



**Senior Coordinator  
Karin Sevener**

ksevener@village.grafton.wi.us

**Assistant Coordinator  
Janelle Herbrand**

jherbrand@village.grafton.wi.us



# Grafton Senior Center

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

**Nov. / Dec.  
2016  
Volume 14, 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

- Aging Mastery Program
- Prevent Investment Fraud
- Second Tuesdays
- Shuffleboard

## Member of:

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

## Fun for everyone 55 years and better!

**Pictured Above:** John Pospichal playing piano during a Monday lunch hour. John Pospichal has been playing the piano since he was 6 years old. He was taught by the nuns at St. John's Catholic School in Muscoda, WI. As he got older, John really enjoyed playing with local bands. When bands such as Guy Lombardo and Tommy Dorsey were in the area, John would go to the halls and would study how the musicians mastered their craft which influenced the way he would approach a song. John can hear a song and play it, without reading sheet music. He also plays accordion, guitar, ukulele and banjo! John has passed his love of music on to his family. His three children and three grandchildren all play the piano and a few other instruments. One granddaughter is a classically trained vocalist and teaches music to middle school students. John very much enjoys and looks forward to playing his music for the people at Grafton Senior Center during lunch on Mondays. Sign-up for lunch to hear John play!

### Senior Meetings

Find out what events are coming up, voice your suggestions, and meet new friends.

**Next meeting: November 10, 1:00 p.m.**

Officer elections in November! Please consider serving the Senior Center in one of the following positions: President, Vice President, Secretary, Sunshine or Craft Committee.

**Presentation to follow, by Jim Rice. Former history teacher, coach and school superintendent and current author of three books presents, "Why We Love the Packers!"** **2017 Senior Meetings: January 26, April 13, August 10 and November 9.**

### 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.

### 2016 Senior Membership

Please note our policy requiring ALL users of the Grafton Senior Center to show proof of membership. Fees for 2016 remains 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!

Donna McInay	Barbara Patrick	Carol Kather
Dorothy Henning	Maureen Ellerbrock	Robert Ellerbrock
Diane Duero	Bill Duero	Connie Gierach
Kay Walden	Alice McCormick	Kay Rollings

## 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, milk 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](http://www.qualitylifegrafton.com). **First time diners get a free lunch!**  
**Frequent Diner Card:** Complimentary lunch after 10 visits!

### Upcoming Lunch Events:

Nov. 3 & Dec. 1	<i>Monthly Birthday Celebrations</i>
November 14	A.D.R.C. Specialist
November 11	Veteran's Lunch
November 16	Thanksgiving Lunch
11/17 & 12/29	Lunch and BINGO
December 22	Christmas Lunch

### 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.** Staff will answer questions about services or resources that are available to help you stay healthy and independent. **Next date: Monday, November 14, FREE!**

### New! Reserve Your Own Table

Call Lynn if you would like to reserve a table for you and your friend or friends! 262-483-1362

### New! Monthly Birthday Celebration!

**November 3 and December 1, 12:00 p.m.** Join us the first Thursday of each month for lunch and birthday cake to follow. If it's your birthday, you get free lunch that day or to use on a future visit. Call Lynn to sign up! 262-483-1362.

### Packer Fridays - GO PACK GO!

Come for lunch and get a number for Sunday's game. Winner will receive a free lunch. Wear your green and gold!



### Veteran's Day Lunch

**Friday, November 11, 11:45 a.m.**

All Veteran's receive a FREE lunch this day. THANK YOU for your service!

### BINGO Lunch - Thursdays, November 17 and

**December 29 at 1:00 p.m.** Join us for lunch at noon and stay to play BINGO at 1:00 p.m. We provide easy finger slider boards. Sponsored by Steve French.

### Thanksgiving Lunch - Wednesday, November 16.

We have A LOT to be thankful for! Come and wish your friends a Happy Thanksgiving!

### Christmas Party-Thursday, December 22, 11:30 a.m.

Wear your red and green. ALL are welcome! Sign-up with Lynn today.

### New Year's Lunch - Tuesday, January 3, 2017.

## 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.

### 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 262-377-1757. Canasta is played on Tuesdays at 1:00 p.m. New players welcome!

### Needlework **Thursdays, 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!

### Senior Scrapbook **Mondays, 1:00 p.m.**

Help preserve some great memories at our Senior Center! We have photos and newspaper articles we would like to display in our scrapbooks. Materials will be provided. No experience necessary. **Free activity!**

### Mah Jongg **Mondays & Thursdays, 1:00 p.m.**

A fascinating rummy-like game played with tiles rather than cards originated in China. Join us!

