

Autumn 2026

NEWSLETTER

The Leaves are Changing

On the way to work this morning, I noticed a maple tree with at least half of its leaves turned to a beautiful red. A sure sign that Fall is here!

Fall is also the time of year that Medicare releases changes and updates. Dawn Hendrix from the ADRC of Waukesha County will give her annual presentation in November. Also coming up in November is our bus trip to see Annie and Smart Seniors featuring an author talk. Rolling into the next year, Good Life Club will host its annual Bingo get together in January and the March movie matinee. **One note** - Medicare Updates, Bingo, and the movie are all scheduled to be held in the Waukesha branch Community Room. There are some renovations scheduled for the community room, so I'll be sure to let you know well in advance should there be a change in location.

Along with the ADRC of Walworth County and the East Troy Intergenerational Community Center, Citizens Bank will be hosting the second *Living with Death: A Community Conversation*. This is an open house type event that anyone can attend and learn about different aspects of death besides traditional funeral and estate planning. This year's format is a bit different from last year's - a resource fair will be hosted from 9AM until 11AM where you can meet and chat with people representing a variety of businesses and services. Then 11:30AM to 3:00PM features a slate of amazing speakers. Dr. Janet McCord, PhD, FT returns as our keynote speaker. She is a professor of Thanatology and will talk about the study of death, dying, grief, and loss. See below for location and time and feel free to contact me if you have any questions about the event. The way I see it, the more you fear death, the less you live life. Come and talk about it with us.

Take care and, as always, until we see you next time - enjoy your Good Life!

Cheryl,
and the rest of the GLC team!

Smart Seniors: Recap

Return to South Africa





September's Smart Seniors program featured a return visit from gifted storyteller and chef, Elizabeth Marquez.

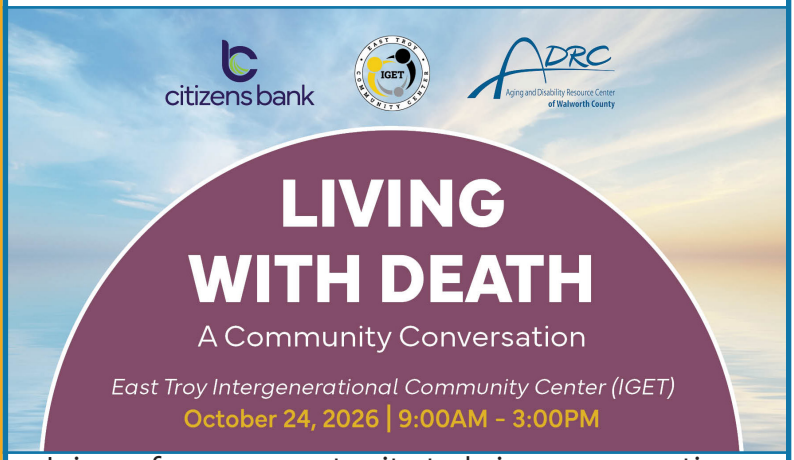
Along with delicious South African-inspired food, Elizabeth shared her experiences while living in South Africa as a student. She fell in love with the people, the landscape, and the food including braai. Braai is an Afrikaans word for grilled meat, but is used to refer to a social gathering centered around grilling meat. It was the main inspiration for Elizabeth's Red Robot Grill catering business.

This year's menu included:

- Sticky Chicken Kabobs with Roasted Onion Flowers
- Smoked Rooibos Turkey with Zucchini Corn Tart
- Rooibos Pudding with Custard

Rooibos is a plant indigenous to South Africa and its leaves are sun-fermented to produce a naturally caffeine-free herbal infusion that is prepared most commonly as tea but is delicious in other food preparations. Attendees went home rooibos tea samples and full tummies.

Saturday, October 24, 2026



Join us for an opportunity to bring conversations about death and dying into the light and remove the stigma of death through education and open dialog.

Resource Fair from 9AM to 11:00AM, then a full slate of expert speakers from 11:30AM to 3:00PM.

Open to all with no admission charge!

Hosted by Citizens Bank, East Troy Intergenerational Community Center and Walworth County ADRC.

IGET is located at 2040 Beulah Avenue in East Troy. Please go around the block to park in back. Enter at Door 7.

UPCOMING TRIPS/EVENTS



Annie at Drury Lane - Wed., November 18, 2026

Cost per person - $125.00 Guests are Welcome

Reservations with payment must be received before 5:00PM on Monday, October 26, 2026.

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

Annie is an orphan who escapes Miss Hannigan and the cruelty of the orphanage when she is taken in by the wealthy Oliver 'Daddy' Warbucks, all while holding onto the hope of finding her real parents.

