

Benevolent Corporation
Cedar Community
5595 County Road Z
West Bend, WI 53095

Non-Profit
Organization
U.S. Postage
PAID
West Bend, WI
Permit No. 24

A summer of fun that's meant to be shared

Cedar Lake Village Homes and Cedar Ridge Apartments are hosting several open house events for the summer. Residents are welcome to attend but we ask that each resident help share the fun with others by bringing a prospect with them. Guidelines for the resident referral bonus apply to the events listed below. Simply give Betty Christen a prospect card with all the information completed two weeks prior to the event. If you prefer to attend without a prospect, the cost for each event is \$15 per person. We need your help spreading the good word about Cedar Community. Bring a friend and join us for a summer of fun!

Hawaiian Luau on the Lake

Thursday, July 15

Beach House, 5595 County Road Z, West Bend

1 to 3 p.m. Tours of Cedar Ridge Apartments
and Cedar Lake Village Homes
3 to 4 p.m. Entertainment and refreshments

Dean Martin Impersonator

Thursday, Aug. 5

*Cedar Ridge Apartments, 113 Cedar Ridge Drive,
West Bend*

4 to 6 p.m. Tours of Cedar Ridge Apartments
and Cedar Lake Village Homes

6 to 7 p.m. Dinner
7 to 8:30 p.m. Performance



Call Betty Christen to learn more, 262.338.2811.

Cedar Community's Top of the Ridge Restaurant, *Cedar Ridge Apartments, 113 Cedar Ridge Drive, West Bend*

The restaurant is open to the public for breakfast, lunch and dinner. Call 262.338.2812 for more information. Join us for the following special events:

Wine & Cheese Social

Enjoy a glass of wine and select cheeses.

Date: Fridays, July 23 and 30

Time: 4 to 5 p.m.

Location: Top of The Ridge Restaurant

Cost: \$.30 (.20.10)

enjoying a six-course dinner. Wines paired with each course. Limited to 35 people.

Date: Wednesday, Aug. 11

Time: 5 p.m.

Location: Top of The Ridge Restaurant

Cost: \$25

Sunday Brunch

Made-to-order omelets, salads, eggs, bacon, chicken, beef, bakery, desserts, juices, Mimosas and many other popular items.

Date: Sunday, Sept. 12

Time: 11 a.m. to 1 p.m.

Location: Top of the Ridge Restaurant

Cost: \$10.75 residents; \$11.75 non-residents

Kewaskum Big Band and Fish Boil

Don't miss this outdoor concert and dinner!

Date: Wednesday, July 28

Time: 4 to 6:30 p.m. dinner; 7 p.m. concert

Location: Cedar Ridge Performance Square

Cost: \$12

Mystery Dinner

An interactive event where guest participation determines how the meal is served. Enjoy a fun night of socializing and dining.

Date: Wednesday, Aug. 25

Time: 5 p.m.

Location: Top of The Ridge Restaurant

Cost: \$12

Wine Tasting Dinner

Learn all you need to know about wine.

Sample wines from five different countries while

Cedar Ridge Market Café

The Market Café is located at Cedar Ridge Apartments on the first floor and offers fresh breakfast pastries, panini sandwiches, salads, ice cream, coffee and more! Stop in for breakfast or lunch. The market is open to the public.

Hours

Mondays, Wednesdays, Fridays 7:30 a.m. to 2:30 p.m.

Tuesdays, Thursdays 8:30 a.m. to 2:30 p.m.

Saturdays 9:30 a.m. to 2:30 p.m.



**Free cookie with the purchase
of a special panini of the week.**

For use only at The Market at Cedar Ridge, 113 Cedar Ridge Drive

GL# 015255257105

expires: 09/30/10

Physical Wellbeing

Programs that support fitness, strengthening, cardiovascular endurance and positive lifestyle habits.

Tai Chi

Jo Gross

Tai Chi incorporates slow, rhythmic and meditative body movements to enhance relaxation, inner calm and peace. Movements learned are low-impact and non-strenuous. When combined, they form a flowing, graceful experience. This will allow you to develop a greater sensitivity of your own body as well as cultivate an awareness of internal energy, or "Chi." You can stand or sit in a chair.

Date: Wednesdays

Time: 1 p.m.

Location: Cedar Ridge Performance Square

Cost: Donations given at the end of every class. All area seniors welcome.

Arthritis Exercise Video

Arthritis Foundation

This is a great fitness program specifically for people who have arthritis.

Date: Every Monday, Wednesday & Friday

Time: 8:30 to 9:30 a.m.

Location: Cedar Ridge Fitness Center

Cost: Free to Cedar Ridge and Village residents.

Up & At'ems

Exercise Group

This is a non-strenuous workout including warm-up, stretching, low-impact aerobics, Thera-band exercises and cool-down. Led by Villager John Waskiewicz. Please call John with questions, 262.335.0553.

Date: Every Monday & Friday

Time: 8 to 8:30 a.m.

Location: Cedar Bay East Activity Room

Cost: Free to Cedar Ridge and Village residents.

Group Pole Walking

Paula Hader

We'll enjoy nature and the beautiful grounds of Cedar Ridge while having fun walking.

Date: Fridays

Time: 8:30 a.m.

Location: Meet in the Cedar Ridge lobby

Cost: Free to Cedar Ridge and Village residents.

Mystery Group Pole

Walking Excursion

Paula Hader

We're off to a mystery location using our walking poles to enjoy nature. Sign up at the Cedar Ridge bulletin board. Limited to 14 residents.

Date: Mondays, July 12, Aug. 9, Sept. 13

Time: 8:15 a.m. meet; 8:30 a.m. depart

Location: Meet in the Cedar Ridge lobby

Cost: Free to Cedar Ridge and Village residents.

Personal Training

Michelle Kehoe, LPTA, ACE Degreed and Certified Personal Trainer

Do you want to start an exercise program, but have no idea how? Michelle Kehoe is a personal trainer who can help you achieve your personal fitness goals by developing an exercise program just for you. Call Michelle if you have questions or to schedule an appointment, 262.853.8812.

Date: Flexible

Time: Call for an appointment.

