



“Their lives remind us that freedom is not bought cheaply. It has a cost.”

Ronald Reagan 5/31/1982

Memorial Day 2022

Summer session at the Y begins Sunday, June 12th. Group exercise class schedules and the pool schedules will change to accommodate daytime swim lessons and camp activities. Additionally, some of your favorite land classes will be held outdoors! Please check out summer schedules online or at the welcome desk the week prior. Thank you.

Monday, May 30th is Memorial Day and the Y will be closed.



Come out to the YMCA at Pabst Farms for our 2nd Annual Car Show on Saturday, August 20th from 11:00am - 3:00pm in the Y parking lot! (Weather permitting)

- Live classic and contemporary rock, blues and soul music provided by The Hit Men
- Brats, hotdogs, hamburgers and refreshments served by Boy Scout Troop 169 Okauchee
- First 100 cars will receive a Dash Plaque
- Trophies for 1st, 2nd and 3rd place will be handed out at 3:00pm
- 50/50 Raffle at 3:00pm

Registration to enter a car is \$5. Register the day of the event.

Proceeds will benefit the YMCA at Pabst Farms Annual Campaign.

Sponsored by



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

YMCA AT PABST FARMS

1750 E. Valley Road, Oconomowoc

May 2022

www.glcymca.org

Blood Drives at the YMCA at Pabst Farms

Make an online appointment at the below links or donate on a walk-in basis.

Fri, Jun 3, 2022 9am–2pm

Fri, Jul 29, 2022 9am-2pm
American Red Cross

<https://www.redcrossblood.org/give.html/find-drive>

Fri, Jul 22, 2022 11am-4pm

Versiti

<https://www.donate.wisconsin.versiti.org>



Spring Bingo

Friday, May 13th
1-2:30pm

Register by Tue, May 10th

Call 262-567-7251
or

Stop by Member Services

Coffee, Prizes and Laughter
Y Members Free, CP \$2.00

QUESTIONS, COMMENTS, IDEAS?

Contact: Cathi Dorn
Senior Adult Program Director
cdorn@glcymca.org
262-468-0469



Nutrition Contributor Sara Dow



Beginning with this May newsletter, you can look forward to Sara Dow's Nutrition Spotlight! Sara's articles will highlight nutrition issues specific to the middle-age-and-beyond population. Recipes will often complement the articles.

Sara's qualifications include:

ACE Certified Fitness Nutrition Specialist
ACE Certified Weight Management Specialist
ACE Certified Personal Trainer and Small Group Trainer
Senior at Kansas State University: Nutrition and Dietetics majors

See Sara's online Education Bites at <https://www.glcymca.org/education-bites>



HEALTHY COOKING MADE EASIER

AOA LUNCH AND COOKING DEMONSTRATION

Join nutrition specialist Sara Dow for lunch and a cooking demonstration featuring simple yet delicious recipes designed to meet the nutritional needs of the active older adult.

Menu: Soup, pasta, and summer fruit salad

Friday, June 3rd
11:30am - 12:30pm
Senior Center

Fee: \$20 Y Members • \$25 CP



Registration going on now!

Limit 12, Register by May 30th to reserve your spot!

Nutrition Spotlight by Sara Dow

In a [newly published study](#), researchers from the University of Bergen in Norway examined the effect of food choices on life expectancy. The team found that swapping a diet high in red meat, saturated fats, and refined grains for a diet high in fruits, vegetables, legumes, whole grains, and nuts provided longevity gains at every age. Those who made the switch in their sixties added 8-9 years to their life! Those in their 80's added nearly three and a half years. This study demonstrates it's never too late to reap the benefits of a healthy diet, but the earlier you start the greater the gains!

Start today with simple swaps such as

- Swap brown lentils for half the ground meat in sauce (spaghetti, sloppy joes, etc.)
- Swap roasted chickpeas (a type of legume) for croutons on your salad.
- Swap air popped popcorn (whole grain) for chips and pretzels (refined grain).