### Talents to Share?

Do you have a special talent or skill you would like to teach others? If so, contact Karin or Janelle to set up a time to showcase your talent. Examples include craft projects, musical entertainment, teaching a new game or any other new activity.

### Bingo **The last Thursday of the month unless other-**

**wise noted at 1:00 p.m.** Easy finger slider boards are provided. Prizes are sponsored by Steve French. Questions? Call the Grafton Senior Center at 262-375-5311.

## Thank you Volunteer Leaders!

500: Ruth Patterson. Bingo: Ann Haugstad and Lu Newberry. Sheepshead: Ron and Fay Scheel. Crafts/Decorating: Lu Newberry, Carol Polster, Nancy Milbauer, and Pat Baumann. Dominoes: Carol Polster. Parties: Pat Baumann and Lu Newberry. Bocce: Lu Newberry. Sip & Swipe: Genee Brukwitzki. Bridge: Elaine Kortenhof. Meal site: Pat Baumann, Lu Newberry, Janet Traxel, and Norb Studelska. Mah Jongg: Ann Haugstad and Norma Mandlman. Office: Penny Eichers. Starbucks FoodShare: Leila Behrens, Ann Haugstad and Lavern Johnson.  
Looking for volunteers to lead: Wii and Ping Pong.

# 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.

## GOLDEN TONES CHORUS

So much fun to be had with this group! Join today! The Golden Tones Chorus is a mixed choir led by Director Sarah Roesch. Rehearsals are **Tuesday mornings** from **9:30-10:30 a.m.** Fee is \$1 per rehearsal. New voices always welcome!



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# HEALTH AND WELLNESS

## Senior Exercise Class

Classes are held on Monday, Wednesday and Friday from 10:30-11:30 a.m. Class fee: \$1 each time you come. The first half of class includes seated stretches, use of Thera bands and light hand weights followed by low impact aerobics to music. Instructor: Geri Pinkowsky.

## FREE Blood Pressure Checks

**Wednesdays: November 2, December 7, and January 4, 9:45-10:45 a.m.** Meadowmere Northshore is proud to sponsor BP checks the first Wednesday of each month.

## Threshold Singers

Acapella choir group to start in January of 2017 with weekly rehearsals. The goal is to bring ease and comfort to those at the thresholds of living and dying. A calm and focused presence at the bedside, with gentle voices, simple songs and sincere kindness. All voices welcome. Must be or become a member of the Grafton Senior Center. Call Kay at 262-384-0082 for more information.



## 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 **third Thursday of the month from 10:00-11:00 a.m.**

## 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 helps keep our seniors healthy and active!

## Swimming at the Grafton School Pool

### DAILY FEES FOR SENIORS

Resident: \$3.00; Non-resident: \$4.00

### ADULT LAP SWIM

Mondays & Wednesdays: 6:30-8:00 p.m.

**OPEN SWIM** Saturdays: 1:00-3:00 p.m. beginning November 12.



**Aqua Dynamics** - Held in the shallow end of the pool, Aqua Dynamics is a great way to exercise for those with arthritis as it is easy on the joints. Instructor: Jan Hill.

**Deep Water Workout** - Held in the deep end of the pool using a provided flotation belt. Aqua resistance gloves available for purchase. Mondays and Wednesdays from 6:30-7:30 p.m.  
**Session 2: October 31 - December 12**, no class 11/23.  
**Session 1: January 2 - February 8, 2017.**  
Fee: \$51 Village / \$62 non-residents.

**Toe Nail Trimmers Foot Clinic** **November 22 and December 27, 9:30-2.** Cost: \$27 for a 30 minute appointment. Call ahead to make a reservation.

## Second Tuesday Presentations

**The second Tuesday of each month from 10:00-11:00 a.m.** Carolyn Schweitzer will present informational presentations on the second Tuesday of each month courtesy of Home Helpers. Enjoy donuts and refreshments while learning about a different topic each month.

**November 8: Coping with Grief During the Holidays**  
Losing a loved one is never easy, especially learning how to manage the holidays. We will be discussing different ways to help you cope during this difficult time.

**December 13: Christmas Trivia and Sweet Treats!**

**January 10: Giving Back to Others**

Come help us create cards and/or crafts that will be distributed to pediatric cancer patients at Children's Hospital.

## Your Hospital Stay, What's Your Status?

**Wednesday, December 7, 9:30 a.m.**

Join a healthcare professional to learn if you are an inpatient or outpatient! This information will enlighten you about changes in hospital admissions related to Medicare benefits.