Location: Cedar Ridge Fitness Center

Cost: One-hour session, \$45. Buddy session (two or more people), \$30 per person for one hour, 30-minute sessions \$25. All area seniors welcome.

Cardio Soul and Power

Luanne Salmon

This class incorporates balance, rotation, movement and power to instill greater strength, endurance and mobility. This workout will sculpt and define while elevating your heart rate to a moderate intensity. This class is targeted for active seniors.

Date: Six-week session beginning Tuesday, Sept. 28

Time: 4 p.m.

Location: Cedar Ridge Fitness Room

Cost: \$24

All area seniors welcome.

Ballroom Dancing

Jackie Krell Stumpf

All dancers are welcome, singles or couples, regardless if you're only dancing for fun.

This class is for you if you're just beginning or looking to polish your basic ballroom techniques! No need to sign up, just show up.

Date: Wednesdays

Time: 6 p.m.

Location: Cedar Ridge Grand Hall

Cost: \$8 per class. Payment collected at the class. All area seniors welcome. For more information, call Jackie at 262.334.3187.

Ballroom Line Dancing

Jackie Krell Stumpf

A line dance is choreographed with a repeated sequence of steps performed by a group of dancers in one or more lines or rows, without regard for the gender. All face the same direction, and execute the steps at the same time. No partners needed!

Date: Every Tuesday beginning September 22

Time: 2:30 p.m. for beginners; 3 p.m. for more advanced

Location: Cedar Ridge Performance Square

Cost: \$5 per class

All area seniors welcome. No need to sign up, just show up. For more information, call Jackie at 262.334.3187.

Song in Your Soul

Paula Hader

Start your day out right by feeling good! Just ask any resident who has attended this morning class. It's uplifting and energizing and sets the tone for the entire day. You can sit or stand. No counting, no missed steps, no stress, just fun!

Date: Tuesdays and Thursdays

Time: 8:30 - 9 a.m.

Location: Cedar Ridge Music Room

No registration necessary.

Cost: Free to Cedar Ridge and Village residents.

Fitness Room Orientation

Do you know how to use the Cedar Ridge fitness equipment in a safe way? A staff member from Cedar Haven Rehabilitation Services will show you how to correctly use

each machine.

Date: Second Tuesday of the month

Time: 3:30 p.m.

Location: Cedar Ridge Fitness Center

Cost: Free to Cedar Ridge and Village residents and staff.

Shuffleboard

Join us for a game and meet some new friends. Never played? We'll teach you.

Date: Mondays

Time: 6:30 p.m.

Location: Cedar Ridge Shuffleboard Courts

Cost: Free to Cedar Ridge and Village residents.

Bocce Ball

Come out and see how precise your aim is when you play Bocce ball.

Date: Tuesdays

Time: 6:30 p.m.

Location: Cedar Ridge Bocce Ball Court

Cost: Free to Cedar Ridge and Village residents.

Blood Pressure Clinic

You can have high blood pressure (hypertension) for years without a single symptom. Uncontrolled, it increases your risk of serious health problems, including heart attack and stroke. Kathy Stultz, RN offers blood pressure checks.

Date: Mondays

Time: 9 to 11 a.m.

Location: Cedar Ridge Health Office

Date: Wednesdays

Time: 12:30 to 1:30 p.m.

Location: Cedar Bay West Assisted Living

Date: Fridays

Everyday Exercise

Schedule at a glance

MONDAY

8 a.m.

Up & At'ems, Cedar Bay East Activity Room

8:30 a.m.

Arthritis Exercise Video, CR Fitness Center

TUESDAY

8:30 a.m.

Song in Your Soul, CR Music Room

WEDNESDAY

8:30 a.m.

Arthritis Exercise Video, CR Fitness Center

1 p.m.

Tai Chi, CR Performance Square

6 p.m.

Ballroom Dancing, CR Grand Hall

THURSDAY

8:30 a.m.

Song in Your Soul, CR Music Room

FRIDAY

8 a.m.

Up & At'ems, Cedar Bay East Activity Room

8:30 a.m.

Arthritis Exercise Video, CR Fitness Center

Time: 1:30 to 3:30 p.m.

Location: Cedar Ridge Health Office

Date: Prior to the Village Coffee Hour

Cost: Free to Cedar Ridge and Village residents.

Blood Sugar Screenings

23.6 million Americans have diabetes which is 7.8 percent of the U.S. population. Of these, 5.7 million do not know it. Each year, about 1.6 million people ages 20 or older are diagnosed with diabetes. Cedar Ridge and Village residents can have their blood sugars checked by appointment. If you are interested call Kathy Stultz, RN at 262.338.2821.

Date: By appointment

Location: Cedar Ridge Health Office

Cost: \$3

Seasonal Influenza

Kathy Stultz, RN

The CDC recommends a yearly seasonal flu vaccine as the first and most important step in protecting against seasonal influenza. While there are many different flu viruses, the seasonal flu vaccine protects against the three seasonal viruses that research suggests will be most common. Vaccination is especially important for people at high risk of serious flu complications, including young children, pregnant women, people with chronic health conditions like asthma, diabetes or heart and lung disease and people 65 years and older. Cedar Community will be providing seasonal flu vaccines for residents. Details of clinics will be listed in the Cedar Citizen as they become available.

Fishing on Big Cedar Lake

Walt Thompson and Clyde Crass

Enjoy fishing on beautiful Big Cedar Lake. Bring your own equipment and bait.

Date: Tuesdays and Thursdays

Time: 6 a.m. and 5 p.m. both days

Location: Meet at the north dock

Cost: \$2 per person. (weather permitting)

Fish fry party for all fishermen and spouses at the end of the season. For more information, call Villagers Walt, 262.306.1378, or Clyde, 262.334.0082. Open to all Cedar Ridge and Village residents.

Ridge Resident Pontoon Boat Rides

Ride schedules along with sign up sheets are posted at the main bulletin board. Residents are allowed to bring one guest. Please be sure your guest's name is also listed on the sign up sheet. Rides may be canceled at the last minute due to inclement weather.

Transportation provided to the dock.

Date: Fridays in July (except July 2) and August

Time: 12:30 p.m. depart; ride 1 to 3:30 p.m.

