

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

Non-Profit
Organization
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West Bend, WI
Permit No. 24

Begin Your New Adventure!
Independent Living at Cedar Community

To learn more about the independent living options available at Cedar Community, schedule a private tour and free lunch with Betty Christen, director of home and apartment living, by calling 262.338.2811.

Spring Festival

Mega-rummage sale with jewelry, collectibles and items from the woodworking shop; raffle; baked goods; craft sale; train room tours; a luncheon available in the Top of the Ridge Restaurant and woodshop tours. Cedar Ridge Apartments will also be open for tours.

Date: Saturday, May 5

Time: 10 a.m. to 2 p.m.

Location: Cedar Ridge Apartments

Cost: Admission is free. Open to the public.

Find your freedom!

Are you retired and finding your social life has suffered? Have your lifelong neighbors moved away? Feel connected again! At Cedar Community's Cedar Lake Village Homes and Cedar Ridge Apartments, all you need to worry about is what fun activity you want to do next. Whether you're hoping to take up a new hobby or keep up with an old one, now is your time to start enjoying life again!

At Cedar Community, you are part of something bigger than just a place to live. You're part of a lifestyle! You choose how much you want to be involved and best of all, there's a continuum of care in place should your needs ever change.



We're the real thing! Our ads depict real residents in real Cedar Community settings.

Call 262.338.2811 or visit cedarcommunity.org today!

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



**Purchase a panini and beverage.
Receive a FREE bag of chips.**

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

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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.

Arthritis Exercise Class

Kathy Stultz, RN, Arthritis Foundation

Certified Instructor

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

Date: Mondays and Fridays beginning

Monday, May 21 to Friday, June 29

Time: 11 a.m.

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.

Arthritis Mini Class

Kathy Stultz, RN, Arthritis Foundation

Certified Instructor

This is a mini version of the Arthritis Exercise Class involving gentle range of motion to relieve stiffness and decrease arthritis pain. We will stay seated and end with a relaxation song.

Date: Wednesday, May 23 to June 27

Time: 11:30 a.m.

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; 30-minute session, \$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 techniques!

Date: Every Wednesday

Time: 6 p.m.

Location: Cedar Ridge Fitness Center

Cost: \$8 per class. Payment collected at the class. All area seniors welcome. No need to sign up, just show up. For details, 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 Fitness Center

Cost: \$5 per class. All area seniors welcome.

No need to sign up, just show up. For details, call Jackie, 262.334.3187.

Stretch and Energize

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: Every Tuesday and Thursday

Time: 8:30 to 9 a.m.

Location: Cedar Ridge Music Room

Cost: Free to Cedar Ridge and Village residents. No registration necessary.

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: Thursdays

Time: 10:30 to 11:30 a.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.

Date: Every Tuesday

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

Location: Cedar Ridge Pool

Cost: \$14. Sign up at the Cedar Ridge pool or call Kathy Stultz, RN, 262.338.2821. All area seniors welcome.

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, using both seated and standing positions to increase one's strength, balance and flexibility.

Date: Every Tuesday

Time: 11 to 11:45 a.m.

Location: Cedar Ridge Fitness Center

Cost: \$14. Sign up at the Cedar Ridge bulletin board or call Kathy Stultz, RN, 262.338.2821. All area seniors welcome.

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

11 a.m.

Arthritis Exercise Class, CR Fitness Center

TUESDAY

8:30 a.m.

Stretch, & Energize, CR Music Room

WEDNESDAY

8:30 a.m.

Arthritis Exercise Video, CR Fitness Center

11:30 a.m.

Arthritis Mini Class, CR Fitness Center

2:30 p.m.

Ballroom Line Dancing, CR Fitness Center

6 p.m.

Ballroom Dancing, CR Fitness Center

THURSDAY

8:30 a.m.

Stretch, & Energize, 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

11 a.m.

Arthritis Exercise Class, CR Fitness Center

1 p.m.

Walking Pole Stretching Class, CR

Pole Walking Stretching Class

Paula Hader

Use your Exerstrider walking poles to stretch. We will sit and stand to stretch.

Date: Every Friday

Time: 1 p.m.

Location: Cedar Ridge Fitness Center

Cost: Free

Group Pole Walking

Paula Hader

Walk as a group around Cedar Ridge.