[Click here to download the recipes.](#)



Did You Know?

There are eleven different opportunities per week to participate in the wildly popular sport of Pickleball! All skill levels welcome.

Details on our website under Adult Sports.



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

GIVE IT YOUR BEST SHOT

Get Golf Ready – Adult Lessons

The YMCA at Pabst Farms and Deertrak Golf Course in Oconomowoc have come together to offer a one of a kind golf class for adults ages 18 & up. Get Golf Ready is designed to teach you everything needed to play golf in just a few lessons. Each session will focus on the various golf skills you will use while playing. In addition to learning the basics, you will be guided onto the golf course to put your skills into action in a casual, friendly setting! Lessons held at Deertrak Golf Course.

SESSION I: May 18 – June 22
Wednesdays • 5:30–6:30 pm
(No class June 8)

SESSION II: June 28 – July 26
Tuesdays • 5:30–6:30 pm

SESSION III: August 18 – Sept 15
Thursdays • 9:15–10:15am

FEE: \$110 Y Member • \$130 CP (per session)

YMCA AT PABST FARMS | www.glcymca.org



QUESTIONS?

Contact Katelyn Lutz
at klutz@glcymca.org

Oconomowoc Area *Travelin' Troupe* presents . . .



DOOR COUNTY GETAWAY



Door County, WI
August 24 – 26, 2022



Door County in August – pure heaven and the perfect time of year to explore one of Wisconsin's most beautiful areas. We will certainly get the "flavor" of the area by spending time on Washington Island, climbing to the top of Cana Island Lighthouse, enjoying a Door County Fish Boil, shopping in unique gift stores, and eating lunch at unique restaurants. Certainly a trip to enjoy every minute and remember forever

*All Itineraries are subject to change.

PICK UP: YMCA at Pabst Farms

TIME: 7:30 am YMCA (enter main entrance)
7:45 am motor coach arrives (approx.)
8:00 am motor coach departs
6:00 pm motor coach returns to YMCA (approx.)
(Times subject to change.)

COST: \$625 per person

Down payment of \$200 PER PERSON by May 15 deadline will secure your hotel (limited rooms available) and trip reservation.

***Final Payment is due June 10, 2022.**


Cancellation on or before June 10, 2022, will result in a \$200 cancellation fee. For cancellation after June 10, 2022, there will be NO refund unless a replacement can be found.

Minimum passengers: 35

Trip Includes:

- Transportation
- Hotel Accommodations (Homestead Suites, 2 nights)
- Admissions
- Meals (2 breakfasts, 3 lunches, 2 dinners)

All tips included.

Tourist Pace Walking Level 

Oconomowoc Area Senior Center COVID guidelines will be followed. Travelers will be notified prior to trip if specific requirements are needed. Bring a mask.

Any questions?

Contact Darlene Weibel – OASC – tb2784@yahoo.com 414.745.1072 or
Cathi Dorn – YMCA – cdorn@glcymca.org 262.468.0469

Itinerary on back side

DOOR COUNTY GETAWAY

Itinerary Synopsis

*All Itineraries subject to change.

Day 1: We leave Oconomowoc and head to Door County with a “comfort stop” along the way. When we arrive at Sturgeon Bay, we will see Wisconsin’s busy waterfront and enjoy the *Door County Maritime Museum* which showcases the area’s rich maritime roots. Hard-working fishermen, brave ship captains, skilled craftsmen, bold inventors and lonely lighthouse keepers are just some of the personalities you’ll discover in the galleries of the museum. You will also be able to tour the restored tugboat, *John Purves*. Lunch will be at *Door County Fire Dept*. As we leave Sturgeon Bay, we will stop at *The Garden Door* (which is part of the UW-Extension Agricultural Program) to see the gardens designed and maintained by the Door County Master Gardeners. Arriving in Fish Creek, we will check in at the *Homestead Suites*. An early dinner will lead us to boarding the *Sunset Live Music Boat Cruise* where you can sit back and relax while taking in the beautiful views along the waters of Green Bay. After our cruise we head back to the hotel to rest up for the fun day we will have tomorrow.