Location: Depart from Cedar Ridge lobby

Cost: Free to Cedar Ridge residents.

Village Residents Pontoon Boat Rides

Sign-up sheets are posted at the Village bulletin board. Residents may sign up family or friends to ride along. Please sign up no later than noon on Wednesday for the Friday rides and by noon on the previous Friday for the Monday rides. Rides may be canceled at the last minute due

to inclement weather.

Date: Fridays

Time: 10 a.m.

Date: Mondays, July 26 and Aug. 30

Time: 1 p.m.

Location: Meet at the north dock.

Cost: Free to Village residents.

Nature Trail "Bug" Rides

To make arrangements, contact Dorrie Alff, 262.306.0889, or Frank Laycock, 262.334.4932.

Date: Mondays

Time: 10 a.m.

Date: Thursdays

Time: 3 p.m.

Location: Leaves from Cedar Bay West carport

Cost: Free to Cedar Ridge and Village residents.

The Independence Store at Cedar Community

The Independence Store, providing durable medical equipment, is open at Cedar Lake Health and Rehabilitation Center at Cedar Community's main campus. The Independence Store is Medicare/Medicaid certified and able to bill most insurances for items approved by Medicare. If you don't see what you are looking for, give us a call and we can order it. For more information or to place an order, call 262.306.4251.

Date: Open Monday through Friday

Hours: 8 a.m. to 4:30 p.m.

Location: Cedar Community, Cedar Lake Health and Rehabilitation Center, 5595 County Road Z, West Bend

Cedar Lake Pharmacy

Your prescription for good health. Cedar Lake Pharmacy offers:

- **Competitive Pricing**

We accept most insurances including Medicare Part D providers.

- **Personalized Service**

- Receive a one-on-one consultation with a pharmacist when you pick up your prescription or when you call in with a question.

- We offer medication therapy review for current pharmacy users - learn how you may save money just by switching to a comparable medication.

- **Convenience**

- We can order specific types of medication and have it within 24 hours.

- We can provide maintenance drugs (90-day supply medications).

- We can assist you in transferring your prescriptions to Cedar Lake Pharmacy.

- You can easily request refills by email (pscriprefills@cedarcommunity.org) or by phone (262.306.4251).

- **Safety and accuracy**

- Our pharmacists double-check your prescriptions to make sure you are getting what your doctor ordered.

- We make sure you understand how to properly take your medications and answer any questions you may have.

Date: Open Monday through Friday

Hours: 7 a.m. to 4:30 p.m.

Location: Cedar Community, Cedar Lake Health and Rehabilitation Center, 5595 County Road Z, West Bend

Cedar Lake Pharmacy
262.306.4251

Enjoy Live Music

Music is featured Saturdays from 5 to 6 p.m. at the Top of the Ridge Restaurant, Cedar Ridge Apartments. All area seniors welcome.

Get Involved in Cedar Community Music

Music Unlimited Committee: Plans and coordinates music events. Meets the first Friday of the month, September - May. Next meeting, Friday, Sept. 3, 9 a.m., Cedar Ridge Music Room.

Music Listening: Free variety music program.

Meets September - May. Next program, Monday, Sept. 27, 3 p.m., Cedar Ridge Grand Hall.

Village Choir: Rehearses the first two Wednesdays of the month at 10:30 a.m. in Friendship House. The Village Choir sings for chapel in the health and rehabilitation center once per month, September - May.

Ridge Chapel Choir: Rehearses twice a month, September - May, prior to Chapel at Cedar Ridge and Cedar Bay West. Interested? Contact Frank Turpin at 262.306.8628.

Bells of Cedar Community: Handbell choir rehearses Wednesdays at 9 a.m., Cedar Bay East Activity Room. Requires music reading ability. Fall rehearsals begin September 15.

Cedar Community Choristers: Rehearses Fridays, Cedar Ridge Grand Hall, 10 to 11:30 a.m. beginning September 10. Holiday concerts planned for December 9 and 11. Open to all who enjoy singing four-part choral music.

For more details, call Sherry McElhatton 262.306.4554.

A Community of Sound

Sponsored by West Bend Mutual Insurance

Tom Gill, "Rhythm for Unity" teacher, workshop presenter and rhythm facilitator, shares his love of drumming and community building with people of all ages, ethnic backgrounds and abilities. Join us for a participatory drum circle using authentic African hand drums and other instruments to create our own in-the-moment music.

Date: Wednesday, Sept. 1

Time: 10 a.m.

Location: Cedar Ridge Grand Hall

This event is being held during the regularly scheduled Coffee Hour. Open to all Cedar Ridge and Village residents.

Wellbeing Opportunities

JULY EVENTS

Get Your DQ Treats!

The Dilly Wagon will visit this summer with ice cream treats. Sugar-free versions available!

Date: Every Wednesday in July and August

Time: 1:30 p.m.

Location: Cedar Ridge Carport

Cost: Varies

Beach Party

Cedar Ridge SAE-Sponsored Event

Join us for some summer fun!

Date: Thursday, July 1

Time: 10 a.m. depart from Cedar Ridge lobby; 3 p.m. return

Location: Cedar Lake Beach House

Cost: \$8 for picnic lunch

Open to all Cedar Ridge and Village residents.

Buster the Therapy Dog

Volunteer Mary Bittner and her therapy dog, Buster, will visit Cedar Ridge.

Date: Thursdays, July 1, Aug. 5, Sept. 7

Time: 2 to 3 p.m.

Location: Cedar Ridge Performance Square

Cost: Free to all Cedar Ridge and Village residents.

Mystery Lunch

You will be taken to a special place and given clues on the way to the destination.

Date: Friday, July 2

Time: 10:45 a.m.

Location: Depart from Cedar Ridge lobby

Cost: Cost of your lunch.

Ladies' Night Out in Brookfield

Join us at the Melting Pot for some fondue! Choose your cheese, salad and chocolate! Sign up at the Cedar Ridge bulletin board. Limited to 14 residents.

Date: Monday, July 5

Time: 3:45 p.m. (reservations for 5 p.m.) depart from Cedar Ridge lobby

Location: The Melting Pot, Brookfield

Cost: \$15. Add a petite entrée for \$7.

Open to all Cedar Ridge and Village residents.

