful Life on November 19 and December 10.

The Fireside Dinner Theatre is proud to accommodate those customers with hearing aids with the Loop broadcasts. If you're not sure if your hearing aid has the Loop, check with your audiologist.



TRIPS / EVENTS

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. Due to the limit of staff, the Center cannot provide one-on-one assistance.

Ho Chunk Casino

Friday, November 7, Depart 8:15 a.m. Return Approximately 7:30 p.m.

One stop at Ho Chunk Casino in the Dells followed with a stop at Baraboo Candy. Cost: \$33 per person, receive \$25 in credits on your player's club card and 10% off of your meal.

Shopping Trip to Fox River Mall

Monday, November 17, Depart 8:15 a.m. Return 6 p.m.

Cost: \$25 for a deluxe motor coach, coupons, snacks and a beverage. Lunch is on your own. Door prizes will be drawn on the bus. Enjoy great shopping at over 180 of your favorite stores.

Reservations and payment due November 1.

A Fireside Christmas

November 20 and December 10. See pg. 6.

Badger's 95th Anniversary

Sunday, February 8. Depart 9:45 a.m. Return 7:50 p.m.

BadgerBus Tours celebrates their 95th Anniversary with an exclusive showing of *A Talent for Murder* at the Beloit Civic Center. A buffet lunch featuring two pasta entrees, vegetable, salad, cookies and non-alcoholic beverage prior to the performance at Domenico's Italian Ristorante. Cost: \$84.

Billy Elliot the Musical

Sunday, April 19. Depart TBA.

Based on the internationally-acclaimed, smash hit musical Billy Elliot follows a young boy as he trades in his boxing gloves for dancing shoes. In a small town in the English countryside, Billy discovers a passion for dance that inspires his family and his whole community, and changes his life forever. The musical phenomenon is set to an explosive hit score by Elton John. Don't miss this joyous celebration of one boy's journey against the odds to make his dreams come true!

Venue: Drury Lane at Oakbrook Terrace with a 10-Station Gourmet Sunday Brunch. Cost: TBA.

Travel Show and Pizza Party

Thursday, January 15. 1:00 p.m.

Attend our annual travel show and avoid the waiting list for our 2015 trips. Save money and travel with your Senior Center! Advanced tickets required for the pizza party.

Extended Trips

See trip flyers for detailed itineraries with pricing.

A Taste of the South Pacific (Collette)

February 9, 2015. 13 days, 15 meals. Cairns, Great Barrier Reef, Sydney Opera House, Fiji and much more!

Flavors of the South (Mayflower Tours)

April 18, 2015. Enjoy two nights in New Orleans, two nights in Lake Charles and two nights in Memphis.

Canadian Capitals of The East (Mayflower Tours)

August 7, 2015. Ottawa, Toronto, French Canada.

Discover Switzerland, Austria and Bavaria (Collette)

September 24 - October 3, 2015. Bern, Montreux, Lucerne, Innsbruck, Salzburg and Oberammergau.

~ Trips and Events ~

2014

November 7	Ho Chunk Casino
November 17	Shopping Trip to Fox River Mall, Appleton
November 20	A Fireside Christmas
December 10	A Fireside Christmas

2015

January 15	Travel Show / Pizza Party
January 22	Sensational 70s at The Fireside
February 8	Badger's 95th Anniversary - Beloit
February 9	A Taste of The South Pacific ~ Collette
February 10	Valentines Party
March 6	Ho Chunk Casino
March TBA	St. Pat's Party with Beglan Irish Dancers
March 11	The Wizard of Oz at The Fireside
April 19	Billy Elliot the Musical at Drury Lane
April 23	Brewers v. Cincinnati
April 18	Flavors of The South ~ Mayflower Tours
May 7	All Shook Up at The Fireside
June 25	Brewers v. NY Mets
July 14	Senior Picnic at Zaun Pavilion
July 22	Brewers v. Cleveland
August 7	Canadian Capitals of the East ~ Mayflower Tours
July 9	Guys on Ice at The Fireside
August TBA	Arlington Horse Races
August 20	Pump Boys & Dinettes at The Fireside
September 10	West Side Story at The Fireside
September 24	Discover Switzerland, Austria & Bavaria ~ Collette
October 15	Mystery Trip
November 6	Ho Chunk Casino
November 17	Shopping Trip
Nov. 19 & Dec. 10	A Wonderful Life at The Fireside
December TBA	A Grand Geneva Christmas

Please let us know if there is somewhere you would like to go and we will look into it. More information available at our annual Travel Show on January 15.

