

*The Center of*

# ATTENTION

Senior Citizen Newsletter

January, February & March 2016

## Thank You!

A very big “Thank You” to our many sponsors, donors and volunteers over the past months:

**The Joy Tree:** Donations made by our citizens.

**Christmas Caroling:** Peace Lutheran Children’s Choir and their staff.

**Cooking for One:** April Jehlik of Brookdale Senior Living and Nick Quarne.

**Sunshine & New Seniors:** Jean Schlidt and Lorraine Fackler.

**Pie Break:** Debbie Biswurm, Waukesha County.

**Holiday Card Making:** Valerie Johnson and Carol Ralian.

**Veterans Day:** Fred Keller.

**Technology 101:** Pewaukee Walmart.

**Golden Days Festival Lunch:** Menomonee Place.

**Holiday Luncheon:** Pewaukee High School Madrigal Choir.

**Holiday Swag:** BMO Harris Bank – Susan Druch and staff; Brookdale Sussex – April Jehlik and Katie Burdette; Menomonee Place – Gayle Dulme; Seniors Helping Seniors – Carol Ralian; Waukesha State Bank – Heather Pfalz; Senior Advisory Board; Roger and Shirley Johnson; and Jennifer Hipkiss.

**Holiday Dinner Party:** Lake Country Landing, Melissa Geirlach, Nadine Coenen, Jennifer Hipkiss, Candy Walecki, Wendy Stallings, Nick Quarne, Melissa Granicki, Lisa Pino and Shady Lane Greenhouse.

**Fall Yard Clean Up:** Oakbrook Church members.

Brownie Troop #4585, 5th Graders, Woodside Elementary School; Boy Scouts Den #8, Pack #31, and Mrs. Koepper’s kindergarten class at Richmond Elementary School.

*Begin doing what you want to do now. We are not living in eternity. We have only this moment, sparkling like a star in our hand and melting like a snowflake.”*

*Francis Bacon, Sr.*

The weather outside has not been very “winterlike,” but we do live in Wisconsin and the snow and cold is sure to come! We all tend to put off things until another day or time, or we make all kinds of excuses, but what are we waiting for? There is no time like the present to check out what is going on at our Community Center and in our community, and get involved ... for your health,

your education, your sanity or just for pure enjoyment!

There are so many opportunities, “sparkling like a star in our hand, but melting like a snowflake,” that could make a difference in your life. Make time to stop in at the Community Center. Pick up a Center of Attention and get involved today!

*See you at the Community Center!*

Best Regards,

*Jean*

Jean Horner  
Senior Program  
Coordinator



### The Future of Sussex Area Seniors: Opportunities for Giving Back

You are probably aware that the senior population is growing at a rapid rate nationwide. Sussex is not an exception to this, and the Parks and Recreation Department is excited to see all the new faces around the Community Center and the steady increases in our program participation. With this growth comes the need for space and resources.



As you plan for your annual giving, or even how you might leave a legacy behind, please keep the Sussex Parks and Recreation Department in mind. Individuals interested in doing so can make tax-deductible donations to a non-profit organization called the “Friends of

**Sussex Parks and Recreation.”** Donations can be earmarked to be used specifically for senior programming and events.

The Friends Group is also looking for additional members to assist in fundraising efforts throughout the year. If you have questions about donations or volunteer opportunities, call Sasha Snapp, Parks and Recreation Director, at 262-246-6447 or email her at [ssnapp@villagesussex.org](mailto:ssnapp@villagesussex.org).

**BUILDING UP SUSSEX ... Be sure to check out the Civic Campus construction update on Page 20.**

# Sussex Parks & Recreation Department

## Community Center

W240 N5765 Maple Avenue  
Sussex, WI 53089  
Phone (262) 246-6447  
Fax (262) 246-6337

[www.villagesussex.org](http://www.villagesussex.org)

[recinfo@villagesussex.org](mailto:recinfo@villagesussex.org)

## General Office Hours

8 a.m. to 5 p.m. Monday-Friday

## Community Center Closed

New Years – Thursday, December 31 &  
Friday, January 1  
Good Friday – Friday, March 25  
Memorial Day – Monday, May 30

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## Community Center Staff

### Sasha Snapp

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### Megan Sackett

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### Jean Horner

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### Kristy Pralle

Administrative Assistant  
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### Cari Kehl

Administrative Assistant  
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### Kim Angelroth

Administrative Assistant  
[kangelroth@villagesussex.org](mailto:kangelroth@villagesussex.org)

## Senior Citizens Advisory Committee

The Senior Advisory Committee brings ideas geared toward the senior citizens in our community to our Village Board. The committee encourages short- and long-term planning for programs, events, trips and facility needs.

Meetings are at 4 p.m. on the 3rd Tuesday in odd months, unless otherwise stated on the agenda. The meetings are open to the public and you are welcome to attend. The next meeting is scheduled for 4 pm, **Tuesday, January 19, 2016.**

Your Senior Advisory Committee members are:

Pat Tetzlaff, Village Trustee	Patricia Plude
Roger Johnson	Art Rude
Eileen Kaiser	Karen Sukkert
Shirley Johnson	Jennifer Waltz
Mary Kraemer	



## Staying Connected



The Village uses  
Facebook and Twitter

to share information on a variety of topics. Links to the Village's Facebook and Twitter pages are available on the Village website at [www.villagesussex.org](http://www.villagesussex.org).

# General Information & Policies



## Closing the Community Center Due to INCLEMENT WEATHER

If the Sussex Hamilton School District closes its schools or cancels activities due to inclement weather, the Sussex Community Center will cancel recreation programs. Every effort is made to give reasonable, prudent and advance notice of program cancellations/changes by any of the following:

- [www.villagesussex.org](http://www.villagesussex.org), Facebook and/or Twitter
- Taglines on local TV stations
- Postings on building, park or facility entrances

We DO NOT call individual registered participants to announce cancellations or changes.

*For questions regarding the Waukesha County Senior Meal Site lunch program, call 262-246-6747.*

**Remember ... During severe weather,  
it is best to stay home and off the roads,  
unless absolutely necessary.**

## Americans with Disabilities Act

The Village of Sussex will make reasonable modifications to support inclusive recreation participation. We request ample notice regarding special assistance requests; this will allow us proper planning time to accommodate needs. For answers to your questions about recreation inclusion, contact Megan Sackett at (262) 246-6447 or by email to [msackett@villagesussex.org](mailto:msackett@villagesussex.org).

## Sharing Personal Information

The personal information provided to the Sussex Recreation Department on the registration form is used solely for the purpose of participating in Sussex Recreation programs. The Sussex Recreation Department will not share personal information with outside parties.

## Say Cheese!

Our Recreation Department periodically takes pictures of participants in our classes, during special events, and in the Village's parks. Please be aware that these photos are for recreational use and may be used in the Village's brochures, pamphlets, flyers or social media. You must give us written notice if you or your family members do not want to be photographed or published.

## Lost or Stolen?

The Sussex Parks & Recreation Department is not responsible for items lost or stolen during participation in any Village sponsored activity.

## Do I Pay Resident or Non-resident Fees?

If you pay your property taxes to the Village of Sussex, you are considered a resident. Any taxing municipality outside the Village of Sussex is non-resident. Unfortunately, being in the Sussex Hamilton School District or having a "Sussex" mailing address does not necessarily mean you are considered a resident of the Village. Non-resident participants pay higher fees because a portion of the Village of Sussex property taxes is designated to pay for the buildings, parks and administration of recreation services.

## NSF Payments

If a payment is returned as "non-payable" for any reason, there will be a charge of \$30 for each returned submission. Accounts are suspended and individuals are removed from program rosters and must not attend any further classes until issuer pays in full the balance due plus all accrued service charges.

## Copies & Faxes

Copies made at the Community Center are 25¢ a copy. Local faxes are \$1 for the first page and 50¢ for additional pages. Long distance faxes are \$2 for the first page and \$1 for additional pages.

## Be an Early Bird

The Sussex Parks & Recreation Department needs an early indication of how many people will be enrolled in a particular program. A decision to hold classes is determined one week prior to the start of the program. If classes do not meet the minimum registration requirements, they may be cancelled or combined.

## Trip Refund Policy

We understand that plans change and you may not be able to attend a trip for which you have registered; however, refunds can only be given if we can register someone from our waiting list to take your place. A \$5 administrative fee is applicable to all refunds.

## Safety

Activities are conducted in a safe manner. Understand there is an inherent risk of injury when choosing to participate in recreational activities.

## Gift Certificates Available

Surprise someone with a gift certificate for any dollar amount to be used toward a recreation program or trip. The gift of health and wellness (youth, adult and senior adult) is certainly uniquely personal, giving lifelong benefits to the recipient. Gift certificates can be purchased at the Sussex Community Center Office.

# Special Events



## Sledding Party

**Saturday, January 30**  
**1-3 pm**  
**Sussex Village Park**  
**Fee: Free**

Supported by:  
 **QuadGraphics**



This event is a blast and it is FREE to participants of all ages! Enjoy the hilly, white and slippery terrain and cool, crisp air while finding your adventurous side. Bring your sled, toboggan or tube and get ready for an afternoon of traditional fun among family and friends. Eat and drink sweet treats while listening to a variety of family-friendly music. Participate in the snowman building contest for a chance to win prizes. For those shivering moments, warm up, make a craft or use the restroom in the Lion's Building at the top of the hill.