## PICKLEBALL!

Pickleball is one of the fastest growing sports in the country with older adults! A sport for all ages similar to tennis, but on a smaller, badminton-sized court. Adult Pickleball program is offered through the Grafton Parks and Recreation Department. Call 262-375-5310 for more information. Drop-in Pickleball, is played on **Saturday evenings from 6:30-8:30 p.m.** at John Long Middle School, 700 Hickory Street. There are four regulation-size Pickleball courts at this gym with one court dedicated for novice play. Richard Cook will teach you how to play. Four Pickleball paddles are available for use if you do not have your own. Fee \$3. No play on November 5 and 26 and December 24 and 31.



## Shuffleboard

Keep active this winter! Shuffleboard League began on **Wednesday, October 5**, and runs through **April 12, 2017**. Games are played on Wednesdays at 9:30 a.m. This is a fun and easy game, no experience is necessary. We will not play on days with inclement weather. This league is underway but could always use more substitutes. Sign up in office if you have interest!

## Open Basketball

Pick-up basketball, H-O-R-S-E, free throw shooting and more! Bring a light and dark colored shirt. Open basketball is open to High School students and adults. Gym Supervisor: David Hiller.

**Tuesdays: November 15 - January 17, 2017** (no open gym on December 27) from 7:15-8:45 p.m. Fee: \$3 per person, per night.



# HEALTH AND WELLNESS

## Ten Tips to Prevent and Detect Investment Fraud

**Wednesday, November 9, 11:30 p.m.**

Do you trust your financial planner? Should you? Financial planners should act in your best interests, but sometimes they don't. Learn tips and tools to evaluate your financial planner's performance for yourself. Discussion topics will include:

- (1) Finding a financial planner with your interests at heart.
- (2) Understanding investment options and deciding what's right for you.
- (3) Monitoring your financial planner.
- (4) How to detect fraud and investments too good to be true.

Come with questions. Refreshments will be served. This is a FREE educational presentation. Sign up in office with Karin or Janelle or by calling 262-375-5311. Presented by Melnick & Melnick, S.C., Mequon, WI.

## YOGA

**Saturdays: October 29 - December 10, 2016.**

**January 21 - February 25, 2017.**

Classes at the Senior Center, Lower Level from 8:00 - 9:00 a.m.  
Fee: \$23 Village; \$27 Non-residents. Instructor: Renee Jacque.

## MORNING CARDIO TONE

**Session 9: November 11 - December 16, on M,W,F. 8:15-9:15 a.m.**

Fee: \$42 Village; \$51 Non-resident. Instructor: Geri Pinkowsky.

## SENIOR EXERCISE

**Monday, Wednesdays and Fridays from 10:30-11:30 a.m.** \$1 per class. Instructor: Geri Pinkowsky.

No Class November 23, 25, December 23, 26.

## PICKLEBALL

**Saturdays: 6:30-8:30 p.m.** at John Long Middle School, \$3 per night.

No play on November 5 & 26, December 24 & 31.

## SWIMMING

Lap swimming at the Grafton High School Pool.

**Monday and Wednesday** evenings from **6:30 - 8:00 p.m.**

**Saturday: 1:00 - 3:00 p.m.** beginning November 11.

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# THE FIRESIDE DINNER THEATRE

## Fireside Christmas

**Thursday, November 17 and Thursday, December 8. Depart 8:15 a.m.**

Since it first debuted in 1993, over a million people have enjoyed our twenty special editions of A FIRESIDE CHRISTMAS. This tradition has made The Fireside the number one choice for Christmas entertainment for guests from around the nation and around the world. Join us as we present another all new edition of A FIRESIDE CHRISTMAS, bringing you a show that will re-ignite the true Christmas spirit in all of us. Through songs, stories, and dances – both traditional and original – we commit ourselves to capturing the very heart and essence of the holiday season. Each show is new and exciting, with gorgeous new costumes and sets, new songs and dancing, and new ways to tell the familiar stories of the season. What never changes is our faithfulness to the traditions and memories of this most joyous of seasons. Menu: Winter Wonderland Salad, Strawberries, Mangoes, Candied Pecans and Feta Cheese on Arugula and Kale glazed with a Raspberry Vinaigrette. Freshly Baked Breads from our Artisan Bakery. Beef and Bird; Boneless Beef Short Rib slowly braised in a Red Wine Beef Stock. Accompanied by Chicken Waterford, a skinless Chicken Breast, dipped in buttermilk and egg, lightly breaded, sautéed, topped with Corned Beef, Caramelized Leeks and Jarlsberg Swiss Cheese on an Irish Mustard Sauce. Served with Whipped Acorn Squash sweetened with Maple Syrup and Brown Sugar and Fresh Green String Beans. Trilogy of Cheesecakes, Three favorite flavors of our light and creamy homemade Cheesecakes – Bailey's Irish Cream, Key Lime and Malted Milk Tiger Butter.

