ProHealth Care
Regency Senior Communities

Happenings

Spring Open House

Sunday, April 17

Songs of the Civil War

Buon Appetito!

Spaghetti Dinner Fundraiser

Grow Your Mind & Heart

Facts About the Skin You're In

Focus on Fitness

Get Your Yodel On

Destination USA

Meet Twain

See our calendar of events inside!

Brookfield • Muskego • New Berlin

THE SONGS OF THE CIVIL WAR

Did you know that more of the music of the Civil War has endured than from any other period in our history? Or that:

- More than 2,000 songs were reported published during the first year of the war alone.
- Flutelike fife music was popular on the battlefield because its shrill, high pitch could be heard above the cannon fire.
- Robert E. Lee is reported to have said, "I don't believe we can have any army without music."
- President Abraham Lincoln loved the song "Dixie"—ironically, the unofficial anthem of the Confederacy.
- As a young child, Elvis supposedly fell in love with an adaptation of "Aura Lee," an 1861 Civil War ballad. His 1956 hit record "Love Me Tender" is essentially the same Civil War tune with a different set of lyrics.

Discover more interesting historical facts about *The Songs of the Civil War*, presented by Gary Alexander. As a vocalist and Civil War re-enactor, Alexander tells the stories and incidents that served as inspiration for the songs. Dressed in period attire, he shares songs of faith, love, patriotic fervor, and army life. Artifacts from the Civil War will be on display.

April 11 2:00 p.m. • Brookfield
April 15 1:30 p.m. • New Berlin
April 18 1:30 p.m. • Muskego

OPEN TO THE PUBLIC

Buon appetito!

Join us for the annual All-You-Can-Eat Spaghetti Dinner, hosted by our New Berlin campus on Wednesday, May 4 from 4:30 to 6:30 p.m. Enjoy a delicious meal of salad, spaghetti and meatballs, bread, spumoni ice cream, and a beverage—all for a good cause.

Tickets are $8.50 for adults, $5 for kids ages three to 11, and children under three eat for free. Tickets can be purchased at the door or in advance at Regency-New Berlin.

All proceeds from the fundraiser will benefit the New Berlin Police Department. In turn, the police department uses these funds for city projects that benefit the community's senior citizens. The police also join Regency residents once or twice a month to keep them updated on matters that affect seniors. For more information, call (262) 789-1699.

May 4 4:30-6:30 p.m.
New Berlin Campus Only

OPEN TO THE PUBLIC

Spring Open House

Come See Why Nothing Compares

Welcome spring at Regency Senior Communities! Our **Spring Open House is on Sunday, April 17**. It's your opportunity to tour our grounds and common areas, see floorplans, talk to residents, take advantage of health screenings—and find out more about our wonderful amenities, chef-prepared menus, and ongoing social and recreational activities. Bring your family and discover why nothing compares.

ENJOY THESE FUN, FREE EVENTS April 11 through April 22!

Monday, April 11
2:00 p.m.
Songs of the Civil War
Brookfield

Tuesday, April 12
11:15 a.m.
Free Tai Chi Demo • Brookfield

2:00 p.m.
Grow Your Mind & Heart Every Day • Muskego

Wednesday, April 13
2:00 p.m.
Grow Your Mind & Heart Every Day • New Berlin

Friday, April 15
1:30 p.m.
Songs of the Civil War
New Berlin

Saturday, April 16
Noon-4:00 p.m.
Standard Flower Show
Brookfield

Sunday, April 17
11:00 a.m.-2:00 p.m.
Spring Open House
All Campuses

Noon-4:00 p.m.
Standard Flower Show
Brookfield

Monday, April 18
9:00 a.m.
FREE Tai Chi Demo
Muskego

1:30 p.m.
Songs of the Civil War • Muskego

Tuesday, April 19
2:00 p.m.
Grow Your Mind & Heart Every Day • Brookfield

2:15 p.m.
FREE Tai Chi Demo
New Berlin

Wednesday, April 20
10:30 a.m.
Getting Your Skin Ready for Warmer Weather • Muskego

2:00 p.m.
Getting Your Skin Ready for Warmer Weather • Brookfield

Friday, April 22
1:30 p.m.
Getting Your Skin Ready for Warmer Weather • New Berlin

open house Menu

Vegetable Egg Rolls with Sweet and Sour Sauce
Chef-Prepared Beef Stir-Fry
Teriyaki-Glazed Chicken Drumsticks
Regents Club White and Fried Rice
Fruit Cups with Citrus Yogurt Dressing
Coffee, Lemonade, or Milk

THIS BUD'S FOR YOU!

