



Grafton Senior Center

Volume 7, Issue 4

July and August 2009

Grafton Senior Center
1665 7th Avenue
Grafton, WI 53024

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

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Points of Interest

- * Generations on Line
- * ADRC Outreach
- * Computer Classes
- * Shows / Trips
- * Lunch Menu & Events
- * Bocce Ball
- * Wii gaming
- * Art Classes

55 Plus Equals Fun!

Senior Friendship Club Officers:

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

Senior Committee Meetings

Tuesday, August 11 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

Find out what events are coming up, voice your suggestions, and meet new friends. There is no meeting in July or August.

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 Information

Community events, classes and trips. Boards are located in the lobby, podium, elevator, and in the dining room.

Welcome New Members!

Sue Peterson
Monika Egle
Dzidra Musbach
Jan Zarling
John Albert
Shirley Cordray
Mary Cole

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).

Recent Events



Go Brewers Go!



Bicycling Champs - Senior Games
Trudy Zarling, 24 mi. & June Kiehnau 18 mi.

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.

Tahr of Brown Deer is our new provider. The food is great, especially the desserts. Come try our great program!

Upcoming Lunch Events:

July 2	4th of July Party
July 23	Movie 10 a.m. "Bride Wars"
July 30	Lunch and Bingo at 1:00 p.m.
August 13	Lunch Picnic at Grafton High School
August 20	Movie 10 a.m. "Hotels for Dogs"
August 27	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 once a month on a Wednesday from 11:00 a.m. - 1:00 p.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: July 22 and August 19.**

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, July 23 at 10:00 a.m. "Bride Wars" (PG13).

Starring: Kate Hudson and Anne Hathaway
In Manhattan, lawyer Liv and school teacher Emma have been best friends since their childhood. They both are proposed to by their boyfriends on the same day and plan their wedding parties in Plaza Hotel, using the services of the famous Marion St. Claire. However, due to Marion's secretary's mistake, their weddings are scheduled for the same day. None of them agrees to change the date and they become enemies, trying to sabotage the wedding party of the rival.

Thursday, August 20, 10:00 a.m. "Hotel for Dogs"

Starring: Lisa Kudrow and Kevin Dillon
Animals are forbidden at Andi and her little brother Bruce's foster home. But for Friday, the adorable dog they secretly care for, they're ready to risk everything. They finally find him an ideal shelter, a huge abandoned hotel that Bruce transforms thanks to his engineering genius. Friday is joined by other furry friends and their barking alerts the neighbors and the local pound who can't understand the disappearance of all of the stray dogs.

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

Nurse Sheila Novin is here to help with the growing concerns of foot care for seniors. Appointments consist of a foot & toenail assessment, soak, gentle exfoliation wash, toenail trim, and foot massage. Bring two hand towels and a wash cloth. Appointments required. Sheila will be here on July 14, 16, August 11, 20, September 8 & 17.

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

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 **first and third Friday of the month from 1 - 2 p.m.**
 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.

Be comfortable

The sun is out and the air conditioning is on inside. If you tend to get cold easily, please bring a light sweater that you can remove and avoid wearing sandals for your comfort. We try to keep the thermostat set for the enjoyment of most people.

Nutrition

Eat your way to better health: A nutrient-rich diet helps support the immune system and fight disease. Good nutrition is essential to maintaining the immune system's ability to function at optimal levels. You can enjoy a nutritious meal at the Grafton Dining Center. Diabetic options are also available. Call Lynn at 262-483-1362 for more info. as well as the monthly menu on back page.

A few other tips for healthier eating:

- Don't skip breakfast!
- Swap whole grains for refined grains
- Choose fresh, whole fruit
- Sneak in some beans

Source: American Dietetic Association

Chair Massage

Currently we are looking for another masseuse as Darcy Nordberg recently moved to Eau Claire.

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. Dates: **July 1** and **August 5**.

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! Play ends in September with a breakfast following the season. Players are needed for Thursday mornings!

Water Exercise

Water aerobics is great for people with arthritis pain as there is no pounding on the joints! Classes are held at the Grafton Family Aquatic Center. 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. Dates: Tuesdays and Thursdays, June 23 - August 25 (no class on July 23).

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. Dates: Mondays and Wednesdays, 5:30-6:30 p.m. June 22 - August 19.

Swimming Hours



Grafton Family Aquatic Center, 649 N. Green Bay Road
 Pool open June 12 - August 30.

Adult Lap Swim: Monday, Wednesday, Friday 6:30-7:30 a.m. and 5:30-6:30 p.m. Sundays from 5:30-6:30 p.m.