*If we do not have enough snow on January 30, the party will be held on Saturday, February 20.*



## Snowman Building Contest

Let it snow, let it snow! Why? Because you need snow to compete in our **Snowman Building Contest**.

When you think the time is right, go outside and build your best snowman. Families are encouraged to add their own creative touches. Judging will be based on originality and creativity. Snap a picture of your creation and email it to [recinfo@villagesussex.org](mailto:recinfo@villagesussex.org). Snowmen must be suitable for all viewing audiences. The winners will be announced at the end of the Sledding Party!

*If we do not have enough snow on January 30, the party will be held on Saturday, February 20.*

## Easter Basket Hunt

**March 8-22**

**New clues posted every Tuesday & Thursday at 4 pm or until the basket is found**

Use your detective skills and become a sleuth to find the laminated picture of an Easter basket that will be hidden in Sussex.

Clues will be posted on the Village of Sussex Facebook and Twitter pages every Tuesday and Thursday at 4 pm or until the basket is found. Find the laminated picture of a Easter basket and receive a real Easter basket filled with goodies from the Community Center.



## Easter "Eggs"travaganza

**Saturday, March 19**

**12:30-2:30 pm**

**Lisbon Community Park**  
**N78W26970 Bartlet Parkway**

**Free Event!**

**No pre-registration necessary**

The Easter "Eggs"travaganza is an annual special event sponsored by the Village of Sussex, Town of Lisbon, and area businesses, organizations and groups. We come together to offer candy and treats to our little visitors.

This event is held outdoors, so please dress for the weather.

## Bunny Lunch

**All Ages**

**Saturday, March 19**

**11 am to 12:30 pm**

**Sussex National Guard Armory**

**Fee: \$5 R & NR**

**Program # 1602.1**

**Register by March 12**

Hop on over to eat a "kid-friendly" lunch. Play springtime-themed games (games are geared towards children ages 8 and under).

Mr. E. Bunny will make an appearance and you can have your picture taken with him.

The \$5 pre-registration fee includes lunch, a picture with the Easter Bunny, two game tickets, crafts and a chance to win an Easter Basket filled with goodies.

Over-the-phone registrations or holds are not accepted. Ticket packets will be available at the greeting table on the day of the event under the reserving party's last name. Individuals unable to join us for lunch may come to play bunny games by purchasing minimally priced game tickets at the event.





**Saturday, April 30**

**1-3 pm**

**Youth Hall**

**\$10/person or \$15/person includes a T-shirt**

The Village of Sussex invites you to our **4th annual Zumbathon!**

We believe that no child should be excluded from a recreational opportunity because of financial need. Join us for a Cinco de Mayo Fiesta in an effort to raise funds so we can continue to offer our scholarship program in the community. This two-hour Zumba fitness fiesta includes a dance party, snacks, water and raffle prizes.

Class # 1600.0 \$10/person

Class # 1601.0 \$15/person (includes a T-shirt)

Onsite registration available on day of event for \$15 (does NOT include T-shirt; however, extra T-shirts may be available at the event.).



## Community Rummage Sale

Friday, April 29 & Saturday, April 30

8 am-3 pm

\$5/Location

Program # 1603.1

Reduce clutter around the house and make some money at the same time by taking part in the 2nd annual **Sussex Area Rummage Sale.**

**GET YOUR  
RID OF  
STUFF**

For the low cost of \$5, your rummage sale will be included on a map with a short description of items at your sale. This event will be held rain or shine.

Don't delay ... Start thinking about it today! The deadline to sign-up for this event is Friday, April 8, 2016, to ensure you are included on the map. Maps will be available at Sussex Community Center, Sussex Village Hall or online at [www.villagesussex.org](http://www.villagesussex.org).

Register online or at the Sussex Community Center.

**Sussex**  
Farmers Market

Sundays  
June-October  
9:30 am-1:30 pm

Sussex Armory Park  
W239N5664 Maple Avenue

Featuring locally grown produce and fresh flowers, as well as products from local artisans and live music by local talent.

**SAVE THE DATE**

**Rock-a-thon**

**Tuesday, May 17**  
**(Raindate May 24)**

Celebrate **Older Americans Month** right here in Sussex.

Watch for the new temporary location during Civic Campus Construction.

**BROOKDALE**  
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For more information, contact (262) 820-0330.

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Jennifer Hipkiss  
Certified Financial Planner™

Providing financial guidance to help you achieve your life goals.

Phone: (262) 442-1244      Email: [jhipkiss@myeph.com](mailto:jhipkiss@myeph.com)

# Zoomers



## Are you a Zoomer?

*Did you know that many seniors today exercise twice as much as their previous generation? "Zoomers" have given up the rocking chair for biking, hiking, sailing, tennis, softball, internet surfing and just about everything younger adults do! Join us at these class offerings to entertain and inspire you for the second half of your century!*

### Senior Low-Impact Aerobic Fitness

9-9:45 am

\$17 R, \$21 NR

Sussex Community Center

Instructors: Monday, Dian Zandi; Wednesday, Barb Coughlin; Thursday, Donna Wolff,

This is a low-impact, aerobic program and is designed for ages 55 and older to improve flexibility and cardiovascular health while safely and appropriately stretching. This fitness routine is great for your overall wellness. *This program is not part of the All Class Exercise Pass.*

Class #	Time	Day/Dates	Register By
1733.1	9-9:45 am	MON, January 4-Feb 15	Dec 30
1733.2	9-9:45 am	WED, January 6-Feb 17	Dec 30
1733.3	9-9:45 am	TH, January 14-Feb 25	Dec 30
1733.4	9-9:45 am	MON, February 22-April 4	Feb 19
1733.5	9-9:45 am	WED, Feb 24-April 6	Feb 19
1733.6	9-9:45 am	TH, March 3-April 14	Feb 19
1733.7	9-9:45 am	MON, April 11-May 23	April 8
1733.8	9-9:45 am	WED, April 13-May 25	April 8
1733.9	9-9:45 am	TH, April 21-June 2	April 8

### Gentle Yoga

Fridays, 9-9:45 a.m.

Fee: \$21 R, \$26 NR

Location: Sussex Community Center

Gentle stretches, breathing, relaxation and simple movements increase range of motion of the major joints. Gentle Yoga is appropriate for seniors or those who simply prefer to move at a slower pace. Individualized instruction and modifications are given to accommodate those with chronic symptoms such as muscle or joint pain, stiffness, weakness or fatigue. *This program is not part of the All Class Exercise Pass.*

Class #	Time	Day/Dates	Register By
1711.1	9-9:45 am	FRI, January 22-March 4	Jan 18
1711.2	9-9:45 am	FRI, March 11-April 29	Feb 20
1711.3	9-9:45 am	FRI, May 6-June 17	May 2

### Pickleball

9:30-11:30 am

Sussex Youth Hall (Indoors)

Melinda Weaver Tennis Courts (Outdoors)

\$25 R, \$32 NR (one day)

\$40 \$, \$50 NR (All days)

Pickleball is a relatively new racquet sport that combines elements of badminton, tennis and table tennis. Pickleball is very popular with people looking for a low-impact racquet sport. Sussex Recreation will provide nets and balls. A few paddles are available to borrow.

Class #	Time	Dates	Register By
<u>INDOORS</u>			
1999.1	9:30-11:30 am	TUE, Jan 19-April 5	Jan 8
1999.2	9:30-11:30	TH, Jan 21-April 7	Jan 8
1999.3	9:30-11:30 am	FRI, Jan 22-April 8	Jan 8
1999.4	All Days (Indoors)		
<u>OUTDOORS</u>			
1999.5	9:30-11:30 am	TUE, April 12-June 28	April 8
1999.7	9:30-11:30 am	WED, April 13-June 29	April 8
1999.6	9:30-11:30	TH, April 14-June 30	April 8
1999.8	All Days (Outdoors)		

### Beginner Contemporary Line Dance Lessons

Ages: 14+

Tuesdays, 6-6:45 pm

Boneyard Pub & Grille (Lower Level)

\$36 R, \$45 NR

Line dancing is for everyone ... it's ageless, doesn't require a partner, is easy to learn and fun for all ages. This class is designed for those new to line dance and new to TMC Legacy Dance Club. This class will teach the basic steps of line dance in a method you can understand. Beginner dancers are welcome to stay for the regular dance class and open dance through 9:30 pm at no additional fee. Good physical balance required.