Date: Every Friday beginning May 4

Time: 8:30 a.m.

Location: Meet in the Cedar Ridge lobby.

Cost: Free

Mystery Pole Walking Outing

Paula Hader

Date: Friday, June 15

Time: 8:45 a.m.

Location: Meet in the Cedar Ridge lobby.

Cost: Free. Check the bulletin board and sign up for a variety of outings. Some are a mystery and others are pre-determined. Outings are offered once a month in summer.

Wellbeing Visits

Kathy Stultz, RN

Meet one-on-one with the wellbeing nurse to discuss ways to improve your wellbeing and stay healthy.

Date: Flexible

Time: By appointment

Location: Your Cedar Ridge Apartment or Village Home

Cost: Free. Cedar Community residents only. Call Kathy Stultz, RN, 262.338.2821, to schedule an appointment.

Nature Trail Bug Rides

Date: Every Monday

Time: 10 a.m.

Date: Every Thursday

Time: 3 p.m.

Location: Depart from Cedar Bay West carport, Cedar Lake Campus

Cost: Free. Open to all Cedar Ridge and Village residents. To make arrangements contact Frank Laycock, 262.334.4932.

Fishing on Big Cedar Lake

Bring your own equipment and bait.

Date: Every Tuesday and Thursday beginning in May

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

Location: Meet at north boat dock, Cedar Lake

Cost: Free. Open to all Cedar Ridge and Village residents. To reserve your spot contact Walt Thompson, 262.306.1378, or Clyde Crass, 262.334.0082. You must have a current fishing license. For additional dates and times, contact Bonnie Amerling, 262.306.4218.

Ridge Pontoon Boat Rides

Space is limited. The pontoon boat holds eight people plus the skipper. Residents can bring along a guest or two. Transportation will be provided.

Date: Every Friday

Time: 12:30 p.m. depart from the Cedar Ridge lobby; 1 to 3:30 p.m. pontoon rides

Location: Meet in the Cedar Ridge lobby.

Cost: Free. Sign up at the Cedar Ridge bulletin board. Rides may be canceled at the last minute due to inclement weather.

Village Pontoon Boat Rides

Date: Fridays beginning in June

Time: 11 a.m.

Location: Meet at the north boat dock

Cost: Free. Residents may sign up a guest or two to ride along. Sign up at the Village bulletin board.

Shuffleboard

Date: Every Monday

Time: 6:30 p.m.

Location: Cedar Ridge Shuffleboard Court

Cost: Free

Bocce Ball

Date: Every Tuesday

Time: 6:30 p.m.

Location: Cedar Ridge Bocce Ball Court

Cost: Free

Cedar Valley Center and Spa

Following are programs and events being held at Cedar Valley, 5349 County Road D, West Bend, during the next several months. Spaces are limited for all programs. First come first served. Advance registration is required. To register, email cvinfo@cedarcommunity.org, call 262.629.9202 or directly on the website at cedarvalleycenter.org.

The Story Time Café – Kumbaya: The Life and Times of a Baby Boomer

Enjoy a cabaret-style performance as Midge Miles returns by popular demand with a unique reprise of excerpts from her 2011 performance. She will introduce you to 10 different characters from the “boomer years.”

Date: Thursday, April 12

Time: 7 to 9 p.m.

Cost: \$20 includes desserts, coffee and tea. A cash wine/beer bar will also be available.

Introduction to Watercolor

Join us for one or both of these three-day workshops as Earl Ritter guides you to create using your hidden talents. Classes are small and relaxed, and suited to all level of watercolor artist, from beginner to advanced. Each student receives individual attention.

Date: April 23, 24 and 26 or May 7, 8 and 10

Time: 9 a.m. to noon

Cost: Commuters \$75 per workshop. (If you have attended one of Earl's workshops at Cedar Valley and bring back your paints and brushes a \$20 discount will be given.) Overnights: \$285 which includes three night's lodging and meals, plus art supplies to take home after your class.

Origami

Barb Hermans teaches you how to make Japanese flowers, peace cranes and angelfish using Japanese-made origami paper. You will also receive a unique device allowing you to display your beautiful creations.

