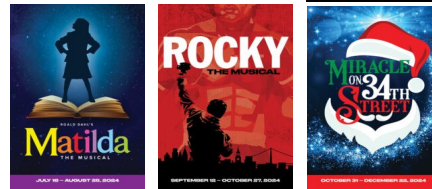


2024 FIRESIDE THEATRE:



ALL 2024 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: \$118pp, plus server gratuity.

- Thursday, May 2 ~ Beautiful-The Carole King Musical (waitlist)
Thursday, June 27 ~ Nunsense (waitlist)
Thursday, August 1 ~ Matilda
Thursday, September 12 ~ Rocky (waitlist)
Thursdays Nov 14 and Dec 12 ~ Miracle on 34th Street



Local Day Trips- Stop in or request a flyer for details!

- Friday, May 10~ Milwaukee Symphony Orchestra (waitlist)
Wednesday, May 15~ Brewers vs Pirates (waitlist)
!!NEW!! Blooms&Blowers Tuesday June 25~Visit Johnsonville Marketplace, Country Lavendar and Orchard Farm and the Ariens Museum
Friday, July 31~Brewers vs Braves (waitlist)
Thursday, August 22~Storks&Elephants (Greendale & Kenosha Civil War Museum)
Thursday, October 10~Mystery Trip (waitlist)
!!NEW!! Friday, October 11~Milwaukee Symphony Orchestra (details to follow)

TRAVEL REMINDERS: Tour payments must be made by the due date indicated on each trip flyer. If a cancellation is made after the payment deadline, a replacement must be confirmed for you to receive a refund. If that seat cannot be filled in time, you will NOT receive a refund. Many tours have a wait list, which are used to fill cancellations on a first come first serve basis.

Extended Tours



Canadian Rockies by Train Departing August 8th 2024 (9 Days, 14 Meals) Highlights include visits to Vancouver, Alberta, Jasper, Maligne Lake, Lake Louise, Banff and Athabasca Glacier.

London and Paris Departing October 2nd, 2024 (9 Days, 11 Meals)

Highlights include visits to Westminster Abbey, Buckingham Palace, Windsor Castle, a ride on the Eurostar Train, Arc de Triomphe, Eiffel tower dinner, and a Seine River cruise.

2025 Jubilee: The Holy Year Departing March 19, 2025 (9 Days, 11 Meals)

Highlights include tours of St. John Lateran and St. Mary Major Basilicas. Visit Assisi and the Basilica of St. Francis, Vatican City, Sistine Chapel, receive a Papal Blessing and attend a Papal Audience.



Cruising: Rhine Castles & Moselle Vineyards Departing September 7th (12 Days, 29 Meals) Arrive in Zurich, Visit Colmar, Strasbourg, Mainz, Cochem, Bernkastel, Koblenz and Utrecht, UNESCO World Heritage sites, vineyards and castles. English speaking crew onboard and for all guided tour shore excursions.

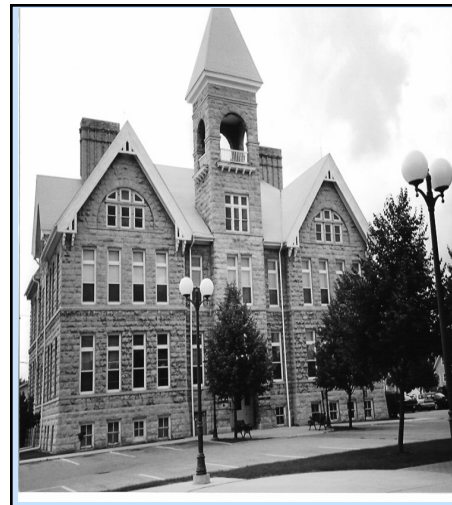
Autumn Mystery Tour Departing October 8th (5Days, 8 Meals)

Greetings from Your Senior Center Staff

Gretel Anderson, Senior Center Director
Aubrey Suppiger, Senior Center Supervisor



**KEEP INFORMED: Receive the Senior Center Newsletter by mail for only \$8 per year! Or visit the City of Cedarburg website www.cityofcedarburg.wi.gov 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.



THE LINCOLN ADDRESS

May/June 2024

Cedarburg Senior Center

*P.O. Box 49 * W63 N643 Washington Ave.

*Cedarburg, WI 53012



*Phone: 262-375-7644 www.cityofcedarburg.wi.gov

*Senior Center Director: Gretel Anderson

*Senior Center Supervisor: Aubrey Suppiger

*Center Hours: Monday-Friday 9:00am - 4:00pm



29th ANNUAL OZAUKEE COUNTY SENIOR GAMES ~ MAY 29th thru JUNE 18th, 2024



Powered by Play!

A fun, friendly competition for adults 55+ in Ozaukee County, hosted by Cedarburg, Graton, and Port Washington Senior Centers. Registration fee of \$12 includes opening social, t-shirt, award breakfast and entry into many of the events. Events include: Opening Walk, Ping Pong, Bocce Ball, Swimming, Horseshoes, Bowling, Dominoes, Mahjongg, 8 Ball, 9 Ball, Sheepshead, Pickleball, Cribbage, Bike Ride, Mini Golf and Corn Hole. Registration forms with details available at the Cedarburg Senior Center.

Games begin on May 29th with the opening walk beginning and ending at the Cedarburg Senior Center, followed by a dessert social.

Registration deadline is May 13th.

PLEASE JOIN US FOR A FUN CARD MAKING EVENT May 14th 11:00 -12:00



- This is a FREE event!
Just bring your creativity!!
All supplies will be provided ~ we just ask that you please RSVP to ensure we have sufficient materials available.
Coffee, Tea & Treats will be served.



