

Please Welcome

Dr. Jean Creighton Monday, August 5th!



N o r t h e r n
L i g h t s
OWT 6:30PM

Enjoy the radiance of the night sky and colorful displays of dancing lights with a behind-the-scenes tour of the science behind one of nature's most remarkable light shows.

Bio of Presenter, Dr. Jean Creighton

Dr. Jean Creighton has always been inspired by how the cosmos works. She was born in Toronto, Ontario and grew up in Athens, Greece where her mother claims she showed a great interest in how stars form from the age of five. She studied physics at the University of Athens and went on to earn a Master's degree from Saint Mary's University in Halifax, Nova Scotia, and a PhD in Astrophysics from the University of Waterloo. She began teaching astronomy at UW-Milwaukee in 1999 and in 2007, she took over as director of UWM's Manfred Olson Planetarium.

In 2014, Creighton was selected by NASA to be an Airborne Astronomy Ambassador and spent 20 hours in the stratosphere on SOFIA, the largest moving observatory in the world. She's very proud to have shared the cosmos with over 150,000 members of the community.

Save the Date: Next Program on the James Webb Telescope Monday, Sept. 16th 6:30pm OWT! Be there!



"41 for FREEDOM"

Monday, August 26th 6:30 OWT

Please Welcome John S. Lindstedt



The Cold War (1945 -1991) was a period of intense confrontation between East and West, the USSR and the USA. It was waged on numerous levels - social, economic and military. Multiple times in this period, war was eminent, and often unknown to the general public. The availability of nuclear weapons and the platforms to deliver them made this era particularly dangerous. It also demanded a different strategy, deterrence, and the systems capable of countering the nuclear threat.

"41 for Freedom" is the history of the development and deployment of the Fleet Ballistic Missile Submarine Fleet used by the United States to protect its homeland. Few are knowledgeable of this weapons system which was developed under the pressures of the Cold War, in record time, and with technological systems that rivaled the space program in innovation and complexity.

Forty-one of these magnificent vessels manned by 25,000 highly trained men over a 33-year period forced the Soviets to never release a nuclear weapon, and were instrumental in the dissolution of the Soviet Union in 1991. Little is known of this part of the history of the Silent Service, but all Americans should be cognizant of and profoundly thankful for their protection provided by these dedicated submariners.

Biography of John S. Lindstedt, LT, USNR (retired)

John Lindstedt is a former nuclear submarine officer having "Qualified in Submarines" in 1974 on the Fleet Ballistic Missile Submarine, USS Kamehameha SSBN 642. He served during the Cold War making 3 deterrent patrols in the Mediterranean Sea as deployed by Submarine Squadron 16 out of Rota, Spain. His duties were to operate and maintain the S5W nuclear reactor plant and all associated propulsion equipment. John also had two years of sea service in the Merchant Marine as a marine engineer sailing to Northern Europe and South America.

He is an Honorary Plank Owner of the USS Hyman G. Rickover SSN 795 and provides assistance to the Commissioning Committee of the USS Wisconsin SSBN 827.

John is a Wisconsin native born in Milwaukee. He attended the United States Merchant Marine Academy, the University of Wisconsin- Milwaukee (BS, Chemistry 69), and Arizona State University for his graduate work in electro-analytical chemistry.

John is married to his lovely bride, Cindy of 54 years. Yes, 54 years!!! They have 3 children, Jennifer, Matthew (US Air Force veteran; O-3) and James (US Navy veteran; E-6).

He enjoys hunting, hiking and studying history particularly history of World War II and history of the U.S. Submarine Force. He has lectured for 10 years on the nuclear submarine force and its achievements.



AUGUST MOVIES

Channel 955

FRIDAY 6:30PM

- Aug 2 True Spirit
- Aug 9 Wild Hogs
- Aug 16 Last of the Dogman
- Aug 23 Calamity Jane
- Aug 30 The Grapes of Wrath



SUNDAY 1:30PM

- Aug 4 Dirty Dancing
- Aug 11 The Family Affair
- Aug 18 The Long Game
- Aug 25 Queen Bees

AUGUST THEATER

INTRODUCING...

TUDOR OAKS

THEATER PLAYERS

The Inside Pitch

Tuesday, August 13th

6:30PM OWT

Come witness the revival of The Tudor Oaks Players in a program capturing the magic of America's favorite pastime: Baseball!

Comprised of segments written by Tudor Oaks residents past and present, this show explores the world of baseball in its many facets: from the backyard games to the big league heroes.



