



Westosha Senior Community Center - the place where all seniors can find a friendly, active home for fun, fitness, and fellowship.

WSCC Summer Newsletter

With warmer weather luring us outside, consider getting a fresh-air fix volunteering in our 1-acre Healing Garden. In addition to several vegetable plots, it includes 18 senior-friendly raised beds.

From improving your immune system to lowering anxiety according to Stanford University studies, gardening with our larger group of seniors will boost brain and body. Capitalizing on those therapeutic benefits, Gardening for Fitness class on Wednesdays at 9 a.m. offers stretching and warm-ups, a gardening project of the day tailored to your own level of comfort and capability, hydration breaks and wellness and gardening-related conversation.

Call Westosha Senior Center at 262-891-3436 or fill out the [form on the website](#) to let us know you're willing to help or want to be in the Gardening for Fitness group.

Come July, everyone is welcome to enjoy the veggies of the senior labor led by Program Director Eric Carlberg, who has 15 years of organic farming experience. Sundays will feature a Farmer Market 10 a.m. to 3 p.m. with fresh potatoes, beets, carrots, corn, butternut squash, delicata squash, pumpkins, broccoli, cucumbers, zucchinis, peppers, tomatoes, lettuce, scallions and storage onions as harvest occurs through the summer. Self-serve is also available on your schedule as in past summers.

And as always, fitness machines, classes in Tai Chi, Line Dancing, Chair Fitness, Chair Yoga, and Weight Loss Buddies attract healthy seniors to WSCC. Creatives also gather here at the Center for photography, painting, jewelry, ceramics and crafting classes.

See a full [schedule](#) of daily activities on our website at [WestoshaSeniorCenter.com](#). Check back for a schedule of the next Tech Connect 3-week session where friendly senior coaches guide fellow seniors on how to send and receive family photos and email, make doctor appointments, gather research on Center iPads or your own Android tablets.

See you soon at the Center!



>>>>> FUNDRAISER SAVE THE DATE >>>>>

Saturday, July 22 – Fun in the Sun, Pizza & Rummage Sale