

**2023 FIRESIDE THEATRE:**

**ALL 2023 FIRESIDE TOURS INCLUDE:** Escort, deluxe motor coach, Fireside admission, and tax  
**Depart:** Cedarburg Senior Center at 8:30 a.m. **Return:** approximately 6:00 p.m.  
**Cost:** \$117pp, **plus server gratuity.**

- Saturday January 28th, 2023~ *Piano Men—Generations*
- Thursday, February 23rd, 2023~ *The Music Man*
- Thursday, May 4th, 2023~ *Grumpy Old Men*
- Thursday, June 22nd~ *Legends In Concert*
- Thursday August 3rd~ *Mary Poppins*
- Thursday September 14th~ *Titanic*
- November 10th and December 14th~ *Scrooge The Musical*



**Local Day Trips**

- **!!NEW!!** Thursday, March 9th, 2023  
*"Celtic Angels Ireland"* Get swept away in the enchanting harmonies of the Celtic Angels as they present an impassioned homage to their beloved Emerald Isle. Matinee at the Schauer Center in Hartford. Please ask for a flyer with all the details! Cost is \$79, includes escort, coach, and admission.

**Extended Tours**

**collette** **Tropical Costa Rica** Departing November 6th, 2023 (9 Days, 14 Meals)  
 Visit San Jose, before heading to the Central Valley for a tour of a coffee plantation, and a guided riverboat tour of a 20,000 acre park.

**Christmas on the Danube** Departing December 2nd, 2023 (9 Days, 19 Meals)  
 Enjoy a 6 Day cruise to visit Rothenburg, Nuremburg, Vienna's Hofburg Palace and Opera House along with several Christmas markets.



**Announcing the 2023 Value Tour—Texas Cowboy Country**  
**Departing April 16, 2023** (9 Days, 13 Meals) Begin your tour at the National Cowboy Museum in Oklahoma City before heading to San Antonio and the Alamo.

**Colorado's Historic Trains** Departing June 16th (9 Days, 14 Meals) Featuring SIX Scenic rail excursions and THREE National Parks

**Alaska Cruising** Departing July 25th (13 Days, 28 Meals) Featuring the Alaska Railroad, Denali National Park and the Inside Passage

**Stop In to see the entire 2023 Catalog of Extended Tours**

**Greetings from Your Senior Center Staff**  
 Gretel Anderson, Senior Center Director



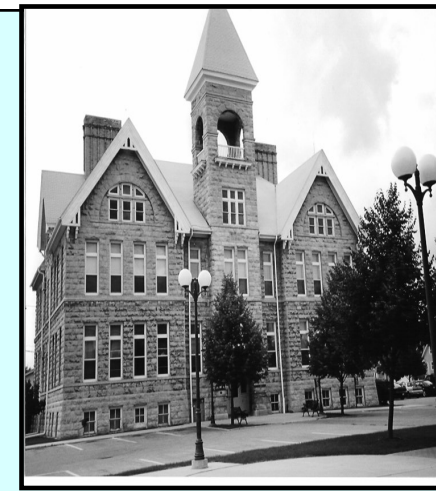
**\*\*KEEP INFORMED:** Receive the Senior Center Newsletter by mail for only \$8 per year!  
 Or visit the City of Cedarburg website [www.ci.cedarburg.wi.us](http://www.ci.cedarburg.wi.us) for newsletter and event updates. To receive a notification of an update to the website please click on the 'notify me' icon and select Senior Center.

**MEREDITH WILLSON'S THE MUSIC MAN**

**Join Us for Our 2023 Annual Travel Show**  
**Thursday January 19th**  
**11:30-1:00 in the Community Gym**

Learn about additional day trips as well as our extended tours  
 Door Prizes and Discounts Offered  
 An RSVP is Requested for Planning Purposes

Grab and Go Lunch provided by Village Pointe Commons



**THE LINCOLN ADDRESS**  
**January/February 2023**

**Cedarburg Senior Center**  
 \*P.O. Box 49 \* W63 N643 Washington Ave.  
 \*Cedarburg, WI, 53012  
 \*Phone: 262-375-7644 [www.ci.cedarburg.wi.us](http://www.ci.cedarburg.wi.us)  
 \*Senior Center Director: Gretel Anderson  
 \*Center Hours: Monday-Friday 9:00 am-4:00 pm



**Please note that the Senior Center will be closed beginning on December 23rd for the Holidays. We'll see you again starting on January 3rd**

**HILDEBRAND LAW FIRM** **THE 7 THREATS TO YOUR ESTATE PLAN**  
**Thursday February 16th 1:00~2:00**  
**Families and Loved Ones Welcome!**  
 TOP ESTATE PLANNING AND ELDER LAW ATTORNEY KIRSTEN HILDEBRAND WILL DISCUSS ESTATE PLANNING BASICS – THE WHY, WHAT, AND HOW OF PROPER PLANNING  
 Necessary Legal Documents, Asset Protection, Trusts, and Avoiding Taxes and Probate  
 Will all be Covered  
 RSVP Appreciated for Planning Purposes

**Communicating With Your Doctor**

**WEDNESDAY, FEBRUARY 22nd 11 am**  
 Presented by Terry Kabitzke-Groth BSN, MS, RN

From over forty years of caring for patients and their families, Terry Kabitzke-Groth has many tips and stories to help us achieve a good partnership. Healthcare has changed over the years, the way we communicate needs to as well. Don't miss this informative and entertaining program.