There was an idea to create a musical based on the Little Orphan Annie comic strip published in the 1920s. While doing research to write a book to base the musical on, author Thomas Meehan found little satisfactory material from the strips for a musical. He took the three main characters of Annie, Oliver Warbucks, and Sandy the dog and created his own story.

Drury Lane Theatre in Oakbrook Terrace, IL offers first-class theater productions and we'll enjoy lunch onsite prior to the performance. First course of Chicken Noodle Soup and entrée choices of **Cheese Ravioli** (vegetarian), **Roasted Salmon**, or **Bistro Steak Au Poivre** (gluten free). Dessert of Cheesecake with Raspberry Coulis and beverage service that includes coffee, soft drinks, and tea.

Seats are no longer available for this trip.

Sorry - SOLD OUT!

Activity Level: ***Low***

Pick-up & Drop-off Points:

Big Bend Park & Ride
(Hwys I-43 & 164)
Pick-up: 9:00 AM
Return: 6:00 PM

Wednesday, November 4, 2026

Medicare Updates for 2027

Citizens Bank - Community Room
2109 Corporate Dr., Waukesha
5:30 PM - 7:00 PM

Dawn Hendrix, Elder Benefit Specialist with the Waukesha County Aging and Disability Resource Center (ADRC), will be presenting our annual seminar on Medicare basics about open enrollment and information regarding upcoming Medicare changes for 2027.

Reserve your seat by calling 262-378-4841 or emailing cchapman@CitizensBankWI.bank by Oct 28.

Tuesday, November 24, 2026

Smart Seniors

IGET Community Center
2019 Division St, East Troy
1:30PM - 3:00PM

Author Talk - Kathie Giorgio

Kathie is an award-winning novelist, poetess, business owner, mother, advocate, and - most recently - a widow.

Hear her story of life after losing her husband after being struck by a passenger van while walking downtown Milwaukee.

There is no charge to attend and all are welcome, but registration is requested. To reserve your seats, ask questions, or additional details, please contact Cheryl by phone at 262-378-4841 or email at cchapman@citizensbankwi.bank or call IGET at 262-642-2266. Please reserve your spot by Nov. 19.



Bingo! Wed, Jan. 13, 2027

Cost per person - No Charge for GLC members, $5.00 for guests*

Reservation Forms must be received before 5:00PM on Monday, January 4, 2027.

*space is limited, so seats must be reserved in advance.

Doors open at 1:45PM

Bingo from 2:00PM - 4:00PM

Prizes and light refreshments

Location:
Citizens Bank-Waukesha Community Room
2109 Corporate Dr (along Hwy 59)
Waukesha, WI 53189



Movie Matinee - Thur, Mar. 18, 2027

Cost per person - No Charge for GLC members, $5.00 for guests*

Reservation Forms must be received before 5:00PM on Friday, March 5, 2027.

*space is limited, so seats must be reserved in advance.

Doors open at 12:30PM

Movie starts at 1:00PM

Light refreshments provided

Location:
Citizens Bank-Waukesha Community Room
2109 Corporate Dr (along Hwy 59)
Waukesha, WI 53189

The Princess Bride

Filled with true love, adventure, sword fights, comedy, and a Fire Swamp - this movie covers it all with a brilliant cast of characters.

Based on the novel of the same name written by William Goldman and directed by Rob Reiner, this movie enjoyed only modest success when released in 1987. However, it has become a beloved favorite for people of all ages to enjoy. (Medieval costumes entirely optional)

Puzzle Challenge

Congratulations to Merry J. whose name was drawn for last issue's Puzzle Challenge! The solution: **Summer is the annual permission slip to be lazy; to do nothing and have it count for something. To lie in the grass and count the stars. To sit on a branch and study the clouds. ~Regina Brett*

For this issue's puzzle, place each letter in its proper place to solve the quote. Note that there are four squares containing punctuation. Hints: Look for possible word patterns and find single letter words first. Submit your solutions to Cheryl (cchapman@CitizensBankWI.bank) by March 15th to be entered into a drawing for a $10 Culvers gift card! (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

" 5 17 23 23 14 17 21 17 23 9 17 15 21 6 10 10 26 11 15 5 17 20 25 7 3 13 10
21 10 17 21 25 26 . 13 14 10 13 3 11 10 9 14 10 26 10 20 10 7 15 13 14 3 26 18
6 2 7 21 13 21 9 3 13 14 3 13 21 23 17 21 13 6 10 17 2 13 15 17 21 3 5
26 17 13 2 7 10 14 17 16 6 10 10 26 21 17 20 3 26 18 2 22 17 23 23
15 10 17 7 5 25 7 13 14 10 18 7 17 26 16 5 3 26 17 23 10 . "

ACTIVITY LEVELS

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

Low

Walking at a leasurely 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!

