



the CedarScene

current happenings at Cedar Community

20 October | November | December 11

5595 County Road Z ■ West Bend, WI 53095 ■ 262.306.2100 ■ cedarcommunity.org

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

Non-Profit
Organization
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Independent Living at Cedar Community, 113 Cedar Ridge Drive, West Bend

To learn more about the independent living options available at Cedar Community, attend one of our open houses or schedule a private tour and free lunch with Betty Christen by calling 262.338.2811.

Make a Move Seminar Series

Guest speaker, tours, refreshments

“Cooking for One” with Annette Landvatter, personal chef and owner of LaLa’s.

Dates: Thursday, Oct. 6

Time: 10 a.m.

Location: 113 Cedar Ridge Drive, West Bend

“Decorating Decisions” with Dawn Bellin, interior designer from West Bend Furniture.

Dates: Thursday, Oct. 27

Time: 10 a.m.

Location: 113 Cedar Ridge Drive, West Bend

Halloween Bash Open House

Join us for some spooky fun including pumpkin decorating, music by the Elegant Gypsies, refreshments and tours with treats along the way!

Dates: Thursday, Oct. 20

Time: 2 to 4 p.m.

Location: 113 Cedar Ridge Drive, West Bend

Art Show

Enjoy one-of-a-kind artwork created by our Cedar Community’s very own residents and staff. Tours will be available.

Date: Sunday, Nov. 20

Time: TBD

Location: 113 Cedar Ridge Drive, West Bend

Tours of Cedar Ridge Apartments

Enjoy everything we have to offer: Wellness, simplicity, opportunity, fun, friendship, volunteering and more. Cedar Ridge is an affordable option with amenities including a heated garage, pool, fitness center, two-hole golf course, beauty/barber shop, Market Café, Club Room, restaurant, hiking trails and so much more.

Date: Sunday, Dec. 11

Time: 11 a.m. to 12:30 p.m.

Location: 113 Cedar Ridge Drive, West Bend

Cost: After the tour enjoy brunch and a special visit by Santa at the Top of the Ridge Restaurant. Call the Top of the Ridge for more information and pricing, 262.338.2812.



38th Annual Benefit Gala

An Evening Aboard the

Orient-Express

Saturday, Nov. 5, 2011

6 to 10:30 p.m.

ALL ABOARD! The Orient-Express embarks Saturday, Nov. 5 for the 38th Annual Benefit Gala’s journey from Paris to Istanbul. Mark your calendars for a memorable evening of dining, dancing, entertainment and more. Guests are welcome to dress in period attire. Proceeds will help support the Cedar Hospice “Dream Team’s” efforts to fulfill final wishes for dying patients.

This marvelous evening includes:

Live music on two floors including dancing to the sounds of Mr. Lucky Syndicate, savory hors d’oeuvres, festive punch and cash bar, a delectable sit-down dinner, dessert and coffee bar, silent auction, Artistic Quilt Raffle, 50/50 raffle and Wine Pull.

Tickets

\$50 in advance; \$60 after October 21

For additional information or to purchase tickets, contact Bonnie Yogerst at 262.338.2824 or byogerst@cedarcommunity.org.

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

Monday – Saturday
Sunday

8 a.m. to 2 p.m.
closed



**Purchase a bowl of hot cereal
and receive a free cup of coffee.**

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

GL# 015255257105

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in this issue ...

Dance Troupe
page 3

Cleopatra
page 4

A Celtic Christmas
page 5

Massage Therapy
page 7

Coffee Hour
page 8

Physical Wellbeing

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

Arthritis Exercise Video

Arthritis Foundation

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

Date: Every Monday, Wednesday and Friday

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

Location: Cedar Ridge Fitness Center

Cost: Free to Cedar Ridge and Village residents.

New! Arthritis Exercise Class

Kathy Stultz, RN, Arthritis Foundation Certified Instructor

Gentle, joint-safe exercises for people with arthritis to help relieve stiffness, decrease pain and improve balance. Resistance bands are used for an added workout as well as interactive healthy education lessons and stress-reducing relaxation techniques. Classes include a warm up, range of motion exercises, strength training, balance exercises, endurance routines and relaxation.

Date: Every Monday and Friday; Oct. 24 to Dec. 16

Time: 11 a.m. to Noon

Location: Cedar Ridge Fitness Center

Cost: Free. Cedar Ridge and Village residents sign up at the bulletin boards. Area seniors call Kathy Stultz, RN, 262.338.2821, to register.

Up & At'ems

Exercise Group

Non-strenuous workout including warm-up, stretching, low-impact aerobics, Thera-band exercises and cool-down. Led by Villager John Waskiewicz. Call John with questions, 262.335.0553.

Date: Every Monday and Friday

Time: 8 to 8:30 a.m.

Location: Cedar Bay East Activity Room

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 can help you achieve your personal fitness goals by developing an exercise program just for you. Call Michelle with questions or to schedule an appointment, 262.853.8812.