Senior Fees: \$2 Resident; \$3 Town; \$5 Non-Resident

Senior Season Pass Fees:

Resident \$29, Town \$40, Non-Resident \$60.

Ozaukee Senior Games - Grafton participants

Competitive Walk - 1. Trudy Zarling

Bocce Ball - 1. Gert Haas & Diane Holman

Bike Ride - 1. Trudy Zarling, 24 miles

Women's Doubles - 1. Betty Robison

Bowling - 2. Lyle Fries, 680; 3. Ceil Albers, 500

Chickenfoot - 3. Janet Traxel

Shuffleboard - 1. Gert Haas 2. Ruth Mappes & Joyce DeBuhr

3. Kathie Geitz

Bridge - 2. Betty Lou Peterson

The **FIRE**SIDE Dinner Theatre

The Sound of Music

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

Winner of eight Tony awards including Best Musical, The Sound of Music is a tune-filled tale of hope, courage, friendship and love. Classical songs from the joyful, "My Favorite Things," to the stirring "Climb Every Mountain". Menu: Signature Salad - Fresh Fruit with Oriental Vegetables over Fresh Greens, 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; Pink Cinnamon Apple Sauce; Sweet Corn with Red Peppers and Edamame Soybeans. Viennese Sacher Torte - Chocolate Cake with Apricot Filling and Bing Cherry Ice Cream.

"Here's Love" Based on "Miracle on 34th Street"

Thursday, November 19 & Friday, December 4. Depart 8:30 a.m.

"Here's Love" is a big brassy Broadway musical with a heart. Macy's Thanksgiving Parade needs a new Santa. Enter Kris Kringle - a sweet and jolly old man who claims he is the real Santa Claus. Thus begins this funny, warm, tuneful, and inspirational musical as Kris has to prove his claim in court and teach his cynical neighbor and her daughter to believe in the goodness and love that is Christmas. Menu: Snowflake Salad; Freshly Baked Breads; Roast Tenderloin of Beef - Chef carved Medallions on a Toast Crouton glazed with a Madeira Wine Peppercorn Sauce. Served with a Potato Cheese Croquette and a Bouquetiere of Garden Vegetables. Holiday Pear with a Chocolate Ganache center on Frangelico Hazelnut Crème Anglaise. Coffee, Tea or Milk. Cost: \$80.

2010 Shows!!!

Thursday, January 21, "**Those Fabulous 50's and 60's**" with The Fireside House Band!

Thursday, March 25, "**Joseph and the Amazing Technicolor Dreamcoat**"

Thursday, May 6, "**Cinderella**"

Thursday, July 8, "**Ring of Fire**" - The Johnny Cash Story and Music

Thursday, September 23, **Mystery Musical**, to be announced in March 2010 as it is still on Broadway

Thursday, November 18, "**The Child**"

Thursday, December 15, "**The Child**"

- September 23 title cannot be released until March per agreement with a group currently performing on Broadway.
- "The Child" is a two act show. The first part is a festive Christmas show. After the intermission, "The Child" written by the Christian group who wrote "The Witnesses" and "Rock & the Rabbi." The story of the first Christmas told through the eyes of Joseph. 2010 cost to be determined soon.

<h1>July 2009</h1>				
Monday	Tuesday	Wednesday	Thursday	Friday
		1 10:30 Exercise 10:30 Blood Pressure 12:30 Ceramics 1:00 Cribbage Dominoes	2 9:00 Handicrafters 9:30 Bocce Ball 1:00 Sheepshead 7:00 Sheepshead	3 CLOSED 
6 10:30 Exercise 1:00 Cards 1:00 Bridge Chickenfoot	7 9:30 Bocce Ball 1:00 Canasta 500 Sheepshead	8 10:30 Exercise 1:00 Senior Picnic at Centennial Park 1:00 Cribbage Dominoes	9 9:00 Handicrafters 9:30 Bocce Ball 1:00 Sheepshead 1:00 No Senior Meeting 7:00 Sheepshead	10 10:30 Exercise 1:00 Hand and Foot
13 10:30 Exercise 1:00 Cards Bridge Chickenfoot	14 9-2 Foot & Nail Clinic 9:30 Bocce Ball 1:00 Canasta 500 Sheepshead	15 10:30 Exercise 12:30 Ceramics 1:00 Cards	16 9:00 Handicrafters 9-2 Foot & Nail Clinic 9:30 Bocce Ball 1:00 Sheepshead 7:00 Sheepshead	17 10:30 Exercise No Wii due to movie at the Family Aquatic Center tonight
20 10:30 Exercise 1:00 Bridge Cards Scrapbooking	21 9:30 Bocce Ball 1:00 Canasta 500 Sheepshead	22 6:15 LaCrosse Boats 8:30 Intro to Art 10:30 Exercise 11-1 A.D.R.C. Help 12:30 Ceramics 1:00 Cribbage / 500/ Dominoes	23 9:00 Handicrafters 10:00 Movie "Bride Wars" 1:00 Sheepshead 7:00 Sheepshead	24 9:00 Intermediate Computers 10 Digital Cameras 10:30 Exercise 1:00 Hand & Foot
27 10:30 Exercise 1:00 Bridge Cards Scrapbooking	28 12:00 Lunch and Kids From WI Show 1:00 Canasta 500 Sheepshead	29 8:30 Intro to Art 10:30 Exercise 12:30 Ceramics 1:00 Cribbage / 500/ Dominoes	30 8:30 Fireside Trip 9:00 Handicrafters 9:30 Bocce Ball 1:15 Bingo 1:00 Sheepshead~LL 7:00 Sheepshead	31 9:00 Intermediate 10:00 Digital Cameras 10:30 Exercise 1:00 Hand & Foot

