

GOOD LIFE CLUB



NEWSLETTER

Exciting things going on!

This year will bring many good things to both Citizens Bank and Good Life Club. The Bank will be breaking ground on a new branch in Muskego at the former site of Niko's Cafe on Janesville Road. After many years inside the Pick 'n Save store, this new stand-alone branch will include innovations such as interactive ATMs and inviting spaces for appointments. But don't worry, you'll still see familiar faces when you go into the building.

The Bank is also undertaking a refresh of our branding to reflect our place in today's markets so look for new colors and logos. Big changes, but Citizens Bank hasn't been around for over 130 years by doing things 'because that's the way we've always done it' and community is still a number one priority!

I'm very excited to be able to announce that with the support of the Bank and collaboration between Good Life Club, Walworth County ADRC, and East Troy Intergenerational Community Center (IGET), a comprehensive program of presentations, workshops, and a memory cafe are in the works for 2024. Presentations will cover topics similar to some of our Tuesday Talks - estate planning, understanding dementia, etc. The workshops and memory cafe are designed to support caregivers of those with dementia to understand the disease and how to take care of both themselves and their loved ones. See inside for more details.

Winter has waited a long time to bring us snow and cold, but it is here now. Take care of yourselves - stay warm, eat nutritiously, and keep in touch with your friends and neighbors.

Until we see you next time - enjoy your Good Life!

Cheryl,

and the rest of the GLC team!

Where we've been

Scrooge the Musical

Good company, delicious food, in-house shopping experiences, and energetic performances in *Scrooge the Musical* - what more could you ask for in one location!? Good Life members and their guests enjoyed all those during our adventure to The Fireside Theater in Fort Atkinson in December.

After the show, we traveled a short distance down the road to shop a bit at Jones Market, home of the original Jones Dairy Farm sausage and meats and featuring products made locally and from around Wisconsin.



What we're learning

Estate Planning

December's Tuesday Talk featured Jennifer Imediegwu, an attorney from the law firm of Moertl, Wilkins & Campbell, S.C. Jennifer presented her estate planning seminar: *Planning for Your Life, Loved Ones, and Legacy*.

Those in attendance learned about the nuts and bolts of estate planning and probate avoidance tools along with how to implement those tools and strategies to support financial planning.



Ready for winter?

Seven Handy Tips

1. Avoid slipping on ice - seems like a no-brainer, but falls are a common occurrence for seniors during the winter months. Wear shoes with good traction and if you use a cane, replace the tip for better grip to the ground.
2. Dress for warmth - don't be a fashion snob. Wear warm socks, a heavy coat, gloves, scarf, and a hat. Try to expose as little skin as possible.
3. Be aware of wintertime depression - less outside contact because of cold weather can increase feelings of loneliness and isolation. Try to make contact with a friend or family member everyday.

4. Have reliable transportation - keep your car tuned up and supplied with emergency gear or utilize senior transportation services.
5. Prepare for power outages - keep non-perishable food items available along with battery-operated flashlights or lanterns and a radio with fresh batteries.
6. Get your Vitamin D - Eat a varied diet high in Vitamin D, such as milk, grains, and seafood like tuna and salmon, to combat illness, cognitive decline, and depression.
7. Prevent carbon monoxide poisoning - make sure there are fresh batteries in your detector and update to a new one if needed.

UPCOMING TRIPS/EVENTS



Botanicals & Bloodies - WED., MAR. 13, 2024

COST PER PERSON - \$67.00

GUESTS ARE WELCOME

RESERVATIONS MUST BE RECEIVED BEFORE 5:00PM ON FRIDAY, FEBRUARY 23, 2024.

Full payment guarantees your reservations.

Return your reservations with check made out to: Good Life Club.

Designed by Milwaukee architect, Donald L. Grieb, and dedicated in 1965 by Lady Bird Johnson, the Mitchell Park Horticultural Conservatory is most commonly and affectionately known as 'The Domes.'

The original conservatory at Mitchell Park was opened in 1899 and closed in the mid 1950s due to decline in both the structure and number of visitors. A competition was held to find a new design for the conservatory and Grieb's beehive-shaped domes became the now iconic landmark in Milwaukee. Each dome features a different botanical theme - tropical, floral, and desert - with the floral dome used to feature different exhibits throughout the year. During March, the winter show features a miniature train display that winds its way on tracks throughout the dome. There will be a guided tour plus time on your own for botanical exploration.