Date: Flexible

Time: By 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.

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: Every Wednesday

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, 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 Wednesday

Time: 2:30 p.m. for beginners; 3 p.m. for 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, 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 to 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.

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

Date: Fridays

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.

Aqua Fit Water Aerobics

Experience water workouts to improve endurance, strength, flexibility and balance. With all fitness levels in mind, interval training, various sport moves and choreographed patterns help improve quality of life. Call Kathy Stultz, RN, 262.338.2821, for current session dates.

Date: Every Tuesday and Thursday

Time: 9 to 9:45 a.m. or 10 to 10:45 a.m.

Location: Cedar Ridge Pool

Cost: \$14 for one time/week; \$25 for two times/week

Chair Fitness

Experience chair exercises designed to improve aerobic endurance, range of motion and quality of life. Exercises are performed with a chair and a variety of equipment, utilizing both seated and standing positions to increase one's strength, balance and flexibility. Sign up at the Cedar Ridge bulletin board. Call Kathy Stultz, RN, 262.338.2821, for current session dates.

Date: Tuesdays

Time: 11 to 11:45 a.m.

Location: Cedar Ridge Fitness Center

Cost: \$14

Zumba Gold

Zumba Gold takes the popular Latin-dance inspired workout of Zumba and makes it accessible for seniors, beginners or others needing modifications in their exercise routine. It builds cardiovascular health by challenging the heart and working the muscles of the hips, legs and arms with dance moves.

Date: Free trial class on Friday, Sept. 23;

Five-week session begins Sept. 30 to Oct. 28

Time: 1 p.m.

Location: Cedar Ridge Grand Hall

Cost: \$24 for five-week session. Cedar Ridge and Village residents sign up at the Cedar Ridge bulletin board. Area seniors call Kathy Stultz, RN, 262.338.2821, to register.

Billiards

Date: Every Friday

Time: 1 p.m.

Location: Cedar ridge Third Floor South Game Room

Cost: Free

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

2:30 p.m.

Ballroom Line Dancing
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

Body-N-Balance

Luanne Salmon

Have you fallen this year? Are you afraid of falling? If you answered yes, this class is for you! Gentle and graceful movements of Tai Chi and Qi Gong combine moving meditation with deep breathing and stretching. Benefits include: improved posture and coordination, better balance, stress relief and reduced arthritis pain.

Date: Mondays

Time: 2 to 2:45 p.m.

Location: Cedar Ridge Fitness Center

Cost: \$18 per person; 6-week session. Cedar Ridge and Village residents sign up at the Cedar Ridge bulletin board. Area seniors call Kathy Stultz, RN, 262.338.2821, to register.

Dance Troupe

Do you love to dance? If so, we are looking for residents to join our dance troupe. Members of our dance troupe who helped with our 25th Anniversary 'flash mob' can tell you dancing not only has physical health benefits, but is great for morale. We will be working on a Christmas dance. This is a relaxed and fun activity. There is no need to attend all of the practices because the routine will be fun and easy.

Date: Fridays beginning November 4

Time: 4 p.m.

Location: Cedar Ridge Fitness Center

Cost: Free to Cedar Ridge and Village residents. Sign up at the Cedar Ridge bulletin board or call Kathy Stultz, RN, 262.338.2821.

UW-Milwaukee Nursing Students

Nursing students from UW-Milwaukee will be experiencing their first clinicals at Cedar Ridge and the Village. They will be focusing on communication, assessment and health teaching skills. The students will be in the health office on Fridays in the fall providing blood pressure screenings for residents. Sign up at the Cedar Ridge bulletin board if you would like to volunteer to meet with the students. They will come to your home or apartment and provide a variety of health screenings.

Date: Fridays, Oct. 7 to Dec. 2

Time: 1:30 to 3 p.m.

Location: Cedar Ridge Health Office

Cost: Free to Cedar Ridge and Village residents.

Seasonal Influenza Vaccines

The CDC recommends a yearly seasonal flu vaccine as the first and most important step in protecting against seasonal influenza. Cedar Community will be providing seasonal flu vaccines for residents. Ridge residents can sign up at the Ridge bulletin board and Village residents can sign up at the Village Bulletin board. Vaccinations are covered by Medicare.

Village Residents

Date: Friday, Oct. 14

Time: 8 to 9 a.m.

Location: Village Clubhouse prior to Coffee Hour

Cedar Ridge Residents

Date: Friday, Oct. 21

Time: 1 to 3:30 p.m.

Location: Cedar Ridge Grand Hall

Medicare Part D

If you do not pick new coverage by December 31, Medicare will continue your current arrangement. Remember, co-payments, premiums and drug formulas change from year to year. It's a good idea to review your options before signing up for 2012. Open enrollment is October 15 through December 7. Cedar Ridge and Village residents can meet with Cedar Pathfinders Geriatric Care Manager Kate Sullivan Thursdays, Oct. through December 1 to review their plans. Village residents sign up at the Village bulletin board. Cedar Ridge residents sign up at the Ridge reception desk.