Date: Saturday, May 12

Time: 9:30 a.m. to noon

Cost: \$25 which includes all supplies

Weekend Painting Workshop

Jim Lackner guides you through the process of painting your very own masterpiece. The weekend includes an overnight guest room with three meals, wine and hors d'oeuvre reception Saturday evening, presentation of Bob Ross documentary and all supplies to complete two finished paintings.

Date: Saturday, June 2 and Sunday, June 3

Time: 9 a.m. to noon

Cost: \$182 per person

In the Spirit of Georgia O'Keeffe

Join us for this Georgia O'Keeffe inspired painting workshop, taught by professional artist, Ted Condé. Your inspiration will be an array of fresh flowers and the natural beauty at Cedar Valley. Classes are suited to all levels of artist, from beginner to advanced. Ages 10 thru adult. No experience required.

Date: Saturday, July 14

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

Cost: \$65 which includes the workshop, lunch and all supplies to complete a 16" x 20" canvas painting to take home and frame.

Cedar Valley Art and Photography Club

Each meets once a month. Call for more details.

The Independence Store at Cedar Community

A durable medical equipment retail store at Cedar Lake Health and Rehabilitation Center on Cedar Community's main campus. The Independence Store is Medicare/Medicaid certified and able to bill most insurances for items approved by Medicare. 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: 5595 County Road Z, West Bend

Cedar Lake Pharmacy

Your prescription for good health. Cedar Lake Pharmacy offers competitive pricing, personalized service, convenience, safety and accuracy.

Date: Open Monday through Friday

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

Location: 5595 County Road Z, West Bend

For more information, call 262.306.4251.

Facebook and Twitter

Join Cedar Community on Facebook and Twitter! 'Like' our Facebook fan page! Visit <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.

Cedar Community Foundation Socials

Amy Johnson, Director of Philanthropy

Date: Fourth Tuesday of the month

Time: 3:30 p.m.

Location: Cedar Ridge Bistro

Cost: Free

DQ Dilly Wagon

Date: Every Wednesday beginning in June

Time: 1 to 2 p.m.

Location: Cedar Ridge Carport

Cost: Cost of your purchase.

Wellbeing Opportunities

APRIL EVENTS

SAE Surprise Events

Watch for more details.

Date: Sunday, April 1 and 15

Scams and Schemes to Get Your Money

Keith Braun, Consumer Credit Counseling Service

Learn about various scams and schemes used to get your money including mail, telemarketing and the internet. Learn habits and precautions you can use to protect yourself.

Date: Tuesday, April 10

Time: 3 p.m.

Location: Cedar Ridge Performance Square

Cost: Free

Free Health Fair

Concordia Nursing Students

The sophomore year nursing students will be holding a free health fair with health education and screenings.

Date: Wednesday, April 11

Time: 9 a.m. to noon

Location: Cedar Ridge Plaza

Cost: Free

Gourmet Corner

Jessica Kaminski, Pampered Chef Consultant

Join us for some interactive gourmet fun and dining. Enjoy seasonal recipes including soups, appetizers, main courses and desserts!

Date: Thursday, April 12

Time: 9:30 a.m.

Location: Cedar Ridge Private Dining Room

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

Deep Brain Stimulation

Chris Sheridan, Manager, Parkinson's Movement Disorder Program

Deep brain stimulation is a surgical procedure introduced in the 1990s to treat movement disorders. The procedure can dramatically improve symptoms and allow patients to resume normal activities. It is offered at Froedert Medical College of Wisconsin. Sheridan will share his knowledge about deep brain stimulation. This is a great program for those with Parkinson's and their caregivers but also for individuals who want to learn something new.

Date: Monday, April 16

Time: 1 p.m.

Location: Cedar Ridge Grand Hall

Cost: Free. All area seniors welcome.

UW-Madison Badger Band 36th Annual Spring Concert

SAE-Sponsored Event

Under the direction of Prof. Michael Leckrone, the Wisconsin Band has become the nation's top collegiate marching band. The 300 hardworking and enthusiastic students and staff strive to "raise the bar" year after year. There will be lots of surprises and effects. Dinner is on your own at East Towne Shopping Mall's food court or nearby restaurants: Red Lobster, Chili's, Mountain Jack's, Olive Garden.

Date: Saturday, April 21

Time: 2:45 p.m. depart from Cedar Ridge lobby

Location: Kohl Center, Madison

Cost: \$55 includes transportation and premium

seating. Sign up at the Cedar Ridge bulletin board. One-day tours are non-refundable.