Brookfield's Woodland Wonders Flower Show

All arrangements reflect this year's theme with natural plant materials—including twigs, bark, moss, wood chips, and branches. Accredited judges will review the 10 to 12 designs and award ribbons for the best designs, beauty, and inventiveness.

Noon to 4 p.m. • April 16 and 17

Grow Your Mind & Heart Every Day

Robert Beezat, author of *Knowing and Loving: The Key to Real Happiness*, explores the keys to finding meaning and happiness in life in this uplifting, thought-provoking presentation.

Beezat will address the critical decisions and choices we make as we try to build a good and happy life for ourselves, families, and society at large. He believes we are born to know and love—and by grasping this basic concept, we can make choices that will enable us to live authentic, better lives.

For more than 50 years, Beezat has been engaged in business, social, political, and religious issues at the local, national, and international levels. He has also served as a regional coordinator of NETWORK, the Catholic leader in the global movement for justice and peace. He holds bachelor and master degrees and has served as an adjunct faculty member at several colleges and universities, including Marquette.

April 12 2:00 p.m. • Muskego
April 13 2:00 p.m. • New Berlin
April 19 2:00 p.m. • Brookfield

OPEN TO THE PUBLIC

since we all have skin in the game
how to get yours ready for warmer weather

Your skin is your largest organ—but how much do you really know about it and how it can affect your general health? Presented by Wound Care Center Consultant David Heinkel, this interesting seminar entitled "Skin Care: Getting Your Skin Ready for Warmer Weather" addresses the function of our skin and fool-proof ways to face the sun's rays this spring. Learn skin care dos and don'ts, how the skin changes as we age, how to identify common skin problems, and more interesting facts about the skin you're in!

April 20 10:30 a.m. • Muskego
April 20 2:00 p.m. • Brookfield
April 22 1:30 p.m. • New Berlin

OPEN TO THE PUBLIC

REGENCY-BROOKFIELD

Welcome
NEW RESIDENTS

North Campus

John Breitwieser
Mary Buhr
Robert Cook
Margaret Griffin
Pat Kelley
Tricia Knolle
Margaret Perszyk
Val Zdroik

South Campus

Gladys Hammel
Betty & Tom Oettinger
Alice Zimmer

Check Out Our Website At:

www.RegencySeniorCommunities.com

Click on the Resident Calendars page to see everything that is happening at Regency.

REGENCY-BROOKFIELD

Lifelong Learning

Your Monthly Planner

Activities open to the public are noted below. Most activities are for Regency residents.

APRIL EVENTS

4 1:30 p.m. **Crafters' Corner – Flower Power**

5 11:15 a.m. **Tai Chi and Gentle Yoga** $5 per class. Regency residents attend free. **PUBLIC WELCOME**

7 2:00 p.m. **Refreshment Hour with Musical Entertainment by Alex Lamoureaux**

11 2:00 p.m. **Songs of the Civil War** Gary Alexander presents a glimpse of Civil War history through song. **PUBLIC WELCOME**

12 11:15 a.m. **FREE Tai Chi and Gentle Yoga Demonstration** **PUBLIC WELCOME**

12 1:30 p.m. **What's Cooking? Amazing Flourless Brownies**

14 2:00 p.m. **Happy Hour Social with Musical Entertainment by Sharon Schmidt**

16 & 17 noon to 4:00 p.m. **Standard Flower Show** Enjoy displays from local designers from The Floral Designers of Wisconsin Garden Club. **PUBLIC WELCOME**

17 11:00 a.m. to 2:00 p.m. **SPRING OPEN HOUSE—ALL REGENCY CAMPUSES** Tour campus, meet staff and residents, and enjoy chef-prepared refreshments. **PUBLIC WELCOME**

19 11:15 a.m. **Tai Chi and Gentle Yoga** $5 per class. Regency residents attend free. **PUBLIC WELCOME**

19 2:00 p.m. **Grow Your Mind & Heart Every Day** Presented by Robert Beezat, author of *Knowing and Loving: The Keys to Real Happiness*. **PUBLIC WELCOME**

20 2:00 p.m. **Getting Your Skin Ready for Warmer Weather** Presented by Wound Care Center Consultant David Heinkel. **PUBLIC WELCOME**