Music Listening Programs

Variety program presented by Cedar Ridge and Village musicians.

Date: Mondays, Oct. 24, Nov. 28 and Dec. 12

Time: 3 p.m.

Location: Cedar Ridge Grand Hall

Cost: Free

Schauer Center Shows

SAE-Sponsored Events

We will carpool to the Schauer Center in Hartford for these events. Sign-up lists will be posted at the Village bulletin board. Friends are invited to attend! Watch for details in the Cedar Citizen or contact Sherry McElhatton, 262.306.4554.

"Deer Camp: The Musical"

Date: Saturday, Oct. 29

Time: 3 p.m.

"Branson on the Road"

Date: Saturday, Dec. 10

Time: 2 p.m.

"Take Me Home"

Date: Sunday, Feb. 19

Time: 2 p.m.

"Chanticleer"

Date: Sunday, April 29

Time: 7:30 p.m.

"Oliver!"

Date: Friday, June 15

Time: 7:30 p.m.

"In the Mood"

Date: Friday, Sept. 28

Time: 2 p.m.

Green Bay Packers on the Big Screen

Bring your own drinks and snacks. If you would like to bring some food to share that is great! Wear your green and gold!

Date: Sunday, Oct. 2 (Denver)

Time: 3:15 p.m.

Date: Sunday, Oct. 9 (Atlanta)

Time: 7:20 p.m.

Date: Sunday, Oct. 16 (St. Louis)

Time: Noon

Date: Sunday, Oct. 23 (Minnesota)

Time: 3:15 p.m.

Date: Sunday, Nov. 6 (San Diego)

Time: 3:15 p.m.

Date: Monday, Nov. 14 (Minnesota)

Time: 7:30 p.m.

Date: Sunday, Dec. 4 (NY Giants)

Time: 3:15 p.m.

Date: Sunday, Dec. 11 (Oakland)

Time: Noon

Date: Sunday, Dec. 18 (Kansas City)

Time: Noon

Date: Sun. Jan. 1 (Detroit)

Time: Noon

Location: Cedar Ridge Performance Square

Cost: Free. All area seniors welcome.

Following are programs and events being held at Cedar Valley, 5349 County Road D, West Bend, during the next several months. Call 262.629.9202 or visit cedarvalleycenter.org.

Paper Making – "Cast Molding" – The Next Step To Creativity!

Greg Grummer teaches you how to make handmade paper incorporating cast molding to your finished product. Space is limited. Advance registration is required.

Date: Saturday, Oct. 8

Time: 9:30 a.m. to 12:30 p.m.

Cost: \$15 which includes all supplies and a casting mold to take home

The Joy of Painting

Jim Lackner returns to guide you through the process of painting your very own masterpiece, suitable for framing, after just one class. No previous experience is required. Learn how to paint a tropical seascape.

Date: Saturday, Oct. 22

Time: 10 a.m. to 3 p.m.

Cost: \$55 which includes all supplies to complete a 16" x 20" painting. (Bring your own snacks to enjoy while you work.)

Fundamentals of Graphology

Lisa Schuetz, C.G., professional handwriting analyst, teaches this full-day workshop which includes: definition – background and methodologies of handwriting analysis; letter size – ego needs, sense of importance; slant – emotional expression and relation to others and line of writing – mood and inner control.

Date: Saturday, Oct. 29

Time: 8 a.m. to 5 p.m.

Cost: \$150 which includes lunch and a 75-page informational booklet on graphology. If you have attended one of Lisa's classes at Cedar Valley a \$15 discount will be given.

Origami

Barb Hermans will help you make holiday origami ornaments using beautiful authentic Japanese-made origami paper. Create bead-shaped, sunburst and four-point star ornaments in this "make-it and take-it" class.

Date: Saturday, Nov. 13

Time: 9:30 to 11:30 a.m.

Cost: \$25 which includes all supplies to make 11 bead-shaped, three sunburst and two four-point star ornaments.

Massage Your Partner

Jean Runte, registered massage therapist, teaches you basic massage techniques and stretching exercises you can do at home. She also discusses the differences between massage lotions and oils, different techniques suitable for home massage and nutrition and hydration as related to massage.

Date: Wednesday, Nov. 16

Time: 6 to 8 p.m.

Cost: \$30 per couple. Space is limited.

Wellbeing Opportunities

OCTOBER EVENTS

SAE Surprise Events

Watch for more details regarding special SAE-related activities and events on the following dates:

Sunday, Oct. 30

Sunday, Nov. 27

Saturday, Dec. 10

Forgiveness Workshop

Deb Miske

Miske guides you through the process of forgiveness. She has a passion for encouraging others and helping them reach their full potential - living their lives as "overcomers." When you hold resentment toward another, you are bound to that person or condition by an emotional link. Forgiveness is the only way to dissolve that link and be set free.