Birthdays

- 1 Glenn Goethel
- 3 Ruth Wertz
- 5 Evelyn Dommer
- 6 Virginia Worth
- 6 Val Wilde
- 8 Tess Hepner
- 8 Peggy Giese
- 9 Caroline Schilberg
- 9 Alice Kohlwey
- 10 Richard Holyoke
- 10 John Van Slyke

- 11 Jerry Westcott
- 11 Lillian Peters
- 12 Marie Mayer
- 13 Margaret Wagner
- 14 Betty Lou Peterson
- 14 Joyce Harvey
- 14 Mary Uselding
- 16 Helen Barlow
- 16 Walter Kornitz
- 17 Angie Ellner
- 17 Diane Myers
- 17 Nancy Lang

- 18 Al Patterson
- 20 Patti Lubenow
- 21 Marge Melchior
- 22 Oliver Weidmann
- 24 Jack Charney
- 24 Bernice Gloede
- 25 Jacqueline Lenburg
- 26 Jean Barth
- 26 Ellen Kellen
- 27 Kathie Geitz
- 28 Rita Arentz
- 28 Margaret Bliese

- 28 Lynn Hauser
- 30 Maria Ruch
- 30 Gerald Johnson
- 30 Harvin Abrahamson
- 30 William Nelson
- 30 Eileen Woyach
- 31 Judy Van Matre

August 2009				
Monday	Tuesday	Wednesday	Thursday	Friday
3 10:30 Exercise 1:00 Scrapbooking Bridge Chickenfoot	4 9:30 Bocce Ball 1:00 Canasta 500 Sheepshead	5 8:30 Intro to Creativity 9:30 Bocce Ball 10:30 Exercise 10:30 Blood Pressure 1:00 Cribbage / 500 Dominoes	6 7:00 Czech it Out Trip 9:00 Handicrafters 9:30 Bocce Ball 1:00 Sheepshead 7:00 Sheepshead	7 9:00 Intermediate 10:00 Digital Cameras 10:30 Exercise 1:00 Hand & Foot 1:00 Wii Gaming
10 10:30 Exercise 1:00 Crafts Bridge Scrapbooking	11 9-2 Foot & Nail Clinic 9:30 Bocce Ball 1:00 Canasta 500 Sheepshead	12 8:30 Intro to Creativity 10:30 Exercise 1:00 Cribbage / 500 / Dominoes	13 9:00 Handicrafters 9:30 Bocce Ball 12:00 Mealsite Picnic <u>No Senior Meeting</u> 1:00 Sheepshead 7:00 Sheepshead	14 9:00 Intermediate 10:00 Digital Cameras 10:30 Exercise 1:00 Hand and Foot
17 10:30 Exercise 1:00 Crafts Bridge Scrapbooking	18 9:30 Bocce Ball 1:00 Canasta 500 Sheepshead 5:00 Daniel O'Donnell	19 10:30 Exercise 11-1 A.D.R.C. Help 1:00 Cribbage / 500 Dominoes	20 9-2 Foot & Nail Clinic 9:00 Handicrafters 9:30 Bocce Ball 10:00 Movie & Lunch "Hotel for Dogs" 1:00 Sheepshead 7:00 Sheepshead	21 10:30 Exercise 1:00 Hand & Foot 1:00 Wii Gaming
24 10:30 Exercise 1:00 Crafts Bridge Scrapbooking	25 9:30 Bocce Ball 1:00 Canasta 500 Sheepshead	26 9:15 Arlington Trip 10:30 Exercise 1:00 Cribbage / 500 Dominoes	27 7:45 Arlington trip 9:00 Handicrafters 9:30 Bocce Ball 1:00 Bingo 1:00 Sheepshead~L.L. 7:00 Sheepshead	28 10:30 Exercise 1:00 Hand & Foot <hr/> 30 Depart 11:00 a.m. Church Basement Ladies
31 10:30 Exercise 1:00 Crafts Bridge Chickenfoot Scrapbooking				