Papa Murphy's Pizza Party

Our first party was such a success we're having another! Pizza order forms have been distributed to each resident.

Date: Sunday, April 22

Time: 11 a.m. to noon

Location: Cedar Ridge Plaza/Bistro

Cost: \$5 cash or check payable to Cedar Community by April 6 guarantees your order. No orders will be taken after April 6.

"Legally Blonde The Musical"

Elle Wood, sorority sister, beauty queen, fashionista – attorney at law? "Legally Blonde" tells the tale of a determined young woman who rises above everyone else's expectations and prejudgments to her ultimate triumph over the naysayers in a show filled with bright music, dancing and laughs galore.

Date: Thursday, May 24

Time: 8:30 a.m. bus departs from Cedar Ridge lobby; return approximately 6 p.m.

Location: Fireside Dinner Theatre, Fort Atkinson

Cost: \$91. Sign up at the Cedar Ridge bulletin board. Deadline to register is Monday, April 23. No cancellations after April 23. No refunds. If you need to cancel you will still be charged so please find a replacement.

Milwaukee Symphony Orchestra Ticket Opportunity

Join us at Cedar Ridge's Coffee Hour and meet Stacy Mills, group sales manager for the Milwaukee Symphony Orchestra, and learn about the exciting new 2012-2013 season. Tickets will again be half price for residents! West Bend residents receive a 15 percent discount. Call Mills to purchase tickets or for more information, 414.226.7811 or cell 414.807.3687.

Date: Wednesday, April 25

Time: 10 a.m.

Location: Cedar Ridge Grand Hall

Cost: Free to attend Coffee Hour for all Cedar Ridge and Village residents.

Washington County Senior Conference

Register by calling the Aging and Disability Resource Center, 262.335.4497. Be sure to stop by Cedar Community's booth. Mike Brodzeller, PT, Cedar Haven Rehabilitation Services will also be holding a workshop called "Give Your Joints a Break." Protect your joints and minimize discomfort by learning how to reduce stress and wear and tear on your body.

Date: Thursday, April 26

Time: 8 a.m. to 2:30 p.m.

Location: Washington County Fair Park

Cost: \$15 which includes workshop fees, registration material, box lunch and beverage

Hong Kong and South Korea

Marilyn Terlinden, Cedar Ridge Employee

Come and join in the fun learning more about her travel adventures.

Date: Thursday, April 26

Time: 2:30 p.m.

Location: Cedar Ridge Performance Square

Cost: Free

West Bend Veterans Color Guard and The Young Patriots

National Loyalty Day is Tuesday, May 1. Join us for songs and welcome our community veterans as they carry in service flags honoring our Cedar Community veterans.

Date: Monday, April 30

Time: 10:30 a.m.

Location: Cedar Ridge Grand Hall

Cost: Free

MAY EVENTS

Mystery Luncheons

Paula Hader

Clues will be given on the way to our destination.

Date: Fridays, May 4 and June 1

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

Location: It's a mystery!

Cost: Cost of your lunch.

Gourmet Corner

Jessica Kaminski, Pampered Chef Consultant

Join us for some interactive gourmet fun and dining. Enjoy seasonal recipes including soups, appetizers, main courses and desserts!

Date: Thursday, May 10

Time: 9:30 a.m.

Location: Cedar Ridge Private Dining Room

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

Welcome Back, Nutman!

The freshest nuts, confections and mixes you've ever had! Come "taste" for yourself. Great gift ideas for your friends and family.

Date: Monday, May 14

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

Location: Cedar Ridge Plaza

Cost: Varies according to your purchase.

All area seniors welcome.

Arthritis Education Day

Join us for a fun morning of gentle, joint-safe exercises developed specifically for people with arthritis to help relieve stiffness, decrease pain and improve balance. If you have aches and pains from arthritis and your doctor wants you to exercise, this is the class for you. The day starts with an arthritis exercise class followed by a lunch and learn session with Rosemary Schrauth, OT, Cedar Haven Rehabilitation Services. Schrauth will showcase adaptive equipment meant to make everyday living easier.