Class #	Time	Dates	Register By
1724.1	6-6:45 pm	TUE, Jan 12-Feb 16	Jan 8

FREE TRIAL: JANUARY 5, 6-6:45 PM, AT BONEYARD

### Important Fitness Information

*Before you start any exercise program, consult your physician, especially if you are over 35 years of age, are taking any form of medication, are pregnant, have not exercised regularly or if you have had any symptoms of heart disease or serious illness or an injury that may affect your ability to safely exercise. If you have questions about fitness programming, please contact us prior to participation. We will work in conjunction with the instructor to assure that a fitness program will be appropriate for you.*

# Adult Enrichment

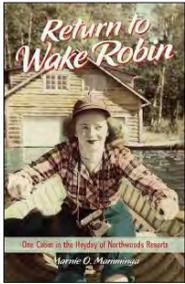


## Maple Literary Society

### Senior Reader's Book Club

3rd Monday of each month at 1 pm, unless otherwise noted, at the Sussex Community Center

All books are on hold at the Pauline Haass Public Library



**January 11 (second Monday this month)**  
**Return to Wake Robin** by Marnie O. Mammaing

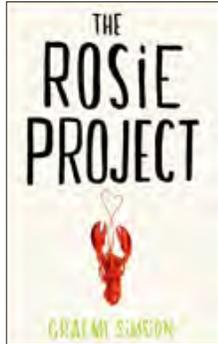
Five generations of Marnie O. Mammaing's family have been rejuvenated by times together in Wisconsin's Northwoods. In a series of evocative remembrances accompanied by a treasure trove of vintage family photos, Mammaing takes us to Wake Robin, the cabin her grandparents built in 1929 on Big Spider Lake near Hayward, on land adjacent to Moody's Camp. Along the way she

preserves the spirit and cultural heritage of a vanishing era, conveying the heart of a place and the community that gathered there. A great remembrance for anyone who vacations in northern Wisconsin.

**February 15**

**The Rosie Project** by Graeme Simsion

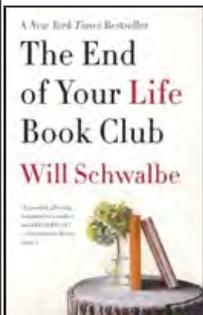
The Rosie Project centers on genetics professor Don Tillman, who struggles to have a serious relationship with women. With a friends help, he devises a questionnaire to assess the suitability of female partners. His plans are set off course when he meets Rosie, who doesn't fit many of Tillman's criteria, but becomes a big part of his life. Join us in reading this endearing and unconventional novel that will resonate with anyone who has ever gone after life or love in the face of great challenges.



**March 21**

**The End of Your Life Book Club**  
by Will Schwalbe

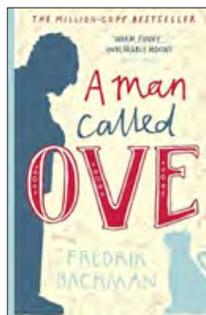
The inspiring true story of a son and his mother, who start a "book club" that brings them together as her life comes to a close. Will and Mary Anne share their hopes and concerns with each other, and rediscover their lives through their favorite books. The result is a profoundly moving tale of loss that is also a joyful, and often humorous, celebration of life.



**April 18**

**A Man Called Ove** by Fredrick Backman

Join us in reading this delightfully quirky novel about a grumpy yet loveable man who finds his solitary world turned on its head when a boisterous young family moves in next door. A feel good story, Fredrick Backman's novel about the angry old man next door, is a thoughtful and charming exploration of the profound impact one life has on countless others.



**Specified Wednesdays at 10:30 am**  
**Sussex Community Center**

**Free, but pre-registration is requested**  
**Some topics include food demonstrations and samples**

**Wednesday, February 17**  
**Choosing and Sampling the Healthiest Whole Grains**  
**Class #: 1940.2**

**Register by Monday, February 15**

Presented by Melissa Fryatt, RD, CD, CDE, Registered Dietician and Certified Diabetes Educator at Froedtert

Join us to learn how to identify whole grains, how they benefit us and how to incorporate them into our diets. We will sample different whole grains and learn how to use them in recipes and daily living for maximum health benefits.

**Wednesday, March 9**  
**Kale and Kombucha Tea**  
**Class #: 1940.3**

**Register by Monday, March 7**

Presented by April Jehlik, Brookdale Sussex

Kale and Kombucha have been growing in popularity over the past few years, particularly for each of their health benefits. During this 45-minute hands-on demonstration and presentation, you will learn what kombucha tea is, why it is growing in popularity and have a tasting of the trendy tea. We will then learn about the leafy green called kale and bake some yummy BBQ kale chips.

*Come to the education series and stay for lunch by calling 246-6747 to make a reservation at least 24 hours in advance.*

*Just as a snowflake, "We are being driven to the same destination, we are all individuals taking different journeys, and along our way we bump into each other, we cross paths, we become altered, we take different physical forms. But at all times we too are 100% perfectly imperfect." – Steve Maraboli*



## Senior Craft Club VALENTINE PAPER MAKING

*Rose are red, violets are blue  
Come and make Valentines for two!*

**Monday, January 11**  
10 am–12 pm  
**Sussex Community Center**  
**Cost: \$10 R & NR**  
**Register by Friday, January 8**  
**Class #: 1930.1**

Valerie Johnson will be back to guide us on making several beautiful keepsake Valentines!

Samples on display at the Community Center.

Stay for lunch by calling 262-246-6747 to make a reservation at least 24 hours in advance.

*Supported by Seniors Helping Seniors*



## Basket Weaving Studio

**Tuesdays, 9 am–12 pm**  
**January 26–May 17**  
**Sussex Community Center**  
**\$12 per person each week**

Students of all levels are welcome to weave a project of their choice with the guidance of an experienced instructor. Project materials are available for purchase through the instructor or bring your own. Tips are provided for all aspects of basket making. This is an open studio – come on as many days as you'd like! Bring the following supplies to each session: clippers or strong scissors, 10–15 clip clothespins, an old towel, a small flat screwdriver, a pail or bucket, plant mister, pencil and needle-nosed pliers. No pre-registration necessary. (No class March 29.)

## Wake up the Writer Within

**Ages 18+**  
**1st & 3rd Tuesday of the month**  
**January–May**  
**10–11 am**  
**Hartland Library**  
**\$42 R, \$51 NR for a six-class punchcard**  
**Class # 1996.1**  
**Registration Ongoing**



Explore or rediscover your love of writing! Join a group of supportive peers to spend time writing together—trying out new ideas and getting feedback about your fiction, nonfiction and poetry. This class, appropriate for the beginner as well as the experienced writer, will offer participants proven techniques to enhance creativity, opportunities to gain insights from each other and time to write in a safe and nurturing environment. Use your punch card to attend as frequently as you'd like. Bring a notebook and pen or laptop to each class.

## Crafters Weekend

**Ages 18+**  
**Hartland Community Center**  
**\$10 per day & \$15 both days**

Join other crafters at the **Crafters Weekend**. This is the perfect time to finish a project, start one, or share some ideas, whatever your craft is, knitting, crocheting, scrapbooking, painting, etc.

Class #	Day/Time	Date	Register By
1998.1	8 am–9 pm	SAT, Jan 30	Jan 22
1998.2	9 am–3 pm	SUN, Jan 31	Jan 22
1998.3		SAT & SUN, Jan 30 & 31	Jan 22
1998.4	8 am–9 pm	SAT, Feb 20	Feb 12
1998.5	9 am–3 pm	SUN, Feb 21	Feb 12
1998.6		SAT & SUN, Feb 20 & 21	Feb 12

## Technology 101: New Technology & How to Use It

**Tuesday, January 12**  
1–2:30 pm  
**Sussex Community Center**  
**Class #: 1960.1**

**Register by Monday, January 11**

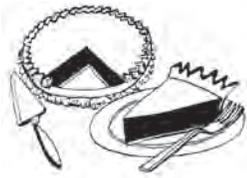
*Did you get a new gadget as a holiday gift?*

This class will help answer your questions about your new technology device and how to use it. Bring your new smartphone, iPad, laptop, tablet, etc., and staff from the Pewaukee Walmart Electronics Department and Village of Sussex will be on hand to answer your questions.

Please let the staff at Community Center know what type of technology you will be bringing when you register.



## Pie Break to Educate



### “Smart Seniors”

by Jennifer Hipkiss, Financial Educator & Advisor

Monday, February 8

12:20 pm

Class #: 1970.1

Register by February 5



We each face many complex decisions with money during our lives. As we age, we have specific financial issues that can be overwhelming to understand and manage with a variety of different choices to make. Jennifer comes to us as a financial educator and advisor to help answer these questions and help guide you towards wise choices with the financial decisions you face. Come with your questions!

Come for lunch and stay for pie as well by calling 246-6747 to make a reservation at least 24 hours in advance.

## Using your Digital Camera

Ages 18+

Wednesdays, 6:30–8:30 p.m.

North Shore Middle School, Hartland

\$19 R, \$22 NR (per class)

Instructor: C.T. Kruger

1920.1 April 20: iPad/iPhone—Tips, Tricks & Techniques

Learn to navigate, organize, backup and add useful apps to your Apple device.

1920.4 April 27: Old Family Photos in the Digital Age

Learn to scan prints and slides, and get and stay organized. For Windows PC computers.

1920.2 May 4: Advanced Digital Photography—Exposure

Learn to use exposure modes and functions in different situations. (For interchangeable lens (DSLR) cameras, or advanced digital cameras with Program, Shutter/Aperture Priority and Manual exposure modes.)

1920.3 May 11: Advanced Digital Photography—Lenses, Light & Composition

Learn about lens selection, use of existing light and flash, and composition. This is a good followup to Advanced Digital Photography Techniques or Advanced Digital Photography—Exposure.

## Living Well with Chronic Conditions

Mondays, April 18–May 23

1–3:30 p.m.