Birthdays

1 Ruth Mappes	9 John Lasessig	18 Monika Egle	31 Evelyn McCullum
1 Dorothy Wisniewski	10 Dottie Weber	19 Mary Neth	31 Janet Schneider
2 Paula Koenig	11 Phyllis Wallock	20 Bill Wallock	
2 Gerald Mortensen	13 Marilyn Sawnsen	20 Joan Griesbach	
3 Mel Buchholz	13 Evelyn Livingston	21 Kay Erdmann	
3 Sharon Parker	15 Fran Betz	22 Rita Rothman	
4 Norbert Studelska	15 Ann Haugstad	23 Leonard Pietrowiak	
5 Doris Cram	15 Helen Feih	23 Milton Koch	
5 Lois Flynn	15 Barbara Couture	26 Wendell Smith	
8 Sharon Wrecza	17 Virginia Hokenson	27 Eleanor Zahn	
8 Alfred Smaxwill	17 Karen Dimercurio	28 Ann Leque	
	18 Irene Brabender	31 Florence Jamrozy	

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.

Brewers Matinee Games

Wednesday, September 9: Brewers vs. Cardinals. 11:15 a.m. Cost: \$41.00 per person. Wait list only.

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.

Kids From Wisconsin

Tuesday, July 28. Carpool from Senior Center at noon.
Family Style luncheon at New Port Shores. Menu: Soup or Salad, Roast Pork, Baked Chicken, Mashed Potatoes and Gravy, Vegetables, Rolls and Chef's Dessert. Lunch costs \$12. Then, off to Port Washington High School for the 2:00 p.m. matinee. General seat tickets are \$10. Carpool.

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 Wisconsin Czech Choraliers. Cost: \$83.

Daniel O'Donnell

Tuesday, August 18th, Depart 5:00 p.m.
Daniel O'Donnell is returning to Wisconsin after 2 years! Daniel and guest artist Mary Duff bring a little bit of Ireland to the Milwaukee Theatre. We have Mezzanine seating for the 7:00 p.m. performance. Cost: \$109 due at sign up.

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. Choice of: Lasagna, Spaghetti & Meatballs, Chicken Parmigiana or Fettuccine Alfredo. Payment due July 10. \$65.

Church Basement Ladies

Sunday, August 30. Depart 11:00 a.m.
M*A*S*H's Father Mulcahy, William Christopher, stars in the hilarious musical that mixes the silliness of *Nunsense* with the humor of *Prairie Home Companion*. A celebration of church kitchens everywhere and the women who work them. Lunch at Briscoe County Wood Grill. Then off to the Weil Center for the show. Cost: \$76 includes ticket, meal, and gratuities.



Day Trip Parking

Please park your cars in the spaces farthest from the entrances of the parking lot. We should reserve the spaces closest to the building for those seniors 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. Please notify us when registering if you have special needs.

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

Friday, October 16. Depart 7:15 a.m. Return 4:30 p.m.
Visit the brand new Oprah Store, Oprah's Closet and Harpo Studios. Eat lunch at one of Oprah's favorite restaurants, enjoy her favorite specialty popcorn and toffee. Discover where she lives, shops and works and hear interesting stories about her life on a narrated driving tour. \$83 due September 11. Sorry, Oprah will not accommodate groups to her show.

Smoky Mountain Fall Foliage

October 5-9, 2009. 5 Day Trip.

A few of the highlights of this trip include: The Tennessee Shindig, Black Bear Jamboree, Patty Waszak Show, Country Tonite, Dollywood, Harvest Celebration, Smoky Mountain Tour, visit to the Wabash and Erie Canal Interpretive Center, a scenic canal cruise, Wolf Park and tour of the Albanese Candy Factory. Double Occupancy \$799. This tour is through the Grafton and Port Senior Centers and escorted by Badger Tour & Travel.