The workshop includes:

- How to forgive when you don't feel like it.
- How to translate the decision to forgive into a change of heart.
- How to know when you have truly forgiven.
- Creating your own "Certificate of Forgiveness"

Date: Monday, Oct. 3

Time: 9 a.m. to Noon

Location: Cedar Ridge First Floor North Education Room

Cost: \$2

Introduction to Disc Golf

Tom Gill

Disc golf is a healthy and social activity that is a lot of fun! Back by popular demand, drum and disc golf enthusiast Tom Gill will provide a disc golf workshop. Learn about this exciting sport which has been played for over 40 years! It's played like "ball golf" but uses special Frisbee discs and an elevated "pole hole" basket with chains to capture that final putt. Gill presents a hands-on workshop which covers equipment, throwing technique and strategy. We will have some hands-on practice before heading out to the golf course.

Date: Monday, Oct. 3

Rain Date: Monday, Oct. 10

Time: 1 to 2 p.m.

Location: Cedar Ridge Golf Course

Cost: \$12. Sign up at the Cedar Ridge bulletin board. Maximum of 20 people.

Discover Historic Greendale

SAE-Sponsored Event

A guide will provide historical information on the backward houses found in the area. Then it's on to the Greendale Visitor Center to take part in the Test Kitchen Experiential. Learn about the original test kitchen and the latest kitchen gadgets. Enjoy a treat at the end of the tour. Next, its lunch at the Harmony Inn. After lunch its back to the Greendale Visitor Center for the Norman Rockwell exhibit, Limerick Hall of Fame and shopping in the Kitchen Gadget Store. There will be time to browse the shops in the village. Sign up now. We need 40 people to make the trip a go! The deadline to sign up is October 5.

Date: Thursday, Oct. 20

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

Location: Greendale

Cost: \$69

Cleopatra

Enjoy the Milwaukee Public Museum's exhibit of Egypt's legendary Queen Cleopatra featuring 150 artifacts. The exhibit combines rare artifacts with photos and underwater video footage on modern-day expeditions attempting to solve mysteries that still surround the rule of the queen who lived from 69 B.C. to 30 B.C. Visitors are transported to Cleopatra's Egypt through a series of galleries displaying golden jewelry, ancient tools and armor, religious relics, statues and everyday items. Artifacts include two 16-foot-tall, 5-ton stone statues of a pharaoh and his queen that once flanked the entrance to an ancient temple. An original papyrus document is thought to have been handwritten by Cleopatra. Sign up at the Ridge bulletin board.

Date: Friday, Oct. 21

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

Location: Milwaukee Public Museum

Cost: \$23.50 for museum entrance and \$20 for bus transportation. Sign up at the Cedar Ridge bulletin board or call Paula Hader, 262.338.2814. We need 20 people to make the trip a go.

Fall Specialty Fair

Button Specialists Ralph and Jeannie Hilbelink will be displaying and selling homemade buttonware (necklaces, earrings and bracelets) plus handcrafted knit hats decorated with buttons. If you have some antique buttons of your own, bring them along and they will identify the button(s) and tell you how much they are worth. Also joining us is Diane Dobson with old-fashioned Watkins products and more! Kristin Kratzke of Pashmina Scarves, Ltd will be selling scarves. In addition, Cedar Ridge resident, Rean Seekins will be demonstrating card-making in the "Iris Folding" fashion.

Date: Wednesday, Oct. 19

Time: 11 a.m. to 2 p.m.

Location: Plaza/Bistro Area

Cost: Cost of your purchase. Free browsing.

Family History Research and Writing Class

Royal Natzke, Cedar Ridge Resident

Contact Natzke for more information, 262.334.9811.

Date: Second Monday of the month

Time: 2:30 p.m.

Location: Cedar Ridge First Floor North Education Room

Cost: Free

Holy Hill Group Pole Walking Excursion

Paula Hader

Experienced pole walkers will enjoy this challenging outing of hills, steps and beautiful sites to see. We will stop for lunch.

Date: Monday, Oct. 10

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

Location: Meet in the Cedar Ridge lobby

Cost: Free. Sign up at the Cedar Ridge bulletin board. Limited to 14 people.

"Jesus Christ Superstar"

Spotlight Productions

Seating is on a first come, first served basis. The doors will open for seating 45 minutes prior to each performance.

Date: October 21, 22, 23, 28, 29 and 30

Time: Friday and Saturday, 8 p.m.;

Sunday, 2 p.m.

Location: Cedar Community's Cedar Theatre

Cost: \$12 in advance; \$14 at the door

Contact: Nan Myers (Cedar Village), 262.334.0721, or Ruth Ramel (Cedar Ridge), 262.335.8002, or the Spotlight information/reservation line, 262.306.9338.