Day 2: Breakfast at *Al Johnson’s Swedish Restaurant and Butik* will start our day off. Be sure to bring home a Swedish treasure from their gift butik after our pancake breakfast. The special treat of the day will be our ferry ride to *Washington Island* where we will visit the *Stavkirke* and the *Farm Museum* surrounded by massive fields of lavender. Lunch will be at the *Fiddler’s Green*. Once we return to the “main land” you will have free time to visit the shops and enjoy the scenery. Our evening is topped off with a “*Door County Fish Boil*” at the *Old Post Office Restaurant* in Ephram.

Day 3: After breakfast, we will check out of the hotel to tour the *Lautenback Orchard Country Winery* before heading to Bailey’s Harbor to tour the shining star of Door County *Cana Island Lighthouse* for a guided tour. If you wish, you can climb the 102 steps to the top to see a spectacular view of Lake Michigan and the surrounding area. After lunch at *Bailey’s Harbor Cornerstone Pub*, we head home with having had a special time experiencing our own Door County Wisconsin!

Oconomowoc Area *Travelin' Troupe* presents . . .

DOOR COUNTY GETAWAY



Door County, WI
August 24 – 26, 2022



Please make my/our reservation for *Door County Getaway* trip:

_____ \$625 per person (Each room has two queen beds)

Down payment of \$200 PER PERSON by May 15 deadline will secure your hotel (limited rooms available) and trip reservation.

Down payment or full payment at sign-up – cash, check, or credit card—3% credit card fee will be added.
If not a member of OASC or the YMCA, add \$5 to payment.

****Final Payment is due June 10, 2022.***

Cancellation on or before June 10, 2022, will result in a \$200 cancellation fee.

For cancellation after June 10, 2022, there will be NO refund unless a replacement can be found.

Recommend purchasing travel insurance on your own.

Name(s) _____

Address _____ City & Zip _____

Home Phone _____ Cell Phone _____

Email Address _____

Hotel Accommodations: Need ADA accessible room (circle selection): Yes No

Sleeping Preference (circle selection): Need 1st Floor Room Second Floor Room (no elevator)

Special Requests/Needs/Diet _____

Sharing Room With _____

Emergency Contact _____

Email _____ Home Phone _____ Cell Phone _____

Customer Signature(s): _____

Date: _____

Please send \$200 deposit or full payment to:

Oconomowoc Area Senior Center, 210 S. Main Street, Oconomowoc, WI 53066
(Checks made out to OASC when paying at Oconomowoc Area Senior Center.)

or

YMCA at Pabst Farms, 1750 E. Valley Road, Oconomowoc, WI 53066
(Checks made out to YMCA at Pabst Farms when paying at the YMCA.)

Oconomowoc Area Senior Center COVID-19 guidelines will be followed on all trips.
Bring a mask.

Oconomowoc Area *Travelin' Troupe* presents . . .



GALENA "HELL-UVA HALF MILE"



Galena, IL

September 21 - 22, 2022



Our destination is "One of America's 'Top Best Small Towns'" . . . and listed on the *National Register of Historic Places* as the *Galena Historic District*. The city is named for the mineral galena, which was in the ore that formed the basis for the region's early mining economy. The scenery will be outstanding, the shopping will be fun for sure, and learning a bit of the city's history will be enlightening. A perfect time of year for a fall trip.

*All Itineraries are subject to change.



PICK UP: YMCA at Pabst Farms

TIME: 7:30 am YMCA (enter main entrance)
7:45 am motor coach arrives (approx.)
8:00 am motor coach departs
6:00 pm motor coach returns to YMCA (approx.)
(Times subject to change.)

COST: \$275 per person

**Reservation Deadline is August 22, 2022.*

Cancellation on or before August 22, 2022, will be subject to a \$50 cancellation fee. NO refunds will be given after August 22, 2022.

