It's A Wonderful Life
at the Fireside

Season's Eatings

Yule Enjoy
Yuletide Presentations

A Tale of Two Singers

Making Spirits Bright
Special Holiday Events & Entertainers

See our calendar of events inside!

Brookfield • Muskego • New Berlin

Fall/Winter 2015
RegencySeniorCommunities.com
Don't miss the annual Country Christmas, Wisconsin's largest drive-through Christmas lights display. You'll be transported in deluxe coach comfort by our Regency transit professionals as you take in the season's delights—250 displays lit with more than one million lights! Leave the driving to us, sit back and enjoy the ride along a wooded trail as we whisk you through an array of sparkling lights and festive holiday scenes.

HOLIDAY LIGHTS DISPLAY

**New Berlin** December 8 & 15  
**Brookfield** December 9 & 16  
**Muskego** December 10 & 17

See your campus events calendar for specific times.

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A Wonderful Life  
**The Musical**  
November 18 | Fireside Dinner Theatre | 9:30 a.m. to 5:30 p.m.

Once again this year, the Fireside Dinner Theatre presents the true spirit of Christmas with this stunning, stage version of the beloved, classic film by Frank Capra. The musical captures all the magic of the film with humor, pathos, beautiful dancing, and a brilliant musical score by Tony and Emmy award-winning composers. Don’t miss this show which captures the essence of the holiday season.

**Matinee Menu**

**A Gift from the Sea**  
Fresh Atlantic diver scallop surrounded by shredded Idaho potatoes—sautéed to a crisp golden brown—presented on a sun-dried tomato beurre blanc sauce

**Freshly Baked Breads from The Fireside Ovens**

**Roast Holiday Capon Chicken**  
Chef-carved chicken over mushroom and herb stuffing, glazed with a rich stock gravy—and served with whipped potatoes, fresh asparagus, brandied cranberry sauce, and baked Southern-style corn pudding

**Trilogy of Sweet Tastes**  
Warm British sticky date and English toffee pudding cake, pecan caramel turtle ball sundae, and lemon mousse cheesecake

**Coffee, Tea, and Milk**

Visit [www.firesidetheatre.com](http://www.firesidetheatre.com) for more information.
HOLIDAY MENUS FOR OUR RESIDENTS

Thanksgiving Day Buffet  served at 12:30 p.m.
- Roast Turkey with Cherry Stuffing
- Roast Beef in Gravy
- Tossed Salad with Choice of Dressing
- Green Bean Casserole
- Steamed Corn
- Marshmallow-Glazed Sweet Potatoes
- Mashed Potatoes with Gravy
- Fresh Baked Rolls
- Regency Dessert Table
  featuring Pumpkin Pie with Whipped Topping

Menu selections are subject to change, due to availability.

Christmas Eve Buffet  served at 5:30 p.m.
- Chef Carved Roast Beef Strip Loin with Demi Glaze
- Brown Sugar Baked Ham
- Rice Pilaf
- Oven Browned Potatoes
- Tossed Salad with Choice of Dressing
- Steamed California Blend Vegetables
- Seasoned Baby Carrots
- Fresh Baked Rolls
- Holiday Dessert Table
  featuring Cherry Cheesecake

Menu selections are subject to change, due to availability.

Ring It In at Regency

**New Berlin**  December 30 at 1:00 p.m.
**Muskego**  December 30 at 3:00 p.m.
**Brookfield**  December 31 at 10:30 a.m.

Residents celebrate the New Year on December 30 and 31, depending on the campus schedule, with musical entertainment provided by vocalist Gary Wisner. Enjoy the classic songs of Dean Martin, Frank Sinatra, Tony Bennett, Nat King Cole, Bobby Darin, and many others—sung the way standards are meant to be sung.

New Year’s Brain Teaser:
What does the phrase ‘auld lang syne’ mean?

