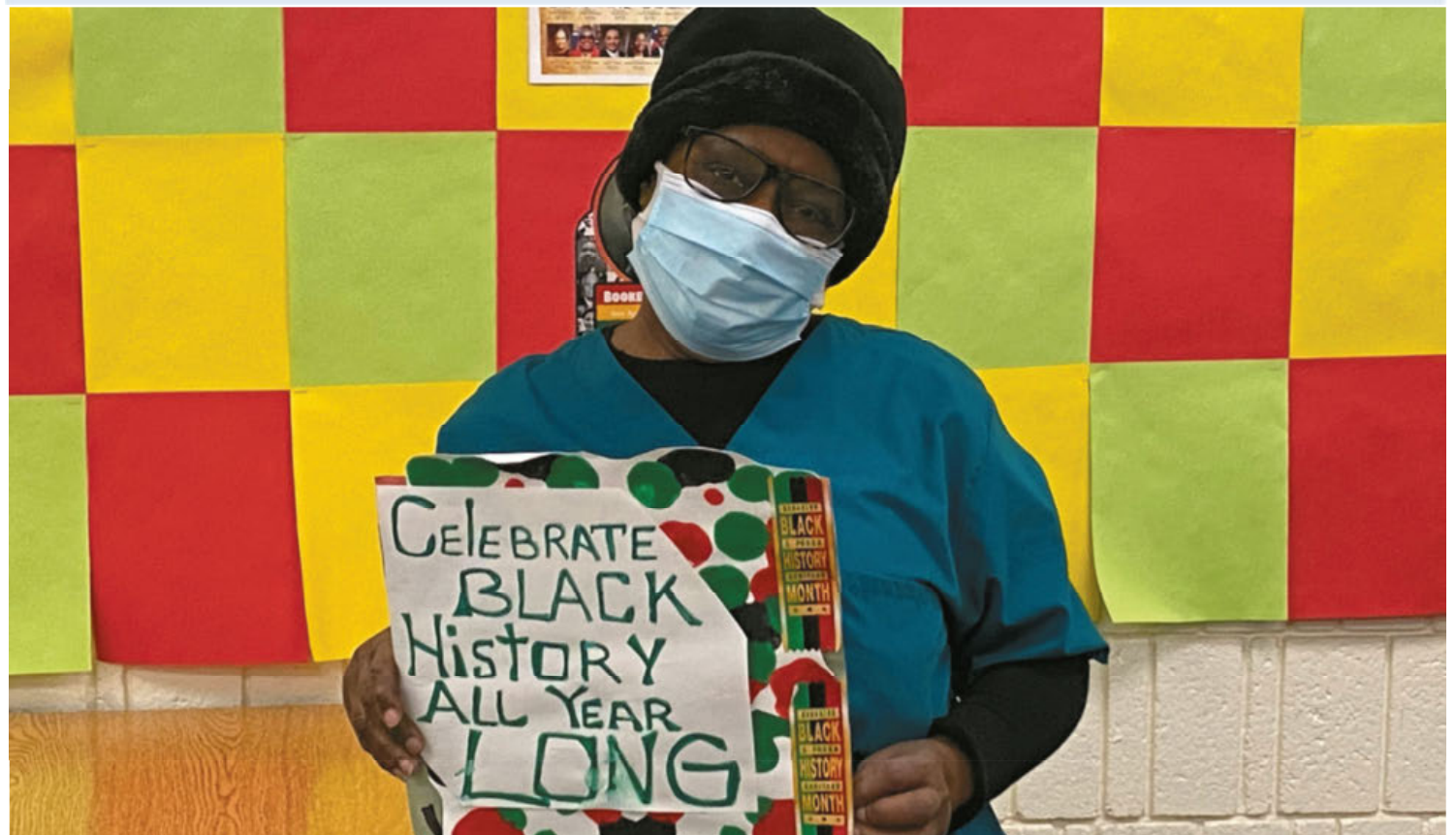




## SERVING OLDER ADULTS OF SOUTHEAST WISCONSIN, INC.

## THE CONNECTION



## OUR MISSION

Our mission is to provide opportunities and services to adults 50 and better.

## OUR VISION

We envision a community where every adult 50 and better will be connected to the resources they need, and the opportunities that interest them, throughout the entire aging process.