21 2:00 p.m. **Resident Birthday Social with Musical Entertainment by Paul Vierck**

25 6:30 p.m. **Senior Prom and Dance with Musical Entertainment by The Village Swing Band**

26 11:15 a.m. **Tai Chi and Gentle Yoga** $5 per class. Regency residents attend free. **PUBLIC WELCOME**

26 6:30 p.m. **Musical Entertainment by Caribbean Eclipse** **PUBLIC WELCOME**

28 2:00 p.m. **Earth Day Fun**

29 8:00 a.m. **Day Trip to New Glarus and Monroe** Senior Living sign-up required.

Programs subject to change.

MAY EVENTS

3 6:30 p.m. **Musical Entertainment by the Greenfield Concert Band Quintet** **PUBLIC WELCOME**

5 2:00 p.m. **Refreshment Hour with Musical Entertainment by Joe Kadlec**

9 1:30 p.m. **Crafters' Corner – Tea Cup Candle Art**

9 6:30 p.m. **Musical Entertainment by Ed Trudeau**

10 1:30 p.m. **What's Cooking? Tropical Salsa Salad**

12 2:00 p.m. **Happy Hour Social with Musical Entertainment by Greg Driss**

17 1:30 pm. **Derby Day Dash**

18 2:00 p.m. **Spring Concert with Women of Note Chorus**

19 2:00 p.m. **Resident Birthday Social with Musical Entertainment by Don Grzanna**

23 9:30 a.m. to noon **Focus on Fitness** Seminar "Love Your Liver" presented by Dorothy Allen, who discusses ways to maintain liver function. Return luncheon registration by May 16. **PUBLIC WELCOME**

26 11:00 a.m. **Day Trip to Rosewood Dinner Theater** See *Destination USA* with hits from the Beatles, Willie Nelson, Frank Sinatra, and more. Senior Living sign-up required.

27 3:00 p.m. **Memorial Day Ceremony** **PUBLIC WELCOME**

Programs subject to change.

JUNEEVENTS

2 2:00 p.m. **Refreshment Hour with Musical Entertainment by Joe Lucchesi**

6 1:30 p.m. **Crafters' Corner – Summer Sand Art**

6 6:30 p.m. **Evening Musical Entertainment by The Garbage Picker Band**

7 11:15 a.m. **Tai Chi and Gentle Yoga** $5 per class. Regency residents attend free. **PUBLIC WELCOME**

9 2:00 p.m. **Happy Hour Social with Musical Entertainment by Roger Boll**

13 2:00 p.m. **Wound Care** Presented by David Heinkel, Wound Care Center Consultant. **PUBLIC WELCOME**

14 11:15 a.m. **Tai Chi and Gentle Yoga** $5 per class. Regency residents attend free. **PUBLIC WELCOME**

14 1:30 p.m. **What's Cooking? Chocolate Picnic Cake**

16 2:00 p.m. **Resident Birthday Social with Musical Entertainment by Carol Chmielewski**

21 11:15 a.m. **Tai Chi and Gentle Yoga** $5 per class. Regency residents attend free. **PUBLIC WELCOME**

22 10:30 a.m. **Meet Mark Twain** Presented by historical impersonator. **PUBLIC WELCOME**

23 2:00 p.m. **Summertime Games**

28 11:15 a.m. **Tai Chi and Gentle Yoga** $5 per class. Regency residents attend free. **PUBLIC WELCOME**

28 7:00 p.m. **Evening Concert with Milwaukee Letter Carriers' Band** **PUBLIC WELCOME**

30 12:00 p.m. **Day Trip to Miller Park** See the Milwaukee Brewers play the Los Angeles Dodgers. Senior Living sign-up required.

Additional details can be found on the Resident Calendars section at **RegencySeniorCommunities.com**

We're Out & About!

Rosewood Theater

New Glarus & Monroe

Baseball at Miller Park

Questions?

