

# GOOD LIFE CLUB



SPRING 2023

## NEWSLETTER

## April Showers Bring May Flowers

And the Spring issue of the Good Life Club Newsletter!

Flowers are blooming and birds are singing. I think it may be safe to say spring has actually arrived in Wisconsin. Be sure to get out and about to take in some fresh air when you can.

This issue contains information about two day trips - the return of one of our most popular trips to Fox River Valley for a boat ride and a cheesy adventure to Monroe - plus the details on this year's Annual Party. Remember that boat trips fill up very quickly, so reserve your seat promptly.

The Annual Party will be at the Cotton Exchange in Waterford again with a Garden Party theme. You'll notice two things about this year's party - the cost of attending has gone up just like so many things in our lives right now, and there will be door prizes given away instead of costume prizes.

Trips and the Annual Party require waivers to be signed by all persons attending. The forms are now located on the back of the reservation forms or on a separate page if you are downloading from the website. Don't let your reservation get bumped because signatures weren't included or you signed for someone else!

Tuesday Talks coming up include a discussion on dementia in June and a presentation by an antiques appraiser in October. There will be no Tuesday Talk in August due to unavailability of the space at Brooklife that week. Keep your eyes open for the date of the annual Medicare Update seminar from the Waukesha County ADRC this Fall.

Until we see you next time - get out the door, smell the flowers, and enjoy your Good Life!

**Cheryl,**  
and the rest of the GLC team!

## Tuesday Talks

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. You  
must register by RSVP  
deadline.

Contact Cheryl  
at 262-378-4841  
or [cchapman@citizenbank.bank](mailto:cchapman@citizenbank.bank) to  
reserve your seat.

## Coming Up Next

**JUNE 13, 2023 - Dementia 101**

Dementia 101 is a basic overview of warning signs and symptoms, diseases that cause dementia, the prognosis of dementia, and how to positively interact with dementia. Jake Sawyers, a Dementia Care Specialist with the Walworth County ADRC, believes that there is no doubt that everyone will encounter dementia at some point in life and to have knowledge is power. When that time comes for a person as an individual or their family member or friend, it will benefit all to be prepared.

Register by June 1

## April's Alternate Health Options

The April 11 Tuesday Talk on Alternate Health Options featured a panel of experts in their fields of holistic health. Each gave a talk on the area they specialize in and followed up with a Q & A session. Attendees learned about how they can benefit from acupuncture, chiropractic, CBD & hemp products, personal self discovery, and nutritional grounding to bring their bodies and minds into alignment which helps the body's immune response and self-healing abilities. Besides learning about these practices, everyone attending was also treated to a sound therapy treatment using tuning forks to help loosen tension in the neck and shoulder area from chiropractor, Christine Sullivan, DC, and were able to take home CBD samples.



Above from left to right: Dr. Christine Sullivan, DC, from Sullivan Chiropractic; Claire Vouga, LAc, from East Troy Acupuncture; Jody Pogorzelski, CLC, from Self Uncovery; Chris Arzberger from Elevated Hemp Solutions; and Victoria Valenza, TNC, from Nutritionally Grounded

# UPCOMING TRIPS/EVENTS



## Cheese, Louise! - WED, AUGUST 23, 2023

**COST PER PERSON - \$65.00**

**GUESTS ARE WELCOME**

RESERVATIONS MUST BE RECEIVED BEFORE 5:00PM ON WEDNESDAY, JULY 26, 2023.

*Full payment guarantees your reservations.*

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

Wisconsin is still a major producer of cheese in the United States with Monroe known as the Cheese Capital of the USA and famous for one of the stinkiest cheeses ever - Limburger!

We're going to learn all about what makes Limburger cheese smell, how cheese is made, and the history of cheesemaking at the National Historic Cheesemaking Center. Before we visit the Center, we'll begin the day at Alp and Dell Cheese Store for a tour and some cheese shopping. If we are lucky, the owner Tony will give us our tour and yodel for us.

We'll further celebrate cheese at Turner Hall's Ratskeller Restaurant for a cheesy lunch with choice of **Älpermagronen** (Alpine Mac'n'Cheese) – macaroni, potato bits, onions and creamy Swiss cheese sauce served with a traditional side of applesauce; **Käsechüechli** (Swiss Cheese Pie) – delicate quiche-like pie made with eggs, Swiss cheese, and onions or **Soup & Salad** – fresh salad and a cup of soup for those not so into cheese. Coffee and soft drinks included.

**Bring a personal cooler for purchases and wear good walking shoes!**

**Activity Level:** *Moderate*

**Pick-up & Drop-off Point:**

**Big Bend Park & Ride**

(Hwys I-43 & 164)

Pick-up: 8:00 AM

Return: 5:00 PM



## Fox Valley Adventure II - THUR, SEPT 28, 2023

**COST PER PERSON - \$98.00**

**GUESTS ARE WELCOME**

RESERVATIONS MUST BE RECEIVED BEFORE 5:00PM ON THURSDAY, SEPT 7, 2023.