Coffee, Tea and Milk. Cost: \$90.

## Mama Mia

**Thursday, January 19. Depart 8:15 a.m.**

Over 60 million people all around the world have fallen in love with this sensational musical. Featuring the music of ABBA, the show has just completed a 14 year run on Broadway and is still playing to sold out houses in the West End of London. The Fireside is the very first area theatre to bring to life the characters, the story and the music that make MAMMA MIA the ultimate feel-good show! A mother, a daughter, a Greek island paradise, a trip down the aisle you'll never forget, and the story-telling magic of ABBA's timeless songs propel this enchanting tale of love, laughter and friendship, creating an unforgettable show. Menu: Wisconsin Beer Cheese Soup with Jones Cherry Wood Smoked Bacon, Freshly Baked Breads from our Artisan Bakery, Pretzel Crusted Stuffed Chicken; Skinless Breast of Chicken stuffed with Havarti Cheese, dipped in egg, rolled in Pretzel Crumbs, sautéed to a golden brown, and baked; served with a Balsamic Raspberry Sauce, accompanied by Yukon Gold Potato Wedges, Fresh Asparagus, and Carrots, Lemon Chess Pie, A favorite in the South, Creamy Lemon Custard garnished with Fresh Whipped Cream and Diced Fresh Strawberry Coulis, Coffee, Tea and Milk. Cost: \$90.

## Beauty and The Beast

**Thursday, March 8. Depart 8:15 a.m.**

Take the most revered love story the world has known. Sprinkle it with a healthy dose of Disney magic. What you have is a sparkling, hilarious, touching, dazzling, and endearing musical! Disney's BEAUTY AND THE BEAST has thrilled millions of people of all ages, in every corner of the world - first as an unforgettable animated masterpiece; then as an award-winning Broadway musical which ran for 13 years and was nominated for 9 Tony Awards. Now it comes to life on the Fireside stage in an all new breath-taking production filled with stunning scenery, ravishing costumes, fabulous dancing, side-splitting humor, and delightful songs. It is a show you'll never forget, a story of eternal romance, a tale as old as time. Menu: Garden Salad; Mesculin Greens, Spinach, Romaine, and Chopped Iceberg Lettuce, Red Beets, Cauliflower, Grape Tomatoes, and Cucumbers topped with a House-Made Sweet Sour Dressing, Jones Cherry Wood Smoked Bacon Chips, and French Fried Buttermilk Onion Strings. Freshly Baked Breads from our Artisan Bakery, Beef Short Rib; Slowly braised in beef stock and dressed with a red wine demi-glaze. Served with Whipped Idaho Potatoes, a Baked Tomato stuffed with Creamed Spinach, and Fresh Green String Beans, Blueberry Crisp Fresh Blueberries baked with Port Wine and Brown Sugar Streusel, served warm with our Homemade Vanilla Bean Ice Cream. Coffee, Tea and Milk. Cost: \$90.

### 2017 Fireside Shows!

**South Pacific**, May 4; **Back to the 50's with The Steve Watt's Band**,

June 28; **Church Basement Ladies**, August 10; **Elvis Lives**, September 14; **Miracle on 34th Street**, Nov. 16 and Dec. 13.

The Fireside Dinner Theatre is proud to accommodate those customers with hearing aids with the Loop broadcasts. If you are 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. We encourage our members, who **need special assistance** to register for events, programs, and especially trips, **with a friend, family member or caregiver to provide the assistance** they may need. Due to the limit of staff, the Center cannot provide one-on-one assistance.

## Ho Chunk Casino

**Friday, November 4. Depart 8:15 a.m.** Located in Baraboo, WI, approximately two hours from Milwaukee, Ho Chunk has added a Poker room and a bar/lounge area plus over 1,000 new machines - even penny slots! We will stop at Baraboo Candy on the way home. Cost: \$33, includes deluxe motor coach transportation and \$25 in credits on your player's club card at the machines.