KEEP LEARNING

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 would like to try this program. Please call her at (262) 377-6428 for an appointment.

DKG Book Discussions

This group meets on the **first Thursday of the month at 1:00 p.m.** 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: **November 6, *Saving CeeCee Honeycutt*** by Beth Hoffman and **December 4, *The Fault in Our Stars*** by John Green. Sign up in the office. **FREE!** Questions call: 377-6380.

Art Classes

The Senior Center would like to offer art classes again. Please call the office if you are interested in sharing your talents with others. 262-375-5311.

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. Gift certificates can be purchased for any amount and used for any day trip, party or special event.

Tech Tuesdays

Don't miss out on **FREE** technical education and help! Reference Librarian, Leslie Jochman, from the Grafton Public Library will be here to give information on the following computer programs and topics:

November 4: Online Safety
January 6: eBooks, eAudiobooks & Digital Magazines
January 20: Word Basics
February 3: Excel Basics
February 17: Facebook Basics
March 3: Online Safety



Online Safety: Learn important information about how to protect yourself and your data while you surf the internet.

eBooks, Audiobooks and Digital Magazines: Learn the basics to downloading free eBooks and eAudiobooks at the library through Overdrive. Also, find out how to download digital magazines through Zinio. This class will introduce you to everything you need to know about eContent at the library.

Word: Learn the basics of this processing application. You will learn to easily create professional-looking documents such as letters, resumes and more.

Excel: Microsoft Excel is a spreadsheet application that allows you to store, manipulate and analyze data for home and business tasks.

Facebook: Learn how to set up a Facebook account, change your settings and create posts. Get tips on what to do and what not to do with your Facebook account.

Email: This class will teach you how to set up your very own email account, compose messages, and organize your inbox.

Please sign up in the office for these **FREE** informational sessions.

E-Readers and E-Book Help

Utilize "Book-A-Librarian", a free service from the USS Liberty Memorial Library at 375-5315 for a one-on-one lesson.



Let's Talk

NEW! Every Third Thursday, Monthly. 10:30 - 11:30 a.m.

"Let's Talk" is a new small group discussion opportunity which will be held on the third Thursday of each month from 10:30 a.m. - 11:30 a.m. in the conference room. If you like a lively and data driven conversation, then this is the group for you. We will reference verifiable information along with a dash of humor! You are asked to bring in an article of interest to share with the group. For more information about the "Let's Talk" group, see or call Carol Polster at 377-1553 and sign up in the office.

PARTIES

Christmas Dinner Party

Tuesday, December 2, 3:00 p.m.

Menu: Carved Turkey Breast, Garlic Mashed Reds, Glazed Baby Carrots, Tossed Lettuce Salad (choice of two dressings), Dinner Rolls and Butter, Eggnog, Coffee and Cake. Catered by Moxie Girl Catering. Entertainment by the Grafton High School Chamber Choir! Advanced tickets required and must be purchased by November 21st; \$10-Senior Center member, \$12-non-member.

Membership Pizza Party & Travel Show

Thursday, January 15, 2015, 1:00 p.m.

Following our quarterly membership meeting we will find out where in the world our seniors can travel to utilizing great group discounts. Enjoy a variety of pizza, soda and dessert. Please purchase tickets in advance for the pizza party, \$6.

Valentine's Party

Tuesday, February 10, 5:00 p.m.

Entertainment by the *Kennedy G Group*. Menu: Chili Supper, Italian Bread, Salad, Dessert, Coffee and Punch. Advanced tickets required, \$7.