Westphal Mansion Bed & Breakfast

Tour the Westphal Mansion Inn, an English Tudor, overlooking downtown Hartford. Lunch at the mansion will be catered by Perc Place and includes finger sandwiches, fresh fruit, lemon tart and beverage. Sign up at the Cedar Ridge bulletin board.

Date: Thursday, July 8

Time: 11:30 a.m. depart from Cedar Ridge lobby

Location: Hartford

Cost: \$10

Open to all Cedar Ridge and Village residents.

Mystery Group Pole Walking Excursion

Paula Hader

We're off to a mystery location. Sign up at the Cedar Ridge bulletin board. Limited to 14 residents.

Date: Mondays, July 12, Aug. 9, Sept. 13

Time: 8:15 a.m. meet; 8:30 a.m. depart from Cedar Ridge lobby

Location: Meet in the Cedar Ridge lobby

Cost: Free. Open to all Cedar Ridge and Village residents.

Brunch at Millhome Supper Club

Featuring made-to-order omelets, Belgium waffles, bakery items, soup and salad luncheon bar with chicken, beef and more. Along the way, we will drive through the country and explore. We will also stop at the bluffs in Port Washington. Sign up at the Cedar Ridge bulletin board. Limited to 14 residents.

Date: Sunday, July 18

Time: 9:30 a.m. depart from Cedar Ridge lobby

Location: Kiel

Cost: \$11.99 for brunch. Open to all Cedar Ridge and Village residents.

End of Life Care: A Christian Perspective

Rev. Dr. Kevin Voss

The Concordia Bioethics Institute offers a unique approach to bioethics that equips personal and professional decision-making through spiritual guidance, competent teaching, insightful research and needed resources. Sign up at the Cedar Ridge bulletin board.

Date: Tuesday, July 27

Time: 11 a.m.

Location: Cedar Ridge Grand Hall

Cost: \$5. Area seniors, call Kathy Stultz, RN at 262.338.2821 to register.

Nutman Returns

Fresh confections, nuts and mixes. A portion of the profits are donated to Cedar Community.

Date: Thursday, July 29

Time: 9 a.m. to 1:30 p.m.

Location: Cedar Ridge Plaza

Cost: Varies according to your purchase.

Chicago Architectural Boat Tour

Enjoy a narrated tram tour of the Jelly Belly Center in Pleasant Prairie. Learn about the history and architecture of Chicago on a guided boat tour on the Chicago River. Lunch included in downtown. The last stop is the Chicago Botanic Garden for a narrated tram tour of the 23 diverse gardens. Price is based on a minimum of 30 passengers. Sign up by Thursday, July 15 at the Cedar Ridge bulletin board.

Date: Thursday, July 29

Time: 7 a.m. depart from Cedar Ridge lobby

Location: Pleasant Prairie and Chicago

Cost: \$99

All area seniors and families call Paula Hader to register, 262.338.2814.

Not Your Typical Farm

Learn the ins and outs of Ridge resident John Meisser's grandson's dairy farm. A light luncheon is included. Limited to 14 residents. Check the Cedar Ridge bulletin board for more information.

Cost: Free

Open to all Cedar Ridge and Village residents.

AUGUST EVENTS

Kids From Wisconsin

A group of musically gifted youth from Wisconsin. No wheelchair access. Deadline to sign up is Tuesday, July 6. Sign up at the Cedar Ridge bulletin board.

Date: Tuesday, Aug. 3

Time: 1 p.m. depart; show at 2 p.m.

Location: Port Washington High School

Cost: Depending on how many sign up, there

will be a \$5 to \$10 cost for transportation plus \$10 for admission. All area seniors and families call Paula Hader to register, 262.338.2814.

Mystery Lunch

You will be taken to a special place and given clues on the way to the destination.

Date: Friday, Aug. 6

Time: 10:45 a.m. depart from Cedar Ridge lobby

Location: Meet in the Cedar Ridge lobby

Cost: Cost of your lunch.

Milwaukee Brewers

vs. Arizona Diamondbacks

Enjoy all the goodies at the tailgate party as Personalized Tours grills up a feast - brats, burgers, salads, chips, beer, soda and water. Cost includes motor coach transportation, tailgate party and reserved loge infield box seating in section 212/213 for a 1:10 p.m. game time. Sign up at the Cedar Ridge bulletin board.

Date: Thursday, Aug. 12

Time: 9:30 a.m. bus departs from Cedar Ridge lobby; returns approximately 5:45 p.m.

Location: Milwaukee County Stadium

Cost: \$76

All area seniors and families call Paula Hader to register, 262.338.2814.

Fireside Theatre – "Ring of Fire"

Cedar Ridge SAE-Sponsored Event

An exciting journey through the life and work of Johnny Cash. The drama of his memorable life and career is told by a cast of talented singers/musicians and over 40 of his great hits including "I Walk the Line," "Jackson" and "Ring of Fire." Sign up at the Cedar Ridge bulletin board.

Date: Thursday, Aug. 12

Time: 8:30 a.m. bus departs from Cedar Ridge lobby

Location: Fireside Dinner Theatre

Cost: \$86

Signup Opens: Tuesday, June 8

Signup Closes: Thursday, July 9

All area seniors call Paula Hader to register, 262.338.2814.

A Day of Enrichment at Cedar Valley

Cedar Ridge SAE-Sponsored Event

Enjoy time on the grounds and an optional Tai Chi and Chi Gong class with Jo Gross, along with time for relaxation and a nutritious lunch. Jo will discuss energetic massage for the whole body as well as Hasya Yoga – using laughter for therapeutic release. Other activities include a video on humor and the human energy system, walking the labyrinth or spending time in the Great Spirit Chapel. Sign up at the Cedar Ridge bulletin board.

Date: Monday, Aug. 16

Time: 9 a.m. to 3 p.m.

Location: 8:45 a.m. depart from Cedar Ridge lobby

Cost: \$15 includes lunch and transportation. All area seniors call Paula Hader to register, 262.338.2814.

Open Mic Event

Kathy Stultz, RN

The sound of roaring laughter is far more contagious than any cough, snuffle or sneeze.