**This is a special presentation from the Aging Mastery Program (AMP)**

**RSVP Requested by February 17th**



**Please join us for Your Well-Being**  
 Kelly Barboza BSN, RN

**Friday January 27th 11:00-12:00 pm**  
**Finding Your Balance** What leads to balance problems and how are these issues treated? Discover ways to improve your balance and prevent falls during this one-hour interactive session

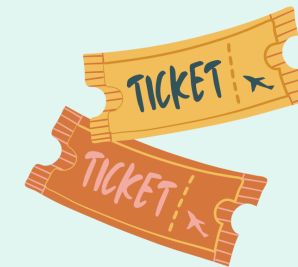
**\*RSVP Requested\*** **AdvocateAuroraHealth**

**CEDARBURG SENIOR CENTER PRESENTS**

**2023 TRAVEL SHOW**

January 19th at 11:30  
 In the Community Gym

Join us to hear about our local day trips and our extended tour offerings  
 Door Prizes and SignUp Discounts  
 RSVP Requested for Planning Purposes



Grab and Go lunch provided by Village Pointe Commons



**HOLIDAY CRAFT FAIR RAFFLE BASKET WINNERS**  
**Lynda G/ Karen S/ Aubrey S/ Linda B**  
 Congratulations for being the winners of our raffle baskets. Their tickets were chosen out of many, and we thank everyone who supported our fundraiser. We raised a total of \$1,045 to support our programming!!





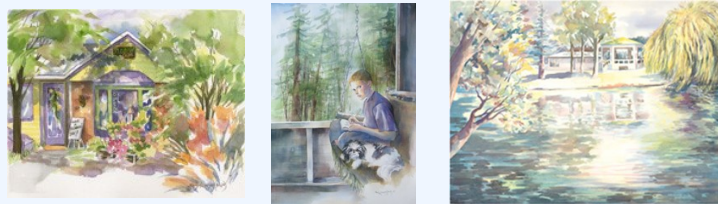
**Watercolor Classes for Winter at the Cedarburg Senior Center:**



**Watercolor Workshop With Les Thompson**  
 Wednesdays ~ January 4<sup>th</sup>, 11<sup>th</sup>, 18<sup>th</sup>, and 25<sup>th</sup>  
 from 1 – 3 pm  
 Cost for 4-week class is \$68  
 \*\*5 Student Minimum/10 Student Maximum\*\*

We will be painting winter scenes and exploring negative painting in all four seasons  
**Topic:** In this class, we will study composition, do a paint-a-long with Les, learn wet-on-wet and other techniques. Feel free to bring photographs to work from.  
**Supplies:** Good 100% rag watercolor paper, 140 #. Palette of your choice. Brushes; ¼ inch, or 1 inch flat, your choice of rounds.  
 To register call The Cedarburg Senior Center 262-375-7644

*Paint a Story With Watercolor*



Wednesdays, Feb. 1, 8, 15, 22  
 1:00-3:00 pm  
 Cost is \$68

Cedarburg Senior Center, behind the Community Gym  
 All adult ages, non-members & members welcome!  
 Bring a photo and turn it into a painting!

**All adult ages welcome!**  
 VERY IMPORTANT – YOU MUST GET THE SUPPLY LIST WHEN YOU SIGN UP OR FROM THE WEBSITE, [www.ErinCallahanBlum.com](http://www.ErinCallahanBlum.com), OR EMAIL ERIN FOR IT [erincallahanblum@hotmail.com](mailto:erincallahanblum@hotmail.com). READ IT CAREFULLY AND REMEMBER TO BRING EVERYTHING REQUIRED.  
 Limited class size: Call 262-375-7644 to register

*Erin Callahan Blum*  
 watercolor artist

Stop in to view a beautiful selection of Erin's paintings, each showing a "Story" or "Paragraph" from her life.



**Pool Lessons Now Available**

Have you always wanted to learn how to play pool? Or did you play when you were younger? Two players (who spend a significant time indulging in the sport!) are offering free lessons. Learn the proper way to hold, aim and stroke the cue as well as using "English" and how to "position" the cue ball. Lessons can be arranged by calling a week in advance. Tuesdays and Thursdays from 9-9:45 or 2-2:45  
**POOL TABLE IS AVAILABLE FOR USE MONDAY - FRIDAY 9 TO 4**

**The Senior Center Chorus** meets every Monday at 1:00 pm. Join the chorus and learn new songs, perform for other groups and have a great time! They are always looking for new members to join in the song, so be sure to stop by if you are interested in checking out this fun group!