St. Patrick's Party

Tuesday, March TBA, 4:00 p.m.

Catered Irish Dinner. Entertainment by the Beglan Academy of Irish Dance. Menu and ticket prices coming soon.

Fashion Show and Beauty Tips

**Tuesday, November 11
1:00 p.m.**

Join us for beauty tips and a fashion show.

Demonstrations and money saving ideas will be presented by Walgreens and Family Sharing.

Sign up in the office for this fun and FREE event.

November Events

2014

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 10:30 Exercise 1:00 Bridge, Dominoes, Scrapbooking	4 NO CHORUS TODAY 1:00 Tech Tuesday Online Safety 1:00 Canasta, 500, Sheephead ELECTION DAY!	5 9:30-10:30 Blood Pressure Check 10:30 Exercise 1:00 Cribbage, Bridge, Dominoes	6 9:00 Needlework 1:00 DKG Book Club 1:00 Sheephead 7:00 Sheephead	7 8:15 Ho Chunk Trip 9:00 Hand and Foot 10:30 Exercise
10 10:30 Exercise 1:00 Bridge, Dominoes, Scrapbooking	11 9:30 Chorus 9:30-2 Foot Clinic 1:00 Beauty Tips and Fashion Show 1:00 Canasta, 500, Sheephead	12 10:30 Exercise 1:00 Cribbage, Bridge, Dominoes	13 9:00 Needlework 1:00 Friendship Club Meeting 1:00 Sheephead~LL 7:00 Sheephead	14 9:00 Hand and Foot 10:30 Exercise
17 8:15 Shopping Trip 10:30 Exercise 1:00 Bridge, Dominoes, Scrapbooking	18 9:30 Chorus 1:00 Canasta, 500, Sheephead	19 10:30 Exercise 12:00 Thanksgiving Lunch 1:00 Cribbage, Bridge, Dominoes	20 8:15 Fireside Trip 9:00 Needlework 10:00 Wii w/ Friends 10:30 Let's Talk 1:00 Bingo 1:00 Sheephead 7:00 Sheephead	21 9:00 Hand and Foot 10:30 Exercise
24 10:30 Exercise 1:00 Bridge, Dominoes, Scrapbooking	25 9:30 Chorus 9:30-2 Foot Clinic 1:00 Canasta, 500, Sheephead	26 10:30 Exercise 1:00 Cribbage, Bridge, Dominoes	27 	28 CLOSED

Birthdays



1 Kathy Harvey	22 Charlene Ikeya
1 Ruth Kiehnau	25 Eunice Leemon
6 Eunice Westcott	27 Sal Natoli
8 Judie Braam	28 Florence Rathke
8 Irene Kiehnau	28 Bob Sommer
10 Bette Carr	29 Orrene Reblin
10 Dorothy Kussrow	29 Richard Victoria
11 Karen Grady	30 Judy Ferlemann
11 Janet Traxel	
12 Jodie Wolf	
13 Lu Newberry	
14 Celia Albers	
15 Trudy Zarling	
16 Barbara Lindholm	
16 Violet Roeske	
22 Phyllis Blanc	

Special Events:

Delta Kappa Gamma Book Discussion Group, November 6, "Saving CeeCee Honeycutt", by Beth Hoffman.

Tech Tuesdays, November 4, 1:00 p.m.
Free information session on Online Safety.

Beauty Tips & Fashion Show, November 11, 1:00 p.m.

Friendship Club Mtg., November 13, 1:00 p.m.

Wii Gaming, November 20, 10:00 a.m.

Let's Talk, November 20, 10:30 a.m.-11:30 a.m.
Conference Room.

BINGO, November 20, 1:00 p.m.