Community Memorial Hospital

Treiber Conference Room

W180N8085 Town Hall Road

Menomonee Falls



This class is recommended for adults who are not suffering from dementia, but who have one or more chronic (ongoing) health condition, such as heart and lung problems, high blood pressure, high cholesterol, arthritis or asthma. You will learn practical ways to deal with complications that arise with ongoing health conditions. Participants learn to manage and maintain healthy and active lives. You will feel better, be in control and do the things you want to do. Those who live with someone who has a lifelong condition would also benefit from this workshop. Registration is required and space is limited. *Call the Froedtert & Medical College Class Enrollment Service at 800-272-3666.*

## AARP Smart Driver Course

Age: 55+

Tuesday, March 8

12:30–4:30 pm

Sussex Community Center

Class #: 1950.1 AARP Members

Class #: 1950.2 Non-AARP Members

Register by March 4



In partnership with Jack Safro Toyota we are offering the AARP Smart Driver Class.

This refresher course is designed specifically for older drivers. This “all new” curriculum class provides research-based information to help you update your driving knowledge and skills and ultimately will teach you to drive more safely and confidently, as well as to continue to drive as long as possible.

JACK SAFRO



TOYOTA

## Leap Year Trivia

1. If you were born in 2000 your actual age may be 15, but what is your leap year age?
2. The chance of being born on a leap day are:  
A. 1 out of 24                      C. 1 out of 1,461  
B. 1 out of 99                      D. 1 out of 1 million
3. People born on leap days are called:  
A. Leapfrogs                      C. Leaplings  
B. Weirdos                      D. Leap-Lips

Answers on Page 14

# Brain Fitness: Techniques for Enhancing your Brain

Tuesday, February 9  
12:30 pm  
Sussex Community Center  
Class # 1980.1  
Register by February 8



Use it or Lose it! Join us to learn how to make the most of what we have, plus fun activities to keep your mind sharp!

*Presented by: Robert Best, Executive Director of Oak Hill Terrace. Robert is an adjunct professor of social gerontology and has published books and articles on aging issues and presented at conferences across the United States, including the American Society of Aging and National Council on Aging.*

## In The Kitchen

Ages 18+  
6:30-9 pm  
Wagner Park, Pewaukee  
\$22 R, \$28 NR (per class)  
Instructor: Stacy Joers

Class # Date/Theme

### 1901.1 Monday, January 25: Soups

The basics of soup making, from preparation of stocks to soup ingredients and serving ideas. You'll taste: New England Clam Chowder; Chicken B.L.T. Soup; Creamy Onion Soup; and Pasta e Fagioli with garlicky rolls.

### 1901.2 Monday, February 15: Chicken

Fabulous chicken dishes that are easy on your time and budget, yet delicious. You'll sample: Chicken Diane and Linguine with Truffle Butter; Chicken & Spinach Enchiladas; and Italian Chicken in Cream with Polenta French Toast.



### 1901.3 Monday, March 14: French Toast

French toast is showing up on more menus and it's not just for breakfast anymore. You'll sample: Banana Stuffed French Toast with Chocolate-Hazelnut Sauce & Homemade Granola; Panko-crusted Rumchata French Toast with Raspberry-Chambord Syrup; and Monte Cristo French Toast.

### 1901.4 Monday, April 11: Ethnic Sandwiches

Fresh and tasty sandwich ideas for a handheld meal that won't leave you bored (or hungry): Vietnamese Pork Banh Mi Sandwich; Chinese Rou Jia Mo sandwich with beef; and Mexican Chicken Milanese Cemita.

### 1901.5 Monday, May 16: All About Rhubarb

Learn how to use different varieties of rhubarb in creative recipes. You'll sample: Shaved Rhubarb Salad with Almonds & Cheese and Strawberry-Rhubarb Vinaigrette; Seared Chicken Breasts with Rhubarb Sauce; Pork Chops with Sweet Onion Rhubarb Sauce; and Strawberry-Rhubarb Quinoa Pudding.

## Willow Springs Mfg. Home Community

An age 55+ Community  
on Town Line Road in Sussex

Affordable homes on peaceful wooded lots

New and pre-owned homes • Lease plans available

Call Vince for information and a tour  
of the community

(262) 246-4090



Senior Home Cleaning  
**Lynda Balcerek**

CompassionateClean.com  
Ph: (262) 309-2568 | Email: Service@CompassionateClean.com

## Send Your Advertising Message to Every Home and Business in the Sussex Area

The Sussex Recreation Department offers unique advertising opportunities in our Recreation Guide and Center of Attention senior newsletter, which are delivered to thousands of homes and businesses each year. These brochures are full of information about programs, special community events, parks and facilities.

To place an ad in either publication, call us at (262) 246-6447 or email us at [recinfo@villagesussex.org](mailto:recinfo@villagesussex.org). You can review the Advertising & Sponsorship Opportunities Brochure on our website, at Sussex Village Hall, Sussex Community Center and the Pauline Haass Public Library.



**UNIVERSAL SERVICES**  
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- Senior Transportation

**CONSIGN W/US**

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**262-257-0250**  
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Wisconsin's Premiere Senior Moving Company

# Regular Programming



*These programs are held at the Sussex Community Center, unless otherwise noted in the description*

## Game Time!



### **Dominoes (Mexican Train) – Mondays, 1 pm**

The object of the game is for a player to play all of the dominoes from his/her tray and onto one or more of the “trains,” emanating from a central hub or station.

### **Polish Poker – Tuesdays, 1 pm**

Polish Poker is a card game using dice and cards. Instruction is available for individuals who have not played the game. It’s fun & easy to play! No pre-registration necessary.

### **Dartball – Wednesdays, 1 pm**

### **Phase 10 – Wednesdays, 1 pm**

The object is to complete and lay down the current phase, and then rid your hand of remaining cards by discarding them on laid-down Phases, called “hitting.” The player who does this first wins the hand and scores no penalty; all other players earn penalty points

according to the value of cards remaining in their hand.

### **Bridge – Thursdays, 1-3 pm**

While the game involves skill and chance, it has many variants. Experienced players can join in. No pre-registration necessary.

### **Sheepshead – Thursdays, 1-4 pm**

Experienced players can join in. No pre-registration necessary.

### **Assorted Card Games – Fridays, 1-4 pm**



### **Lion’s Bingo – 12:30 pm**

January 19, February 16 & April 4

The Sussex Lions Club donates money annually to purchase bingo prizes. Participants do not need to bring a prize.

### **Big Bucks Bingo**

Monday, February 29

**\$100 in prizes, sponsored by Lake Country Landing**

### **Happy Hookers**

**Every Thursday, 9-11 a.m.**

A group of senior volunteers who come together to work on various knitting or crocheting projects for themselves or their community. Please join in! You’ll be glad you did. No pre-registration necessary.



### **Crochet Refresher**

Are you looking to refresh your crocheting skills or learn some new techniques? Contact the Community Center at 246-6447 to set up a time to meet with an experienced crocheter.

### **Toe Nail Trimmers**

**Tuesdays, January 26,  
February 23 & March 22  
12:30-4:30 p.m.**

**Sussex Community Center**

**APPOINTMENTS REQUIRED**

**Call 262-246-6447**



- Safe toenail trimming every 8-12 weeks
- Foot assessment, massage and moisturizing
- Assessment for medications that influence foot care
- Evaluation of illnesses affecting feet
- Self-help education
- Appropriate medical referrals

The registered nurses are trained to provide personal care and advice. Clinic appointments are 30 minutes. Fee: \$27 (paid directly to Toe Nail Trimmers, LLC).

The foot care nurse welcomes questions. Submit your questions to [toenailtrimmers@yahoo.com](mailto:toenailtrimmers@yahoo.com) or call Mary at Toe Nail Trimmers at 262-719-0336.

### **Blood Pressure Checks**

**Mondays, 11 am  
January 25, February 29 & March 28**

The Sussex Fire Department provides complimentary blood pressure screenings on the last Monday of the month (excluding holidays) at 11 a.m. No pre-registration.

# Waukesha County Senior Dining



## FELLOWSHIP, FOOD AND FUN

Lunch reservations are required at least 24-hours in advance  
Call the Sussex Senior Dining Site at 246-6747 between 10 a.m. and 12 pm Monday-Friday  
or call Waukesha County at 548-7848 Monday-Friday prior to 1 pm

### January

**Monday, January 4**

#### TRIVIA DAY

Join us for a day of trivia and lesser-known facts. Amateurs welcome!

11:30 am Activities

12 pm Lunch: Lemon pepper chicken breast, spiral pasta with sauce, steamed spinach, dinner roll w/butter, Butterscotch pudding, Alt. diet pudding

**Monday, January 18**

#### MARTIN LUTHER KING, JR. DAY

11:30 am Activities

12 pm Lunch: Baked chicken, mashed sweet potato w/butter, creamed spinach, cornbread muffin w/butter, apple pie.

**Tuesday, January 19**

#### POPCORN & PJS Day

##### National Popcorn Day

12 pm Lunch: Cheese omelet, ham slice, croissant, American fries, apple and orange juice.

12:30 pm Lions Bingo



**Tuesday, February 9**

#### mardi gras

12 pm Lunch: Chicken Gumbo, red beans and rice, green beans, cornbread muffin w/butter, Paczkis.

12:30 pm "Brain Fitness" (See Page 10)

**Wednesday, February 10**

#### Valentine's Day Celebration

11:45 am Entertainment sponsored by Menomonee Place

12 pm Lunch: Roast beef w/gravy, baked potato w/ butter and sour cream, broccoli salad, split top roll w/butter, cream pies.