Cedar Community Campus Tour

Tour the Cedar Lake campus at County Road Z and learn more about the services available at this location. This is a walking tour that will last approximately 30 to 45 minutes and will include:

- Cedar Haven Rehabilitation Services
- Admissions Office
- Subacute Care
- Cedar Closet
- Blossoms Deli
- Cedar Bay East
- Cedar Bay West - informational session on the bus
- Friendship House (Coves/Sunrise/Timber) - informational session at the CLHRC

Date: Monday, Oct. 24

Time: 10:15 a.m. depart from Cedar Ridge lobby

Location: Cedar Community main campus

Cost: Free. Sign up at the Cedar Ridge bulletin board by Monday, Oct. 10. Limited to 14 residents.

Cedar Ridge North vs. Cedar Ridge South Wii Bowling Tournament

Watch for further details on this exciting event!

Location: Club Room

Cost: Free

Gourmet Corner

Jessica Kaminski, Independent

Pampered Chef Consultant

Join us for some interactive gourmet preparation fun and eating. Enjoy a variety of seasonal recipes including simple soups, appetizers, main courses and of course, desserts!

Date: Thursday, Oct. 27

Time: 9:30 a.m.

Location: Cedar Ridge Private Dining room

Cost: \$5. Sign up at the Cedar Ridge bulletin board. Space is limited.

Pumpkin Decorating

You pick the pumpkin and decorate it with craft supplies and other do-dads, sequins, buttons and felt that are supplied by our craft department. We use glue, pins and other ways to attach the decorations. There will be no carving or knives at this event, it is strictly creative decorating.

Date: Friday, Oct. 28

Time: 2 p.m.

Location: Cedar Ridge Performance Square

Cost: Free

Wellbeing Opportunities

NOVEMBER EVENTS

Urinary Incontinence Lecture

*Dr. Shirley Y Godiwalla, MD, SC
Urologist*

Urinary incontinence is an awkward thing to talk about. It's an even more awkward thing to live with. To prevent an accident, people who suffer from it stop doing things they love. Some are even nervous about leaving the house. Find out the different types of urinary incontinences, causes and the treatment of this condition.

Date: Monday, Nov. 7

Time: 3 p.m.

Location: Cedar Ridge Grand Hall

Cost: Free

Veterans Day Program

Join us for this light-hearted, yet inspiring program performed by "The Young Patriots." Their program of songs and skits are designed not only to entertain, but also thank our veterans for their service and sacrifice. The Young Patriots have performed at several local events.

Date: Friday, Nov. 11

Time: 2:30 p.m.

Location: Cedar Ridge Grand Hall

Cost: Free

Poetry Reading

Paula Hader

Do you have a favorite poem you'd like to read or have someone read for you? Come and enjoy cider and treats.

Date: Tuesday, Nov. 15

Location: Cedar Ridge Performance Square

Time: 3:30 p.m.

Cost: Free. All area seniors welcome. Please call Paula, 262.338.2814, if you will be reading a poem or need someone to read a favorite poem of yours.

Cedar Community Choristers

Thanksgiving Concerts

Date: Thursday, Nov. 17

Time: 3:15 p.m.

Location: Cedar Community's Cedar Theatre

Date: Saturday, Nov. 19

Time: 3:15 p.m.

Location: Cedar Ridge Grand Hall

Cost: Free, but donations are gladly accepted.

Bells of Cedar Community

Christmas Concert

Come and enjoy the music of the holiday season played by our very own handbell choir made up of Cedar Ridge and Village residents.

Date: Saturday, Nov. 26

Time: 3:15 p.m.

Location: Cedar Community's Cedar Theatre

Cost: Free, but donations are gladly accepted.

Cedar Ridge Christmas Decorating

Christmas trees will be delivered on Monday, Nov. 28 to the lobbies of all three floors at Cedar Ridge. Residents are encouraged to schedule a time to gather and enjoy decorating your trees together.

DECEMBER EVENTS

"A Fireside Christmas"

Cedar Ridge SAE-Sponsored Event

The Fireside's Christmas show resumes its long history of beautiful singing, breathtaking dancing, gorgeous costumes, rib-tickling fun and a deeply spiritual commitment to the real meaning of the holiday. It's always original with new songs, new dances, and a new cast but the heart of the show never changes.

Date: Thursday, Dec. 8

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

Location: Fireside Dinner Theatre

Cost: \$88. Sign up at the Cedar Ridge bulletin board by Tuesday, Nov. 1.

Third Annual Wisconsin Author and Christmas Tea

Cedar Ridge Book Club Event

Join us for our Christmas Tea celebration with Wisconsin's Scottish storyteller John Edward Radcliffe. Radcliffe writes and tells stories based on his travels to remote places throughout the world. He has traveled and worked in Europe, Asia and Africa. His Scottish Isles family background and his romance with the sea made the isles his favorite biking, exploring and story-hunting grounds.

Date: Tuesday, Dec. 13

Time: 3 p.m.