Hot Spots to Watch This Summer

Thursday, May 30th from 1:00-2:00 pm

Join us for a timely program offering expert perspective, analysis and in-depth discussion on global hotspots. Led by John Katzka, a retired Senior Foreign Service Officer with 38 years of overseas postings involving diplomacy. Don't miss an opportunity to stay informed and engaged!

Please RSVP for planning purposes.

New in 2024! Medicare Mondays

May 6th and June 10th Starting at 11:00



Justin Tomashek, an Ozaukee County Medicare Specialist, will be available for a 45 minute open information session. Eligible Individuals and Caregivers are invited to bring their specific questions and concerns.



Mindfulness Meditation Classes Thursdays May 16th and June 20th at 9 a.m.

Join us for an hour to learn how to support emotional balance, resilience and foster purpose driven action. If you're new please RSVP for planning purposes.

Cost: \$4 Each Session.

2024 Senior Conference ~ "Bring Back the Golden Years" June 11 at GHS

This year's guest speaker Nick Baumgartner. In 2022, after 17 years of failure, Nick won Olympic gold at the age of 40. He's the author of the newly published book "Gold from Iron: A Humble Beginning, Olympic Dreams, and the Power In Getting Back Up". Enjoy workshops on a range of topics and the opportunity to visit exhibits from community businesses and resources. Lunch is provided. Space is limited and pre-registration is required. Registration forms are available at the Senior Center. The cost is \$20.



Please join us for Your Well-Being

Wednesday, May 29th 10:30-11:30 Healthy Bones

Osteoporosis is not an inevitable part of aging; there are things you can do to reduce your risk. Assess your risk factors and take steps to build, strengthen, and protect your bones to support your overall wellness!



SUMMER ART PROGRAMS:

In May ~ Open Painting

Wednesdays from 1 - 3 at the Senior Center. No instructor present - this is a time to work on your own projects. There is no fee for open paint. Please RSVP for planning purposes.

In June ~ Open Painting

Wednesdays from 1 - 3 at the Senior Center. No instructor present - this is a time to work on your own projects. There is no fee for open paint. Please RSVP for planning purposes.

In July ~ Open Painting

Stay tuned for further details regarding upcoming instructor led classes.

Be sure to stop by during the summer and view the new art displays.

SENIOR LIVING OPTIONS

Presented by Carrie Sturn, Senior Marketing Director at Cedar Community.

Please join us on Friday May 24th at 11 a.m. to learn about the different levels of care, and the timing associated with when those decisions should be made.

Please RSVP for planning purposes.



POOL TABLE IS AVAILABLE FOR USE MONDAY - FRIDAY 9 TO 4 Please sign in prior to beginning play.

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!



We are an official COOLING SITE

WHAT DOES THIS MEAN? During the extreme weather, you can take shelter at one of the participating locations to stay out of the hot weather and sun during normal business hours. These places will not provide any services (food, healthcare, etc.). Questions, please contact the Washington Ozaukee Public Health Department: 262-335-4462 or 262-284-8170.



STOP BY THE GIFT & RESALE SHOP!

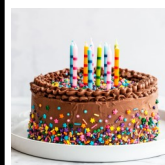
Our shop is open Monday - Friday from 9:30 to 3:30

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



THE CEDARBURG DINING CENTER

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**



Birthday Party with Cake

Fridays May 17th and June 28th.



Stay for the FUN!!

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

Prizes sponsored by Ott Group Realty on May 6th and June 3rd.



Tech Help Now Available

I need help with printing, login or access issues

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 May 2,9,16 and June 6,13,20,25

Each appointment consists of foot massage and thorough foot assessment plus the toenail trimming. Sign up by calling ToeNail Trimmers at 262-719-0336. **The cost is \$35 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.

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

HEALTH AND FITNESS

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! Discount punch cards available or pay \$3 per class. Last class before summer break is June 6th, resuming September 10th.



Tai Chi Monday and Wednesday at 10:00-11:00

Instructor Elizabeth Rolland; Meets in the 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 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 \$5 per class



Qigong/TaiChi Thursdays from 11:00-11:45

Instructor Diane Redman; Meets in the Senior Center Qigong is a practice of aligning breath, movement and awareness for vitality, healing, and meditation. This increases circulation and improves balance and coordination. Modification and seating is available. Cost \$4 per class

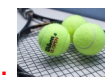
CHAIR YOGA Friday at 9:30 Instructor Takako Willden

Come and join us in the subtle yet powerful practice of yoga. We begin seated for breath awareness and gentle movements, then transition to standing poses for strengthening while using a chair. The class is safe for all levels and modifications will be given if you'd like to stay seated the whole time. Please wear comfortable clothing, bring your own yoga mat and arrive 10 minutes early to get settled so that we can start the class promptly. Cost \$5 per Class

PICKLEBALL 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! Cost \$3 for Indoor Play. May 31st gym reserved for Senior Games Tournament.

Outdoor Senior Pickleball and Tennis at Zeunert Park now on both Wednesdays and Fridays from 9:30-11:30. Please call Sandy at 414-807-0512 for more information.



TRANSPORTATION FOR SENIORS

Interfaith Caregivers supports seniors, including those with limited mobility, free of charge, helping them stay independent. Further assistance with medical appointments and shopping will also be available. Volunteers are needed! Connect with and serve seniors in your community with local or county-wide rides. For more information please visit their website at www.interfaithozaukee.org or call (262)376-5362.

Ozaukee Family Services Must be able to get in and out of a car independently. Visit their website at www.ozaukee familyservices.org or call (262)376-7774.