### CLINTON & BERNICE ROSE SENIOR CENTER

3045 N Dr. Martin Luther King Drive, Milwaukee, WI 53212  
Main: (414) 263-2255

### KELLY SENIOR CENTER

6100 S Lake Dr, Cudahy, WI 53110  
Main: (414) 481-9611

### WASHINGTON PARK SENIOR CENTER

4420 W Vliet St, Milwaukee, WI 53208  
Main: (414) 933-2332

### MCGOVERN PARK SENIOR CENTER

4500 W Custer Ave, Milwaukee, WI 53218  
Main: (414) 527-0990

### WILSON PARK SENIOR CENTER

2601 W Howard Ave,  
Milwaukee, WI 53221  
Main: (414) 282-5566

## SERVING OLDER ADULTS ADMINISTRATION

**President/CEO:** Cathy Wood

**Chief Financial Officer:** Jodi Bauer

**Director of Senior Centers:** Laz Jackson

**Director of Marketing and Development:** Marsha Bukofzer

**Human Resources Director:** Candace Richards

**Main office:** 4420 W Vliet St, Milwaukee WI 53208



## HOURS

Monday - Friday

8:30 am - 4:30 pm

SOA General Line: 414-704-3343

[www.servingolderadults.org](http://www.servingolderadults.org)

Closed Presidents Day, February 21st

## Check out what's inside

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These Senior Centers are managed by Serving Older Adults of Southeast Wisconsin and funded through Milwaukee County DHHS Division on Aging and other generous donors.

# Upcoming Events

## **Mardi Gras Celebration - Clinton Rose**

*Sponsored Eras Senior Network*

**Tuesday, March 1st, 12:30 - 2:30**

Get ready to celebrate Fat Tuesday, put on your colorful clothes and get ready to have a great time. You won't want to miss this event! Pre-registration is required, deadline to sign up is Feb 25th.

**Registration for second quarter classes begins Tuesday, March 1st. Full details on classes available in the office. - Wilson**

Stained Glass: \$25

Hot Glass: \$25

Guided Art Studio: \$25

Line Dancing: \$12

Paper Crafting: \$15

Ceramics: \$25

# Highlighted Events

## **Valentines Day Celebration - Clinton Rose**

*Hosted by the OG Dance Group*

**Thursday, February 3rd, 12:00 - 2:00**

**Fee: \$10**

"Love is in the air" at Clinton Rose Senior Center, come and celebrate Valentine's day with amazing performances and good food. Pre-registration is required, no tickets will be sold at the door and the deadline to purchase tickets is January 25th or until tickets run out.

## **Black History Celebration - Clinton Rose**

**Wednesday, February 23rd, 12:15 - 1:30**

We will honor and celebrate African American Heritage, come and enjoy a special program filled with love and admiration for our ancestors.

## **Coffee Talk - Clinton Rose**

**Wednesday, February 16th, 11:30**

Valentine's Day is a time for romance, and your family tree is full of romances that brought you here today. Join us for a Coffee Talk where we explore getting started with genealogy. We'll get samples of basic forms, tour some on-line resources, and answer questions you might have about getting started. Focus will be on free resources.

## **Popcorn at the Movies: Moonstruck - Kelly**

**Friday, February 11th, 12:30**

"Moonstruck" follows Loretta Castorini, a bookkeeper from Brooklyn, New York, who finds herself in a difficult situation when she falls for the brother of the man she has agreed to marry. Starring Cher, Nicolas Cage, Danny Aiello, Olympia Dukakis, and Vincent Gardenia.

## **Black History Month Movie Matinee - McGovern**

**Thursday, February 8th, 12:30**

We are showing the movie King Richard. The life story of Serena and Venus Williams. Hope to see you there.

## **Soul Food Day - McGovern**

**Thursday, February 25th, 12:30**

Why is soul food important to culture?

This genre was born out of struggle and survival. Soul food has a rich and important history that ties black culture to its African roots, and that history is deeply reflected in the staples, recipes, and techniques. Let's use those recipes again and bring a dish of your choice for our Soul Food Day. Please be sure to wear your African attire.

## **Move Your Way - Washington**

*An Extension of Hand Weights*

**Fridays, 10:00 - 10:30**

Move your way to get your heart rate up with no rules to follow. Express yourself and enjoy good vibes.

## **Annual Black History Celebration - Washington**

**Date Correction - Tuesday, February 22nd, 12:00 - 2:00**

Join us at Washington Park Senior Center for our Annual Black History Celebration. Enjoy music, entertainment, and guest speakers. We encourage you to invite family and friends. Doors open at 11:00.

## **Black History Movie Marathon - Wilson**

**Fridays, 1:00**

Join us in celebration of Black History month as we showcase movies that are reflective of monumental moments in History.

## **Be Our Valentine - Wilson**

**Monday, February 14th**

Stop by the office to get a sweet treat.



# Staff Changes

We are excited to announce that Diane Chilinski has been promoted to Manager of Washington Park Senior Center. Diane started as the Center Coordinator for Wilson Park Senior Center in April 2021. Before this she owned and operated a children's boutique in Greendale for 10 years. She has a Bachelor's degree in Vocational Rehabilitation from U.W. Stout and was a Vocational Services Coordinator with Waukesha Training Center for 26 years.

We are happy to welcome Diane and can't wait to see what she brings to Washington Park Senior Center.