*Scottish poet Robert Burns in 1788: The song “Auld Lang Syne” was written by the phrase means “Times gone by.”*
Perfect for the season! Join us for three spellbinding holiday presentations from Wisconsin’s own Rochelle Pennington, award-winning newspaper columnist and author of 10 books. Her work has also been featured in several bestselling series including *Chicken Soup for the Soul* and *Don’t Sweat the Small Stuff*. Don’t miss these presentations:

Remember the Sears & Roebuck toy catalog, cap guns, Shirley Temple dolls, bubble lights, and tinsel? **An Old-Fashioned Christmas** will pique your holiday spirit as Rochelle reminisces about Christmases gone by. Her 100 vintage photographs and images are complemented by a large collection of Christmas antiques. Come and relive your joyful childhood memories.

**The Christmas Tree Ship** delivered holiday evergreens to the citizens of Chicago each Christmas season before it was caught in a great storm and sank to the bottom of Lake Michigan in 1912—today a popular Great Lakes dive site. Rochelle relates the story of the captain’s wife and three daughters who continued on with the deliveries for more than 20 years, in honor of “Captain Santa.” Rochelle captivates with century-old photographs, artifacts, and little-known facts surrounding the story of the Christmas Tree Ship—including its mysterious disappearance, ghost ship sightings of the phantom schooner, and ill-fated omens believed to have cursed the ship before its final voyage on November 22.

Enjoy a close-up look at the genius of Charles Dickens in **The Hidden History of A Christmas Carol**, along with the inspiration behind his 1843 classic novel. Rochelle offers factual perspective and insights behind the well-known characters: Scrooge, Marley, and the trio of Christmas ghosts. Find out how Dickens’ historical novel single-handedly helped resurrect Christmas at a time when factories were open and churches were closed on December 25.
Welcome
NEW RESIDENTS

Alice Chada
Terry & Ralph Feiertag
Elizabeth & Tim Kaczkowski
Jean Kampa
Geri & Vince Michalak
Mary & John Mickelson
Jean Weimer

Check Out Our Website At:
www.RegencySeniorCommunities.com

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

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

<table>
<thead>
<tr>
<th>Date</th>
<th>Time</th>
<th>Event</th>
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</thead>
<tbody>
<tr>
<td>1</td>
<td>3:00 p.m.</td>
<td>Refreshment Hour with Musical Entertainment by David Alfvin</td>
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</tbody>
</table>
| 8     | 1:30 to 3:00 p.m. | Speak Up! Let's Talk About Advance Care Planning  
Understanding advance directives and how to make legally valid decisions about future medical treatment. Presented by ProHealth Care. | **PUBLIC WELCOME** |
| 9     | 1:30 p.m.  | What's Cooking? Autumn Apple Salad                                   |
| 11    | 1:30 p.m.  | Crafters’ Corner – Paper Mache Pumpkin                               |
| 13    | 1:30 p.m.  | Crafters’ Corner – Paper Mache Pumpkin                               |
| 14    | 6:30 p.m.  | Musical Entertainment with The Rust Buckets Band                      |
| 15    | 3:00 p.m.  | Resident Birthday Social with Musical Entertainment by Jimmy Mayer   |
| 21    | 8:00 a.m.  | Day Trip to Mount Horeb Senior Living sign-up required.              |
| 22    | 1:00 p.m.  | I Will Never Forget Occupational therapist Elaine C. Pereira discusses her mother’s journey through dementia and offers tips on caregiving. | **PUBLIC WELCOME** |
| 3     | 1:30 p.m.  | Crafters’ Corner – Thanksgiving Mosaic Planter                       |
| 5     | 3:00 p.m.  | Refreshment Hour with Musical Entertainment by Libby Wilcox          |
| 6     | 1:30 p.m.  | A Tale of Two Singers History meets entertainment as Leah Carson performs World War II songs as Marlene Dietrich and Vera Lynn. | **PUBLIC WELCOME** |
| 10    | 6:30 p.m.  | Evening Concert with Musical Entertainment by Musicale               |
| 11    | 9:30 a.m.  | Regency Veterans Breakfast Sign-up required. Residents only.         |
| 12    | 3:00 p.m.  | Happy Hour Social with Musical Entertainment by Easy Days Quartet    |
| 13    | 9:00 a.m.  to 1:00 p.m. | Annual Holiday Gift & Craft Fair  
Handcrafted gifts and treasures for yourself and those you love. | **PUBLIC WELCOME** |
| 15 thru 29 | Dec. 4    | ANNUAL TOYS FOR TOTS DRIVE Drop off new unwrapped toys, appropriate for infants through 12 years, at any of our Regency campuses. | **PUBLIC WELCOME** |