## Shopping at Fox River Mall

**Monday, November 21. Depart 8:15 a.m.** Get your Christmas shopping done early! Experience sensational shopping at over 180 of your favorite stores like Macy's, Younkers, Williams-Sonoma, Scheels All Sports, Pottery Barn, Coldwater Creek, Chico's, Target, Sears, Talbots, Ann Taylor, Abercrombie & Fitch, Aeropostale, and JC Penney! Great Choices for family dining include Northwood's Café, Fratellos Restaurant & Brewery, Atlanta Bread Company and TGI Friday's. Cost \$26, due November 2, includes deluxe motor coach bus, snacks, and beverage. Lunch is on your own. Door prizes will be drawn on the bus!

## Oneida Casino Trip

**Friday, February 24. Depart TBA**  
Includes deluxe motor coach transportation and player credits. Watch for a detailed trip flyer coming soon.

## Booth Brothers Christian Concert

**Tuesday, March 28. Depart 8:15 a.m.**  
Refreshing humor, inspiring songs and encouraging words are embedded in every concert. This trio has received many awards including, "Album of the Year", "Trio of the Year" and "Best Live Performers" to name a few. Cost: \$76, due February 28, includes deluxe motor coach transportation to the Fireside Dinner Theatre in Fort Atkinson, a delicious buffet luncheon and reserved seating for an inspiring Christian Concert. Seats are limited!

## Extended Trips

See trip flyers for detailed itineraries with pricing.

### **Discover Panama. January 26-February 3, 2017.**

This trip includes Gamboa Rainforest Resort, Embera Indigenous Village, *Pacific Queen* Panama Cruise, Panama City, Miraflores Locks, Anton Valley and Chitre' as well as 8 breakfasts, 4 lunches, 4 dinners.

**Great American Solar Eclipse to: Saint Joseph, Missouri. August 19-23, 2017. 5 days, 8 meals. Buffalo Bill Museum; John Wayne birthplace & Museum; Walter Cronkite Memorial; Total Solar Eclipse viewing; Mark Twain Riverboat with narrated tour and more.**

\*\*\*Did you know we have more opportunities if our selected trips do not meet your needs? Stop in for a travel book. Thank you for choosing travel with the Senior Center through these providers. Our senior center receives marketing credit!\*\*\*

## ~ Trips and Events ~

### 2016

October 31	Halloween Costume Party
November 4	Ho Chunk Casino
November 8	Coping w/ Grief during the Holidays
November 9	Investment Fraud presentation
November 10	Senior Meeting & Officer Elections and <i>Why We Love the Packers</i>
November 17	A Fireside Christmas
November 21	Shopping Trip to Fox River Mall
December 6	Christmas Party
December 7	What's Your Admission Status?
December 8	A Fireside Christmas
December 13	Christmas Trivia and Sweet Treats!
CLOSED	November 24, 25, December 23, 26, 30

### 2017

January 2	Closed. Happy New Year!
January 10	Giving Back to Others
January 19	MAMMA MIA! at the Fireside
January 26	Pizza Party / Travel Show
January 26	Discover Panama trip
February 14	Valentine's Party
February 24	Oneida Casino
March 28	Booth Brothers Christian Concert
March 8	<i>Beauty and the Beast</i> at the Fireside
March TBA	St. Patrick's Dinner Party
April 22	Backroads of Sunny Florida
July 11	Senior Picnic at Zaun Pavilion
August 19	Solar Eclipse Tour: Saint Joseph, MO
September 21	Romantic Rhine & Mosel River Cruise

Save \$\$\$ and travel with the Grafton Senior Center!

# KEEP LEARNING

## Book Discussions

This group meets on the **first Thursday of the month at 1:00 p.m.** Please meet us to chat about upcoming books! **November 3, *The Lake House* by Kate Morten, and December 1 *The Bean Trees* by Barbara Kingsolver .** FREE! Questions call: 262-375-5311.

## Investment Fraud Presentation

**Wednesday, November 9, 11:30 a.m.-12:30 p.m.-L.L.**

Do you trust your financial planner? Should you? Financial planners should act in your best interests but sometimes they don't. Learn tips and tools to evaluate your financial planner's performance for yourself. We'll discuss how to (1) find a financial planner with your interests at heart, (2) understand investment options and decide what's right for you, (3) monitor your financial planner, and (4) detect fraud and investments too good to be true. Come with questions. Refreshments served. Presentation by attorneys from Melnick & Melnick, S.C.



## Let's Talk

**Every Third Thursday, Monthly from 10:30 - 11:30 a.m.**

"Let's Talk" is a small group discussion opportunity which is 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 this group is 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.