Telephone Directory
For information or tours call
(262) 780-0321

Administration
Kathy Pegelow, Campus Administrator
Donna Sullivan, Resident Services Coordinator
Russ Leidel, Business Services

Dining, Catering, and Linen Services
Todd Van Heesch, Director
Daniel Posbrig & Josh Lang, Supervisors

Events, Volunteering & Country Market
Mary Plutz, Life Enrichment Director
Diane Plugge, Lifestyle Services Coordinator

Fitness Programs
Hanalaura Wood, Fitness Specialist

Community Services
Terry Sommers, Director of Community Services

Health Services
Jessica Kusch, RN, Director of Health Services
Joni Sevallius, LPN, Supervisor
Barbara Eddy, LPN, Supervisor

Spiritual Enrichment
Mary Plutz, Life Enrichment Director

Beauty Salon/ Barber Shop
(262) 938-0879 North
(262) 797-9273 South

Elmbrook Senior Taxi
(262) 785-1200

Banking Services
Great Midwest Bank (262) 784-4400

BROOKFIELD WEEKLY PROGRAMS

Monday

9:00	Sit Fit
9:30	Grocery Shopping (Senior Living)
9:30	Morning Chat
10:00	Gentle Sit Fit and Movement
10:00	Lutheran Service (4th)
10:30	Brain Teaser Games
11:00	Gym and Fitness Equipment Session
1:00	Personal Menu Planning
1:15	Sit Fit and Active Movement
1:30	Craft Corner
2:00	Walk it Up
3:00	Walking Club
3:45	Reflection
4:00	Games
6:30	Evening Fun

Tuesday

9:30	Morning Chat
10:30	Table Games
11:15	Tai Chi
1:00	Blood Pressure Screening
1:30	What's Cooking?
1:30	Day Trip (Assisted Living)
3:00	Rosary
3:30	Bible Study (2nd & 4th)
3:45	Reflection
4:00	Games
6:30	Bingo

Wednesday

9:00	Sit Fit
9:30	Morning Chat
10:00	Protestant Service (1st & 3rd)
10:00	Gentle Sit Fit and Movement
10:30	Active Games
11:00	Balance, Stretch & Stability
1:00	Ask the Nurse
1:15	Sit Fit and Active Movement
1:30	Basic Computer Classes
1:30	Wii Games
2:00	Walk it Up
3:00	Walking Club
3:45	Reflection
4:00	Games
6:30	Bunco

Thursday

9:30	Morning Chat
10:30	News Currents
10:30	Movement Exercises
1:00	Blood Pressure Screening
2:00	Social Hour
3:45	Reflection
4:00	Games
6:30	Fun Traditions

Friday

9:00	Morning Devotion with Chaplain
9:30	Morning Chat
9:45	Music & Ministry
10:30	Game Show Games
11:00	Scripture with Chaplain
11:00	Nail Spa
1:30	Afternoon Outing (Attended Care)
1:30	Sew Fun
1:30	Bible Characters with Chaplain
3:00	Chat with Chaplain
3:45	Reflection
4:00	Games
6:30	Cinema Flicks

Saturday

11:00	Games
1:00	Bingo Fun
3:30	Catholic Service
4:00	Catholic Service
6:30	Cinema Flicks

Sunday

9:30	Open Gym
10:00	Open Card Games
1:30	Cinema Flicks

Attended Care Schedule

A variety of programs are offered with the focus on maintaining independence while providing stimulating and interesting activities. Programs are subject to change.

8:15	Breakfast Discussion
10:30	Morning Gathering
11:45	Gather for Lunch Bunch Discussion
1:30	Sunday Afternoon Matinee
4:00	Game Time
5:15	Gather for Dinner Discussion
6:30	Evening Chat

Programs subject to change.

With our on-site *Medical Clinic*, you'll feel better – faster!

If you need medical care for a minor illness or injury, you don't need to travel far from home. We've made health care easier to access by bringing a medical clinic and nurse practitioner to you.

Each Regency campus features a ProHealth Care clinic, designed to offer comprehensive care. Mary Muth, APNP, provides high-quality, personalized care – just like you'd expect from a doctor. She'll work closely with you and your ProHealth Care physician to diagnose and treat illnesses and injuries, order tests, interpret test results, prescribe medications, and assist with care planning.

Services include:

- Routine check-ups
- First-aid care
- Management of chronic conditions, including diabetes, heart disease, and COPD
- Wound care and suture removal
- Anticoagulation services
- Vaccinations and other injections
- Ear wax removal
- Blood pressure checks and other screenings
- Health education

In addition, Mary is supported by the full resources of ProHealth Care, including a network of more than 500 physicians, three hospitals, and home care services. If you require additional treatment, she can connect you to the services or specialists you may need and help coordinate your care.