December Events

2014

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 10:30 Exercise 1:00 Bridge, Dominoes, Scrapbooking	2 9:30 Chorus 1:00 Canasta, 500, Sheepshead 3:00 Christmas Party	3 9:30-10:30 BP Check 10:30 Exercise 1:00 Bridge Cribbage, Dominoes,	4 10:00 Movie 1:00 DKG Book Club 1:00 Sheepshead 7:00 Sheepshead	5 9:00 Hand and Foot 10:30 Exercise
8 10:30 Exercise 1:00 Bridge, Dominoes, Scrapbooking	9 9:30-2 Foot Clinic 9:30 Chorus 1:00 Canasta, 500, Sheepshead	10 8:15 Fireside Trip 10:30 Exercise 1:00 Bridge, Cribbage, Dominoes	11 9:00 Needlework 1:00 Sheepshead 7:00 Sheepshead	12 9:00 Hand and Foot 10:30 Exercise
15 10:30 Exercise 1:00 Bridge, Dominoes, Scrapbooking	16 9:30 Chorus 1:00 Canasta, 500, Sheepshead	17 10:30 Exercise 1:00 Cribbage, Bridge, Dominoes	18 9:00 Needlework 10:00 Wii w/ Friends 10:30 Let's Talk 1:00 BINGO! 1:00 Sheepshead~LL 7:00 Sheepshead	19 9:00 Hand and Foot 10:30 Exercise
22 10:30 Exercise 1:00 Bridge, Dominoes, Scrapbooking	23 9:30-2 Foot Clinic 9:30 Chorus 1:00 Canasta, 500, Sheepshead	24	25 	26 9:00 Hand and Foot 10:30 Exercise
29 10:30 Exercise 1:00 Bridge, Dominoes, Scrapbooking	30 9:30 Chorus 1:00 Canasta, 500, Sheepshead	31 		

Birthdays

2 Ronald Carr	22 Edith Stefaniak
5 Robin Mateske	23 Nancy Julius
5 Kathryn Schultz	24 Michael Renda
8 Karen Schmidt	26 Ellen Holyoke
9 Earl Witte	28 Joan Strahan
12 Darlene Sukowski	29 Walter Multerer
13 John Noldin	
14 Vivian Sherman	
14 Marion Meganck	
16 Nancy Anderson	
17 Barbara DeBroux	
19 Carmela Renda	
20 Lorrie Clayton	

Special Events:

Christmas Party, December 2, 3:00-5:00 p.m.

Delta Kappa, December 4, "The Fault in Our Stars" by John Green.

Wii Gaming, December 18, 10:00 a.m.

Let's Talk, December 18, 10:30 -11:30 a.m.
Conference Room.

BINGO, Thursday, December 18, 1:00 p.m.

Village of Grafton
Grafton Senior Center
1665 7th Avenue
Grafton, WI 53024

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5 Tips for Helping Seniors Manage Holiday Stress

1. Set Realistic Goals

We know visiting family and friends is always on the to-do list during the holiday season, but traveling and meeting with people all day can be physically and mentally exhausting. Make sure to schedule ample rest time throughout and allow for plenty of transportation time in between visits so that there's no rushing around to see last-minute guests.

2. Keep Set Schedules

If you're used to waking up at a certain time, eating at a certain time and going to bed at a certain time, make sure to respect your schedule. Staying up later to accommodate family visits or having to eat later in the evening because of a difference in meal times can be difficult and stressful to acclimate to, so make sure you know beforehand what the holiday schedule looks like.

3. Keep Expenses to a Minimum

Many seniors are on fixed incomes. Keeping costs low can help ease any financial stress associated with the holidays. Travel, gifts and food can all start to take a toll on the checkbook, so make sure to create a realistic budget and stick to it.

4. Plan Appropriate Activities

A six-hour shopping trip may not be the best idea for a senior who has difficulty walking or standing for long periods of time. If these types of activities are unavoidable, make sure that a walker or wheelchair is available to make activities easier and more comfortable.

5. Keep Friends or Family Around

Along with the fun and happy aspects of holidays comes sadness for many seniors - especially those who've lost loved ones. Be sure to not isolate yourself or your elderly companion. There are always churches and other civic organizations that offer holiday parties and gatherings, or volunteer at a local organization to stay social during the holidays.