Participants from the first Aging Mastery Program class held on September 15. Last class will be on November 17.

## 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 15: Internet Basics**  
**December 20: Computer Basics**  
**January 17: Pinterest**  
**February 21: Facebook**

**Internet Basics:** Are you new to the internet? This class will teach you about different internet browsers, how to search for and browse different websites, and more.

**Computer Basics:** Are you a computer beginner? This class will teach you the basics of how to use Microsoft Windows 7. Learn how to get started with the start menu, how to organize files, and more. If you own a laptop, you are encouraged to bring it along.

**Pinterest:** Pinterest is a popular social network used to collect and share things you find on the internet. Think of it as an online bulletin board. This class will teach you the basics of Pinterest, how to make an account, how to create pin boards, and how to pin items. Pinterest is great for sharing recipes, finding home decorating ideas, and more!

**Facebook:** Learn the basics of Facebook, such as how to set up an account, change your settings, and create posts. Learn about likes, comments, sharing, and more. You will also get some tips on what to do and what not to do with your Facebook account.

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

## Sip and Swipe is Here!

*Sip and Swipe Cafes* may be the next wave of future for older adults in Ozaukee County to get hands-on learning opportunities with some of the latest technology (swipe) with light refreshments (sip). These "cafes" will be held at area senior centers with older adults comfortable with tablets and iPads coaching others who are not familiar. These devices allow you to video chat (talk while actually seeing others), read free books, send and receive email, or simply lose yourself in a game. The A.D.R.C. along with the Grafton, Cedarburg and Port Washington Senior Centers have recently received a grant for this program. Genee Brukwitzki has graciously volunteered to teach other older adults how to use tablets in Grafton. Call the Senior Center to reserve a time to learn. Free!



## 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.

# PARTIES AND EVENTS

## Upcoming Events:

### Monthly Birthday Celebration

Join us the first Thursday of every month. Enjoy cake and ice cream with lunch as we celebrate all birthdays for the month. Upcoming dates: September 1, October 6, November 3 and December 1. Sign up with Lynn at least one day in advance. 262-483-1362

### Pizza Party and Travel Show

**Thursday, January 26, 1:00 p.m.** Please support the Grafton Senior Center and renew your annual membership. Hear about exciting Day and Extended Trips offered in 2017! Meeting at 1:00 p.m. followed by All-You-Can-Eat Pizza, soda and ice cream. Pizza ticket cost is \$6 and can be purchased in the office from Karin or Janelle.

### Valentine Party

**Tuesday, February 14, 5:00 p.m.** Entertainment by the *Kennedy G Group*.

### St. Patrick's Party

**Tuesday, March TBA, 2017, 4:00 p.m.**

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



**December 6, 3-5 p.m.**

Enjoy a delicious Christmas dinner catered by Grafton Catering and hear our very own Golden Tones Chorus. Menu: Baked Glazed Ham, Mashed Potatoes & Gravy, Stuffing, Mixed Vegetable, Tossed Lettuce Salad, Dinner Rolls and Butter, Eggnog, Coffee and Cake.

Tickets must be purchased in advance. Cost: \$10 / member, \$13 / Guests.