If you visit the clinic, be sure to sign up for MyChart. This online tool allows you to request an appointment, view test results, request and refill prescriptions, and send secure messages to Mary from any computer, cell phone, or mobile device.

MyChart
Your secure online health connection

Call to schedule an appointment

Dates and times of service vary by Regency location. To schedule an appointment with **Mary Muth, APNP,** or to learn more about the services available, call:

NEW BERLIN 262-789-1699
MUSKEGO 262-679-0888
BROOKFIELD 262-780-0321

ProHealth Care

The way you should be treated

Waukesha Memorial Hospital • Oconomowoc Memorial Hospital • Rehabilitation Hospital of Wisconsin
ProHealth Medical Group • UW Cancer Center at ProHealth Care • ProHealth Home Care
AngelsGrace Hospice • Regency Senior Communities • West Wood Health & Fitness Center

Focus on Fitness

Don't miss our annual fitness day at the Regency Senior Communities campus of your choice this May.

May 17 9:30 a.m.-1:00 p.m. • Muskego
May 25 9:30 a.m.-1:00 p.m. • New Berlin

Special events at Muskego and New Berlin include a guest presentation entitled "Biking Coast to Coast" by Kathy and Jerry Light, who biked over 3,000 miles in 52 days. Starting in California and ending in Florida, the couple chose to support the National Multiple Sclerosis Society as their mission. Come hear their amazing, inspirational story. Join us for an optional walk outside, weather permitting. A salad bar luncheon will be available.

May 23 9:30 a.m.-noon • Brookfield

Join us for an optional walk around our scenic grounds in the morning. Afterward, attend "Love Your Liver," an informative presentation by Dorothy Allen, owner of the Nutrient Effect LLC. The liver—an "unsung hero" because it rarely gets the credit it deserves, according to Allen—affects our metabolism, digestion, weight, and healing capability. Allen will provide an overview of liver function, along with tips on maintaining this important, hardworking organ. A salad bar luncheon will be available at our South Campus.

Please complete the form below and prepay if you'd like to join us for a healthy salad luncheon.

Name:_____ **Phone:**_____

Address:_____

Location:

- ☐ **Muskego, May 17 9:30 a.m.-1:00 p.m.**
- ☐ **Brookfield, May 23 9:30 a.m.-noon**
- ☐ **New Berlin, May 25 9:30 a.m.-1:00 p.m.**

I would like to register for the Healthy Salad with Grilled Chicken Luncheon.

Please include $6.95/person with registration.

Amount enclosed: $ ☐
(make check out to Regency Senior Communities)

Please return registration form and payment one week prior to the event.

Regency Muskego	Attn: Thena	W181 S8540 Lodge Blvd., Muskego WI 53150
Regency Brookfield	Attn: Hanalaura	777 N. Brookfield Rd., Brookfield WI 53045
Regency New Berlin	Attn: Thena	13750 W National Ave., New Berlin WI 53150

get your yodel on!

Residents travel to Monroe and New Glarus—also known as America's "Little Switzerland"—to enjoy historic Swiss charm, rolling hills, and picturesque dairy farms. Join us as we shop European gift stores, sample authentic Swiss delicacies and artisanal cheeses, and visit a Swiss Bernese mountain chalet—filled with quilts, woodcarvings, dolls, painted furniture, and more. Stops will include a visit to Ester's European Imports, Maple Leaf Cheese and Chocolate Haus, Chalet of the Golden Fleece Museum, and the National Historic Cheesemaking Center in Monroe. Then, enjoy a delicious lunch at the New Glarus Hotel where choices include wienerschnitzel, flaky cheese pies, sauerbraten, bratwurst, pork loin, fondue, and other Swiss specialties.

New Glarus and Monroe, in southwestern Wisconsin's Green County, are famous for their Swiss heritage and cuisine, folk art and architecture, Brown Swiss cows, and—of course—award-winning cheese and beers.

April 29 8:00 a.m. • Senior Living Residents' Day Trip
Residents only. Sign-up required.

Rosewood Dinner Theater

Residents travel to Rosewood Dinner Theater for "Destination USA," a cabaret-style production that features songs from across America. "Tour" the country's famous cities and landmarks while listening to songs from Little Richard, The Beatles, Ray Charles, Michael Bublé, Willie Nelson, the Beach Boys, Johnny Cash, Frank Sinatra, and others.

