

**2022 FIRESIDE THEATRE:**

**ALL 2022 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:** \$114 pp

**All trips and trip details are subject to change due to the COVID-19 pandemic**

- Thursday, May 12th, 2022 ~ *The Church Basement Ladies, A Mighty Fortress is our Basement* (payment due March 31st) (waitlist only)
- Thursday, June 30th, 2022 ~ *What Happens in Vegas* (waitlist)
- Wednesday, August 3rd, 2022 ~ *Wizard of Oz*
- Thursday, September 15th ~ *Grease*
- November 10th & December 9th ~ *White Christmas*



- **Mystery Trip ~ Thursday, September 8th (waitlist)**  
 Cost is \$98, includes coach, lunch and all admissions



**Extended Tours Offered through The Cedarburg Senior Center**  
**Much More Information on Detailed fliers available**

**Ladies Getaway to Amish Indiana** Departing on May 16, 2022 (3 day 5 meals) (7 Seats Available) Highlights include a visit to Coppes Commons, filled with hand-crafted items, delicious bakery, and an evening horse-drawn buggy ride. See a fun weaving demonstration, and a live show at Das Dutchman Essenhaus. Also stopping at Fruit Hills Winery for a wine tasting, an Old Order Mennonite buggy maker, and an Amish dairy farm.

**Mt. Rushmore, Deadwood and the Badlands** Departing July 24th, 2022 (7 days, 12 meals) Learn about Indian culture at the Journey Museum and ride the Black Hills Central Railroad 1880 Train to Keystone. See both Mt. Rushmore and the Crazy Horse Memorial. Visit the Mammoth Site to see fossils of 58 woolly mammoths and take an open-air jeep tour of Custer State Park to see the buffalo. Enjoy a guided tour of Badlands National Park followed by dinner and a show at Ft. Hayes Chuckwagon.

**Best of Scandinavia** September 7-16, 2022 (10 days, 12 meals) Embark on a remarkable experience visiting Sweden, Norway and Denmark. Tours of Stockholm, Oslo, Bergen and Copenhagen with a local guide. Also includes a ride on the Flam Railway to the spectacular panoramic views of Myrdal and a cruise to the scenic Sognefjord and Naeroey Fjords.

**Branson Christmas Spectacular** Departing November 17th (4 days, 6 meals) Enjoy 5 Holiday Shows and Visit the Titanic Museum.



**Spotlight on Boston** Departing on August 25th (6 Days, 8 Meals) Take in Boston, a city steeped in history and bursting with character. Incredibly charming and walkable, with cobblestone streets, art museums, and Revolution history including Faneuil Hall. Trips to Lexington, Concord, Cambridge and Salem complete your tour.

**Stop In to see the entire 2022 catalog of Extended Tours**

**Greetings from Your Senior Center Staff**

Gretel Pitre, Senior Center Director  
 Julia Wolff, 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.ci.cedarburg.wi.us](http://www.ci.cedarburg.wi.us) for newsletter and event updates

**2 Exciting Day Trips**

July 21st~"Velkommen Til Stoughton"  
 Known for the presence of rich Norwegian history and small-town pride.

October 11th~ Goats&Ghosts! Visit Door County, including a goat farm and lunch at Al Johnson's. After a trolley tour we'll stop at Wood Orchard Market in Fish Creek.

Detailed Fliers Available—Stop In or Call for More Information



**THE LINCOLN ADDRESS**

**May/June 2022**

**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 Pitre

\*Senior Center Supervisor: Julia Wolff



**27th Annual Ozaukee Senior Games**

**Age My Way!**

**May 31-June 21, 2022**



Fun, friendly competition for adults 55+ in Ozaukee County, hosted by Cedarburg, Grafton, and Port Washington Senior Centers. Registration fee includes opening social, T-shirt, award breakfast and entry into any or all events.

**2022 Events include:** Bocce Ball, Swimming, Horse-shoes, Bowling, 8 Ball, Shuffleboard, Pickleball, Bike Ride, Golf and Corn Hole. Also returning this year are Ping Pong, Sheepshead, MahJongg, Cribbage and Mexican Train. Registration forms available in the office of the Cedarburg Senior Center, or contact us to Email one to you. The Games open on May 31st with the walk beginning and ending at the Cedarburg Senior Center followed by dessert (which will be held inside this year with a pie social).



**\*Entry Deadline is Tuesday, May 17, 2022\***

**Ozaukee Senior Conference**

**June 14th at Grafton High School**



This year's theme is the Power of Volunteering, with guest speaker Joe Dean; past mayor of Port Washington, founder of Stars & Stripes Honor Flight, and author of My Dog Named Hope. Bring your friends to hear about his journey from Honor Flight to Honor Fight.

Join us for a day-long conference including workshops, and exhibits from community businesses and service resources. Lunch is included. Forms will be available in May at the Senior Center.

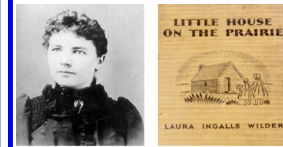
Pre-Registration is Required

In Celebration of Older Americans Month  
 Cedarburg Senior Center Presents  
 Laura Ingalls Wilder: Road to the Little House  
 Friday May 13<sup>th</sup> at 11:00



Generations of children worldwide have been fascinated by the stories and books of Laura Ingalls Wilder. Her "Little House" series was the basis for a successful television series.

But how did her life really evolve? What motivated her to put her experiences to paper? What difficulties were overcome before the first book was published?