**Monday, February 29**

#### Leap Day Celebration

*Thirty days hath September, April, June and November;  
all the rest have thirty-one*

*Save February; she alone hath eight days and a score  
Til leap year gives her one day more*

12 pm Lunch: Baked chicken quarters, baked sweet potatoes w/butter, green bean almondine, dinner roll w/butter, lime sherbet.

12:30 pm Big Bucks Bingo sponsored by Lake Country Landing

### MARCH

**Wednesday, March 16**

#### ST. PATRICK'S DAY CELEBRATION!

11:45 am Entertainment

12 pm Lunch: Shepherd's Pie, carrots and cabbage, Irish soda bread w/butter, brownie w/mint frosting.

**Monday, March 28**

#### Easter Dinner

12 pm Lunch: Ham, scalloped potatoes, green peas, croissant w/butter, grapes, angel food cake.

### april

**Monday, April 4**

#### Final 4 Basketball Championship Monday

12 pm Lunch: Grilled chicken sandwich w/lettuce and mayo, American potato salad, Maui vegetable blend, cinnamon applesauce, frosted chocolate cake.

12:30 pm Lions Bingo



## Senior Dinner Party "MONKEYING AROUND"

Help us to celebrate  
**CHINESE NEW YEAR**  
and the  
**YEAR OF THE MONKEY**



*"Monkeys are clever and smart and like to be at the top of the tree"*

**Wednesday, February 3**

**Doors Open at 4 pm**  
**Activities at 4:30 pm**  
**Dinner at 5 pm**  
**Entertainment at 5:15 pm**

Join us for a Chinese feast and learn what this Chinese celebration is all about!

Menu: Asian beef broth, beef & broccoli over Chinese noodles, salad w/Ginger dressing and Monkey Bread dessert.

**Fee: \$5**

**Class #: 1630.1**

**Register by Friday, January 29**

Dinner parties must be paid for at time of registration, which can be done in person or online.

Free roundtrip transportation will be provided by NIB Transport.

Call the Community Center office at 246-6447 by January 29 to reserve your transportation.

The bus is handicapped accessible.

The pickup schedule is:

3:45 Bristol Court Apartment Complex  
3:55 Sussex Mills Apartment Complex

**SPONSORED IN PART BY**  
**Brookdale Sussex & Northshore Bank**

**February**  
**8-12,**  
**2016**

*Love My*  
*Community*  
*Center Week*

Join us for our 4th annual weeklong celebration of our awesome senior community. Come for any or all of the events and find out how the Sussex Community Center can enrich your life through knowledge, friendship and fun! *Share the love and bring a friend along!*

**Monday, February 8, 12:20 pm**

*Pie Break to Educate: "Smart Seniors"*  
(See Page 9)

As we age, we have specific financial issues that can be overwhelming to understand and manage with a variety of different choices to make. Come with your questions!

**Tuesday, February 9, 12:30 pm**

*Brain Fitness: Techniques for*  
*Enhancing Your Brain*  
(See Page 10)

*Use it or lose it!* Join us to learn how to make the most of what you have, plus fun activities to keep your mind sharp!

**Wednesday, February 10, 11:30**

**Valentine Lunch**

11:30 am – Entertainer, sponsored by Menomonee Place  
12 pm – Lunch  
12:30 pm – Door Prizes

**Thursday, February 11, 12:45 pm**

**SHEEPSHEAD/BRIDGE**

**Friday, February 12, 12:30 pm**

*Why You Are Going to Love Our*  
*New Community Center!*

Come to hear information about our new Civic Campus and Community Center from our Community Center Staff.

*Join us for lunch at the Community Center*  
*by calling 246-6747 to make a reservation*  
*at least 24 hours in advance*

# Trips



## Steel Magnolias

**Thursday, January 28**  
**Depart Sussex at 5 pm**  
**Expected return at 10 pm**  
**\$59 R, \$64 NR**  
**Trip # 1905.1**  
**Register by January 11**



Join us as we head up to Elm Grove for a buffet dinner at Vino Cappuccino followed by a performance of “Steel Magnolias” at the Sunset Playhouse in Elm Grove where six women come together in this hilarious and heartwarming story of life, love and loss in a small Louisiana parish.

## Bye Bye Birdie

**Thursday, March 10**  
**Pick up in Sussex at 9 am**  
**Return to Sussex at 6:30 pm**  
**\$89 R, \$94 NR**  
**Register by February 5**



We are headed by coach bus to the **Drury Lane Theatre in Oakbrook, Illinois**, to enjoy a performance of the four-time Tony Award winning play, “Bye Bye Birdie.” This musical comedy revolves around Conrad Birdie, a major rock and roll star who is headed to the Army, and ends up with more than he bargained for when a publicity stunt gets out of hand. We will enjoy a three-course meal prior to the show. Please indicate your meal choice when registering.

Trip #	Menu Choice
1906.1	Chicken Breast Marsala
1906.2	Pecan Crusted Tilapia

## Motown the Musical

**Saturday, April 9**  
**Pick up in Sussex at 9:15 am**  
**Return to Sussex at 6:15 pm**  
**\$109, \$114 NR**  
**Register by February 12**



We will travel by coach bus to the Fox Cities PAC in Appleton to see the Broadway production “Motown the Musical.” The true American dream story of Motown founder Berry Gordy’s journey from featherweight boxer to the heavyweight music mogul who launched the careers of Diana Ross, Michael Jackson, Smokey Robinson and many more. Motown shattered barriers, shaped our lives and made us all move to the same beat. We will enjoy lunch prior to the show at Good Company. Please indicate your meal

choice when registering. The name and phone number of your doctor is also required when registering.

Trip #	Menu Choice
1908.1	French Dip
1908.2	Grilled Chicken Sandwich
1908.3	Burger

## Wisconsin Badger Band Spring Concert

**Thursday April 14**  
**Pick up in Sussex at 2:45 pm**  
**Return to Sussex at 12:45 am**  
**\$79 R, \$84 NR**  
**Trip #1907.1**  
**Register by January 29**



Join us as we travel by coach bus to **Madison** to enjoy the **UW Varsity Marching Band** celebrate its 42nd annual spring concert at the Kohl Center. This will be an action-packed concert complete with professional staging, lighting, sound and pyrotechnics. We will enjoy a delicious Italian buffet at the **Great Dane Pub & Brewery** prior to the show.

## Baseball & Beer

**Friday, May 20**  
**Pick-up at Sussex Community Center at 8 am**  
**Arrive at Sussex Community Center at 3:30 pm**  
**\$59 R, \$64 NR**  
**Trip # 1909.1**  
**Register by April 30**

Explore two of Milwaukee’s more well-known landmarks, **Miller Park** and **MillerCoors Brewery**. We’ll begin our day with a tour that takes us behind the scenes of Miller Park, including the Visitor’s Clubhouse, bullpen, the luxury suite level, Uecker’s booth and much more. Enjoy great views of the field in Miller Park during your buffet style lunch at Fridays in Miller Park. To finish the day, we head to MillerCoors for a guided tour of the brewery, including free samples. Both tours include walking, but there are places to sit along the tour.

### TRIVIA ANSWERS

1. ANSWER: Four, because this is only the fourth leap year since 2000!
2. ANSWER: 1 out of 1,461
3. ANSWER: Leaplings

## Rockapella

Friday, May 20  
Bus departs at 4:30 pm  
Wagner Park, Pewaukee  
\$52 R, \$62 NR  
Class #1911.1  
Register by February 29



Travel by bus to the legendary **Mineshaft Restaurant** in downtown Hartford. The Mineshaft is known for their amazing fish fries, as well as their famous pizza. After dinner, we head to the **Schauer Arts Center**, just blocks away, where we will see **Rockapella** in concert.

This musical group is one of the most influential a cappella groups in the world. Their vocal talent exceeds all expectations and delivers a soundtrack to generations of vocal music fans. Catchy originals and contemporary revisions of Motown, pop and soul classics, "Rockapella" is sure to keep your feet tapping for the whole show.

Fee includes transportation\* and tickets to the show.

*\*Due to the short driving time, we will take a passenger bus instead of a coach bus.*



### Gulf Shores – Value Tour 2016

8 Days • 12 Meals

Departure Date: May 7, 2016

Double \$1,498, Single \$2,037

Take a relaxing journey to the white sand beaches of Alabama's Gulf Coast. On the way, see the world's largest space museum, and on the way home spend two nights exploring country music history in Nashville.

### Romantic Rhine and Mosel River Cruise

8 Days • 12 Meals

Departure Date: April 15, 2016

Experience the re-awakening of Spring in the Netherlands as well as on the Rhine and Mosel Rivers. Visit Keukenhof Gardens at the peak of tulip season. See the countryside bloom as we sail these two historic rivers of Europe.

*Brochures with full details available at the  
Sussex Community Center*

## Cave of the Mounds & Mt. Horeb Spring Art Tour



Friday, June 3rd  
Pick up at Wagner Park in Pewaukee at 8 am  
Expected return at 7 pm  
\$41 R, \$51 NR  
Trip #1910.1  
Register by May 13

Don't miss this opportunity to visit the **Cave of the Mounds National Landmark**, celebrating 75 years of tours this year. A guided tour takes you past a varied collection of colorful stalactites, stalagmites, columns and crystals via paved pathways. Learn about the cultural history of the Blue Mounds area and the discovery of the cave.