Wellbeing Opportunities

Laughter can be a powerful antidote to stress, pain and conflict. Bring a clean joke or story. All participants will receive a coupon for a free “Snicker Doodle” from the Market Café.

Date: Friday, Aug. 20

Time: 11 a.m.

Location: Cedar Ridge Performance Square

Cost: Free. All area seniors welcome.

Germanfest Performance

Come listen to the Cedar Lake Singers preparing for their performance at West Bend’s Germanfest.

Date: Thursday, Aug. 26

Time: 3:15 p.m.

Location: Cedar Theatre

Cost: Free to all residents and guests.

Germanfest – Downtown West Bend

Enjoy German entertainment and food. Our own Cedar Lake Singers will be performing from 10 to 10:45 a.m. Sign up at the Cedar Ridge bulletin board. Limited to 14 residents.

Date: Friday, Aug. 27

Time: 10 a.m. depart; return approximately 2 p.m.

Location: Meet in the Cedar Ridge lobby

Cost: Free. Open to all Cedar Ridge and Village residents.

SEPTEMBER EVENTS

Oktoberfest

A German feast along with musical entertainment by the Cedar Lake Singers.

Date: Thursday, Sept. 2

Time: 4:30 to 6 p.m.

Location: Cedar Ridge Performance Square

Cost: TBD

All area seniors welcome.

Mystery Lunch

You will be taken to a special place and given clues on the way to the destination.

Date: Friday, Sept. 3

Time: 10:45 a.m. depart from Cedar Ridge lobby

Location: Meet in the Cedar Ridge lobby

Cost: Cost of your lunch.

Cold, Cough and Flu Products

Penny Biersach, Cedar Lake Pharmacy

Every year millions of people use cold and flu products to treat their flu symptoms. With so many available, how do you know which works best? It is important to understand the active ingredients in these products and how they might react to other medications. Learn what cold and flu medications are available and important things to consider when choosing one.

Date: Tuesday, Sept. 7

Time: 3 p.m.

Location: Cedar Ridge Performance Square

Cost: Free. All area seniors welcome.

European River Cruises

Diane Fleming, Uniworld/Brookfield Travel

Learn more about river cruises. There will be fun, food and door prizes. Sign up at the Cedar Ridge bulletin board.

Date: Thursday, Sept. 9

Time: 11 a.m.

Location: Cedar Ridge Performance Square

Cost: Free. All area seniors call Paula Hader to register, 262.338.2814.

AARP Fraud Squad Presentation

Pam Langer, AARP Representative

Learn more about identity theft including criminal, medical, employment and financial along with investment and securities fraud. Information will be available including what to look for, help lines and rescue numbers.

Date: Wednesday, Sept. 15

Time: 3 p.m.

Location: Cedar Ridge Performance Square

Cost: Free. All area seniors welcome.

Mary Todd Lincoln Portrayal

Jessica Michna is returning to present the Mary Todd Lincoln Portrayal. Sign up at the Cedar Ridge bulletin board.

Date: Tuesday, Sept. 21

Time: 10 a.m.

Location: Cedar Ridge Grand Hall

Cost: Free to Cedar Ridge and Village residents.

Nutman Returns

Date: Wednesday, Sept. 22

Location: Cedar Ridge Plaza

Time: 9 a.m. to 1:30 p.m.

Living Successfully with Changing Vision

Rob Bitner, Low Vision Rehabilitation Director, Badger Association - Your Vision Resource Center

Learn more about common eye conditions such as macular degeneration, glaucoma, diabetic retinopathy and cataracts; resources available in the community; and adaptive products.

Date: Wednesday, Sept. 22

Time: 1:30 p.m.

Location: First Floor North Education Room

Cost: Free. All area seniors welcome.

Basic Car Care Clinic

Rob Wedin, West Bend Tire

Learn about preventative vehicle maintenance; what to look for in a servicing facility; how maintenance can save you money; and what you can do for your own vehicle. Sign up at the Cedar Ridge bulletin board. Refreshments.

Date: Thursday, Sept. 23

Time: 9:30 to 10:30 a.m.

Location: Cedar Ridge Performance Square

Cost: Free. All area seniors welcome.

River City Irregulars Concert

The West Bend Community Marching Band presents their annual fall concert under the direction of UW-WC Music Director, Dr. Dan Ackley. The band will play a variety of marches and favorite numbers from their summer concerts.

Date: Thursday, Sept. 23

Time: 7:15 p.m.

Location: Cedar Theatre

Cost: Free

Open to all Cedar Ridge and Village residents and their families.

Frederick Moyer Concert

Enjoy an evening of Jazz featuring Frederick Moyer, piano; Mike Britz, bass; and Don Neitzel, drums.

Date: Saturday, Sept. 25

Time: 5 p.m. dinner; 6:15 p.m. performance

Location: Top of the Ridge Restaurant

Cost: TBD

Open to all Cedar Ridge and Village residents.

The Dr. Rosa Minoka-Hill Story

Carol Smart, Actress and Playwright

Carol Smart, one of the oldest grandchildren of Dr. Minoka-Hill, will bring to life memories of the first woman doctor honored with a lifetime membership to the state medical society. This one-woman play illustrates the struggles faced by Native Americans in Wisconsin. Sign up at the Cedar Ridge bulletin board.

Date: Monday, Sept. 27

Time: 11 a.m.

Location: Cedar Ridge Grand Hall

Cost: \$5. All area seniors call Kathy Stultz, RN to register, 262.338.2821.

Brain Health – What’s all the Buzz?

Dawn Adler, R.T. Manager, Adult Day Services, Luther Manor

Enjoy this “Jump Start Mental Fitness” educational presentation about the brain.

Date: Tuesday, Sept. 28

Time: 9 a.m.

Location: Cedar Ridge Performance Square

Cost: Free. All area seniors are welcome.

Waupaca Chain of Lakes

Visit the Rawhide Boys Ranch for a presentation and motor coach tour of the facilities followed by a luncheon with beef tips or fried chicken and all the trimmings. Then board the Chief Waupaca, a double-decker paddle wheeler, and cruise the Waupaca Chain of Lakes. Sign up at the Cedar Ridge bulletin board by Wednesday, Sept. 15.

