

Kaleidoscope FYI

For your information from Kaleidoscope

quarterly publication includes the regular programs that are a part of the scheduled life here at Evergreen

... an array of enrichment opportunities for your mind, body and spirit.



Open Swim Hours

Kelly Schermerhorn,
Fitness Center Coordinator,
announced the following Open Swim Hours
for the Keller and Prescott Pools:

Keller Pool

Monday-Friday
7:30-9 a.m.
11 a.m.-12 noon
2:45 p.m.-4:30 p.m.

Wednesday Only
10-11:15 a.m.

Prescott Pool

Monday-Friday
7:30 a.m.-9 a.m.
2:45 p.m.-4:30 p.m.

Wednesday Only
10-11:15 a.m.

Monday, Tuesday,
Thursday and Friday
11 a.m.-12 noon

Aquatic Classes

Light and Lively
Monday - Friday 9:00 - 9:45 a.m.

Joints in Motion
Monday - Friday 2:00 - 2:45 p.m.

Ai Chi
Wednesday 11:15 a.m. - 12:00 p.m.



Aerobic Studio Schedule

Moving in the Morning

Monday, Wednesday, Friday 11:00 - 11:45am

This 45 minute class is a wonderful workout for anyone trying to be more active. Through a combination of sitting and standing, participants will get a gentle aerobic workout with a focus on deep breathing and core activity. Come "move in the morning" with us!

Stretch and Flex

Tuesday and Thursday 1:45 - 2:30pm

Join us in the Aerobic Studio for 45 minutes of structured exercises to move all your joints from head to toe. All exercises are gentle on the joints especially the hip, knees and shoulders. Everyone will benefit from this class!

Balance and Strength

Monday and Wednesday 2:00 - 2:45pm

This new Aerobic Studio class incorporates a variety of strength training exercises and specialized balance activities to help improve your strength and balance. Participants will sit and stand throughout this 45 minute class. When the weather permits, some classes will be taught outdoors. Come join the fun!



**Exercise Class
On Garden Terrace
Garden Building Residents
Monday, Wednesday & Friday
11:00 a.m.**



"Let's Go For a Walk" is Returning!!!

Meet in the Café and join others for a walk in our beautiful campus and woods. Kelly Schermerhorn the fitness manager and others will be on the walk to assist. Social to follow in Café. Come and enjoy the outdoors and someone to take a walk with. (paths are wheelchair and scooter assessable—provided we didn't have a big rain the day before)

Fri., May 7 at 3:30 p.m.

Wed., May 12 at 3:30 p.m.

Mon., May 17 at 3:30 p.m.

Wed., May 26 at 6:30 p.m.



Well Being

Evergreen Rocks!!

LAPIDARY SHOP AT EVERGREEN

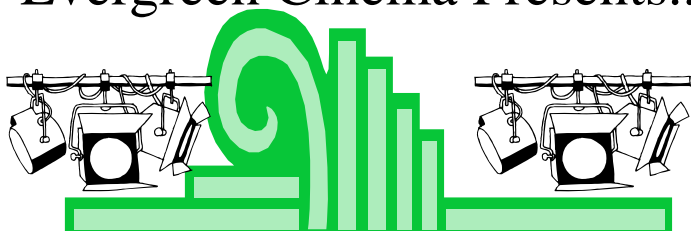
The Lapidary Shop and Instructors are available to teach interested residents how to polish beautiful rocks and create jewelry with these rocks. If you would like to do something creative - try this class! They do a marvelous job of adapting to ability and needs.

The Lapidary Shop is open **Wednesdays** from **9:00 a.m. to 12:00 p.m.** for residents.

- Ann assists 1st and 3rd Wed. of the month
- Dolly assists 2nd, 4th and 5th Wed. of the month
- LeeAnn assists every other Wed.

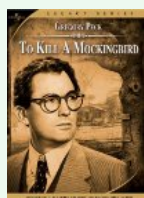
Wed. 9am - 12pm: for residents
 Wed. 1pm - 4pm: for those trained or being trained**
 Sat. 9am - 12pm: for those trained or being trained**
 Sat. 1pm - 4pm: for those trained**

Evergreen Cinema Presents...



All Showings at 2:00 p.m. in the Rowland Rooms

“Singin’ in the Rain”
Saturday, May 8, 2010



“To Kill a Mockingbird”
Saturday, May 22, 2010

“Horizons: Where the Sea Meets the Sky”
Saturday, June 5, 2010



Well-Being



It's time for A Relaxing Massage - Every Thursday Afternoon.

Enjoy a soothing massage from **Certified Therapists Michelle Schaeve** (1st and 3rd Thursdays) and **Margot Brand** (2nd and 4th Thursdays).

Our therapists tailor each massage session to meet your individual needs. Find the Massage Room off the main floor lounge of Garden Place--and enjoy!

Your body will thank you.