We will then head to the unique Norwegian town of **Mt. Horeb**, where you'll enjoy lunch on your own at one of the many downtown area restaurants and explore the many art galleries, all within walking distance. You may even see a few of the trolls that quirky Mt. Horeb is known for. Our travel home will include a stop at a rural personal gallery.

The fee includes coach bus transportation, breakfast pastries and coffee and entrance fees to Cave of the Mounds. *Lunch is not included. This trip includes walking at both locations.*



FiresideTheatre.com

You are invited to enjoy the Fireside Theatre experience...browse through the spectacular gift shops, be treated to a superb dining experience and enjoy a live professional show.

### Upcoming Shows

**Sister Act**  
May 19

**Rockin' at the Fireside**  
July 7

**A Fireside Christmas**  
December 8

**Fee: \$90/person**

To register, call Jeni Erdman at 414-416-9268 or email her at eggsfsale@aol.com. When registering, indicate you are from the Sussex Community Center.

Pick up will be at Kirkland Crossings in Pewaukee.  
Estimated Departure Time: 9 am.

# Senior Transportation & Community Resources



Interfaith Senior Programs is a nonprofit organization serving seniors in Waukesha County. It is Interfaith's goal to keep seniors living as safe and independently as possible.



## To Become a Client of Interfaith Senior Programs & Transportation Service

Call (262) 549-3348 and ask to speak with someone who can sign you up to receive help with transportation. A staff member will do an Eligibility Screening over the phone. After your Eligibility Screening an Interfaith assessor will contact you to set up a time and day for them to come and do an in-home assessment. You will then receive a confirmation call from Interfaith regarding your eligibility.

## To Request a Ride Through Interfaith Senior Programs

- Once you have been approved as an Interfaith client, you may call (262) 549-3348 to schedule a ride. Clients are able to make one request per week to either a grocery store or food pantry, healthcare appointment, or other necessary stops such as the bank or post office. Please have ready:
  - the date and time of your appointment;
  - the address of your destination;
  - and how long you think it will take.
- Once you've been matched with a driver, Interfaith will call to let you know your driver's name. Your driver will call you the day before your ride to arrange a pick-up time.
- If Interfaith is unable to find a match for your ride, a staff member will contact you the day prior to your ride to let you know and discuss other possible options.
- If you have an urgent need for a ride, Interfaith will do their best to provide you with the help you need.

## Katie's Closet

Katy's Closet is a medical equipment lending library. Items are loaned out free of charge on a first-come, first-served basis. For information, call 262-746-9034, or visit their website, [www.teamupwithfamilies.org](http://www.teamupwithfamilies.org).

## Waukesha County RideLine



The Waukesha County RideLine is available to Waukesha County residents 65 years of age or older. This is door-to-door service with a handicapped accessible van. Transportation priorities

are: medical, nutrition, work-related, social and respite. The RideLine is available 6 a.m. to 6 p.m. Monday-Friday at a cost of \$1 each way for meal site programs. Other fares are determined by origin, destination and ability to pay. **Riders must make reservations at least one to two days in advance of need.**

To apply for this program, call the Aging & Disability Resource Center (ADRC) of Waukesha County at **262-548-7828**. Call 262-650-1000 to reserve a ride.

Free tax preparation is available through AARP volunteers at the following locations beginning the first week of February 2016. Appointments are necessary, but should not be made prior to January 8. Please bring to your appointment a picture ID, a social security card if you are not currently getting social security benefits, and all necessary tax documents including last year's tax return.



### Germantown Senior Center

W162N11960 Park Avenue  
Germantown, WI 53022-2536  
Reservation Phone: 262-253-7799  
Days of Operation: Wednesdays, 9 am-2:30 pm

### Menomonee Falls Library

W156N8436 Pilgrim Road  
Menomonee Falls, WI 53051-3140  
Reservation Phone: 262-255-8460  
Days of Operation: Fridays, 9:30 am-3 pm

### Landmark Credit Union-Waukesha

2400 North Grandview Boulevard  
Waukesha, WI 53188-1605  
Reservation Phone: 262-574-4900  
Days of Operation: Tuesday & Thursday, 9:30 am-1:30 pm

### Brookfield Library

1900 North Calhoun Road  
Brookfield, WI 53005  
Reservation Phone: 262-782-4140  
Days of Operation: Tuesdays, 9 am-3 pm

## Medicine Collection Program

A MedReturn drug collection unit has been placed in the lobby of the Sussex Public Safety Building to provide residents a way to safely dispose of prescription and over-the-counter medications. The MedReturn unit is available from 8 am to 5 pm Monday-Friday. **This drop box is for residential use only. Use by doctor's offices, businesses, clinics or commercial use is not permitted.**



**Find-a-Ride Waukesha**  
[www.findaridewaukesha.org](http://www.findaridewaukesha.org)

A free website to help you find transportation  
in Waukesha County

## St. James SOAL Program

Mark your calendars for the Spring Soal dates: April 8, 15, 22 & 29; May 6, 13 & 20. **SOAL** classes provide adults ages 50 and older a great opportunity to socialize and learn new skills. Participants enjoy sessions on spirituality, arts and crafts, health, contemporary issues and senior safety. Volunteer instructors set the tone for fun and interesting classes. Classes run for six weeks and SOAL ends with a potluck and display of projects.

## What are Community Days at St. James?

On the second and fourth Thursday of the month, the cooperating Churches of Sussex host a free dinner for anyone in the community who would like to attend. The meal is served at 5:30 pm in the Community Center at St. James Church, W220 N6588 Town Line Road. The evening is filled with good food and good company. All are welcome. For more information, call 262-251-0897.

## Senior Liason

*Are you newly retired or new to the area and contemplating signing up for a program, taking a trip, or simply joining us for lunch, but you have questions or concerns?*

Our Senior Liason, Lorraine Fackler, can answer your questions. Lorraine started attending the lunch program and playing card games at the Community Center in 2008. Lorraine feels that the Sussex Community Center and its programs "saved her life" after her husband died. Coming to the community center daily gives her a purpose and has introduced her to new friends and new interests.

If you are on the fence and would like to ask another senior some questions, call Lorraine at 262-246-0346.

## Sunshine Committee

Mrs. Jean Schlidt is our **Sunshine Committee** representative. Jean enjoys creating original notecards and writing cheery notes to our area seniors who have been sidelined by an illness or unfortunate circumstance.

*If you know of someone who might be in need of some kind words or happier thoughts, call us at the Community Center, 262-246-6447.*



## Movie Matinees

Join us every fourth Tuesday of the month at 1 pm for new DVD releases on the big screen. Call the library at 262-246-5180 for information about upcoming movies.

## My Experiences on an Honor Flight and as a MP in Germany by Fred Keller

Tuesday, January 12, 1 pm

## Whistling in the Dark

Thursday, February 4, 1 pm. Lesley Kagen will discuss her latest book and previous writings.

## Know The Ten Signs

Thursday, March 3, 1 pm, by Jennifer Harders, sponsored by the Alzheimer's Association. Discussion will be aimed at caregivers, as well as recognizing the disease signals.

## Library Days at the Community Center

Staff from the Pauline Haass will visit the Sussex Community Center from 11 am to 12 pm on the 2nd and 4th Mondays to show our area seniors the services and materials our local library provides. Seniors interested in checking out materials will need an updated library card with fines below \$10. Stop at the library or call (262) 246-5180 between now and September to make sure you will be ready to participate and ask any questions you might have.

If you have requests or suggestions about materials you would like to see brought to the Community Center, we'd love to hear your ideas!



# Menomonee Place

Senior Living

N84 W17147 Menomonee Ave.  
Menomonee Falls, WI 53051  
262-255-4441



A name you can trust  
for **rehabilitation**  
and **health care.**

A PROVEN LEADER® in health care

ManorCare Health Services –  
Pewaukee  
262.523.0933

ManorCare   
Health Services

## Volunteer Spotlight Ron & Jackie Shively



Ron and Jackie Shively are community volunteers in the truest sense of the word! Jackie began working at the Sussex Senior Lunch program prior to the county taking over the program, when meals were actually prepared at the Community Center. Ron became a volunteer meal driver, and they both regularly help with set up and clean up.

Not only do Ron & Jackie help at the Sussex Community Center Meal Site, Ron is also an active member of the Sussex Lions Club. They have enjoyed assisting with the mission projects sponsored by the Lions Club and they also volunteer their time for school vision screenings. Jackie also volunteers at the election polls as a chief inspector.

Ron Shively was born and raised in northern Wisconsin and served in the United States Airforce. He came home and attended and graduated from DeVry Technical Institute in Chicago, IL. Jackie was born and raised in Chicago, where they met while Ron was attending school. They married and moved to Milwaukee in 1960.

In 1961, they moved their young family to Cudahy for 11 years for Ron's job at AC Spark Plug. Ron was offered a job at Marquette Electronics and they moved to Sussex in 1973 where they raised their family. Jackie worked for many years as a bank teller, proof operator and executive secretary.