Date: Thursday, Sept. 30

Time: 7 a.m. depart from Cedar Ridge lobby

Cost: \$79

All area seniors call Paula Hader to register, 262.338.2814.

Fireside Dinner Theatre – “Hairspray”

Cedar Ridge SAE-Sponsored Event

“Hairspray” is a classic fairy tale told with humor and heart amid the exciting rhythms of ’60s rock and roll and featuring some of the most high-energy dancing. Sign up at the Cedar Ridge bulletin board. Your check holds your seat.

Date: Saturday, Oct. 9

Time: 8:30 a.m. depart from Cedar Ridge lobby

Location: Fireside Dinner Theatre

Cost: \$82

All area seniors welcome. Please contact Paula Hader, 262.338.2814, regarding payment.

An Ice Cream Experience

Cedar Ridge SAE-Sponsored Event

Kelley Country Creamery offers fun and informative tours of the farm and farmstead creamery. Creamery tour - See the entire ice cream process. Enhance your tour by creating your very own flavor! We’ll even begin making it while you’re with us. Premium ice cream needs to season so a coupon will be given to each participant which can be redeemed at the creamery within two weeks to purchase a pint of your personally-created flavor. Farm tour - Explore with a wagon ride across the 200-acre farm. Call Paula Hader for date and time, 262.338.2814.

Wellbeing Opportunities

Spiritual Wellbeing

These programs enrich our days by bringing enjoyment, meaning and purpose to our lives. Spiritual wellbeing can encompass religion, which might be defined as an organized system of worship, and spirituality practices, which may be thought of as a feeling of connection to something beyond the physical world.

One-on-One Chaplaincy

Chaplain David Stone

Changes in our lives caused by illness, loss or stress often cause us to seek spiritual guidance and reassurance. Retirement Living Chaplain David Stone is available for visits in your home or his office at Cedar Bay West or Cedar Ridge. Please feel free to call 262.306.4546. Open to all Cedar Bay Assisted Living, Cedar Ridge and Village residents.

Bible Study

Chaplain David Stone

Come join us to read and reflect on a book or character of the Bible, and consider how these sacred words can impact your life. Our study continues Friday, July 9 with the New Testament Book of Philippians.

Date: Fridays

Time: 3:30 p.m.

Location: Cedar Ridge First Floor
North Education Room

Christian Ecumenical Chapel Services

All are welcome to join us for services.

Date: Tuesdays

Time: 10:30 a.m.

Location: Cedar Lake Health and Rehabilitation
Center Celebration Room

Date: Tuesdays

Time: 1:30 p.m.

Location: Cedar Ridge Grand Hall

Date: Thursdays

Time: 3:30 p.m.

Location: Cedar Bay West Chapel

Date: Thursdays

Time: 10 a.m.

Location: Cedar Bay East Activity Room

Roman Catholic Mass & Rosary

Date: 1st and 3rd Thursday - Mass

Date: 2nd and 4th Thursday - Rosary

Time: 10 a.m.

Location: Cedar Ridge Grand Hall

Independent Living Ecumenical Chapel Service

Chaplain David Stone

Date: Tuesdays

Time: 1:30 p.m.

Location: Cedar Ridge Grand Hall

Intellectual Wellbeing

Expand your knowledge and skills through a variety of educational and cultural opportunities.

Cedar Ridge Book Club

Paula Hader

Come explore a variety of books, discuss with friends and build new relationships.

Date: Reconvenes Tuesday, Sept. 14

Time: 3 p.m.

Location: Cedar Ridge Terrace

Cost: Free to Cedar Ridge and Village residents.

Brain Benders

Exercise your mind beyond the limits! We work on puzzles, riddles, jumbles, word searches, problem solving and more. Bring a friend and challenge your mind!

Date: Tuesdays

Time: 11:30 a.m.

Location: Cedar Ridge Performance Square

Open to all Cedar Ridge and Village residents.

Nintendo "Wii"

Available in the Cedar Ridge Club Room! We play every Monday at 2 p.m., except the third Monday of the month. If you wish to use Wii during the off-hours or weekend hours, the on-call phone number is listed on the instructions. On-call personnel are trained in how to set up the Wii game.

Library Outreach Program

The West Bend Community Memorial Library visits Cedar Ridge every month offering books, large print books, books on tape, magazines, music, videos and DVDs. The Outreach Services Librarian is willing to assist you in selecting materials that are right for you such as large-print books and audio print books.

The large-print books feature both fiction and non-fiction. The audio books are read to a cassette tape or compact disc and can be played on a standard speed cassette player or CD player. Take advantage of this extraordinary service right in the comfort of your own home!

Date: First Thursday of every month

Time: 9:30 to 11 a.m.

Location: Cedar Ridge Club Room

Current Events

John and Pat Love and Robert Boehme

Join your neighbors for this resident-driven discussion group. The surest path to personal growth is through learning. A variety of topics are discussed.

Date: Thursdays in June; July 15; Aug. 12;

Sept. 9, 16, 23, 30

Time: 7 p.m.

Location: Cedar Ridge Performance Square

Cost: Free.

Scrabble

Scrabble is a word game in which two to four players score points by forming words from individual-lettered tiles on a game board marked with a 15-by-15 grid. The words are formed across and down in crossword fashion and must appear in a standard dictionary.

Date: Mondays

Time: 7 p.m.

Location: Cedar Ridge Third Floor North
Game Room

Cost: Free to Cedar Ridge and Village residents.

German Class

Esther Kohler, Cedar Ridge Resident

This class is perfect for those who already know

some German. Work on becoming proficient in all key language skills including listening, comprehension, speaking and writing. If you have never taken German and would like to learn the language, call Esther 262.306.7253. She will arrange a tutor for you.

Date: Mondays

Time: 10 a.m.

Location: Cedar Ridge First Floor
Conference Room

Cost: Free. All area seniors welcome.

Facebook Class

Paula Hader

Learn how to access Facebook, how to set up an account and maneuver through it. Why use Facebook? It is the largest online social networking site and provides opportunities to connect with friends from your past, current friends and business contacts including Cedar Community. With friends and family often in different parts of the country, it provides an easy way to share events, photos and videos. It also allows you to keep up on all the latest and greatest news. Please call Paula to register for Facebook at 262.338.2814.