Gift Certificates are available as follows:

10 Minute Chair Massage	\$15
30 Minute Body Massage	\$35
60 Minute Full Body Massage	\$55
30 Minute Reflexology Massage	\$30

Call Mary Melchior in the front office (237-2105) for information or to schedule an appointment.

HealthDrive Services Available

Services are available to all residents from a HealthDrive **Dentist**, **Dental Hygienist**, **Optometrist** and **Podiatrist** in their offices on the ground floor of the Garden Building, just off the lounge. Check out the schedules posted on all bulletin boards and elevators by the Campus Health Office. Pick up an enrollment form for Evergreen's monthly HealthDrive Services at the Front Office or in the Campus Health Office on the Garden Place level.

Call Lynn Dubinski at 237-6213 if you have questions.

Check Your Blood Pressure

Renee Desilet, R.N., Campus Health Services Coordinator, will take your blood pressure reading on alternate Friday mornings in the Evergreen Chapel. Simply take a number at the chapel door, sit down and relax, or share summer plans with the folks around you. Renee will record your readings on a slip of paper for you to keep.



Dates and Times:

Friday, May 7 and May 21
Friday, June 4 and June 18
Friday, July 2 and July 16

Eyeglass Adjustment by

Leah Leinweber of Anderson Vision will come to Evergreen to adjust your eyeglasses without cost.

Call the Campus Health Unit Clerk at 237-6223 to make an appointment.





Worship at Evergreen

Vespers Every Sunday 4:00 p.m. in Chapel

May 2nd - Pastor Karen Gygax Rodriguez - Federated Church of Green Lake

May 9th - Pastor Paul Lidtke - Bethlehem Lutheran (WELS) Church of Oshkosh

May 16th - Pastor Lynn Kollath - Emmanuel United Methodist Church of Appleton

May 23rd - Sheri Graber - Lay Minister, Algome United Methodist Church of Oshkosh

May 30th - Pastor Allen Krause - Wisconsin Institutional Ministries (WELS) of Oshkosh

June 6th - Pastor Mary Council-Austin - Faith United Methodist Church of Neenah

June 13th - Pastor Dick Kraeger - First Presbyterian Church of Winneconne

June 20th - Pastor Merlin Hoefft - Retired United Methodist Pastor of Evergreen

June 27th - TBA

July 4th - TBA

July 11th - TBA

July 18th - TBA

July 25th - TBA



Catholic Liturgy of the Word or Catholic Mass on Wednesdays 9:15 a.m. in Evergreen Chapel

Catholic Mass every 3rd Wednesday of the month.

Catholic Liturgy of the Word with Communion 1st, 2nd, 4th, and 5th Wednesday of the month.



Tuesday Bible Studies

Tuesday morning Bible Studies Pastor Hoefft, study leader, invites residents of all faiths to attend the Bible studies in the Chapel from

9:30-10 a.m. every Tuesday



Rev. Steve Powers to Lead Ecumenical Communion

The Rev. Steve Powers will continue to hold Ecumenical Communion Services on the first Wednesday of each month at 10:30 a.m. The next worship services with Holy Communion will be held on Wednesday,

May 5th

June 2nd

July 7th

10:30 a.m. in the Chapel



A community
of possibilities.

join us!

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Affiliated with the
Wisconsin Conference
of the
United Methodist
Church

www.EvergreenOshkosh.com

Creating Community

What an afternoon it was! In honor of our volunteers and donors, the Evergreen Foundation hosted a festive reception in The Commons on Wednesday, March 31. We savored the moment with elegant refreshments prepared by our own Chef Edward followed by messages of gratitude given by Phyllis Thompson and Carol Staszkievicz.

The contributions by our volunteers during 2009 were once again remarkable. From July 2008 through August 2009 Evergreen volunteers logged 7,365 hours! They help create community and touch countless lives. We are grateful!

The generosity of our friends and donors continue to fill us with gratitude. During 2009 individual donors contributed \$212,589, and another \$159,572 was received from *Leave a Legacy Guild* members' estates. In addition, gifts were received for the purchase of the new car for ShareHaven, completion of the Fitness Center upgrades, improvements to the Lapidary, maintenance of our beautiful grounds, and benevolent care for our residents in need. Also during 2009 two friends became members of the *Leave a Legacy Guild* by naming Evergreen as a beneficiary in their estate plans.

The afternoon concluded with a sneak-peek at plans for 2010. Foundation staff unveiled this year's appeal theme of ***Creating Community***. Dreams for 2010 include expanding the Transportation Program with the purchase of a new mini-bus, the creation of an Ageless Art Center, and significant upgrades to the Woodworking Shop.

So much to be grateful for and so much to look forward to as we continue ***creating community*** and growing our culture of philanthropy.

For more information about the Evergreen Foundation, contact Vice President Foundation Advancement Carol C. Staszkievicz at 237-2120.