**\*\*BRIDGE PLAYERS NEEDED...if you are interested in joining us for Bridge on Tuesdays at 1pm, please contact the Senior Center.**

**Join Us for Mahjongg**

Now on Mondays at 9:00 and Tuesdays at 10:00. It's a game of skill, strategy, and chance, played with tiles. On Tuesdays Kathy James will be available to teach the basics and to learn to develop strategies.



**Check out our Teddy Bear group** that meets **Fridays from 9 - 11 a.m.** This fun & friendly group works on hand sewn, one of a kind crafted Teddy bears, using everything from fabric to luxurious furs! They're always glad to teach too!



**STOP BY THE GIFT & RESALE SHOP!**  
 Our shop is open Monday – Friday from 9:30 to 3:30



- \*Home décor & Kitchen items
- \*Handcrafted teddy bears
- \*Craft supplies & Puzzles
- \*Jewelry
- \*Large selection of Cards & Gift bags of ALL sizes

Interested in Starting a Book Club? Please call to let us know!



**THE CEDARBURG DINING CENTER**

**!! Join us in Welcoming our new Mealsite Manager!! Jenny will be starting in early January.**

Lunch is served at noon Monday-Friday. Enjoy conversation along with a delicious nutritious meal. Anyone over 60 is welcome. Make reservations 2 DAYS in advance before 11AM by calling Jenny, the Cedarburg meal site manager, at 262-483-2876. If you would like to receive Home Delivered Meals you can make reservations by calling the **ADRC at 262-284-8120**, or contact Jenny. **\*\*A \$5 donation is suggested\*\***

**Stay for the FUN!!**

Play Bingo at 12:45 on the 1st and 3rd Monday of each month.



February 20th Prizes Sponsored by **Lasata Living Campus**



**Tech Help Now Available**



Need help with your phone or tablet? Call us to schedule a one-on-one appointment with a young person who is both tech-savvy and patient.

**TOE NAIL TRIMMERS FOOT CLINIC**

Thursdays, Jan 5, 12, 19 and Feb 2, 9, 16

Each appointment consists of foot massage and thorough foot assessment plus the toenail trimming. **Starting in 2023 you will sign up by calling ToeNail Trimmers at 262-719-0336.**

**\*\*The cost is \$31 for a 30 minute session\*\***

**INVEST IN THE FUTURE OF THE CEDARBURG SENIOR CENTER**

Invest in recreation, leisure, and educational programs for Cedarburg area older adults. Do you attend weekly programs or travel with us? Donate \$10, \$15 or more to the Cedarburg Senior Center to become an investor. **\*Please make**



**checks out to Cedarburg Friends of Parks & Recreation. Thank you to those who have already made a contribution!**



**Visit Our FREE Lending Library**

Our library is located next to the office. We have a large selection of books to choose from including large print editions. We also now have shelves full of DVDs to borrow/return or purchase for \$1.

**HEALTH AND FITNESS**

**EXERCISE**

**FITNESS WITH FOCUS**

**Tuesday and Thursday at 10:00 a.m. in the Cedarburg Community Gym~** Instructors Janis Gralewski & Linda Short Enhance body and brain capabilities with movement and mental challenges. You will be lead through a dynamic routine incorporating strength training, flexibility, balance and movement to music. Brain exercises are done to challenge memory and creativity. **All ability levels are welcome & your first class is free! Discount punch cards available or pay \$3 per session.**



**CHAIR YOGA**

**Friday at 9:30 Instructor Takako Willden** Experience calmness with us! We begin the practice with body and breath awareness and gradually transition to yoga movements while seated or standing. Wear comfortable clothing and bring a yoga mat and towel to be used for stretching. Get the wonderful benefits of yoga without moving to the floor. Gently used blocks and straps available for \$5. Please arrive 10 minutes early to get settled so that we can start the class promptly. **Cost \$5 per Class- max of 10 students**



**Tai Chi**

**Monday and Wednesday at 10:00 Instructor Elizabeth Rolland** Now meeting in the Community Gym East meets West in our practices adapted from eastern movement traditions such as Tai Chi and Qigong which have been



recognized for numerous health benefits by Harvard Medical School. These 45 minute sessions will focus the breath, calm the mind, and open the heart as we take the body through gentle movements which have been used for centuries. Whether you sit or stand, with regular practice you will leave each session feeling both relaxed and energized. **Cost \$4 per class**

**PICKLE BALL FOR ADULTS 55+**

**Friday 9:30 am~11:30 am INDOOR OPEN PLAY** at the Community Gym.

Learn a new sport, get some exercise and meet fun people! When weather permits, meet outdoors to play at Zeunert PickleBall Courts. **Cost \$3**



**TRANSPORTATION FOR SENIORS:**

Interfaith Caregivers supports seniors, including those with limited mobility, free of charge, helping them remain independent. Further assistance with appointments and shopping will also be available if requested.

Volunteers are needed! Connect with and serve seniors in your community with local or county-wide rides for medical appointments or grocery trips.

**Thank You Interfaith for All You Do!**  
 For more information please visit their website at [www.interfaithozaukee.org](http://www.interfaithozaukee.org) or call (262)376-5362