Date: Thursdays, July 15, 22; Aug. 5, 19;

Sept. 2, 9

Time: 10 a.m.

Location: Cedar Ridge Business Center

Cost: Free to Cedar Ridge and Village residents.

UW-WC Lifelong Learning "Embrace the Spirit"

Learn more about the multifaceted world and rich musical traditions of Native Americans. Enjoy an evening of Native American music and authentically prepared Native American cuisine hosted by Dr. Dan Ackley from UW-WC. There will be a lecture before the meal about the history of Native American music. Close your eyes, open your mind and embrace the spirit!

Date: Wednesday, Nov. 3

Time: Four-course dinner, 4:30 to 6 p.m.;

Lecture, 6 to 7 p.m.

Location: Top of the Ridge Restaurant

Cost: \$20

Please sign up at the Cedar Ridge bulletin board. Area seniors, call Kathy Stultz, RN, 262.338.2821 or UW-WC, 262.335.5218, to register.

Emotional Wellbeing

These programs encourage people to recognize and express feelings and develop or maintain healthy coping strategies.

SUPPORT GROUPS

Cedar Community offers a variety of groups for friends, families, caregivers and anyone affected by the following diagnoses:

Alzheimer's and Related Dementia

Meets the second Wednesday of each month, 1 p.m., Cedar Bay West Community Room. Next meeting is September 8.

Cancer

Meets the third Thursday of each month,

Wellbeing Opportunities

1 p.m., Cedar Ridge Education Room.

Grief

Meets the first Thursday of each month, 6:30 p.m., St. Frances Cabrini Church, 1025 S. Seventh Avenue, West Bend. Next meeting is August 5.

Low Vision

Meets the fourth Wednesday of each month, 1:30 p.m., Cedar Ridge Terrace. Next meeting is September 22.

Multiple Sclerosis (MS)

Meets the third Wednesday of each month, noon, Top of the Ridge Restaurant at Cedar Ridge.

Parkinson's Support Group

Meets the third Monday of each month, 1 p.m., Cedar Ridge Education Room. Call Kathy Stultz, RN for more information, 262.338.2821.

Massage Therapy

Jean Runte, RMT

Regular massage therapy sessions can help you keep your body in tip-top shape. The benefits from massage are cumulative. Regular sessions can help keep you operating at maximum ability. Massage therapy is offered at Cedar Ridge and Cedar Lake Health and Rehabilitation Center.

One hour: \$50

Half hour: \$34

15-minute chair massage: \$12

Call Jean at 262.306.4566 for more

information or to schedule an appointment.

Vocational Wellbeing

Learn a new skill, develop new interests, engage in a hobby or to help others.

Business Center

Paula Hader

Learn how to use email, the internet and play Solitaire. Sign up in the Business Center.

Date: Mondays & Thursdays

Time: 10 to 11 a.m.

Location: Cedar Ridge Business Center

Cost: Free to Cedar Ridge and Village residents.

Woodworking Shop

Located at Cedar Ridge, our woodworkers are a group of highly-skilled retired craftsmen who love to work with wood. It is equipped with the best of modern woodworking equipment. The Woodworking Shop is only for Cedar Community residents. However, if you have a project you need help on, call 262.338.2825.

Lapidary Shop

Enjoy working with rocks to bring out their true beauty? The Lapidary Shop is equipped with all the machines and rocks you will need. Spend time polishing rocks or creating a work of art. The Lapidary Shop is only for Cedar Community residents. For more information, call 262.338.2825.

Nimble Thimbles

Facilitated by Cedar Ridge and Village Residents

We sew items to sell in the Cedar Community stores and also do special projects for Cedar Lake Health and Rehabilitation Center residents.

Date: Every 4th Wednesday

Time: 9 a.m.

Location: Cedar Ridge Sewing and Craft Room

Open to all Cedar Ridge and Village residents.

Knit/Crochet Group

Paula Hader

Would you like to learn how to knit or crochet? All levels are welcome. Come and learn new techniques or work on polishing old techniques among friends and neighbors.

Date: Every 4th Monday

Time: 11 a.m.

Location: Cedar Ridge Veranda

Open to all Cedar Ridge and Village residents.

Craft Group

Facilitated by Cedar Ridge and Village Residents

This talented group makes items to sell at Cedar Community. They share their skills and ideas, using donated craft items. If you like to socialize while working on projects that will benefit Cedar Community, this group is for you.

Date: Mondays

Time: 1 p.m.

Location: Cedar Ridge Sewing and Craft Room

Open to all Cedar Ridge and Village residents.

Cedar Community Model Railroaders

Roland Schultz & Jack Heile

The group currently has over 100 various train cars and more than 25 locomotive engines. There are currently two members involved in this ever-changing railroading hobby. Anyone who enjoys railroading or would like to become involved in this fascinating pastime is encouraged to contact any of the members or the Cedar Ridge office for details.

Date: Tuesdays

Time: 9 a.m. to Noon

Location: Cedar Ridge 2nd Floor South Central

Cedar Ridge Art on Display

Every month Cedar Ridge Apartments features a different artist or theme. Works of art are on display in the Plaza.

July

Family faces are magic mirrors. Looking at people who belong to us, we see the past, present and future.

- Gail Lumet Buckley

Residents and staff will display their family portraits, gatherings or dinner table pictures - old and new.

August

We will highlight the 40 best student photographers from West Bend area schools.

September

Come and see a variety of art from students at Silverbrook Middle School.

Volunteering at Cedar Community

Make a Difference in Someone's Life

The most valuable gift you can give is your time. As a not-for-profit organization, Cedar Community relies on its volunteers. We gladly match your talents with meaningful activities, or offer you a chance to explore and develop new skills. Being a part of a community where a smile, the satisfaction of a job well done or a new friend can be treasured each day.

Cedar Community welcomes volunteers from all walks of life. We have opportunities for people of all ages, including young adults over 13 years of age. Opportunities available include:

- Landscaping and gardening
- Resident services
- Occupational therapy
- Physical therapy
- Special craft projects
- Ye Olde School/Heritage House Museum
- Special events
- Clerical duties
- Abiders Ministry
- Hospice volunteering
- Stephen's Ministry
- Cedar Closet
- and many more ...