*Full payment guarantees your reservations.*

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

Once a primary source of water for farming the land, raising cattle, as well as transporting goods, the Fox Valley waterways are now a prime source of recreational activities including taking a leisurely boat cruise.

We return to the Fox Valley and the Fin 'n' Feather in Winneconne, WI for a cruise along the waterways and to enjoy a bountiful buffet lunch inside the restaurant. The buffet will include salads, mashed potatoes, tenderloin tips, broasted chicken, wine-butter cod, and BBQ ribs. Coffee and milk included. Cash bar available in the restaurant and on the boat during the cruise.

Dessert and coffee will be served aboard the Showboat II, a reproduction sidewheeler. We'll enjoy a one and a half hour cruise along the Wolf River into Lakes Winneconne, Poygan, and Butte des Morts. The captain will provide an informational talk about the waterways and their history. If the weather is favorable, you can take your dessert and coffee up to the top deck to better enjoy the scenery.

On the way home, we'll make a stop at the Military Veterans Museum and Education Center for a tour of the museum.

**Be sure to dress for the weather as the Showboat II goes out rain or shine!**

**Activity Level:** *Low-Mod*

**Pick-up & Drop-off Point:**

**Mukwonago Park & Ride**

(Hwys I-43 & 83)

Pick-up: 9:00 AM

Return: 6:00 PM

### 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, sitting most of the time, 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.

CITIZENS BANK

*[citizenbank.bank](http://citizenbank.bank) 262-363-6500*


Member  
FDIC

# GOOD LIFE CLUB ANNUAL PARTY

## Summer Soiree

<b>DATE:</b>	<b>COST PER PERSON:</b>	<b>LOCATION:</b>
WED, JULY 19, 2023	GLC MEMBERS - \$18.00	COTTON EXCHANGE
<b>TIME:</b>	GUESTS - \$35.00	WATERFORD, WI
11:30AM UNTIL 3:00PM*	RETIRED EMPLOYEES - COMPLIMENTARY	<i>*DOORS WILL OPEN AT 11:15AM</i>

Technically a soiree occurs in the evening, but we'll bend the rules just a bit to gather for a delicious meal and socialization!



As always, The Cotton Exchange's Chef has created a lovely luncheon menu of Herb & Lemon Roasted Chicken served with seasoned rice pilaf, vegetable blend, salad, fresh rolls, and Summer Berry Delight for dessert. Beverage choices of coffee, hot tea, or milk are included and a cash bar will be available.

There will be a drawing for door prizes after dessert. (No costume prizes this year.)

RESERVATIONS WITH PAYMENT MUST BE RECEIVED BEFORE 5:00PM ON WEDNESDAY, JULY 5, 2023.

Mail completed reservation form/signed waiver and payment to: Citizens Bank/GLC, P.O. Box 223, Mukwonago, WI 53149-0223. Contact Cheryl at 262-378-4841 or cchapman@citizenbank.bank with questions.

*Please be aware that there is road construction underway on Hwy 83 from Mukwonago to Waterford this summer. Check before leaving home to see if there are any detours necessary.*

### MAIL COMPLETED RESERVATION FORMS WITH YOUR PAYMENT TO:

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

**TRIP/PAID EVENT RESERVATIONS:** Seats 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 seat. 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 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.**

## 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

June	TT - Dementia 101	By June 1
July	Annual GLC Party	By July 5
Aug	Cheese, Louise!	By July 26
Sept	Fox Valley Adventure II	By Sept 7
Oct	TT - Treasure or Not?	By Oct 2

*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](mailto: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.

# CITIZENS BANK

**P.O. Box 223**

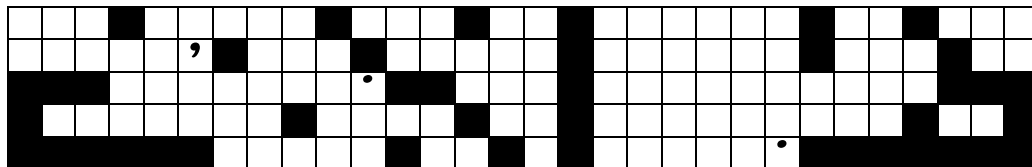
**Mukwonago, WI 53149**

# ENJOY YOUR GOOD LIFE!

## Puzzle Challenge

Congratulations to Emily C. for winning the drawing for our last Puzzle Challenge! The solution: *Winter is the time for comfort, for good food, for the touch of a friendly hand, and for talk beside the fire: it is time for home.*

Each letter has a number value. Determine each letter's value to solve the quote below. Submit your solutions to Cheryl ([cchapman@citizenbank.bank](mailto:cchapman@citizenbank.bank)) by June 15th to be entered into a drawing for a \$10 Good Life Club gift certificate! (Quote must be correct.)