This unique hybrid of high-energy vocals, professionally produced sound tracks, live instrumentation, and expansive show repertoire makes for a one-stop entertainment experience in Delavan, Wisconsin. Stroll through charming English gardens, relax in a picturesque gazebo, shop, or ease into a seat next to our fireplace with a glass of wine—come enjoy the newest dining and entertainment venue in the Lake Geneva area!

Day Trip Luncheon Selections
Baked Italian-Style Meatloaf • Parmesan Herb-Crusted Cod • Chicken, Wild Mushroom & Roasted Vegetable Pot Pie
All luncheon selections include soup du jour or salad, fresh baked breads and rolls, and dessert.

May 26 11:00 a.m. • Senior Living Residents' Day Trip Residents only. Sign-up required.

TOM GILDING PORTRAYS MARK TWAIN

Tom Gilding brings Mark Twain to life in this fascinating, first-person recreation of America's beloved writer, storyteller, and humorist. In character as Twain, Gilding shares anecdotes, recollections, tongue-in-cheek bits of wisdom, and humorous takes on daily life—much like the lectures Twain performed for the audiences of his time. His striking physical resemblance to Twain adds to the performance.

Gilding is an award-winning former educator, writer, and riverboat pilot who travels the country impersonating Twain. He piloted and entertained aboard the paddle steamer Lady of the Lake for nearly three decades on Geneva Lake. Gilding's company, Mark Twain Entertainment, presents various theatrical and business performances. His books for children are available on Amazon.com.

June 22 10:30 a.m. • Brookfield
June 22 1:00 p.m. • New Berlin
June 22 3:00 p.m. • Muskego

OPEN TO THE PUBLIC

National Regency of New Berlin, Inc.
dba ProHealth Care Regency Senior Communities
13750 W. National Ave., New Berlin, WI 53151-4546

Open TO THE PUBLIC April through June 2016

Programs subject to change. Please call to verify times and dates.

Event	Brookfield	New Berlin	Muskego
Songs of the Civil War Gary Alexander presents	**April 11** • 2:00 p.m.	**April 15** • 1:30 p.m.	**April 18** • 1:30 p.m.
Standard Flower Show Floral Designers of WI	**April 16 and 17** Noon - 4:00 p.m.		
Spring Open House		**April 17** • 11:00 a.m.-2:00 p.m.	
Grow Your Mind & Heart Every Day Robert Beezat presents	**April 19** • 2:00 p.m.	**April 13** • 2:00 p.m.	**April 12** • 2:00 p.m.
Getting Your Skin Ready for Warmer Weather David Heinkel	**April 20** • 2:00 p.m.	**April 22** • 1:30 p.m.	**April 20** • 10:30 a.m.
Caribbean Eclipse Steel drum band entertains	**April 26** • 6:30 p.m.	**April 27** • 6:30 p.m.	**April 25** • 6:30 p.m.
Greenfield Concert Band	**May 3** • 6:30 p.m. Quintet	**May 12** • 7:00 p.m. Full Band	**May 10** • 6:30 p.m. Quintet
Annual Spaghetti Dinner Fundraiser		**May 4** 4:30-6:30 p.m.	
Focus on Fitness	**May 23** 9:30 a.m.-12:00 p.m.	**May 25** 9:30 a.m.-1:00 p.m.	**May 17** 9:30 a.m.-1:00 p.m.
Memorial Day Ceremonies	**May 27** • 3:00 p.m.		**May 28** • 10:00 a.m.
Wound Care David Heinkel presents	**June 13** • 2:00 p.m.	**June 15** • 1:30 p.m.	**June 14** • 1:30 p.m.
Meet Mark Twain Tom Gilding portrays	**June 22** • 10:30 a.m.	**June 22** • 1:00 p.m.	**June 22** • 3:00 p.m.
Milwaukee Letter Carriers' Band Concert	**June 28** • 7:00 p.m.	**June 7** • 7:00 p.m.	**June 21** • 7:00 p.m.
Tai Chi & Gentle Yoga $5 per class. Regency residents attend free.	**Tuesdays** • 11:15 a.m. Free Demo April 12	**Tuesdays** • 2:15 p.m. Free Demo April 19	**Mondays** • 9:00 a.m. Free Demo April 18

BROOKFIELD
777 N. Brookfield Rd.
262-780-0321

MUSKEGO
W181 S8540 Lodge Blvd.
262-679-0888

NEW BERLIN
13750 W. National Ave.
262-789-1699