After our visit to Mitchell Park Domes, we'll head over to Sobelman's Pub & Grill on St. Paul Avenue. Sobelman's is housed in one of the original Schlitz taverns and known for their burgers and their outrageous Bloody Marys. Enjoy a Bloody Mary with beer chaser or Virgin Mary with root beer chaser with your lunch. Meal choices are **The Loser Burger** topped with Colby-jack cheese, smoked bacon, and caramelized onions or **Chicken Wrap** featuring grilled chicken, lettuce, tomato, red onion, cheddar cheese, and ranch sauce or **Wisconsin Fish Fry**. Cash bar available.

Our final stop for the day will be the Milwaukee Public Market to browse among the almost twenty different vendors selling prepared foods, bakery, sweets, spices, and fresh seafood.

Wear good walking shoes and bring a personal cooler for any purchases. Itinerary is subject to change due to availability. Travel times are approximate based on fair weather conditions.

Activity Level: *Mod-High*

Pick-up & Drop-off Point:

Mukwonago Park & Ride

(Hwys I-43 & 83)

Pick-up: 8:30 AM

Return: 3:45 PM

MAIL COMPLETED RESERVATION FORMS WITH YOUR PAYMENT TO:

CITIZENS BANK - GOOD LIFE CLUB, P.O. BOX 223, MUKWONAGO, WI 53149

TRIP/PAID EVENT RESERVATIONS: Spots are reserved strictly on a first-come, first-serve basis. Reservations cannot be held without payment. Calling in your trip/paid event reservation will not hold your spot. Only full payment guarantees your reservation. If guests are allowed, the number may be limited to one per Good Life Club member. A reservation confirmation postcard listing specific departure points and times will be sent out approximately one week prior to a trip's departure date. No reminders will be sent for social events (free or paid) or seminars.

WAITLISTS: Should space fill for a trip or event, a waitlist will be created. Names will be listed in order of when reservations (trip/paid events reservations must include payment) are received. Guests will be notified in order should a cancellation occur and given 24 hours to respond before moving on to next person on the list. Uncashed checks held for waitlist reservations will be securely destroyed day after trip/event.

CANCELLATIONS: Should a paid trip or event be cancelled by Good Life Club or vendors, a full refund will be given.

REFUNDS: On all paid trips/events, a full refund will be given if we are notified of the cancellation at least one day before the trip RSVP deadline OR if your space can be resold by 24 hours prior to departure. We regret that money cannot be refunded if we are unable to resell your space or if you are unable to attend at the last minute.

GIFT CERTIFICATES: Gift certificates must accompany reservation forms and may be used only for the person issued the certificate. Certificates or coupons issued prior to 2016 are no longer valid.

WAIVERS: All members and their guests will sign a waiver included with reservation forms holding all parties involved including Citizens Bank, coach rental company, venues, restaurants, etc. harmless for loss, theft, injury, and/or illness for all trips, social events, and seminars or workshops.

QUESTIONS? Contact Cheryl by stopping in, calling 262-378-4841, or emailing cchapman@citizenbank.bank.

Prices listed for trips and events include all costs, admission fees, tips, and other gratuities unless otherwise noted.

CITIZENS BANK

citizenbank.bank 262-363-6500

Member
FDIC



HELD THE 2ND TUESDAY
OF EVERY OTHER MONTH

10:00AM - 11:30AM

BROOKLIFE CHURCH
857 S ROCHESTER
MUKWONAGO

*Tuesday Talks are free of charge,
but seats are limited. Please
register by RSVP deadline.*

*Contact Cheryl at 262-378-4841 or
cchapman@citizenbank.bank.*

Tea & Cookies Redux - FEBRUARY 13, 2024

By request, our February Tuesday Talk brings Kathy Miller (AKA The Tea Lady) of Tealightful Tea and Karen Hottenrott of Afternoon Tea Delights back to share the delicious stories of their unique businesses.

Kathy will talk about teas - different varieties, proper preparation, health benefits, and food and wine pairings - as well as how she became The Tea Lady while Karen will share her experiences in building her business and the deliciousness she creates.

Then, the fun really begins! Kathy and Karen will team up to create tea and shortbread pairings for us to sip and nibble while learning how to properly brew the various teas. Yum!