Date: Tuesday, May 15

Time: 10 to 10:45 a.m. arthritis exercise class; 11:15 a.m. to noon lunch and learn session

Location: Cedar Ridge Grand Hall

Cost: \$7. Sign up at the Cedar Ridge bulletin board.

Ozaukee County Humane Society Tour

Join us as we get a "behind the scenes" look at the Humane Society followed by lunch.

Date: Thursday, May 17

Time: 10 a.m. depart from Cedar Ridge lobby; 10:30 to 11:30 a.m. tour

Location: Ozaukee County Humane Society, Saukville

Cost: Cost of your lunch.

Wellbeing Opportunities

Cedar Ridge vs. Village Residents “Name that Tune” Game

We had so much fun with the Milwaukee trivia, we’ve decided to host a “Name that Tune” competition. This competition will be held in conjunction with the Cedar Community Foundation Social. Gather together for this fun event and enjoy some “tunes.”

Date: Tuesday, May 22

Time: 3 p.m.

Location: Cedar Ridge Performance Square

Cost: Free. Sign up at the Cedar Ridge bulletin board or call Paula Hader at 262.338.2814.

A Day in Amish Country

SAE-Sponsored Event

Join Personalized Tours for a trip to Amish country! Tour the countryside and learn about the Amish way of life. Along the way our guide will point out highlights of the area. Stops may include a furniture shop, produce farm, bakery and food store. At the stops you will be able to get out, look around and visit with Amish families. A hearty lunch is included.

Date: Friday, May 25

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

Location: Kingston

Cost: \$89. Sign up at the Cedar Ridge bulletin board. One-day tours are non-refundable.

Go Green Tour

The Growing Power, a historic two-acre farm, is the last remaining farm and greenhouse in the city of Milwaukee, growing a myriad of plants, vegetables, thousands of fish and a livestock inventory of chickens, goats, ducks, rabbits and bees. Sweet Water Organics is a one-of-a-kind urban aquaponic fish and vegetable farm. Walk through a transformed warehouse amidst rushing waters and lush plant life. Tour the Sprecher Brewery and sample 20 beers and 10 sodas. Lunch is included.

Date: Thursday, May 31

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

Location: Downtown Milwaukee

Cost: \$84. Sign up at the Cedar Ridge bulletin board. One-day tours are non-refundable.

JUNE EVENTS

Bright New Wings

Enjoy a “down-home” Christian musical presented by Peace United Church of Christ’s Chancel Choir. Directed by: Larry Ammel; accompanist: Sherry McElhatton

Date: Sunday, June 3

Time: 2 p.m.

Location: Cedar Ridge Grand Hall

Cost: Free. All area seniors welcome.

Big Band Era

Join Al Anderson, retired music educator, professional trombonist and music historian from Watertown. Learn about the history of the big band era and enjoy theme songs from eight different bands. If you can guess the song or band, you receive a prize.

Date: Monday, June 4

Time: 3 p.m.

Location: Cedar Ridge Grand Hall

Cost: Free

Adventures of a Serial Traveler

Ralph Gebhard talks about being a member of the Travelers Century Club and the 94 countries he’s visited including Antarctica, Azores, Easter Island and more!

Date: Wednesday, June 6

Time: 3 p.m.

Location: Cedar Ridge Performance Square

Cost: Free

River City Irregulars Concert

The band begins its 2012 season by leading the Memorial Day parade and concludes its summer series in September at Cedar Community’s Cedar Theatre. Band personnel also compose the Blaskapelle German Band and Christmas Brass.

Date: Thursday, June 7

Time: 7 p.m.

Location: Cedar Ridge Grand Hall

Cost: Free

Pain Relievers

Penny Biersach

We all experience pain. There are many over-the-counter pain medications available, so it’s hard to know which one to take. Learn about common pain relievers and things to be aware of when choosing one.

Date: Monday, June 11

Time: 3 p.m.

Location: Cedar Ridge Performance Square

Cost: Free. Sign up at the Cedar Ridge bulletin board.

Poetry Reading

Paula Hader

Do you have a favorite poem that you’d like to read or have someone read for you? Come and enjoy coffee and treats.

Date: Tuesday, June 12

Time: 3 p.m.

Location: Cedar Ridge Performance Square

Cost: Free. All area seniors welcome.

Call Paula, 262.338.2814, if you will be reading a poem or need someone to read a favorite poem of yours.