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# November Events

# 2016

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<b>1</b> 9:30 Choir Rehearsal 1:00 Canasta, 500, Sheepshead	<b>2</b> 9:30 Shuffleboard <b>9:45-10:45 BP Check</b> 10:30 Exercise 1:00 Bridge, Cribbage, Dominoes	<b>3</b> 9:00 Needlework <b>12:00 November Birthday Celebration Lunch</b> <b>1:00 Book Discussion</b> 1:00 Mah Jongg, 1pm&7pm Sheepshead 4:00 AMP	<b>4</b> 9:00 Hand and Foot 10:30 Exercise
<b>7</b> 10:30 Exercise 1:00 Mah Jongg, Dominoes, Scrapbooking Open Ping Pong-LL	<b>8</b> 9:30 Choir Rehearsal <b>10:00 Home Helpers</b> 1:00 Canasta, 500, Sheepshead	<b>9</b> 9:30 Shuffleboard 10:30 Exercise <b>11:30 Investment Fraud</b> 1:00 Cribbage, Bridge, Dominoes	<b>10</b> 9:00 Needlework <b>1:00 Senior Mtg.</b> 1:00 Mah Jongg 1pm&7pm Sheepshead 4:00 AMP	<b>11</b> 9:00 Hand and Foot 10:30 Exercise
<b>14</b> 10:30 Exercise <b>11:00 A.D.R.C. Specialist</b> 1:00 Mah Jongg, Dominoes, Scrapbooking Open Ping Pong-LL	<b>15</b> 9:30 Choir Rehearsal <b>1:00 Tech Tuesday</b> 1:00 Canasta, 500, Sheepshead	<b>16</b> 9:30 Shuffleboard 10:30 Exercise 1:00 Cribbage, Bridge, Dominoes	<b>17 8:15 Fireside Trip</b> 9:00 Needlework <b>10:00 Wii w/ Friends</b> <b>10:30 Let's Talk</b> <b>1:00 BINGO</b> 1:00 Mah Jongg, Sheepshead, L.L. 4:00 AMP 7:00 Sheepshead	<b>18</b> 9:00 Hand and Foot 10:30 Exercise
<b>21</b> 10:30 Exercise 1:00 Mah Jongg, Dominoes, Scrapbooking Open Ping Pong-LL	<b>22</b> 9:30 Choir Rehearsal <b>9:30-2 Foot Clinic</b> 1:00 Canasta, 500, Sheepshead	<b>23</b> 9:30 Shuffleboard 10:30 Exercise 1:00 Cribbage, Bridge, Dominoes	<b>24</b> 	<b>25</b> <b>CLOSED</b>
<b>28</b> 10:30 Exercise 1:00 Mah Jongg, Dominoes, Scrapbooking Open Ping Pong-LL	<b>29</b> 9:30 Choir Rehearsal 1:00 Canasta, 500, Sheepshead	<b>30</b> 9:30 Shuffleboard 10:30 Exercise 1:00 Cribbage, Bridge, Dominoes		

## Birthdays

6 Nancy Penterman	20 Harold Schrap
6 Eunice Westcott	22 Phyllis Blanc
10 Dorothy Kussrow	23 Nancy Keating
10 Bette Carr	25 Eunice Leemon
11 Gene Macks	26 Lois Klotka
11 Janet Traxel	28 Bob Sommer
12 Caroline Bohlen	29 Jim Becker
12 Jane Sehmer	29 Connie Bamberger
12 Jodie Wolf	29 Richard Victoria
13 Arlene Kurzer	30 Judy Ferlemann
13 Lu Newberry	30 Scott Kennison
15 Trudy Zarling	
16 Barbara Lindholm	
16 Nancy Londo	
17 Donna McInay	



## Special Events:

- Book Discussion**, Thursday, November 3 1:00 p.m.
- Coping with Grief During the Holidays**, Tuesday, November 8, 10:00 a.m. Sponsored by Home Helpers
- Blood Pressure Check**, November 2, 9:45 a.m.
- Investment Fraud Presentation**, Wednesday, November 9, 11:30 a.m.-12:30 p.m. Lower Level.
- Senior Meeting, Elections, and Packer Presentation**, Thursday, November 10, 1:00 p.m.
- Tech Tuesday**, November 15, 1:00 p.m. Internet Basics.
- Fireside Christmas**, Thursday, November 17, 8:15 a.m.
- Let's Talk**, Thursday, November 17 10:30-11:30 a.m.
- BINGO**, November 17, 1:00 p.m.

# December Events

2016

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			<b>1</b> 9:00 Needlework <b>12:00 December Birthday Celebration Lunch</b> <b>1:00 Book Discussion</b> 1:00 Mah Jongg 7:00 Sheepshead	<b>2</b> 9:00 Hand and Foot 10:30 Exercise
<b>5</b> 10:30 Exercise 1:00 Mah Jongg, Dominoes, Scrapbooking Open Ping Pong-LL	<b>6</b> 1:00 Canasta, 500, Sheepshead ~ L.L. <b>3:00 Christmas Party!</b>	<b>7</b> 9:30 Shuffleboard <b>9:30 Medicare Presentation</b> <b>9:45-10:45 BP Check</b> 10:30 Exercise 1:00 Bridge, Cribbage, Dominoes	<b>8</b> <b>8:15 Fireside Trip</b> 9:00 Needlework 1:00 Mah Jongg, Sheepshead 7:00 Sheepshead	<b>9</b> 9:00 Hand and Foot 10:30 Exercise
<b>12</b> 10:30 Exercise 1:00 Mah Jongg, Dominoes, Scrapbooking Open Ping Pong-LL	<b>13</b> <b>10:00 Home Helpers</b> 1:00 Canasta, 500, Sheepshead	<b>14</b> 9:30 Shuffleboard 10:30 Exercise 1:00 Cribbage, Bridge, Dominoes	<b>15</b> 9:00 Needlework <b>10:00 Wii w/ Friends</b> <b>10:30 Let's Talk</b> 1:00 Mah Jongg, Sheep 7:00 Sheepshead	<b>16</b> 9:00 Hand and Foot 10:30 Exercise
<b>19</b> 10:30 Exercise 1:00 Mah Jongg, Dominoes, Scrapbooking Open Ping Pong-LL	<b>20</b> <b>1:00 Tech Tuesday</b> 1:00 Canasta, 500, Sheepshead	<b>21</b> 9:30 Shuffleboard 10:30 Exercise 1:00 Cribbage, Bridge, Dominoes	<b>22</b> 9:00 Needlework 1:00 MahJongg, Sheep- Lower Level 7:00 Sheepshead	<b>23 CLOSED</b> 
<b>26</b> <b>CLOSED</b>	<b>27</b> <b>9:30-2 Foot Clinic</b> 1:00 Canasta, 500, Sheepshead	<b>28</b> 9:30 Shuffleboard 10:30 Exercise 1:00 Cribbage, Bridge, Dominoes	<b>29</b> 9:00 Needlework <b>1:00 BINGO!</b> 1:00 MahJongg, Sheep- Lower Level 7:00 Sheepshead	<b>30 CLOSED TODAY and JANUARY 2</b> 