H F S O R I H  
W E R H R I I T S O R F N R D S  
H E N G I T T T A T A M T S E D P M E E G N A I  
T B E T N O R S E T D F Y R O S M I F T N I M I C Y O S E  
T H I A F E G N E E H E A S H A S P N I T G E E S E A N S

Do you have a favorite quote or quip that you'd like to see used for the puzzle challenge in an upcoming issue? Submit it!

## CITIZENS BANK

### SHRED EVENTS

9AM TO 11AM

### WAUKESHA

LES PAUL PKWY & CENTER RD

SAT, MAY 6, 2023

### MUKWONAGO

301 N ROCHESTER STREET

SAT, JULY 15, 2023

### BIG BEND

W230S9125 CLARK STREET

SAT, SEPT 9, 2023

Shred services provided by



DRIVE UP/DROP OFF - SHREDDED ON-SITE  
RESTRICTIONS APPLY:

- All persons will remain in their vehicles
- Limit of 2 boxes or bags that can be carried to bins.
- Remove all binder clips, 3-ring notebooks, CDs, ledger books, hard cardboard, plastic, or batteries.
- Assistance will be available, please respect limits.

CITIZENS BANK - MEMBER FDIC

## Good Life Club Reservation Form

Please reserve \_\_\_\_ seat(s) @ \$18/member, \$35/guest for "2023 Annual Party" on July 19, 2023. Bank retirees may attend as our complimentary guests, but must return reservation form to reserve seat.

Return completed form and signed waiver along with your check made out to: Good Life Club.

Total enclosed \$ \_\_\_\_\_ **Waiver on back side must be signed by each member/guest themselves**

Name: \_\_\_\_\_

Address (include city, state, zip): \_\_\_\_\_

Phone#: \_\_\_\_\_ Email Address: \_\_\_\_\_

EmergencyContact: \_\_\_\_\_ Phone#: \_\_\_\_\_ Allergies: \_\_\_\_\_

Guest's Name: \_\_\_\_\_

Guest's Complete Address: \_\_\_\_\_

Phone#: \_\_\_\_\_ Guest's Email Address: \_\_\_\_\_

EmergencyContact: \_\_\_\_\_ Phone#: \_\_\_\_\_ Allergies: \_\_\_\_\_

## Good Life Club Reservation Form

Please reserve \_\_\_\_ seat(s) @ \$65.00 per person for "Cheese, Louise!" on Aug. 23, 2023.

Return completed and signed form along with your check made out to: Good Life Club.

Total enclosed \$ \_\_\_\_\_

Pick up point: **Big Bend Only**

Name: \_\_\_\_\_ **Lunch Choice:** Älpermagronen Käsechüechli Soup & Salad

Address (include city, state, zip): \_\_\_\_\_

Phone#: \_\_\_\_\_ Email Address: \_\_\_\_\_

EmergencyContact: \_\_\_\_\_ Phone#: \_\_\_\_\_ Allergies: \_\_\_\_\_

Guest's Name: \_\_\_\_\_ **Lunch Choice:** Älpermagronen Käsechüechli Soup & Salad

Guest's Complete Address: \_\_\_\_\_

Phone#: \_\_\_\_\_ Guest's Email Address: \_\_\_\_\_

EmergencyContact: \_\_\_\_\_ Phone#: \_\_\_\_\_ Allergies: \_\_\_\_\_

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

**Waiver on back side must be signed by each member/guest themselves**

## Good Life Club Reservation Form

Please reserve \_\_\_\_ seat(s) @ \$98.00 per person for "Fox Valley Adventure II" on Sept. 28, 2023.

Return completed and signed form along with your check made out to: Good Life Club.

Total enclosed \$ \_\_\_\_\_

Pick up point: **Mukwonago Only**

Name: \_\_\_\_\_

Address (include city, state, zip): \_\_\_\_\_

Phone#: \_\_\_\_\_ Email Address: \_\_\_\_\_

EmergencyContact: \_\_\_\_\_ Phone#: \_\_\_\_\_ Allergies: \_\_\_\_\_

Guest's Name: \_\_\_\_\_

Guest's Complete Address: \_\_\_\_\_

Phone#: \_\_\_\_\_ Guest's Email Address: \_\_\_\_\_

EmergencyContact: \_\_\_\_\_ Phone#: \_\_\_\_\_ Allergies: \_\_\_\_\_

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

**Waiver on back side must be signed by each member/guest themselves**

### **Trip and Event Hold-harmless Agreement - Good Life Club “Annual Party”**

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

\_\_\_\_\_  
Guest

\_\_\_\_\_  
Date

\_\_\_\_\_  
Date

### **Trip and Event Hold-harmless Agreement - Good Life Club “Cheese, Louise!”**

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

\_\_\_\_\_  
Guest

\_\_\_\_\_  
Date

\_\_\_\_\_  
Date

### **Trip and Event Hold-harmless Agreement - Good Life Club “Fox Valley Adventure II”**

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

\_\_\_\_\_  
Guest

\_\_\_\_\_  
Date

\_\_\_\_\_  
Date