Location: Cedar Ridge Club Room

Cost: Free. All area seniors welcome.

Christmas Brass Concert

Join us for the sounds of Christmas.

Date: Monday, Dec. 12

Time: 7 p.m.

Location: Cedar Ridge Grand Hall

Cost: Free

A Celtic Christmas

Fifth Avenue United Methodist Church and Friends

Enjoy Irish music including songs from the Celtic Woman repertoire with multiple voices and instruments.

Date: Tuesday, Dec. 13

Time: 7 p.m.

Location: Cedar Ridge Grand Hall

Cost: Free

Grand Geneva - "Hooray for the Holidays"

SAE-Sponsored Event

Featuring a six-piece live orchestra, "The Mistletoes" who, along with the cast, will treat you to a spectacular stage production full of colorful costumes and exciting choreography! Also take in "Festival of the Trees," an elaborate display of Christmas trees and "Quilts of Christmas," a display of quilts from local talent. A fabulous three-course meal of beef tips and mini chicken Wellington will be served before the show.

Date: Thursday, Dec. 15

Time: 9:30 a.m. depart from Cedar Ridge lobby; 1:30 p.m. show

Location: Grand Geneva Resort, Lake Geneva

Cost: \$99 includes "Festival of the Trees,"

"Quilts of Christmas," three-course meal, show and transportation. Sign up at the Cedar Ridge bulletin board before Tuesday, Nov. 1.

Cedar Ridge and Village Christmas Party

On December 5 many children celebrate St. Nick's night by hanging stockings in hopes of receiving a gift. Myth has it if you were good you received candy or small toy, but if you were bad you received a lump of coal. During Christmas there are many myths surrounding St. Nick and Santa Claus. Perhaps this fictitious conversation between Santa and God presented by Jerry Loebe and George Schowalter might help to "clear the air."

Date: Monday, Dec. 19

Time: 7 p.m. (Doors open at 6:30 p.m.)

Location: Cedar Ridge Grand Hall

Cost: Free. Sign up at the Cedar Ridge and Village bulletin boards. Cedar Ridge and Village residents only.

12 Oils of Ancient Scripture

Paula Hader

Learn about the relaxing and healing benefits of scriptural oils.

Date: Tuesday, Dec. 20

Time: 3:30 p.m.

Location: Cedar Ridge Performance Square

Cost: Free. Sign up at the Cedar Ridge bulletin board. All area seniors welcome.

Cedar Community Foundation Social

Don't miss this "John the Baptist" dramatization by Cedar Ridge resident, George Schowalter.

Date: Tuesday, Nov. 22

Time: 3:30 p.m.

Location: Cedar Ridge Plaza/Bistro Area

Cost: Free. All area seniors welcome.

Christmas Eve Service and Social

Chaplain Dave Stone and Paula Hader

Come participate in the traditional Christmas story readings and singing, then enjoy refreshments, holiday music and a time to socialize with your friends at the Ridge.

Date: Saturday, Dec. 24

Time: 12:30 p.m.

Location: Cedar Ridge Grand Hall, service;

Cedar Ridge Performance Square, social

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

Holiday Social

Village SAE-Sponsored Event

Bring an hors d'oeuvres to pass. Music by Joseph Magnino, accordion.

Date: Wednesday, Dec. 28

Time: 3 to 5 p.m.

Location: Cedar Community Learning Center

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

New Year's Eve Party

Variety program by Spotlight Productions.

Date: Saturday, Dec. 31

Time: 8 p.m. (Doors open at 7:30 p.m.)

Location: Cedar Ridge Grand Hall

Cost: \$.25 in commemoration of the 25th Anniversary Celebration plus a donation of a non-perishable food shelf item for the Full Shelf Food Pantry. Sign up at the Cedar Ridge and Village bulletin boards.

Holiday Festivities

Watch the bulletin boards for upcoming holiday festivities and concerts.

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, support, a caring ear, hope and reassurance. Chaplain David Stone is available for visits. Please feel free to call 262.306.4202 and leave a message.

Christian Ecumenical Chapel Services

All are welcome to join us at our Cedar Lake, Cedar Landing and Cedar Ridge campuses.

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.

Date: Wednesdays

Time: 3:30 p.m.

Location: Cedar Bay West Courtyard Kitchen

Date: Fridays (Labor Day - Third Friday in May)

Time: 2 p.m.

Location: Cedar Lake Health and Rehabilitation Center Celebration Room

Date: Fridays

Time: 3:30 p.m.

Location: Cedar Ridge First Floor North Education Room

Ecumenical Chapel Services

Rev. Susan Kolb

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: Thursdays

Time: 10 a.m.

Location: Cedar Bay East Activity Room

Chaplain David Stone

Date: Tuesdays

Time: 1:30 p.m.

Location: Cedar Ridge Grand Hall

Date: Tuesdays

Time: 3:30 p.m.

Location: Cedar Bay West Chapel

Ecumenical Communion Services

Date: First Tuesday or Thursday of the month.