Be sure to call or email right away to reserve your spot as seats are limited to 30 attendees for this Tuesday Talk. Register by February 1.

Nutritionally Grounded - APRIL 9, 2024

Victoria Valenza, Therapeutic Nutritional Counselor, was part of the Alternative Health Options Tuesday Talk last April and returns to provide Good Life Club members with a more in-depth look at the importance of putting quality food into your body to enhance health and wellness.

Register by April 1.

Coming up in June - ABCs of Investing.

If you have any topics you'd like to see presented at a Tuesday Talk, let Cheryl know!

Seminars, Workshops, and a Memory Cafe

In collaboration with the East Troy Intergenerational Community Center (IGET), Walworth County ADRC, Good Life Club, and Citizens Bank, a comprehensive program of presentations on a variety of topics plus a series of workshops for dementia caregivers and a memory cafe are being developed and offered at the community center. All will be held at IGET (2040 Beulah Ave, East Troy - use Division Street entrance) and are free to attend. Workshops and seminars require reservations, but the memory cafe is drop in.

Tuesday, January 30, 2024

2 sessions: 2PM - 4PM or 6PM - 8PM

DEMENTIA 102

Jake Sawyers, Dementia Care Specialist with Walworth County ADRC, will take a step beyond an introduction to dementia to discuss what exactly is occurring in the brain during common forms of dementia progression and how to strategically navigate common behaviors and effectively communicate.

Friday, February 16, 2024

5:30 PM - 7:00 PM

CAREGIVER WORKSHOP

Caregiver Communication - Behaviors and Purposeful Engagement: Designed for dementia caregivers to learn more useful communication strategies when working with loved ones and effectively steer common behaviors associated with dementia including: insomnia, wandering, sundowners, paranoia and anger.

What is a Memory Cafe?

A memory café is a monthly gathering of individuals with memory loss along with their caregivers, friends, or family in a safe, supportive, and engaging environment.

Planned activities may include telling a story based on a prompt, a craft activity, make a snack, or participate in a sing-a-long. The Citizens Bank Memory Cafe will be available from 1:30PM - 3:00PM on the third Tuesday of each month at

IGET beginning February 20 and is open to those diagnosed with dementia and their caregivers.

ACTIVITY LEVELS

*Please call or email if you have
questions about a listed activity level
for a trip.*

Low

Walking at a leisurely pace, boarding the coach, and climbing minimal stairs

Moderate

Average level of walking/ activity including climbing stairs and possibly walking on uneven surfaces.

High

Longer periods of walking and/or standing, along with climbing stairs and increased level of activity may be involved

HAVE A QUESTION OR SUGGESTION?

Your Good Life Club Team is always looking for ideas and suggestions for trips and activities. Drop us a note, send an email, give a call, or stop in to see us. We love to hear from you!

What's Coming Up

Trip/Event	Reservation
Jan Dementia 102	By Jan 22*
Feb TT - Tea & Cookies Redux	By Feb 1*
Feb Caregiver Workshop	By Feb 9*
Mar Botanicals & Bloodies	By Feb 23*
April TT - Nutritionally Grounded	By April 1*
June TT - ABCs of Investing	TBA

TT= Tuesday Talk
*Currently taking reservations. See inside for details. No phone reservations accepted. All dates and/or destinations subject to change based on availability.

ADDRESS CHANGE? Whether you are moving to a warmer clime for the winter months or relocating permanently, be sure Good Life Club follows you. Club addresses are separate from bank records, so contact Good Life Club when you are on the move! Call 262-378-4841 or email cchapman@citizenbank.bank to update your records.

GOOD LIFE CLUB - PERKS & BENEFITS

Good Life Club members are eligible for free products and services, as well as exclusive access to exciting trips, fun social events, and informative seminars.
Contact a Personal Banker to sign up! Call 262-363-6500.

P.O. Box 223
Mukwonago, WI 53149

ENJOY YOUR GOOD LIFE!

Puzzle Challenge

Congratulations to Dorothea K. for winning the drawing for our last Puzzle Challenge! The solution: *Autumn, a time when pie is a food group and living in your sweat pants is acceptable.*

Solve the puzzle below by determining the number value for each letter. For example, in this puzzle C = 14, so all blanks labeled 14 should have a C written in that blank. Submit your solutions to Cheryl (cchapman@citizenbank.bank) by March 15th to be entered into a drawing for a \$10 Culver's gift card - a new prize for 2024! (Quote must be correct.)