Programs subject to change.
December Events

Questions?

We're Out & About!

Holiday Light Tours
Fireside Theatre
Holiday Gift & Craft Fair

Telephone Directory
For information or tours call
(262) 789-1699

Administration
Eric Gustafson, Campus Administrator
Russ Leidel, Business Services

Dining, Linen, and Catering Services
Todd Van Heesch, Director of Dining and Linen Services
Nicole Klein & Ron Seidl, Dining & Kitchen Supervisors

Community Services
Stacey Cheney, Director of Community Services

Events, Volunteering, Regency Market
Mary Plutz, Life Enrichment Director
Sandra Perez, Lifestyle Services Coordinator

Resident Services Concierge
Peggy Belaen, Resident Services Coordinator

Fitness Programs
Thena Stevens, Fitness Specialist

Health Services
Craig Pollack, RN-Director of Health Services
Vonetta Davis, LPN-Supervisor
Richard Thompson, RN-Supervisor

Spiritual Enrichment
Steve Kielley, Chaplain

Beauty Salon/Barber Shop
(262) 789-1699

Dining & Catering Services
(262) 789-9859

Banking Services
North Shore Bank (262) 785-4120

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

Programs subject to change.
### Monday

- 8:00  Walk Club
- 9:00  Sit Fit
- 9:30  Morning Chat
- 10:30 Brain Teaser Games
- 10:30 Be Fit
- 11:30 Chair Dance
- 1:00  Personal Menu Planning
- 1:00  Sewing Fun
- 1:15  Grocery Shopping (Senior Living)
- 1:30  Word Games
- 2:15  Arthritis Class
- 3:00  Gentle Chair Yoga
- 3:30  Rosary
- 4:00  Games
- 6:30  Bingo

### Tuesday

- 9:00  Devotion with Chaplain
- 9:45  Music and Ministry
- 10:30 Table Games
- 11:00 Scripture with Chaplain
- 1:00  Blood Pressure Screening
- 1:30  Craft Corner
- 1:30  Basic Computer Class
- 1:30  Day Trip (Assisted Living)
- 2:15  Tai Chi
- 2:30  Bible Characters with Chaplain
- 3:00  Scripture with Chaplain
- 3:30  Rosary
- 4:00  Games
- 6:30  Bunco

### Wednesday

- 9:00  Sit Fit
- 9:30  Morning Chat
- 9:30  Chat with Chaplain
- 10:30 Be Fit
- 10:30 Active Games
- 1:00  Brains and Balance Exercise Class
- 2:15  Arthritis Class
- 3:00  Open Gym
- 3:30  Rosary
- 4:00  Games
- 6:30  Evening Fun

### Thursday

- 9:30  Morning Chat
- 9:30  Grocery Shopping
- 10:30 News Currents
- 1:00  Blood Pressure Screening
- 1:30  Lutheran Service
- 3:00  Social Hour
- 3:30  Rosary
- 4:00  Games
- 6:30  Fun Traditions

### Friday

- 9:30  Morning Outing (Attended Care)
- 9:30  Morning Chat
- 10:30 Game Show Games
- 1:00  Nail Spa
- 1:30  What’s Cooking?
- 3:00  Catholic Service
- 3:30  Rosary
- 4:00  Games
- 6:30  Cinema Flicks

### Saturday

- 10:30 Games
- 12:00 Bingo Fun
- 6:30 Cinema Flicks

### Sunday

- 9:30  Open Gym
- 10:00 Open Card Games
- 10:30 Catholic Service
- 1:30 Sunday Afternoon Matinee

### Attended Care Daily 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.
Introducing ProHealth Medical Group
If you are looking for a physician for yourself or a family member, look no further than ProHealth Medical Group. When it comes to your health and well-being, we’ve got you covered.

