

Ready for a Routine Change?

The Y is Ready for You!

Once again, summer seems to have vanished. Hopefully yours was restful, active, peaceful, joy-filled, and healthy.

As we enter what many of you consider your very favorite season of the year, autumn, we at the Y re-welcome you if you took a summer break, and share familiar smiles with our most frequent visitors. We look forward to helping you achieve your healthy lifestyle goals this fall. Tell us how we can help!



FUEL YOUR PASSION

2nd Annual Car Show

Come out to the YMCA at Pabst Farms for our 2nd Annual Car Show on Sunday, September 25th from 11:00am - 3:00pm in the Y parking lot!

- 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

September 2022

www.glcymca.org

Fall and Winter Building Hours Begin 9/6/2022

Monday—Thursday: 5am-9pm

Friday: 5am-8pm

Saturday: 6am-6pm

Sunday: 9am-6pm

Bingo Is Back!

Friday, September 9th
1-2:30pm

Register by Tue, Sept 6th

Call 262-567-7251

OR

Stop by Member Services

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

Blood Drives at the YMCA at Pabst Farms

Make an online appointment or donate on a walk-in basis.

Fri, Sept 30, 2022 8am-2pm
American Red Cross

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

Fri, Oct 28, 2022 9am-1pm
Versiti

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

QUESTIONS, COMMENTS, IDEAS?

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



Sara Dow is our on-staff nutrition expert, currently in her final year of study to become a registered dietitian. She invites you to email her with your individual questions regarding nutrition, whether they be specific to you or more general.

Email Sara at sdow@glcymca.org

Guided Grocery Store Tour

Navigate the supermarket aisles like a nutrition pro!

Learn to stretch your food dollars further, read food nutrition labels, and plan healthy, balanced meals for you and your family in this guided tour of Metro Market hosted by fitness nutrition specialist Sara Dow.

DATES:

Friday, Sept 16th • 9:30-10:30am
Wed, Sept 21st • 9:30-10:30am

LOCATION:

Metro Market at Pabst Farms
1300 Pabst Farms Circle, Oconomowoc

REGISTER:

Register online at www.glcymca.org
\$20 Y Members • \$25 CP
Sessions limited to 8 participants



For more healthy tips check out Sara Dow's Education Bites blog series on our website at www.glcymca.org/nutrition



YMCA AT PABST FARMS | www.glcymca.org

Nutrition Spotlight by Sara Dow: Focus Food Safety

Food poisoning or foodborne illness can affect anyone, but adults aged 65 or older are more likely to develop serious illness and be hospitalized.

If you are 65 or older, follow these four key food safety steps to protect yourself:

Clean: Wash hands, utensils and surfaces often. Germs can spread and survive in many places.

Separate: Raw meat, poultry, seafood, and eggs can spread germs to ready-to-eat foods, so keep them separate.

Cook: Food is safely cooked only when the internal temperature is high enough to kill germs that can make you sick.

Chill: Refrigerate perishable food within 2 hours. If the food is exposed to temperatures above 90°F (like a hot car or picnic), refrigerate it within 1 hour.

Practicing these key food safety principles will go a long way toward keeping you safe from foodborne illness. To learn more about food safety visit foodsafety.gov/people-at-risk/older-adults.

Oconomowoc Area *Travelin' Troupe* presents . . .



CHINA LIGHTS



Adventure in Lantern Wonderland

Boerner Botanical Gardens, Hales Corners, WI

Friday, October 7, 2022



Adventure in Lantern Wonderland will take you down the rabbit hole where you will be met by the Mad Hatter, the Caterpillar, the Cheshire Cat, and the Queen of Hearts. At the end of the adventure, you will be invited to a tea party for a photo opportunity with all the characters in this adventure. The cultural elements are still a major component. The returning 200 feet-long Chinese Dragon will once again take up the lawn at the back of the botanical garden to greet visitors. Prior to our adventure, we will enjoy a hibachi dinner at Meiji Cuisine. Choice of steak, salmon, shrimp, or chicken with rice, vegetables, soup, and salad. Cash bar. *All Itineraries are subject to change.

PICK UP: YMCA at Pabst Farms
TIME: 2:30 pm YMCA (enter main entrance)
2:45 pm motor coach arrives (approx.)
3:00 pm motor coach departs
8:30 pm motor coach returns to YMCA (approx.)
(Times subject to change.)

COST: \$88 per person
*Reservation Deadline is September 23, 2022.
Cancellation after September 23, 2022, will be subject to a \$35 cancellation fee. **NO refunds will be given after September 23, 2022.**
Minimum passengers: 30

Trip Includes:

- Transportation
- Show Ticket
- Dinner

All tips included.

Brisk Pace Walking Level 
Extensive walking & stairs.

Oconomowoc Area Senior Center COVID-19 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

China Lights

October 7, 2022

Name _____ Home Phone _____ Cell Phone _____

Address _____ City & ZIP _____

Email _____ Traveling with _____

Emergency Contact _____ Phone _____

Special Needs _____

Cost: \$88 OASC Member _____ YMCA Member _____ Community Participant _____ (\$5 extra per person)

Detach and return with payment to Oconomowoc Area Senior Center (check made out to OASC) 210 S. Main St.