In this First Impressions presentation by Jessica Michna you will meet Mrs.

Wilder, older, wiser and reflecting back on her life. She will tell you her life story and how she came to produce her literary works.

**\*Please RSVP for planning purposes\***

**Please join us For Your Well-Being**

Kelly Barboza BSN, RN

**Monday May 9th 11:00-12:00 pm**

**Feeling Isolated?** Social connections are an essential part of a healthy lifestyle. Studies have shown that loneliness and isolation can increase the risk for heart disease, depression and cognitive decline. Learn tips to stay connected to others during this interactive session.

**Monday June 13th 11:00-12:00 pm**

**Don't Forget the Sunscreen** With summer upon us, there is no better time to review the importance of proper skin care! Did you know that skin is your largest organ? Review the many things you can do to protect your skin and keep it healthy.

**\*RSVP Requested\***





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



**SPLASH IT ON WITH WATERCOLOR with Erin Callahan Blum**

Wednesdays - May 4<sup>th</sup>, 11<sup>th</sup>, 18<sup>th</sup>, 25<sup>th</sup>  
1:00-3:00 pm

Beginners and intermediate painters can learn how to paint water and waves. You will use your own photos of water scenes. Rocks, seagulls and boats may be incorporated into your watercolor. Erin demonstrates her techniques for you to learn. Your own supplies are necessary.

YOU CAN GET THE SUPPLY LIST FROM THE WEBSITE, [www.ErinCallahanBlum.com](http://www.ErinCallahanBlum.com), Cost for 4-week class is \$60 Because class size is limited, advanced payment required to assure us of our minimum of 5 students. Call 262-375-7644 to RSVP

**Watercolor Made Easy With**

**Les Thompson**

Wednesdays ~ June 1<sup>st</sup>, 8<sup>th</sup>, 15<sup>th</sup>, 22<sup>nd</sup>, and 29<sup>th</sup>  
from 1 – 3 pm

Cost for 5-week class is \$60

**Topic:** 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; 3/4 inch or 1 inch flat, your choice of rounds.

To register call The Cedarburg Senior Center 262-375-7644



**Join Us for a New Art Exhibit**

Featuring the artwork of **Patricia Lietzke**  
May 1<sup>st</sup>—May 27<sup>th</sup>

Throughout my life, art inspirations entered at various times and moved me to different ways of creating including photography, abstract watercolor, and colored pencil.

In my mid 50's I opened a small studio on the 3rd floor of the Cedar Creek Settlement. That studio evolved and I moved to the 2nd floor and the "studio" became a gift shop. When I retired at age 70, I became "studio free" and now create my art in my home.

Always take a leap of faith!...Even DURING "retirement"....

**Enjoy Local Senior Talent!!**

The Mequon Thiensville Senior Art League is pleased to exhibit their member's art during June and July.

The Art League meets monthly, often sketching or painting a still life and then participating in a discussion of their work. Several times a year they practice plein air painting, or have guest artists make presentations to learn new techniques. Membership is open to those 55 and over who reside in Ozaukee County. For more information, email [saiiatj@gmail.com](mailto:saiiatj@gmail.com)



**POOL TABLE AVAILABLE FOR USE MONDAY - FRIDAY 9 A.M. TO 4 P.M.**  
Please sign in prior to beginning play.

**The Senior Center Chorus,**

led by Gretel Pitre, 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!



**Play Mahjongg, Sheepshead, Hand & Foot, Bridge, and Canasta...see our calendar insert for dates & times.**

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



Stop by and 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!

**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 in June, Kathy James will be available to teach the basics and to learn to develop strategies.



**!Book Club is Restarting!**

Bring your love of reading and willingness to contribute to a great discussion

First Friday of the Month  
from 1:00-3:00  
May 6<sup>th</sup> and June 3<sup>rd</sup>

\*\*Please Call Ahead to Ensure we'll be Meeting\*\*

**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



**THE CEDARBURG DINING CENTER IS BACK OPEN!!**

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 Debbi, 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 Debbi. A \$5 donation is suggested.

\*\*closed June 24th\*\*

**!!Birthday Parties are Back On!!** Cake will be served on Friday May 20th and Friday June 17th



**Stay for the FUN!!**

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

On May 16th Prizes are sponsored by Lasata



**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, May 5,12,19 and June 2,9 and 16

Each appointment consists of foot massage and thorough foot assessment plus the toenail trimming.

Sign up by calling the Cedarburg Senior Center  
**\*\*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**



**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. The last class before summer will be June 7th. Class will resume in September TBA

**CHAIR YOGA**

**Friday at 9:30 with Instructor Takako Willden** Experience calmness with us! We begin the practice by 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 is \$5 - max of 10 students.**



**Mindful Movement**

**Monday and Wednesday at 10:00 with Instructor Elizabet Rolland**

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 \$3 per class**

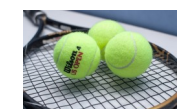


**PICKLE BALL FOR ADULTS 62+**

**Friday 9:30 am~11:30 am INDOOR OPEN PLAY** at the Community Center Gym. Learn a new sport, get some exercise and meet fun people! When weather permits, outdoor play held at Zeunert PickleBall Courts. **Cost \$3**

**PLAY TENNIS MAY-OCTOBER**

Fridays 9:30-11:30 at Zeunert Park 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 remain independent. Further assistance with appointments and shopping will also be available if requested.

**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