A	B	C	D	E	F	G	H	I	J	K	L	M	N	O	P	Q	R	S	T	U	V	W	X	Y	Z

18218232617251822174222617

14511232125'26171514618217142422

2617222511617261722185174222617

225423226172349254222617

239241517112261823145182331318242175

118518232292525422182

Good Life Club Reservation Form

Please reserve ____ seats @ \$67.00 per person for "Botanicals & Bloodies" with Good Life Club on March 13, 2024.

Total enclosed \$ _____

Pick up/Drop off point: **Mukwonago Only**

Member 1: _____

Address (include city, state, zip): _____

Phone#: _____ Email Address: _____

EmergencyContact: _____ Phone#: _____ Allergies: _____

Member 1 Lunch/Drink Selections

Lunch: ____ The Loser Burger ____ Chicken Wrap ____ Fish Fry

Drink: ____ Bloody Mary ____ Virgin Mary ____ None

Member 2 or Guest: _____

Address (include city, state, zip): _____

Phone#: _____ Email Address: _____

EmergencyContact: _____ Phone#: _____ Allergies: _____

Member 2 or Guest Lunch/Drink Selections

Lunch: ____ The Loser Burger ____ Chicken Wrap ____ Fish Fry

Drink: ____ Bloody Mary ____ Virgin Mary ____ None

All itineraries are subject to change. Trip may be cancelled if minimum requirements are not met. Cost includes round trip transportation, meal, taxes & tips.

Trip and Event Hold-harmless Agreement - Good Life Club "Botanicals & Bloodies"

I/we, the undersigned, release Citizens Bank, Citizens Bank Good Life Club, and all vendors and contractors associated with the above named trip/event from responsibility of loss, injury, theft, and/or illness that should occur during the course of said trip/event.

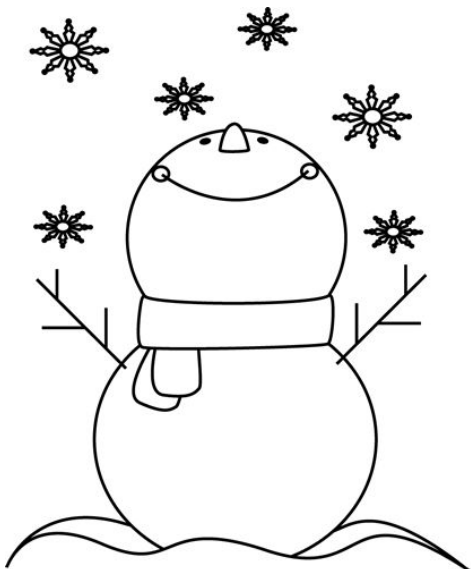
Member 1

Member 2 or Guest

Date

Date

JUST FOR FUN



BLIZZARD
COCOA
EARMUFFS
FEBRUARY
FIREPLACE
ICICLE
JANUARY
MITTENS
SHOVEL
SNOW ANGEL
SNOWBALL
SNOWFLAKE
SNOWMAN
SWEATER
TOBOGGAN

N	J	S	S	C	N	J	E	L	C	I	C	I	S	S
F	U	A	D	N	A	M	U	N	C	B	Q	E	N	N
X	E	P	O	N	O	P	O	L	T	O	R	C	O	E
M	S	B	U	C	P	W	E	X	J	Q	R	A	W	T
E	V	A	R	H	O	V	A	S	O	S	B	L	F	T
B	R	D	Z	U	O	C	N	N	F	R	I	P	L	I
Y	Y	G	Q	H	A	O	Y	F	G	D	Z	E	A	M
N	Y	P	S	Q	W	R	U	F	R	E	L	R	K	D
F	A	X	C	B	L	M	Y	A	T	A	L	I	E	U
X	X	G	A	D	R	A	Z	Z	I	L	B	F	H	V
L	W	L	G	A	X	M	S	N	O	W	M	A	N	E
P	L	S	E	O	S	W	E	A	T	E	R	Y	U	T
X	P	S	O	I	B	H	Y	O	H	Z	G	C	J	P
J	F	I	K	R	T	O	I	F	O	A	U	R	E	T
T	H	F	G	B	R	P	T	U	Z	W	U	N	J	A