Jackie and Ron have been married for 55 years and have been blessed with two children, nine grandchildren and six great-grandchildren. They retired at the same time and started their "retirement life" in Sussex. They enjoy being busy at home, where Ron is a fixer of things. Faith is an important part of their life and they belong to the Methodist Church.

In addition to volunteering, Ron and Jackie travel and enjoy time with their many friends and family members, especially their awesome grandchildren and great-grandchildren!

*Our community has been truly blessed that Ron and Jackie Shively chose to make Sussex their home!*

## Seniors & Students

Make a difference in a child's life, make a difference in your community ... The Hamilton School District has opportunities for senior citizens to volunteer in the schools through its **Seniors & Students** volunteer program.

**Pen Pals** – No need to be an accomplished writer! Simply write or type at least a monthly letter from October to April to a 4th grade student in the district. Learn what is important in the life of an elementary school child and attend the year-end party in April to meet your child and spend a lovely afternoon with him or her!

**Readers Café** – Do you love to read? Do you love to share your love of reading? If so, come and have lunch and read a book with a student or 2 from Lannon Elementary School. Program will start in February. Day to be determined.

Learn what so many other seniors already have, that you will "get back much more than you give" through these volunteer programs. For more information call Becky Hubred at 262-437-5008.

## Meal Drivers & Snow Shovelers Needed

Interfaith depends on caring volunteers, donations and sponsors to fulfill their mission offer their services free of charge. They are currently in need of:

- Volunteer drivers to take clients to medical appointments and the grocery store.
- Energetic volunteers to shovel snow for seniors and adults with disabilities in Waukesha County

For more information, call Anna Roesel at (262) 522-2402 or email [AnnaR@InterfaithWaukesha.org](mailto:AnnaR@InterfaithWaukesha.org).



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262-446-2000  
[Waukeshawi@comforcare.com](mailto:Waukeshawi@comforcare.com)  
[www.ComForcare.com](http://www.ComForcare.com)

Supporting Independence, Dignity and Quality of Life

Each office is independently owned and operated. ComForCare Senior Services is an equal opportunity employer.



## Emergency Preparedness Checklist for Seniors

The US Department of Health and Human Services and the American Red Cross advise that seniors, whether living independently or in an assisted living facility, should have an emergency plan and an emergency kit. Both should be reviewed at six-month intervals. Family members and other relevant agencies, such as a community response team, should be aware of the plan and the whereabouts of the kit.

### Emergency Plan

Write down an emergency plan and prepare an emergency kit. Review your home and ensure there is an exit route kept clear and accessible. If there are other people in the home, the family should have an agreed meeting point just outside the house and also outside the neighborhood. A senior in an assisted living facility should discuss his/her plan with the manager and with neighbors and should tell them where his/her emergency kit is stored.



### Provisions

- Enough water and food to last at least three days. This should be stored safely and should include canned food and a can opener.
- Make provision for any medication you need to take, writing a list of medicines and dosages.
- A flashlight and batteries, which are always kept in the same place, as well as a cell phone with batteries and a charger, and a radio
- A first aid kit in an accessible place.

### Documents

Make copies of health insurance, wills, inventory of household goods and marriage/birth certificates. Paper copies can be made and stored in a waterproof pouch. You may also wish to store special photos or the negatives in a safe accessible location, or take copies and save them on a remote computer.

### Disabilities

Any household that includes a wheelchair user or person with poor mobility should make sure that access to and from the house is adequate and kept clear. Make an evacuation plan and practice it.

### Contacts

Have three people who can be contacted in case of an emergency. Their main telephone numbers should be clearly visible in your home.

## In Memoriam

Our deepest sympathies are extended to the families that have recently suffered the loss of their loved one.

*Raymond Stauber*



*"Grief never ends, but it changes.  
It's a passage, not a place to stay.  
Grief is not a sign of weakness,  
nor a lack of faith.  
It is the price of love."*

*Sussex Chiropractic: Wellness & Massage*  
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*www.sussexchiropractic.com*

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gdittrich@sbfhcs.com

# Village of Sussex Information



## BUILDING UP SUSSEX

Construction is underway on the **Civic Campus**, located on Main Street between the Village Hall and Pauline Haass Public Library. The new building is scheduled for completion by February 2017. The Civic Campus building will house the Senior Center, including senior activities and the senior lunch program, recreational programming, Village of Sussex offices, the Sussex Area Chamber of Commerce, the Sussex Area Historical Society, Sussex Outreach Services, including the food pantry, and a large meeting room for the Pauline Haass Public Library.

The new spaces dedicated to senior services will include a beautiful dining facility and a senior lounge area with a Lannon stone fireplace.

As of December, the contractor has completed pouring of the stairwells and elevator shaft in the building and has plans to pour the foundation. Work will continue over winter until the completion date on or before February 2017.

The Pauline Haass Public Library, Weyer Park and Village Hall remain open, as usual, during construction. Parking is available in the lot directly north of Village Hall, north of the Pauline Haass Public Library and adjacent to Weyer Park.



Senior lounge at the Civic Campus

We look forward to seeing all of our senior community enjoy these spaces soon. We will update you on the progress of construction in future editions of the **Center of Attention**.

## What's Happening in Sussex?

Sign up for our e-Notices and receive periodic emails with info about what is happening in Sussex.

### Sussex News & Notes

Receive monthly emails about general happenings in the Village, including parks and recreation, public works and more.

### Road Program

Receive update emails twice a month in the spring, summer and fall regarding the Road Program.

### Planning & Development

Receive quarterly emails about new businesses and other development in the Village.

### Sign up on the Village website

[www.villagesussex.org](http://www.villagesussex.org)

### The Courier

The Courier newsletter is published in spring and fall and is mailed to all Village of Sussex residents. The Courier includes important dates, Village contacts, election information and information about Village services and projects. The Courier is available at:

Sussex Village Hall  
Pauline Haass Public Library  
Sussex Community Center  
Village website at [www.villagesussex.org](http://www.villagesussex.org)

## Important Dates

### Village Offices Closed

New Year's, December 31 & January 1  
Good Friday, March 25

### Property Taxes Due

January 31 (in full or 1st Installment)

Payments can be made in person at the Village Hall during business hours (8 am–5 pm M-F), after hours and on weekends in the night drop box on the west side of Village Hall as you enter the driveway, or by mail (Sussex Village Hall, N64W23760 Main St, Sussex, WI 53089).

Payments **MUST** be RECEIVED by the treasurer within five (5) working days of the due date or will be considered delinquent.

### Curbside Christmas Tree Pickup

January 4–29

### Waukesha County Energy Assistance

9 am to 1 pm, Tuesday, February 9  
in the Village Hall Board Room

### Congressman Sensenbrenner Office

#### Hours at Sussex Village Hall

10:15 am, Friday, March 4

### Daylight Savings Time: Spring Ahead!

Sunday, March 13



# Sussex Parks and Recreation Department Registration Form



262-246-6447 Office

262-246-6337 Fax

www.villagesussex.org

recinfo@villagesussex.org

Parent/Guardian or Adult Participant Name: \_\_\_\_\_ Adult Date of Birth: \_\_\_\_\_  
Last Name First Name (s) (ex. 01/01/1960)

Address: \_\_\_\_\_ City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Phone: ( ) \_\_\_\_\_ Cell: ( ) \_\_\_\_\_ E-mail address: \_\_\_\_\_

Emergency Name: \_\_\_\_\_ Relationship to Participant: \_\_\_\_\_ Phone: ( ) \_\_\_\_\_

I/We \_\_\_\_\_ would like to **volunteer coach or assist** with the following: \_\_\_\_\_  
Name of volunteer (s) Program (s)

**Americans With Disabilities Act** - The Village of Sussex complies with the Americans with Disabilities Act and will make reasonable modifications to support inclusive recreation participation. The Recreation Department requests ample notice regarding special assistance needs. This will allow our department proper planning time to accommodate special assistance needs. For answers to your questions about recreation inclusion, call Megan Sackett at 262-246-6447 or e-mail Megan at msackett@villagesussex.org. I/We need reasonable modifications to participate in recreational programming.  
Circle one: Yes No

Class/Trip ID# Example: 1118.0 Found in each Description.	Program Name Example: senior fitness, t-ball, coach pitch	First Name of Participant (s) Note: If last name of child is different from parent listed above, please provide the child's last name.	Male Female		Date of Birth Required for everyone. Youth Adults Senior Citizens	Age	Grade	T-Shirt Size <u>Youth Team</u> <u>Sports</u> YS - 6-8 YM - 10-12 YL - 14-16 <u>Adults</u> S, M, L, XL, XXL	Fee/Cost Be sure to submit the appropriate fees.
			Circle	One					
			M	F					
			M	F					
			M	F					
			M	F					
			M	F					
			M	F					
			M	F					

**Transaction TOTAL**

**Payment Method (Check all that apply.)**  
 Checks Payable to: **Village of Sussex**  
 Cash  
 Gift Certificate  
 Credit Card  
If for any reason payment is returned as "not payable" a service fee of \$30 is charged for each returned submission. Full payment plus accrued service fees must be paid in full to become registered.