## Birthdays

1 Sandra Patterson	20 Lorrie Clayton
2 Ron Carr	21 Kathy Hegedus
5 Kathy Schultz	21 Marion Pinzer
8 Robert Ellerbrock	22 Edith Stefaniak
8 Karen Schmidt	26 Ellen Holyoke
9 Linda Cooper	
9 Ginny Jurek	
9 Earl Witte	
10 Ruth Ellen Zack	
11 Wayne Herder	
12 Ruth Ann Hurt	
12 Darlene Sukowski	
13 Jim Gantner	
16 Richard Lally	
17 Barbara DeBroux	
18 Barbara Ridgely	



## Special Events:

**Book Discussion**, Thursday, December 1, 1:00 p.m.

**Christmas Party**, Tuesday, December 6, 3 - 5 p.m.

**Blood Pressure Check**, December 7, 9:45-10:45 a.m.

**Fireside Christmas**, Thursday, December 8, 8:15 a.m.

**Christmas Trivia and Sweet Treats**, Tuesday, December 13, 10:00 a.m. Sponsored by Home Helpers.

**Wii Gaming**, December 15, 10:00 a.m.

**Let's Talk**, December 15, 10:30-11:30 a.m.

**Tech Tuesday**, December 20 1:00 p.m. Computer Basics.

**BINGO**, Thursday, December 29, 1:00 p.m.

Village of Grafton

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### **Poor Man's Cheese Cake** (From the Mother's Tea)

Ingredients:

30 Graham Crackers	1/4 lb of butter, melted
2 Tbls Sugar	1 Small Pkg of jello: lemon, lime, or cherry
18 oz cream cheese	1 C Sugar
2 tsp Vanilla	1 Can Evaporated Milk (chill in the fridge for a couple of hours)

Directions: For the Crust: Crunch up Graham Crackers until fine. Mix in 1/4 lb of butter that's been melted and Add 2 Tlbs of sugar. In a separate bowl dissolve jello with 1 cup of boiling water and set aside to cool. In another bowl, cream 18 oz of cream cheese, 1 cup of sugar and 2 teaspoons of vanilla. Once creamy and smooth add the cooled jello mixture. In a large bowl beat the can of chilled evaporated milk. Add the jello and cream cheese mixture and beat until very smooth. Assemble: Place the graham cracker mixture on the bottom of a 13 x 9 inch pan or a greased "spring" bottom pan. Be sure to reserve about 1 cup of the crumb mixture to sprinkle on the top of the cake. Gently pour the jello, cream cheese and evaporated milk mixture on top of the graham cracker crust. Sprinkle the reserved graham crackers on top. Chill at least 12 hours.

### **Potato Chip Cookies** (From the Mother's Tea)

Ingredients: 3/4 cup Sugar, 1 cup Butter, 1 Egg, 1/2 cup Chopped Nuts, 1 1/2 cup Sifted Flour, 1 Tbls Vanilla, 1 cup Crushed Potato Chips. Directions: Blend ingredients together and drop by spoonful's on cookie sheet. Bake at 350 degrees for 10-15 minutes. Keep an eye on them!

### **Gift Certificates**

CHRISTMAS IS COMING!!! When your families are wondering what to get you for your birthday or holidays, 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.