Oliver!

Village SAE-Sponsored Event

Oliver! is a well-crafted tale, filled with pathos, drama and outstanding musical numbers.

Date: Friday, June 15

Time: 7:30 p.m.

Location: Schauer Arts & Activities Center, Hartford

Cost: \$13. The sign-up list will be posted at the Village bulletin board from Friday, April 13 through Friday, May 11. We will carpool for this event. Indicate on the sign-up list if you are willing to drive and how many passengers fit in your vehicle including the driver. Contact Sherry McElhatton with questions, 262.306.4554.

Celtic Concert

Fifth Avenue United Methodist Church & Friends
Presenting a spring concert with Irish music, including songs from Celtic Woman repertoire – pianist, violin and autoharp.

Date: Wednesday, June 20

Time: 7 p.m.

Location: Cedar Ridge Grand Hall

Cost: Free. All area seniors welcome.

Tips to Lower Your Blood Pressure

Kathy Stultz, RN

High blood pressure is a common condition in which the force of blood against your artery walls is high enough it may eventually cause health problems such as heart disease. Learn what high blood pressure is and how is it treated both medically and naturally.

Date: Friday, June 22

Time: 1 p.m.

Location: Cedar Ridge Performance Square

Cost: Free. All area seniors welcome.

Let’s Talk About Your Quilt

*Val Bonk and Charleen Richtsmeier,
Professional Quilt Appraisers*

Don’t know much about the quilt handed down to you from generation to generation? Bonk and Richtsmeier may be able to offer clues about your quilt’s age, fabrics used in its construction, names of the blocks or the setting of the design, techniques used to assemble and quilt it and general historical information about the era it was made. Learn how to handle and care for quilts and how, when and why written quilt appraisals are important. Participants may come and go as their schedules permit, or plan to spend the whole day. Each participant is asked to bring at least one quilt. Anyone wishing to have a written appraisal of their quilt may contact Richtsmeier to set up an appointment in advance 641.847.2879. Written appraisals are legal documents and the fee is \$35 each.

Date: Friday, June 22

Time: 9 a.m. to noon and 1 to 4 p.m.

Location: Cedar Ridge Grand Hall

Cost: Free

Elderberries 10th Anniversary Concert

Join us for the concert and refreshments!

Date: Saturday, June 23

Time: 2 p.m.

Location: Cedar Ridge Grand Hall

Cost: Free

Kewaskum Big Band

Sponsored by the Arts & Entertainment Committee

Under the direction of Howard Schneider, players come from Kewaskum, Sheboygan, Slinger, Fond du Lac, Jackson and West Bend to share their love for music of the Big Band Era.

Date: Wednesday, June 27

Time: 7 p.m.

Location: Cedar Ridge Outdoor Patio

Cost: Free

Lake Geneva Mail Boat

Cruise and Luncheon
Village SAE-Sponsored Event

Enjoy a two and a half hour cruise on the famous Lake Geneva mail boat, followed by a luncheon and tour of the Historic Baker House Mansion.

Date: Thursday, June 28

Time: 7:30 a.m. to 5 p.m.

Location: Lake Geneva

Cost: \$45.47. The sign-up list will be posted at the Village bulletin board from Friday, May 11 to Friday, June 8. We will carpool for this trip. Indicate on the sign-up list if you are willing to drive and how many passengers fit in your vehicle including the driver. Contact Sherry McElhatton with questions, 262.306.4554.

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.

Bible Study

Chaplain David Stone

Read and reflect on a book or character of the Bible.

Date: Wednesdays

Time: 3:30 p.m.

Location: Cedar Bay West Courtyard Kitchen

Date: Fridays

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.

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.

Episcopal Communion Services

Date: Second Monday of the month.

Time: 10:30 a.m.

Location: Cedar Ridge First Floor South Conference Room

Lutheran Service

Date: Second Wednesday of the month.

Time: 9 a.m.

Location: Cedar Bay West Fellowship Room

Date: Second Wednesday of the month.

Time: 10:30 a.m.

Location: Cedar Lake Health and Rehabilitation Center Celebration Room

The Holy Rosary

Date: First, Second and Fifth Thursdays

Time: 10 a.m.