Minimum passengers: 35

Trip Includes:

- Transportation
- Hotel (DeSoto House 1 night)
- Admission
- Meals (1 breakfast, 1 lunch, 1 dinner)

All tips included.

Tourist Pace Walking Level



Oconomowoc Area Senior Center COVID guidelines will be followed. Travelers will be notified prior to trip if specific requirements are needed. Bring a mask.

Any questions?

Contact Darlene Weibel – OASC – tb2784@yahoo.com 414.745.1072 or
Cathi Dorn – YMCA – cdorn@glcymca.org 262.468.0469.

Itinerary on back side

GALENA "HELL-UVA HALF MILE"

Itinerary Synopsis

*All Itineraries subject to change.

Day 1: As the sun rises on a beautiful fall day in Wisconsin, we leave Oconomowoc headed for Galena, Illinois. Sit back and enjoy the scenery along the way—a "comfort stop" will give you a chance to stretch your legs a bit. We will arrive at the *DeSoto House Hotel*, Illinois' "Oldest Operating Hotel." If one listens closely enough, one can hear the DeSoto's rich heritage whispering of historic conversations and music from grand balls of days gone by. We will drop off our luggage at the hotel (with check in later in the afternoon) and then you are free to discover the "*Hell-uva Half Mile*" shopping area and historic buildings just off Main Street. Lunch will be on your own. Dinner at the *Eagle Ridge Resort* will round out our evening.

Day 2: Breakfast at the hotel. We will check out and be on our way to tour the *Ulysses S. Grant* home. Following a jubilant procession with much flag waving and speeches, a group of Galena citizens presented the Civil War Hero General with a handsomely furnished house on Bouthillier Street. It was opened to the public in 1904. Furnishings are original. The house is now managed by the Illinois Historic Preservation Agency as the U.S. Grant Home State Historic Site. Continuing on our tour of Galena, we will have a tour and wine tasting at *Massbach Ridge Winery*. Time to leave the historic city of Galena and travel to Elizabeth, Illinois, to tour the historic *Apple Valley Fort*, site of epic attack by Chief Blackhawk. We will then continue on to Lena, Illinois, where we will have lunch at *The Rafters*. And then . . . off to home enjoying the beautiful fall scenery of Illinois and Wisconsin along the way.

Trip hosted by the Oconomowoc Area Senior Center/YMCA partnership.

Oconomowoc Area *Travelin' Troupe* presents . . .

GALENA "HELL-UVA HALF MILE"



Galena, Illinois
September 21-22, 2022



Please make my/our reservation for the *Galena "Hell-uva Half Mile"* trip:

_____ \$275 per person

Full payment at sign-up – cash, check, or credit card – 3% credit card fee will be added.

If you are not a member of OASC or the YMCA, add \$5 to payment.

****Payment is due by August 22, 2022.***

Cancellation on or before August 22, 2022, will result in a \$50 cancellation fee.

For cancellation after August 22, 2022, there will be NO refund unless a replacement can be found.

Recommend purchasing travel insurance on your own.

Name(s) _____

Address _____ City & Zip _____

Home Phone _____ Cell Phone _____

Email Address _____

Hotel Accommodations: Need ADA accessible room (circle selection): Yes No

Sleeping Preference (circle selection): 1 bed 2 beds

Sharing Room With _____

Special Requests/Needs/Diet _____

Emergency Contact _____

Home Phone _____ Cell Phone _____

Customer Signature(s): _____

Date: _____

Please send full payment to:

Oconomowoc Area Senior Center, 210 S. Main Street, Oconomowoc, WI 53066
(Checks made out to OASC when paying at Oconomowoc Area Senior Center.)

or

YMCA at Pabst Farms, 1750 E. Valley Road, Oconomowoc, WI 53066
(Checks made out to YMCA at Pabst Farms when paying at the YMCA.)

Oconomowoc Area Senior Center COVID-19 guidelines will be followed on all trips.
Bring a mask.