

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, March 7 ~ Fiddler on the Roof (waitlist)
Thursday, May 2 ~ Beautiful-The Carole King Musical (waitlist)
Thursday, June 27 ~ Nunsense (waitlist)
Thursday, August 1 ~ Matilda
Thursday, September 12 ~ Rocky
Thursdays Nov 14 and Dec 12 ~ Miracle on 34th Street



Local Day Trips

- Tuesday, March 26~The Jewish Deli (a few seats left!)
Wednesday, April 10~Hollywood Revisited(waitlist)
Friday, May 10~ Milwaukee Symphony Orchestra (waitlist)
Wednesday, May15~Brewers vs Pirates(waitlist)
Friday, July 31~Brewers vs Braves(waitlist)
Thursday, August 22~Storks&Elephants (Glendale & Kenosha Civil War Museum)
Thursday, October 10~Mystery Trip(waitlist)



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.

Extended Tours

collette Discover Scotland Departing May 5th, 2024 (10 Days, 14 Meals) Your tour begins in Glasgow with a visit to the National Piping Centre. Travel to Loch Lamond, visit a whiskey distillery and take a stunning drive along the "Road to the Isles".
Canadian Rockies by Train Departing August 9th 2024 (9 Days, 14 Meals)
London and Paris Departing October 2nd, 2024 (9 Days, 11 Meals)

2024 Value Tour: Myrtle Beach Departing March 17th (8 Days, 12 Meals) Spend 3 nights in an Oceanfront hotel and see 3 fabulous shows. Tour a Lowcountry rice plantation, travel through the Great Smoky Mountains National Park, including a portion of the historic Blue Ridge Parkway, and enjoy free time in Myrtle Beach.

Cruising the Rhine Castles & Moselle Vineyards Departing September 7th (12 Days, 29 Meals) Free Airfare! Arrive in Zurich, Visit old city centers, 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.



THE LINCOLN ADDRESS

March/April 2024

Cedarburg Senior Center

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

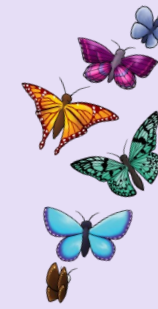
\*Cedarburg, WI 53012

\*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



CEDARBURG IRISH AND CIVIL WAR HISTORY



Presented by Joel Willems, Director of Cedarburg History Museum

Friday March 22nd 11:00-12:00

Join us to learn about local Civil War era history, including the role of Irish immigrants who were 25% of our population. Learn about the Iron Brigade and the Lady Elgin Disaster. Please call to RSVP for planning purposes.



If you'd like to stay for lunch...Our mealsite is offering a traditional Irish menu—we MUST have your RSVP for this at least 2 days in advance.

Container Gardens April 18th at 1:00

Join horticulturist Zannah Crowe of Heyden's Gardens to learn the basics of success with container gardens. Plant selection, container selection, soils, watering, and fertilizing will be addressed.



Attendees will receive a 10% off coupon for Heyden's Gardens in Cedarburg!

7 Threats to Your Estate

Tuesday March 26th

1:00-3:00

Back by Popular Demand!!

Top estate planning and elder law attorney Matthew Kaplan will discuss the basics - why, what and how of proper planning.

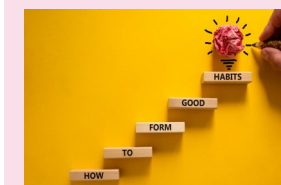
Please RSVP to Hildebrand at 414-409-7122 for planning purposes.



HILDEBRAND LAW FIRM

Please join us for Your Well-Being

Wednesday, April 24th 10:30-11:30



Building Healthy Habits

Has your New Year's resolution become part of your daily routine? Incorporating new habits into everyday life is not always easy—but it can be done!

New in 2024! Medicare Mondays

March 4th and April 8th 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 March 28th and April 18th

Starting at 9:00 join us for an hour to learn how to support emotional balance, resilience and foster purpose driven action. Please RSVP for planning purposes. Cost: \$4 Each



Did you grow up in Cedarburg?! We'd love to hear from you....Please call us for details.



**Watercolor Workshops with Erin Callahan Blum**  
watercolor artist



**Four Week Session:**  
Wednesdays~April 3, 10, 17, 24  
from 1:00-3:00

**The cost for a 4 - week class is \$72**

Bring your own photos for inspiration, or SEARCH "free photos of birds." Bring an extra-fine tip permanent, black tip pen, or MICRON pens.

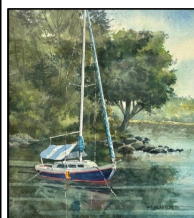
**\*\*VERY IMPORTANT** – PLEASE CHECK THE SUPPLY LIST FROM THE WEBSITE, [www.ErinCallahanBlum.com](http://www.ErinCallahanBlum.com), OR EMAIL ERIN AT [erincallahanblum@hotmail.com](mailto:erincallahanblum@hotmail.com). BE SURE TO READ IT CAREFULLY AND REMEMBER TO BRING EVERYTHING REQUIRED.

Erin will have crescent and watercolor boards of various sizes to purchase if you'd like. Bring cash-several dollar bills are best. You may use your own watercolor paper.

**Limited class size:** Call 262-375-7644 to register

**NOTE:** If you are new to Erin's classes please be sure to read the information located at the bottom of the class flyer.

**Announcing a NEW Class for Spring at the Cedarburg Senior Center:**



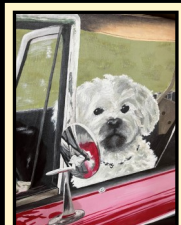
**Watercolor Workshop With Les Thompson**  
Wednesdays ~ March 6, 13, 20 & 27  
from 1 – 3 pm

**The cost for a 4 - week class is \$72**  
\*\*5 Student Minimum/10 Student Maximum\*\*

**WATERCOLOR MADE EASY**

In this class, we will study composition, perspective, balance of water to pigment and learn wet-on-wet and other techniques. We will also investigate the use of negative painting to add variety to your work. 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 262-375-7644.



**Now on Display ~ Artwork of Jeany Wetzel**  
Stop by to enjoy the colorful painting collection of a lifelong local artist. Jeany's acrylics are mostly candid pictures of people, pets, barns and landscapes. She loves to paint and hopes you enjoy her creative results!



**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!



**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 March 15th and April 19th.

**Stay for the FUN!!**

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

Prizes sponsored by Hildebrand Law Offices on **March 4th and April 15th.** Join us for **\$ Jackpot Bingo on April 29th!**



I need help with **printing, login or access issues**

**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 March 7,14, 21 and April 4,11 and 18  
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.

**HEALTH AND FITNESS**



**FITNESS WITH FOCUS**

Tuesday and Thursday at 10:00 a.m. in the Cedarburg Community Gym~ Instructors Janis Gralowski & 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.

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

Instructor Elizabeth Rolland; Meets in the Senior Center 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- max of 12 students**

**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.**



**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.



Volunteers are needed! Connect with and serve seniors in your community with local or county-wide rides for medical appointments or grocery trips. For more information please visit their website at [www.interfaithozaukee.org](http://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](http://www.ozaukee familyservices.org) or call (262)376-7774.