Location: Cedar Ridge Grand Hall

Roman Catholic Mass

Date: Third Thursday of the month

Time: 10 a.m.

Location: Cedar Ridge Grand Hall

Date: Every Monday except holidays

Time: 3:30 p.m.

Location: Cedar Bay West Fellowship Room

Date: First, third and fourth Wednesdays of the month.

Time: 10:30 a.m.

Location: Cedar Lake Health and Rehabilitation Center Celebration Room

Old Time Hymn Sing

Sing-a-long with Ridger Carol Hanson on piano!

Date: Second and Fourth Sundays of the month.

Time: 7 p.m.

Location: Cedar Ridge Grand Hall

Holy Week Services

Maundy Thursday Services with Communion

Date: Thursday, April 5

Time: 10:30 a.m.

Location: Cedar Lake Health and Rehabilitation Center Celebration Room

Time: 1:30 p.m.

Location: Cedar Ridge Grand Hall

Time: 3:30 p.m.

Location: Cedar Bay West Fellowship Room

Good Friday Services

Date: Friday, April 6

Time: 10:30 a.m.

Location: Cedar Theatre

Time: 1:30 p.m.

Location: Cedar Ridge Grand Hall

Time: 3 p.m.

Location: Cedar Bay West Fellowship Room

Resident Memorial Services

Date: Tuesday, May 22

Time: 10:30 a.m.

Location: Cedar Theatre

Time: 3 p.m.

Location: Cedar Bay West Fellowship Room

Date: Thursday, May 24

Time: 7 p.m.

Location: Cedar Ridge Grand Hall

Outdoor Worship Service

Date: Tuesday, June 19

Time: 10:30 a.m.

Location: Cedar Lake "H" Carport Parking Lot

Intellectual Wellbeing

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

Brain Benders

Exercise your mind! Work on puzzles, riddles, jumbles, word searches and problem solving.

Date: Every Tuesday

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.) To use the Wii during off-hours or

weekends, use the on-call phone number listed on the instructions.

XBOX 360 Kinect

Cedar Ridge now has another gaming system without hand-held remotes for those with some physical challenges. It is available in the Cedar Ridge Club Room, fitness center and the first floor south conference room.

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. Audio books 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 (Cedar Ridge Fitness Center on May 3)

Cost: Free

Current Events

John and Pat Love

Join your neighbors for this resident-driven discussion group. 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: Every Monday

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: Every Monday

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: Every Monday and Thursday

Time: 10 a.m.

Location: Cedar Ridge Business Center

Cost: Free to Cedar Ridge and Village residents.

Wellbeing Opportunities

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. Please call Paula to register for Facebook at 262.338.2814.

Date: Every Monday and Thursday

Time: 10 a.m.

Location: Cedar Ridge Business Center

Cost: Free to Cedar Ridge and Village residents.

Conversations: The Bible, Theology and Literature

Mike Mattek/UW-WC

Explore the heady areas of Christology (the theological interpretation of the person and work of Jesus Christ), the nature of humanity, the influence of sin and the provision for spiritual redemption. In order to enrich and enhance our discussion, we will pair topics with literary selections culled from the Middle Ages to today. Depending on class size, the format will likely be a roundtable discussion.

Date: April 2 to 23

Time: 10 to 11:15 a.m.

Location: Cedar Ridge Education Room

Cost: \$25

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 Wolfgram 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. Does not meet in June, July or August. Call Paula Hader for details, 262.338.2814.

Multiple Sclerosis (MS)

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

Parkinson's

Meets the third Monday of each month, 1 p.m., Cedar Ridge Private Dining Room. Call Kathy Stultz, RN for details, 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

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 and women who love to work with wood. It is equipped with the best of modern woodworking equipment and is only for 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 is only for residents. For details, 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 polish old ones among friends.

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 supplies. If you like to socialize while working on projects to benefit Cedar Community, this group is for you.

Date: Every Monday

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 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 the Cedar Ridge office for details, 262.338.8377.

Date: Every Tuesday

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 welcome! Contact Lynn Rusch, lynnrusch@yahoo.com or 262.306.4025 for details.

Date: Meets the first Thursday of each month (No meeting in June, July and August.)

Time: 11 a.m.

Location: Cedar Ridge Sewing and Craft Room

Village Needleworkers

Date: Fourth Monday of the month

Time: 9:30 a.m.