Milwaukee Symphony Orchestra

Youth Concert matinee dates for 2009-2010:
Tuesday, October 20; Thursday, December 3;
Tuesday, February 2; Thursday, February 18 and
Wednesday, May 12. Cost to be announced soon.



2009 At a Glance

July 8	Senior Picnic at Centennial Park
July 22	La Crosse Boats and Bluffs
July 28	Kids From Wisconsin Concert
July 30	The Witnesses at the Fireside
August 6	Czech It Out!
August 18	Daniel O'Donnell
August 27	Arlington Horse Races
August 30	Church Basement Ladies @ Weil Center
September 9	Brewers vs. Cardinals
September 10	The Sound of Music at the Fireside
October 5-9	Smoky Mountain Fall Foliage Trip
October 16	The Big "O" (Oprah's Chicago)
October 20	M.S.O. Concert at Cooley Auditorium
October 28	Halloween Costume Party
November 19	Here's Love at the Fireside
December 3	M.S.O. Teen Concert at Uihlein Hall
December 4	Here's Love at the Fireside
December 16	Christmas Party

* 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 during the school year a fun activity is planned and there is no cost associated with the activities, except for the Admirals game trip. Our partnership will begin after the school year starts in September.

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.

July. No Senior Meeting.

Thursday, August 13 No Senior Meeting as the Mealsite Picnic is the same day at Grafton High School.

Next meeting: **Thursday, September 10.**

Art Classes

Taught by Grafton artist Hank Klapproth.

"Intro to Creativity" - an intermediate level class held on Wednesday mornings from 8:30 - 11:30 a.m.

Class dates: Wednesdays July 22, 29, August 5 & 12.

Fee is only \$35 for the class and includes all art supplies that are needed!

Call 375-5311 to reserve your spot as space is limited.

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.

Intermediate Computers 9:00-10:00 a.m., Fridays: July 24, 31, August 7 & 14. Fee: \$45.00

This class will build upon the basics of using the computer by introducing some tips on what the computer can do for you. Mindy will introduce the control panel, short cuts, how to id files, save files as well as a few other tricks.

Fun with Digital Cameras, 10:00-11:00 a.m., Fridays: July 24, 31, August 7 & 14. Fee: \$45.00

Learn how to take pictures using a digital camera! Take pictures, edit, save and print pictures and projects. Use your own camera if you have one and bring the attachments. If you do not have one you may use one of the instructor's cameras.

Internet Basics, 9:00-10:00 a.m., Fridays: September 4, 11, 18 & 25. Fee: \$45.00.

Learn to explore the vast Internet. We look at the basics of searching and saving favorites. Students will learn how to shop, pay bills, play games, and explore areas that they are interested in. Basic Internet security is also covered.

E-Mailing, 10:00-11:00 a.m., Fridays: September 4, 11, 18 & 25. Fee: \$45.00.

Now you will be able to finally email your kids and grandkids! Get a free email account, look at different parts of the email program, send and receive email, forward, send attachments and start an address book are just a few of the many things you will learn in this class.

Parties

Senior Picnic

Wednesday, July 8, 1-5 p.m.

Centennial Park, 1370 7th Avenue, Grafton.

Join us for great food, music, games, prizes and fun! Live musical entertainment provided by Michael J. Dombrowski!
Menu: Brats, Hamburgers, BBQ Chicken, Potato Salad, Chips, Baked Beans, Fresh Fruit Salad, Dessert, Beer and Soda.
Fee: \$10 members; \$12 non-members of the Grafton Senior Center. Advanced tickets required.

Halloween Costume Party

Wednesday, October 28. 4:00 p.m.

Menu: Homemade Lasagna Dinner, Bread, Salad, Assorted Pies, Apple Cider and Coffee. Costume Contest, door prizes and musical entertainment.
Advanced tickets required. Tickets are \$7.00.
Helen Seidl will entertain us on her accordion.

Christmas Party

Tuesday, December 8. 4:00 p.m.

Menu: Turkey with Stuffing, Ham, Mashed Potatoes, Steamed Vegetables, Cake, Coffee and Eggnog.
Entertainment and cost to be determined soon.

Entertainment Books

Get the book that pays for itself! Save on entertainment, travel, dining and more. All proceeds will benefit the Grafton Senior Friendship Club. Cost of the book is \$35.00. Buy one for yourself and a friend as it makes a great gift! Books are sold until supplies last.

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. Free activity.
October 5, "Bad Blood" by Linda Fairstein. November 2 they will discuss, "She Walks These Hills" by Sharyn McCrumb.