Good Life Club Newsletter
Autumn 2026

citizens bank
Good Life Club

P.O. Box 223
Mukwonago, WI 53149

What's Coming Up

Trip/Event		*Reservation Due*
Oct 24	Living with Death	None needed
Nov 4	Medicare Updates	By Oct 28*
Nov 18	Annie	Sold Out
Nov 24	Smart Seniors	By Nov 19*
Jan 13	Bingo	By Jan 4*
Mar 18	Movie Matinee	By Mar 7*

**Currently taking reservations. See inside for details. Phone reservations accepted only for events stating so. 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@CitizensBankWI.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.

ENJOY YOUR GOOD LIFE!

Programs at IGET

In collaboration with the Walworth County ADRC, East Troy Intergenerational Community Center (IGET), and Good Life Club, a series of programs has been created to reach the needs of seniors.

- **Caregiver Support Group** is held the 4th Wednesday of the month from 1:30PM to 2:30PM.
- **Memory Cafe** is held the third Tuesday of the month from 1:30PM to 2:30PM
- **Death Cafe** is held the third Tuesday of the month from 3:00PM to 4:00PM.
- **Smart Seniors** is held on Tuesdays 4 times a year from 1:30PM to 3:00PM. (See Upcoming Programs)

Both the Caregiver Support Group and Memory Cafes are focused on helping those with dementia as well as the people who care for them while Death Cafe is an opportunity to have open discussion about death.

There is no charge to attend. Contact Cheryl by phone at 262-378-4841 or email at cchapman@citizensbankwi.bank or call IGET at 262-642-2266.

Upcoming Programs

October 20 - Memory Cafe
October 20 - Death Cafe
October 24 - Living with Death
November 17 - Memory Cafe
November 17 - Death Cafe
November 24 - Smart Seniors
December 15 - Memory Cafe
December 15 - Death Cafe

Pumpkin Spice

Love it or Leave it?



It seems we weren't even out of summer when a certain well-known coffee chain opened the pumpkin spice door.

Pretty soon it was pumpkin-spice-this and pumpkin-spice-that popping up everywhere you looked.

The craze for pumpkin spice began in 2003 when Starbucks launched the Pumpkin Spice Latte and it hasn't slowed one bit.

Typically, no pumpkin involved but the spices used are warm blends of cinnamon, nutmeg, cloves, ginger, and allspice. All usually used in - of course - pumpkin pie.

Good Life Club Reservation Form

Please reserve ____ seat(s) @ $125.00 per person for "Annie" on November 18, 2026.

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

Sorry – SOLD OUT!

Total enclosed $_____ Pick up point: **Big Bend Only**

Member:_____

Address (include city, state, zip):_____

Phone#: _____ Email Address: _____

EmergencyContact:_____Phone#:_____Allergies:_____

Member 2/Guest: _____

Complete Address:_____

Phone#: _____ 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.

Remember to sign waiver located on back of reservation form.

Good Life Club Reservation Form

Please reserve _____ seats for BINGO! on Jan. 13, 2027.

GLC members complimentary, guests $5.00 Total enclosed $_____

Space is limited, so return your reservation and any payments necessary as soon as possible!

Member: _____ **Member/Guest:**_____

Phone#: _____ Phone#: _____

Emergency Contact: _____ Emergency Contact: _____

Emergency Phone#: _____ Emergency Phone#: _____

Event may be cancelled if minimum requirements are not met. Citizens Bank will not be responsible for any losses, thefts, accidents, illnesses, or injuries that may occur.

Remember to sign waiver located on back of reservation form.

Good Life Club Reservation Form

Please reserve _____ seats for March Movie Matinee on Mar. 18, 2027.

GLC members complimentary, guests $5.00 Total enclosed $_____

Space is limited, so return your reservation and any payments necessary as soon as possible!

Member: _____ **Member/Guest:**_____

Phone#: _____ Phone#: _____

Emergency Contact: _____ Emergency Contact: _____

Emergency Phone#: _____ Emergency Phone#: _____

Event may be cancelled if minimum requirements are not met. Citizens Bank will not be responsible for any losses, thefts, accidents, illnesses, or injuries that may occur.

Remember to sign waiver located on back of reservation form.

Trip and Event Hold-harmless Agreement - Good Life Club "Annie"

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	Member/Guest
_____	_____
Date	Date

Trip and Event Hold-harmless Agreement - Good Life Club "Bingo!"

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	Member/Guest
_____	_____
Date	Date

Trip and Event Hold-harmless Agreement - Good Life Club "March Movie Matinee"

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	Member/Guest
_____	_____
Date	Date