Our integrated network of physicians and other medical professionals, formerly known as ProHealth Care Medical Associates, represents more than two dozen medical specialties. Our name has changed, but our commitment to improving the health of the communities we serve remains strong.

Your trusted health care partner
When you select ProHealth Medical Group for your care, you can expect:

• A team of more than 190 physicians, 85 physician assistants and nurse practitioners, and 450 support staff working together for you
• 14 clinics conveniently located in 11 communities
• Both primary and specialty care
• Early morning, evening, and weekend hours
• Urgent care services seven days a week – no appointment necessary

A MyChart account that allows you to communicate with your doctor, review test results, request appointments, and request prescription refills securely online

The ability to schedule primary care appointments online at a growing number of locations

Making health care easier to access
If you need medical care, you can schedule an appointment with ProHealth Medical Group onsite at your Regency Senior Community.

ProHealth Medical Group clinics are also located in the following communities:

Brookfield • Delafield • Hartland • Mukwonago • Muskego • New Berlin • Oconomowoc • Pewaukee • Sussex • Watertown • Waukesha

*Urgent care services available

To learn more about our physicians and clinics, call 262-928-2745 or visit ProHealthCare.org/Doctors.

The health of your family is our specialty

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
Let's Talk About Advance Care Planning
Learn How to Communicate Your Wishes About End-of-Life Care

Advance Care Planning (ACP) allows you to express your wishes about emergency and end-of-life care. The goal is to discuss your wishes ahead of time and share them with your loved ones and health care professionals so you can receive the type of care that you want. Many people are overwhelmed with the ACP process. Let us help start the discussion with this Speak Up! seminar. You'll learn how to ensure your health care wishes will be carried out if you can't advocate for yourself.

We'll present a broad introduction to ACP principles. Stop by to discuss your questions about understanding, creating, and using these crucial documents. You are welcome to complete an Advance Directive document or just come to gather general information.

Muskego
October 5 at 1:30-3:00 p.m.
Brookfield
October 7 at 1:30-3:00 p.m.
New Berlin
October 8 at 1:30-3:00 p.m.

I Will Never Forget
The Story of One Woman's Descent into Dementia

Occupational therapist and author Elaine C. Pereira discusses her mother’s arduous—yet sometimes humorous—journey through dementia in I Will Never Forget. As her mother’s brilliant mind is steadily destroyed by dementia’s insatiable appetite for brain cells, Elaine accompanies her mother—witnessing her mother’s visions, masterful Houdini-like disappearances, and her stunning rally to take control of her own destiny. Learn from Elaine’s mistakes as she weaves her way through this unpredictable disease to communicate insights and provide effective intervention strategies for those facing the same circumstances.

Pereira networks extensively to advance Alzheimer’s awareness and donates profits from her books to Alzheimer’s research.

Brookfield
October 22 at 10:30 a.m.
New Berlin
October 22 at 1:00 p.m.
Muskego
October 22 at 3:00 p.m.

A Tale of Two Singers

Leah Carson performs the songs of Marlene Dietrich and Vera Lynn, revealing rich historical commentary about the war years, wartime entertainment, and how the starlets raised morale from the home front to the front lines of World War II. Carson’s music, costume elements, and impressions of Marlene and Vera evoke all the drama and dedication of the times. Enjoy sentimental favorites like “Falling in Love Again,” “The White Cliffs of Dover,” and “We'll Meet Again”—accompanied by 1940s-style background tracks.