Oconomowoc, WI 53066 or YMCA at Pabst Farms (check made out to YMCA at Pabst Farms) 1750 E. Valley Road, Oconomowoc, WI 53066. Cash, check, credit card (a 3% credit card fee will be added) are accepted.

Oconomowoc Area *Travelin' Troupe* presents . . .



Wittenberg Casino Trip



Wittenberg, WI

Wednesday, November 2, 2022



Somewhere new – somewhere different. Enjoy our ride going north this time – just north of the Green Bay area this casino will offer over 500 progressive machines for you to hopefully hit a jackpot! Everyone receives \$35 on either a new or “continuing” rewards card (be sure to fill out the red box below). If a customer puts on 25 points, you will get \$15 rewards play and you can do this up to five times. There also are “hot seat” drawings. The Snack Bar is available for lunch.



PICK UP: YMCA at Pabst Farms
TIME: 7:30 am Coffee (enter Main Entrance)
7:45 am Bus arrives (approx.)
8:00 am Bus leaves
5:00 pm Bus returns (approx.)
Times subject to change.

Trip Includes:

- Transportation
- All Tips Included

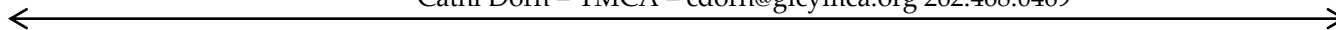
Tourist Pace Level

COST: \$42 per person
**Reservation Deadline is October 5, 2022.*
Cancellation on or before October 5, 2022, will be subject to a \$15 cancellation fee. NO refunds will be given after October 5, 2022. Minimum passengers: 35

Oconomowoc Area Senior Center COVID-19 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



WITTENBERG CASINO TRIP

November 2, 2022

Name _____ Home Phone _____ Cell Phone _____

Address _____ City & ZIP _____

Email _____

Please indicate your birthday (xx/xx/xx) and/or Ho-Chunk Rewards card # below so cards or rewards can be loaded before arrival.

Traveling with _____

Emergency Contact _____ Phone _____

Special Needs _____ Special Diet _____

Cost: \$42 OASC Member _____ YMCA Member _____ Community Participant _____ (\$5 extra per person)¹
Detach and return with payment to Oconomowoc Area Senior Center (check made out to OASC) 210 S. Main St.
Oconomowoc, WI 53066 or YMCA at Pabst Farms (check made out to YMCA at Pabst Farms) 1750 E. Valley Road,
Oconomowoc, WI 53066. Cash, check, credit card (a 3% credit card fee will be added) are accepted.

Oconomowoc Area *Travelin' Troupe* presents . . .

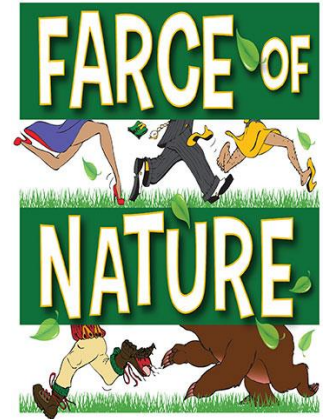


FARCE OF NATURE Memories Theater



Port Washington, WI
Friday, November 11, 2022

The non-stop hilarity of this Southern-fried farce highlights one day in the life of the Wilburn family. Meet D. Gene Wilburn, the owner of the Reel 'Em Inn, a fishing lodge in the Ozarks. Lately, business is down, the lone guest who's just checked in, Carmine DeLuca, is there due to a location shift in the Witness Protection Program. D. Gene's wife is fed up with their lackluster romantic life, but wants to improve it however she can. D. Gene's sister has her own problems but is determined to prove her worth. She never anticipated the gangster, that Carmine has been dodging, would walk through the door. By the end of day, love blossoms, truths are revealed, and the lives of all change in incredible and surprising ways. Enjoy an *All You Can Eat Wisconsin Fish Fry* and *Memories' World Famous Broasted Chicken* dinner along with this performance.



*All Itineraries are subject to change.

PICK UP: YMCA at Pabst Farms

TIME: 4:00 pm YMCA (enter main entrance)
4:15 pm motor coach arrives (approx.)
4:30 pm motor coach departs
11:00 pm motor coach returns to YMCA (approx.)
(Times subject to change.)

COST: \$90 per person

**Reservation Deadline is October 14, 2022.*

Cancellation on or before October 14, 2022, will be subject to a \$35 cancellation fee. NO refunds will be given after October 14, 2022.

Minimum passengers: 30

Trip Includes:

- Transportation
- Show Ticket
- Dinner

All tips included.

Easy Walking Level 

Oconomowoc Area Senior Center COVID-19 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

Farce of Nature

November 11, 2022

Name _____ Home Phone _____ Cell Phone _____

Address _____ City & ZIP _____

Email _____ Traveling with _____

Emergency Contact _____ Phone _____

Special Needs _____

Cost: \$90 OASC Member _____ YMCA Member _____ Community Participant _____ (\$5 extra per person)

Detach and return with payment to Oconomowoc Area Senior Center (check made out to OASC) 210 S. Main St.

Oconomowoc, WI 53066 or YMCA at Pabst Farms (check made out to YMCA at Pabst Farms) 1750 E. Valley Road,
Oconomowoc, WI 53066. Cash, check, credit card (a 3% credit card fee will be added) are accepted.