Catholic Mass and the Holy Rosary

Date: First and Third Thursday, Mass; Second and Fourth Thursday, Rosary

Time: 10 a.m.

Location: Cedar Ridge Grand Hall

Fall Memorial Services

Date: Tuesday, Nov. 8

Time: 10:30 a.m.

Location: Cedar Community's Cedar Theatre

Date: Thursday, Nov. 10

Time: 7 p.m.

Location: Cedar Ridge Grand Hall

Christmas Services

Date: Tuesday, Dec. 20

Time: 10:30 a.m.

Location: Cedar Community's Cedar Theatre

Date: Friday, Dec. 23

Time: 10 a.m.

Location: Cedar Bay West Chapel

Date: Friday, Dec. 23

Time: 12:30 p.m.

Location: Cedar Ridge Grand Hall

Intellectual Wellbeing

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

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

Cost: Free. 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, 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 will help you select materials just right for you such as large-print and audio books. Large-print books feature both fiction and non-fiction. 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 that comes to you!

Date: First Thursday of every month

Time: 9:30 to 11 a.m.

Location: Cedar Ridge Club Room

Cost: Free

Current Events

John and Pat Love

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: Every Thursday

Time: 7 p.m.

Location: Cedar Ridge Performance Square

Cost: Free. Watch the Cedar Citizen and Cedar Ridge bulletin board for changes.

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.

Date: Mondays

Time: 10 a.m.

Location: Cedar Ridge First Floor North Conference Room

Cost: Free. All area seniors welcome.

Computer Classes

Paula Hader

Learn how to use the computer, internet and email. Please call Paula Hader to register for classes, 262.338.2814.

Date: Mondays and Thursdays

Time: 10 a.m.

Location: Cedar Ridge Business Center

Cost: Free to Cedar Ridge and Village residents.

Facebook Classes

Learn how to access Facebook, set up an account and maneuver through it. Why use Facebook? It is the largest online social networking site for connecting with past friends, current friends and business contacts including Cedar Community. With friends and family often in different parts of the country, it is 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: Mondays and Thursdays

Time: 10 a.m.

Location: Cedar Ridge Business Center

Cost: Free to Cedar Ridge and Village residents.

Christianity and Literature Series - Theology in Literature

Mike Mattek UW-WC English Department

This five-week course uses a range of literary works to explore and understand concepts from the world of theology. We will consider such questions as: What is "theology?" How do different writers describe God's attributes, such as His immanence (nearness) and transcendence (distance)? What similarities and differences are there between "pantheism" and "orthodoxy?" How does literature contribute to the development of Christian theology?

Date: Mondays, Oct. 24, 31, Nov. 7, 14, 21

Time: 10 to 11:15 a.m.

Location: Cedar Ridge Terrace Room

Cost: \$30

Wellbeing Opportunities

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.

Cancer

Meets quarterly on the first Thursday of each month, 1 p.m., Cedar Ridge First Floor North Education Room.

Bereavement and Grief

Meets the first Thursday of each month, 6:30 p.m., St. Frances Cabrini Church, 1025 S. Seventh Avenue, West Bend. Call Kathy Wolfram if you need transportation, 262.306.2691.

Low Vision

Meets the fourth Wednesday of each month, 1:30 p.m., Cedar Ridge First Floor North Education Room.

Multiple Sclerosis (MS)

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

Parkinson's

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

Massage Therapy

Jean Runte, RMT

Regular massage therapy 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
Holiday Special: Two hours of massage for \$80. Purchase November 1 to December 31. Call 262.306.4566 for an appointment.

Vocational Wellbeing

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

Woodworking Shop

Located at Cedar Ridge, our woodworkers are 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 fourth 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 fourth 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

The group currently has over 100 various train cars and more than 25 locomotive engines.

Anyone who enjoys railroading or would like to become involved in this fascinating pastime is encouraged to contact Roland at 262.306.9112 or the Cedar Ridge office for details.

Date: Tuesdays

Time: 9 a.m. to Noon

Location: Cedar Ridge 2nd Floor South Central

Quilting Group

Lynn Rusch

Do you enjoy quilting? We will have fun, learn from each other and get our projects finished too! Beginners are welcome! Please contact Lynn Rusch, lynnrusch@yahoo.com or 262.306.4025, for more information.

Date: Meets the first Thursday of each month

Time: 11 a.m.

Location: Cedar Ridge Sewing Room

Village Needleworkers

Date: Every fourth Monday

Time: 9:30 a.m.

Location: Hostess rotates each month.

Contact Carol Gardner 262.338.3350 for more information.

Village Knitters & Crocheters

We have donated several items including sweaters for Guideposts, prayer shawls for health care organizations, lap robes for Samaritan, newborn hats for hospitals, blankets and hats for Haiti, seamen hats and scarves, chemo hats and mittens and hats for children in the area.