Muskego
November 3 at 1:30 p.m.
Brookfield
November 4 at 2:00 p.m.
New Berlin
November 6 at 1:30 p.m.
Meet
Franklin D. Roosevelt
Performed by Peter Small

November 25
Muskego 10:30 a.m. | New Berlin 1:00 p.m. | Brookfield 3:00 p.m.

Historian impressionist Peter Small portrays FDR in a fun, informative setting. Small offers facts, along with his interpretation of Roosevelt’s role in history and his character. In this presentation, the “President” will look back on his life and his accomplishments and discuss rebuilding the postwar world.

Small, a former history teacher, originally developed his costumed presentations for his classes nearly 30 years ago. He regularly performs his impressions for audiences around the country. Over the years, his repertoire has grown to include Thomas Jefferson, Harry Truman, Teddy Roosevelt, Thomas Edison, John Adams, Golda Meir, and Moses.

Join us for special holiday entertainers & events

making spirits bright

Jim Best
Roger Boll
Church Groups Caroling
Christmas Games
Leah Carson
Danny Crivello
Easy Days Quartet
Girl Scout Caroling
Tony Gorenc
Greenfield Bands
Holiday Crafts
Holiday Gift & Craft Fair
Holiday Lights Display
Holiday Movies
Deborah Klement
LIR Singers Chorus
Lil’ Rev
Local School Performances
Musicale
Night in Gals Duo
Tom Stanfield
Toys for Tots Drive
Libby Wilcox
Gary Wisner
Women of Note Chorus

OPEN TO THE PUBLIC
TO THE PUBLIC October through December 2015
Programs subject to change. Please call to verify times and dates.

<table>
<thead>
<tr>
<th>Event</th>
<th>Muskego</th>
<th>New Berlin</th>
<th>Brookfield</th>
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<tr>
<td>Speak Up! Advance Care Planning</td>
<td>October 5 1:30-3:00 p.m.</td>
<td>October 8 1:30-3:00 p.m.</td>
<td>October 7 1:30-3:00 p.m.</td>
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<tr>
<td>I Will Never Forget</td>
<td>October 22 3:00 p.m.</td>
<td>October 22 1:00 p.m.</td>
<td>October 22 10:30 a.m.</td>
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<tr>
<td>Annual Food Drive</td>
<td>October 11-31 ALL CAMPUSES COLLECT</td>
<td></td>
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<tr>
<td>Halloween Events</td>
<td>October 30 3:00 p.m. Parade</td>
<td></td>
<td>October 30 2:00 p.m. Scavenger Hunt</td>
</tr>
<tr>
<td>A Tale of Two Singers</td>
<td>November 3 1:30 p.m.</td>
<td>November 6 1:30 p.m.</td>
<td>November 4 2:00 p.m.</td>
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<tr>
<td>VFW Veterans Day Ceremony</td>
<td>November 7 10:00 a.m.</td>
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<tr>
<td>Annual Toy Drive</td>
<td></td>
<td>November 20 9:00 a.m.-1:00 p.m.</td>
<td>November 13 9:00 a.m.-1:00 p.m.</td>
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<tr>
<td>Annual Holiday Gift &amp; Craft Fair</td>
<td>November 25 10:30 a.m. 1:00</td>
<td>November 25 1:00 p.m.</td>
<td>November 25 3:00 p.m.</td>
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<tr>
<td>Meet FDR</td>
<td>December 7 2:00 p.m. A Christmas Tree Ship</td>
<td>December 14 2:00 p.m. The Hidden History of A Christmas Carol</td>
<td>December 4 2:00 p.m. An Old-Fashioned Christmas</td>
</tr>
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<td>Yuletide Presentations</td>
<td></td>
<td>November 20 9:00 a.m.-1:00 p.m.</td>
<td>November 13 9:00 a.m.-1:00 p.m.</td>
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BROOKFIELD
777 N. Brookfield Rd.
262-780-0321

MUSKGO
W181 S8540 Lodge Blvd.
262-679-0888

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