Location: Hostess rotates each month. Contact Carol Gardner 262.338.3350 for details.

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 details.

Private Music Lessons

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 discuss your goals, 262.306.4554 or smcelhatton@cedarcommunity.org.

Cedar Ridge Art on Display

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

April

Randy Detgen specializing in reliefs and sculpted murals

May

Janet Baumler spiritual embossings

June

Photographers of Cedar Valley Center

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 Cedar Ridge's Grand Hall. You will be greeted with a smile by SAE committee members and refreshments are served. Support Cedar Community's Green Team efforts by bringing your own coffee mug. We always have a variety of interesting and talented presenters Open to all Cedar Ridge and Village residents only.

APRIL SPEAKERS

April 4

Fair Park School

Sponsored by Commerce State Bank

Music at the Park Singers

April 11

Mike Hoffer

Ozaukee/Washington Land Trust

April 18

Mark Selle

Cedar Lake Pharmacy

Cindy Shaske

The Independence Store

April 25

Larry/Lynn Ehren

Directors of the Full Shelf Food Pantry

Stacy Mills

Milwaukee Symphony Orchestra

MAY SPEAKERS

May 2

No Coffee Hour - Spring Festival

May 9

Darlene Cole

Piano Player

May 16

Deanna Gibeau

"Songs of Spring Time"

May 23

Christine Glaszcz

Healthy People Project of Washington County

May 30

Bonnie DeBroux, Executive Director

Family Center of Washington County

JUNE SPEAKERS

June 6

Kate Peterman, LacLawran Conservancy

Legacy of Lawrence

Ann Maurin, LacLawran Conservancy

Invasive Species

June 13

Dennis Fechter and Scott Risse

Veolia Waste Management and Cedar Community

June 20

Commerce State Bank

Burma Shave

June 27

Sherie Duwe

"Bags Twice as Nice"

Coffee Hour

at the Village

Social gathering held the second Friday, 8:45 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.

April 13

Social Hour

May 11

George Schowalter and Louis Tenior Guerrier

Haiti Presentation

June 8

Steve Jaberg, CEO, Cedar Community

Held at Cedar Valley Center

Cedar Cinema

at the Ridge

"Under the Tuscan Sun"

Date: Thursday, April 19

Time: 2 p.m.

Location: Cedar Ridge Performance Square

Cost: Free to Cedar Ridge and Village residents.

"The King's Speech"

Date: Thursday, May 10

Time: 2 p.m.

Location: Cedar Ridge Performance Square

Cost: Free to Cedar Ridge and Village residents.

"Erin Brockovich"

Date: Thursday, June 21

Time: 2 p.m.

Location: Cedar Ridge Performance Square

Cost: Free to Cedar Ridge and Village residents.

Cedar Cinema

at the Village Clubhouse

"The Help"

Date: Tuesday, April 17

Time: 2 p.m.

Cost: Free to Cedar Ridge and Village residents.

"Hugo"

Date: Tuesday, May 15

Time: 2 p.m.

Cost: Free to Cedar Ridge and Village residents.

"Courageous"

Date: Tuesday, June 19

Time: 7 p.m.

Cost: Free to Cedar Ridge and Village residents.

Village Screen Party

Village SAE Committee and Village Council

Social gathering with light refreshments.

Date: Wednesday, April 25

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: Every Friday

Time: 1 p.m.

Location: Cedar Ridge First Floor

Conference Room North

Open to all Cedar Ridge and Village residents.

Sheepshead

Date: Every Monday, Tuesday, Wednesday, Friday, Saturday and Sunday

Time: 6:30 p.m.

Location: Cedar Ridge Club Room

Open to all Cedar Ridge and Village residents.

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

All Cedar Ridge and Village women are welcome.

Date: 1st and 3rd Fridays of the month –

April 6, Russ Wanta, Habitat for Humanity;

May 4, Sarah Kelly, Family Promise

Time: 8:30 a.m.

Location: Top of the Ridge Restaurant

Cost: \$1.50 per person, payable at reception.

Men's Breakfast

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, 262.306.8628. A count is needed.

Date: Third Friday of the month

Time: 8:30 a.m.

Location: Top of the Ridge Restaurant

Cost: \$4 per person, payable that morning