ON THE KEYS... GREG HARTMANN

WEDNESDAY, AUG. 21ST 6:30PM OWT GRAND PIANO

Pianist Greg Hartmann is currently an Artist Diploma student at the Guildhall School, as a student of Ronan O'Hora and Martin Roscoe. Greg has won first prize in the 2023 Knoxville International Piano Competition, first prize in the 2018 Memphis International Piano Competition, second prize in the top division of the 2021 Schubert Club Scholarship Competition, third prize in the 2021 William Knabe International Piano Competition, third prize in the 2019 Thousand Islands International Piano Competition, and third prize in the 2018 High Point University Piano Competition, among others. He has performed concerti with the New Albany Symphony Orchestra, Rochester Symphony, Lakeshore Wind Ensemble, Concord Chamber Orchestra, and Waukesha Area Chamber Orchestra.

Also an accomplished composer, Greg won the 2018 Paula Nelson-Guenther Young Composer Competition with his orchestral work Requiem for a Memory: Nocturne for Orchestra. He maintains an interest in music theory, and presented an original research paper at the 2020 conference of the Society for Music Theory. Greg has participated in music festivals including the Aspen Music Festival and School, Pianofest in the Hamptons, the Bowdoin International Music Festival, the Sejong International Music Festival, Euro Music Festival and Academy, and the Gijón International Piano Festival. Greg's research focuses on the relationship between music performance and music theory, with a particular emphasis on Schenkerian analysis, rhythm and meter, and phrase-level form. In his free time, Greg enjoys tennis, running, and ping pong.



MEN'S GROUP

JOIN US FRIDAYS!

9:30AM PDR



August 2: "Space: The Longest Goodbye"

August 9: "Dynamic Plant-Earth"

August 16: "Abandoning the Titanic"

August 23: "Life at the Waterhole"

August 30: "Soul of the Ocean"



Storytellers

Thursday PDR 10:30am

August 1 What does "ready" feel like to you? How did you know you were ready for a major step that you have taken in your life?

August 8 What is a positive habit that you would like to cultivate? Why? How could you get started?

August 15 At what point in your life have you had the highest self-esteem?

August 22 Do you think it is better to fail at something worthwhile, or to succeed at something meaningless?

August 29 What life lessons, advice, or habits have you picked up from fiction books?

New Fitness Classes

Please Welcome Kaye! Kaye was recommended by our beloved Dina, our zumba instructor! Starting August 6th, we will be adding another instructor to our team! Kaye has been teaching senior fitness for over 20 years! Kaye teaches for The City of Greenfield in the AM and she will spend Tuesday afternoons with us and possibly in the future Thursdays. Check it out! If anyone is feeling sleepy during Tuesday afternoons...not any more!!! No experience needed! All levels!

12:30 Zumba Gold (seated w/option to stand)

1:15 Chair Yoga






SECOND SUNDAY OUT

**JUST AN "OLD FASHIONED" PICNIC
& SING ALONG!**

AUG 11



Hosted by Dogwood 1 & 2
Please bring your favorite dish
or dessert to pass
(hot or cold)
Plates, napkins and utensils will
be furnished.

Bring Your Own Beverage
(water bottles available)



4:30PM Lamson Plaza or if rain OWT



How Often Do You Visit the Front Yard?

Wheel or Walk the Path, Bird Watch, Bocce, Croquet, Mini Golf, Putting, Bags...

Now add Bike Rides! Third Tuesday of every month from 10:00am-Noon!

WHO WANTS TO GO FOR A BIKE RIDE ?

- Third Tuesday through October
- 10am-12pm
- 15-30 min rides
- Come to front of building between 9:45am -11:30am and we will get you in line for a ride! (Some wait might be required but we have refreshments and chairs!)
- Waiver must be filled out before riding. Waivers at Wellness Table. Questions? WMeyer@abhomes.org



Summer Bocce League: Tuesdays 10:30, 1:00, 3:00, 6:30

Open Bocce/Bag Toss: Saturday Mornings 10AM



We are still in need of substitutes for Summer Bocce League!

No Experience Necessary! The other players will teach you!

Please let the bocce players know and you will be added to the list!



Update on Wendy's Weight Loss Journey!

As you all know, Wendy went on a spectacular cruise last month to Alaska. She had a wonderful time. The even better news for those of you that are following her weight loss journey...she is still losing and currently lost 56 pounds! Yes - 56! Please give her another "high five" if you see her skipping down the hall! That's right - I said "skipping!" Way to go Wendy! You are motivation to all of us! Keep going!