Date: Every 1st and 3rd Monday of the month

Time: 1 to 3 p.m.

Location: Village Clubhouse

Contact Irene Seybold, 262.247.0750, for more information.

Prayer Shawl Meeting

Date: First Tuesday of the month

Time: 3 p.m.

Location: First Floor North Conference Room

Private Music Lessons - Piano and Voice

We are hosting private "get to know the teacher" meetings at Cedar Ridge. If interested, contact Sherry McElhatton to sign up for a 15-minute time slot to meet and discuss goals you have in taking music lessons. For more information, contact Sherry at 262.306.4554 or smcelhatton@cedarcommunity.org.

Location: Cedar Ridge Music Room

Cedar Ridge Art on Display

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

October

The Camera Clique displaying club members' work.

November

Ye Olde School

December

Resident Art Show

Be In the Know - Cedar Community Facebook and Twitter

Have you checked out the social media site Facebook or Twitter yet? To expand our web presence, Cedar Community has been utilizing Facebook and Twitter social media tools. We invite you to 'like' our Facebook fan page! Visit us at <http://www.facebook.com/cedarcommunity>. Post a response to a discussion, start your own topic of interest, visit the events or photos page - it's all there and waiting for your input. You can also keep up with our latest events and happenings on these websites and Cedar Community's calendar page on our website at cedarcommunity.org. While you're there, be sure to check out Chief Executive Officer Steve Jaberg's Blog! We've also added a new website, sandwichgeneration.org.

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.

OCTOBER SPEAKERS

October 5

Gabe DeLeon

Adaptive Technology Resources -
Low Vision Solutions

October 12

Johnnie Euell

Gospell Singer

October 19

Keith Braun

Holiday Spending, Consumer Credit
Counseling Service

October 26

Joan Hoff, Cedar Ridge Resident

Peace Corps

NOVEMBER SPEAKERS

November 2

Susan Cantrell

West Bend Community Memorial Library

November 9

Craig Hoepfner

West Bend Park and Recreation Department

November 16

Annual Meeting

November 23

Dave Hunsicker

All That Junk

November 30

Officer John Palese

Aerodynamics

DECEMBER SPEAKERS

December 7

Sponsored by Commerce State Bank

December 14

Bay East Chimes

December 21

Richard Lee Dawley

Amish Author

December 28

Bart Adrian

Meteorologist

Coffee Hour

at the Village

Social gathering held the second Friday, 9 a.m., Learning Center, unless noted, with refreshments hosted by the Village SAE Committee. Open to all Village residents. Non-perishable items are collected for the food pantry at each coffee hour.

October 14

Gayle Van Ess, Stephen Ministry Leader

November 11

December 9

All-Village Christmas potluck at noon.

Cedar Cinema

at the Ridge

"Big Fish"

Date: Thursday, Oct. 27

Time: 2 p.m.

Location: Cedar Ridge Performance Square

Cost: Free to Cedar Ridge and Village residents.

"An Old Fashioned Thanksgiving"

Date: Thursday, Nov. 10

Time: 2 p.m.

Location: Cedar Ridge Performance Square

Cost: Free to Cedar Ridge and Village residents.

"White Christmas"

Date: Thursday, Dec. 22

Time: 2 p.m.

Location: Cedar Ridge Performance Square

Cost: Free to Cedar Ridge and Village residents.

Cedar Cinema

at the Village Clubhouse

"Morning Glory"

Date: Tuesday, Oct. 18

Time: 2 p.m.

Cost: Free to Cedar Ridge and Village residents.

"Water for Elephants"

Date: Tuesday, Nov. 15

Time: 2 p.m.

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, Oct. 26

Time: 4 to 6 p.m.

Location: Cedar Community Village Clubhouse

Party Bridge

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: \$5

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, 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

Players score points by trick-taking and forming combinations of cards into melds. 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.

Sheepshead

Date: Mondays, Tuesdays, Wednesdays,

Fridays, Saturdays and Sundays

Time: 6:30 p.m.

Location: Cedar Ridge Club Room

Open to all Cedar Ridge and Village residents.

Cedar Community Foundation Socials

Amy Johnson, Director of Philanthropy

Date: Fourth Tuesday of the month

(No social in December.)

Time: 3:30 p.m.

Location: Cedar Ridge Bistro

One O'clock Movies

Cedar Ridge has the capability to show thousands of movies using our Wii.

Date: Every Wednesday

Time: 1 p.m.

Location: Cedar Ridge Club Room

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

Women's Coffee

Occasional guest speaker. Sign up at the Cedar Ridge bulletin board.

Date: 1st and 3rd Fridays of the month

Time: 8:30 a.m.

Location: Top of the Ridge Restaurant

Cost: \$1.50 for coffee and sweet treat, payable at the door. Sign up at the Cedar Ridge bulletin board.

Men's Breakfast

John Swanson & Frank Turpin

All Cedar Ridge and Village men are welcome. Speakers are 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