We are currently looking to fill the following volunteer opportunities:

Summer Cookouts

Summertime is upon us and we need your help. Throughout the summer, cookouts will be scheduled at all Cedar Community locations. We are in need of volunteers to help grill and serve food.

If you are interested in helping with the summer cookouts, please call Bonnie Amerling, Cedar Community volunteer coordinator, at 262.306.4218.

Back to the Best: Organic Food Farm Health Series

Paula Seidemann, Owner and Educator, Back to the Best Organic Food Farm

You won't want to miss this educational series!

1. Healthy Oils - Why people who ingest fat can lose weight!
2. How to make nuts delicious and digestible for you!
3. Artificial sweeteners and the reasons you don't want to use them. Healthy options to use instead.
4. Why salt is important for your system.
5. How to address your acid indigestion naturally.

Watch the Cedar Ridge bulletin board for more information. All area seniors call Paula Hader to register, 262.338.2814.

Social Wellbeing

Programs that promote healthy relationships
through active participation

Coffee Hour

at the Ridge

Bring a neighbor to the 10 a.m. weekly Wednesday Coffee Hour at the Cedar Ridge Grand Hall. You will be greeted with a smile by the SAE committee members and refreshments are served. We always have a variety of interesting and talented presenters or groups. Open to all Cedar Ridge and Village residents only.

JULY SPEAKERS

July 7

Kyrie Lizik

Kyros Acupuncture

July 14

Pam Brewer

Farmhouse Tales

July 21

Deputy Ron Rewarts/Craig Farrell

Geocaching

July 28

Janell Hetzel

Aging & Disability Resource Center

AUGUST SPEAKERS

August 4

The Walker Family

Australian couple who play trombone & piano

August 11

Joy Kubnke

Joys of Grooming

August 18

Innochi Center

August 25

Judy Steffes

Freelance reporter for the West Bend Daily News

SEPTEMBER SPEAKERS

September 1

Tom Gill

Rhythm for Unity - Authentic African hand drums and other instruments

September 8

Jill Pink

September 15

George Schowalter

Dramatizations

September 22

Mary Gayhart

Pick 'n Save

September 29

Tracey Stadtler/David Stone

Stephen Ministries

Coffee Hour

at the Village

Social gathering held at 9 a.m. at the Beach House with refreshments hosted by the Village SAE Committee. Open to all Village residents only. Non-perishable items are collected for the food pantry at each coffee hour. Coffee Hour is scheduled for August 13 and September 10.

Cedar Cinema

at the Ridge

“Dog of Flanders”

Date: Thursday, July 22

Time: 3:30 p.m.

Location: Cedar Ridge Performance Square

Cost: Free to Cedar Ridge and Village residents.

“August Rush”

Date: Thursday, Aug. 19

Time: 3:30 p.m.

Location: Cedar Ridge Performance Square

Cost: Free to Cedar Ridge and Village residents.

“The Proposal”

Date: Thursday, Sept. 16

Time: 3:30 p.m.

Location: Cedar Ridge Performance Square

Cost: Free to Cedar Ridge and Village residents.

Village Screen Party

Social gathering with light refreshments, hosted by the Village SAE Committee and Village Council members four times per year.

Date: Wednesday, July 21

Time: 6 to 8 p.m.

Location: Cedar Community Village Clubhouse

Cedar Cinema

at Cedar Theatre

“Avatar”

Date: Tuesday, July 27

Time: 2 p.m.

Cost: Free to all residents and guests.

“Fever Pitch”

Date: Tuesday, Aug. 24

Time: 2 p.m.

Cost: Free to all residents and guests.

“The Blind Side”

Date: Tuesday, Sept. 28

Time: 2 p.m.

Cost: Free to all residents and guests.

Party Bridge

Join us for Bridge and lunch! Sign up at the Cedar Ridge bulletin board on the second-to-last Wednesday of the month until the following Wednesday. The first two names listed are your hostesses. If you have questions or need to cancel, contact a hostess.

Date: First Wednesday of each month

Time: Noon

Location: Top of the Ridge Restaurant

Cost: \$4.50

Open to all Cedar Ridge and Village residents.

Cribbage

Phyllis Yursky

Join us for Cribbage and lunch! Sign up at the Cedar Ridge bulletin board. Sign up closes on Wednesday the week prior to the event. If you have any questions, call Phyllis at 262.306.7587.

Date: Second Thursday of the month

Time: Noon

Location: Top of the Ridge Restaurant

Cost: \$4.50

Open to all Cedar Ridge and Village residents.

Pinochle

Pinochle is a trick-taking game typically for two, three or four players and played with a 48-card deck. Derived from the card game Bezique, players score points by trick-taking and also by forming combinations of cards into melds. It is thus considered part of a “trick-and-meld” category which also includes a cousin, Belote. Each hand is played in three phases: bidding, melds and tricks.

Date: Fridays

Time: 1 p.m.

Location: Cedar Ridge First Floor

Conference Room North

Open to all Cedar Ridge and Village residents.

Men’s Breakfast

John Swanson & Frank Turpin

All Cedar Ridge and Village men are welcome. Speakers are featured each month and announced in the Cedar Citizen. Sign up at the Ridge and Village bulletin boards or call Frank at 262.306.8628 or John at 262.338.3808. A count is needed for breakfast.

Date: Third Friday of the month

Time: 8:30 a.m.

Location: Top of the Ridge Restaurant

Cost: \$4 per person, payable that morning

Men’s Coffee

All Cedar Ridge and Village men are welcome. Enjoy fellowship, coffee and treats.

Date: Every Friday except the third Friday

Time: 8:30 a.m.

Location: Top of the Ridge Restaurant

Cost: \$1.50 per person, payable that morning

Village Picnic at the Lake

Bring a dish to pass and your own beverage. Brats, hot dogs, buns and paper products will be provided. Bug transportation will be available from the prairie parking area beginning at 11:30 a.m. In case of inclement weather, the picnic will move to the Cedar Bay East Activity Room.

Date: Sunday, July 4

Time: Noon

Location: Beach House

Cost: Free to all Village residents.