**Statement of Liability and Understanding**  
The undersigned, participant (adult), parent/guardian or a designee do hereby understand that I have registered the individuals herein to participate in the aforementioned activities. I further agree to completely indemnify and hold harmless the Village of Sussex and its employees, officers and agents from and against any and all liability. I understand the requested programs, like all activity, has some inherent risk involved. Furthermore, the individuals named herein are in good physical condition appropriate for the stated activity and the participants assume full responsibility for injuries incurred while taking part in an activity. No accident insurance is provided by the Village of Sussex. I have read and agree to the registration and related policies, procedures and/or guidelines. I understand that any intentional misrepresentation about residency or age will result in removal from programming (forfeiting all fees/costs). I agree to provide proof of residency upon request. I read the enclosed and accept. By signing this, I agree to comply with the Code of Conduct policy set forth by the Village of Sussex and will accept the ramifications should I not adhere to it. By signing this form, you are stating that you understand the importance of recognizing and responding to the signs, symptoms and behaviors of a concussion or head injury and have read the Parent Concussion and Head Injury information on the Village of Sussex website. I agree that my child must be removed from practice/play if a concussion is suspected and seek medical treatment. **Adult Participant, Parent/Guardian, or an Adult Designee Signature is required for this registration to be valid.**

Signature \_\_\_\_\_

Date \_\_\_\_\_

### Required Information for Credit Card Transactions (write legibly)

*This credit card information is required for mail-in, drop-box & faxed registrations.  
Present credit card for immediate processing.*

Circle One: Visa MasterCard Discover American Express Total amount to be applied to card: \_\_\_\_\_

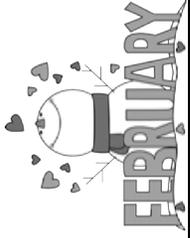
Card #: \_\_\_\_\_ Expiration Date: \_\_\_\_\_

Entire name is it appears on the credit card (please print legibly): \_\_\_\_\_

*I Cardholder acknowledges receipt of goods and/or services in the amount of the Total shown hereon and agrees to perform the obligations set forth in the Cardholder's agreement with the Issuer.*

Signature (REQUIRED): \_\_\_\_\_ (This portion of the form will be destroyed after transaction is complete.)

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						
3	4 9 am Senior Fitness 12 pm Trivia Day Lunch 1 pm Dominoes	5 1 pm Polish Poker	6 9 am Senior Fitness 1 pm Dart Ball 1 pm Phase 10	7 9 am Senior Fitness 9 am Happy Hookers 9:30 am Pickle Ball 1 pm Sheepshead 1 pm Bridge	8 9 am Gentle Yoga	9 9 am Gentle Yoga
10	11 9 am Senior Fitness 10 am Craft Club 11 am Library Day 1 pm Book Club 1 pm Dominoes	12 1 pm Polish Poker 1 pm Technology 101 6 pm Line Dancing	13 9 am Senior Fitness 1 pm Dart Ball 1 pm Phase 10	14 9 am Senior Fitness 9 am Happy Hookers 1 pm Sheepshead 1 pm Bridge	15 9 am Gentle Yoga	16 9 am Gentle Yoga
17	18 9 am Senior Fitness 12 pm Martin Luther King Day Lunch 1 pm Dominoes	19 9:30 Pickle Ball 12 pm Popcorn & PJ Lunch 12:30 pm Lions Bingo 1 pm Polish Poker 6 pm Line Dancing	20 9 am Senior Fitness 1 pm Dart Ball 1 pm Phase 10	21 9 am Senior Fitness 9 am Happy Hookers 9:30 am Pickle Ball 1 pm Sheepshead 1 pm Bridge	22 9 am Gentle Yoga 9:30 am Pickle Ball	23 9 am Gentle Yoga
24	25 9 am Senior Fitness 11 am Blood Pressure 11 am Library Day 1 pm Dominoes 6:30 pm In the Kitchen	26 9 am Basket Weaving 9:30 am Pickle Ball 12:30 pm Toe Nail Trimmers 1 pm Polish Poker 6 pm Line Dancing	27 9 am Senior Fitness 1 pm Dart Ball 1 pm Phase 10	28 9 am Senior Fitness 9 am Happy Hookers 9:30 am Pickle Ball 1 pm Sheepshead 1 pm Bridge 5 pm Steel Magnolias	29 9 am Gentle Yoga 9:30 am Pickle Ball	30 1 pm Sledding Party (if there's snow)
31						



Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 9 am Senior Fitness 1 pm Dominoes	2 9 am Basket Weaving 9:30 am Pickle Ball 1 pm Polish Poker 6 pm Line Dancing	3 9 am Senior Fitness 1 pm Dart Ball 1 pm Phase 10 4:30 pm Monkeying Around Dinner Party	4 9 am Senior Fitness 9 am Happy Hookers 9:30 am Pickle Ball 1 pm Sheepshead 1 pm Bridge	5 9 am Gentle Yoga 9:30 am Pickle Ball 6 pm Line Dancing Free Trial	6
7	8 9 am Senior Fitness 11 am Library Day 12:20 pm Pie Break 1 pm Dominoes	9 9 am Basket Weaving 9:30 am Pickle Ball 12 pm Mardi Gras Lun 12:30 pm Brain Fitness 1 pm Polish Poker 6 pm Line Dancing	10 9 am Senior Fitness 12 pm Valentines Lunch 1 pm Dart Ball 1 pm Phase 10	11 9 am Senior Fitness 9 am Happy Hookers 9:30 am Pickle Ball 1 pm Sheepshead 1 pm Bridge	12 9 am Gentle Yoga 9:30 am Pickle Ball 12:30 pm New Com- munity Center	13
14	15 9 am Senior Fitness 1 pm Book Club 1 pm Dominoes 6:30 pm In the Kitchen	16 9 am Basket Weaving 9:30 am Pickle Ball 12:30 pm Lion's Bingo 1 pm Polish Poker 6 pm Line Dancing	17 9 am Senior Fitness 10:30 am Cooking for One 1 pm Dart Ball 1 pm Phase 10	18 9 am Senior Fitness 9 am Happy Hookers 9:30 am Pickle Ball 1 pm Sheepshead 1 pm Bridge	19 9 am Gentle Yoga 9:30 am Pickle Ball	20
21	22 9 am Senior Fitness 11 am Library Day 1 pm Dominoes	23 9 am Basket Weaving 9:30 am Pickle Ball 12:30 pm Toe Nail Trimmers 1 pm Polish Poker	24 9 am Senior Fitness 1 pm Dart Ball 1 pm Phase 10	25 9 am Senior Fitness 9 am Happy Hookers 9:30 am Pickle Ball 1 pm Sheepshead 1 pm Bridge	26 9 am Gentle Yoga 9:30 Pickle Ball	27
28	29 9 am Senior Fitness 11 am Blood Pressure 12 pm Leap Day Lunch 12:30 pm Big Bucks Bingo 1 pm Dominoes					

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	<b>MARCH</b>	1 9 am Basket Weaving 9:30 am Pickle Ball 1 pm Polish Poker	2 9 am Senior Fitness 1 pm Dart Ball 1 pm Phase 10	3 9 am Senior Fitness 9 am Happy Hookers 9:30 am Pickle Ball 1 pm Sheepshead 1 pm Bridge	4 9 am Gentle Yoga 9:30 am Pickle Ball	5
6	7 9 am Senior Fitness 1 pm Dominoes	8 9 am Basket Weaving 9:30 am Pickle Ball 12:30 pm Smart Driver w/AARP 1 pm Polish Poker	9 9 am Senior Fitness 10:30 am Cooking for One 1 pm Dart Ball 1 pm Phase 10	10 9 am Bye Bye Birdie Trip 9 am Senior Fitness 9 am Happy Hookers 9:30 am Pickle Ball 1 pm Sheepshead 1 pm Bridge	11 9 am Gentle Yoga 9:30 am Pickle Ball	12
13	14 9 am Senior Fitness 1 pm Dominoes 1 pm Dominoes 6:30 pm In the Kitchen	15 9 am Basket Weaving 9:30 am Pickle Ball 1 pm Polish Poker	16 9 am Senior Fitness 12 pm St. Patrick's Day Lunch 1 pm Dart Ball 1 pm Phase 10	17 9 am Senior Fitness 9 am Happy Hookers 9:30 am Pickle Ball 1 pm Sheepshead 1 pm Bridge	18 9 am Gentle Yoga 9:30 am Pickle Ball	19 11 am Bunny Lunch 12:30 pm "Egg" travaganza
20	21 9 am Senior Fitness 1 pm Book Club 1 pm Dominoes	22 9 am Basket Weaving 9:30 am Pickle Ball 12:30 pm Toe Nail Trimmers 1 pm Polish Poker	23 9 am Senior Fitness 1 pm Dart Ball 1 pm Phase 10	24 9 am Senior Fitness 9 am Happy Hookers 9:30 am Pickle Ball 1 pm Sheepshead 1 pm Bridge	25 Senior Center & Dining Center Closed	26
27	28 9 am Senior Fitness 11 am Blood Pressure 1 pm Dominoes 12 pm Easter Lunch 1 pm Dominoes	29 9 am Basket Weaving 9:30 am Pickle Ball 1 pm Polish Poker	30 9 am Senior Fitness 1 pm Dart Ball 1 pm Phase 10	31 9 am Senior Fitness 9 am Happy Hookers 9:30 am Pickle Ball 1 pm Sheepshead 1 pm Bridge	<b>Sunday, March 13</b>  <b>SPRING FORWARD</b> <small>DAYLIGHT SAVING TIME</small>	