We are happy to announce that Vevette Hill-Nwagbaraocha will be transitioning back to the role of full-time Manager of McGovern Park Senior Center. With an extensive background working in social services and volunteerism within the Milwaukee community, Vevette's work with older adults officially began at Interfaith in 2016. She went on to become a founding member Serving Older Adults.

We are excited to see her continue to bring great programming, resources, and leadership to McGovern Park Senior Center.



# Clinton & Bernice Rose Senior Center

## **Speak Your Mind**

**Monday - Friday, 8:30 - 1:30**

Here's a time to tell us what's on your mind or maybe you just want to sit and talk with your fellow participants.

## **Library Area**

**Mondays - Friday, 8:30 - 3:30**

We are happy to announce that our Library area located on the second floor upper lobby is open!! Enjoy a peaceful area where you can get lost in a great book.

## **OG Dance Group**

**Monday, 9:30 - 10:30 and**

**Wednesday, 9:30-10:30**

Come dance to the rhythm of R & B music, while staying in step with our all male dance group.

## **Walk with Ease**

**Mondays, Wednesdays, and**

**Fridays, 11:00 - 12:00**

Take an easy walk while listening to R&B music. Walking will improve your overall health, lowering your blood pressure and blood sugar.

## **Billiards Room**

**Monday - Friday, 8:30 - 3:30**

Come on in and chase the eight ball around the table. There are always plenty of friendly faces ready for a pool game.

## **Computer Lab**

**Monday - Friday, 8:30 - 3:30**

Need access to the internet or maybe you just need access to a computer. Our computer lab is here for all of our participants.

## **Open Sewing**

**Mondays, Tuesdays, & Fridays, 9:00 - 3:30**

**Fee: \$8 (4 weeks)**

If you enjoy sewing and being in the company of others who like to sew, then our open sewing room is the place for you. You must have a sewing room orientation before you can join the sewing fun. Please keep in mind open sewing & Miss Daisy's sewing groups are two different groups, if interested in doing both you must pay a total of \$16.00.

## **Roselettes Dance Group**

**Tuesdays and Thursdays, 9:00 - 10:30**

Get up, get your feet moving. Join our group of eloquent lady dancers who dance for enjoyment and community involvement.

## **Wisdom Studies**

**Tuesdays, 9:30 - 10:30**

Embark on a spiritual journey with Rev. Clifton Joseph

## **Bingo**

*Sponsored by Eras Senior Network & WestCare*

**Wednesdays, 9:00 - 10:00**

Let's get ready to play BINGO!! Eras & WestCare will be hosting bingo and providing amazing prizes to the winners. You don't want to miss this amazing opportunity. They will also be sharing resources and answering questions during the bingo games.

## **Senior Striders**

**Wednesdays, 10:00 - 11:00**

Enjoy the benefits of exercising while sitting. This exercise class will help seniors with limited mobility improve their flexibility, strengthen their bodies and improve circulation.

## **Fitness Center Orientation**

*Presented by Eric Pampuch, SOA Health & Wellness Coordinator*

**Wednesdays, 11:00 - 1:00**

It's time to take care of yourself and you can start by getting the muscles working. Our exercise equipment is up to date and always sanitized and ready for your workout. Workout at your own pace.

## **Miss Daisy's Sewing Group**

**Thursdays, 12:00 - 2:00**

**Fee: \$8**

You're invited to join a fabulous group of quilters. Miss Daisy's sewing group specializes in quilting. Miss Daisy's group is a project based group that strictly focuses on group projects. Some sewing skills required. Please keep in mind open sewing & Miss Daisy's sewing groups are two different groups, if interested in doing both you must pay a total of \$16.00.

## **Morning Blend with Hot Topics**

**Thursdays, February 3 & 24, 10:30 - 11:30**

Here's your chance to discuss today's hot topics with a group of your peers. \$1.50 per session buys you a cup of coffee and a donut.

## **Valentines Day Celebration**

*Hosted by the OG Dance Group*

**Thursday, February 3, 12:00 - 2:00**

**Fee: \$10**

"Love is in the air" at Clinton Rose Senior Center, come and celebrate Valentine's day with amazing performances and good food. Pre-registration is required, no tickets will be sold at the door and the deadline to purchase tickets is January 25th or until tickets run out.

## **Health Chat With Dr Hashim Zaibak**

*Hayat Pharmacy*

**Tuesday, February 8, 10:00 - 12:00**

Have questions about the Covid Vaccines, flu shots, or Hayat Pharmacy? Dr Hahism will be onsite to help answer questions and provide information about all the services Hayat has available.

# Clinton & Bernice Rose Senior Center

## Tax Preparation

*Hosted by AARP*

**Every Monday, February 14th - April 11th  
By Appointment Only**

Ready to have your 2021 taxes prepared by a professional tax representative? Contact Clinton Rose to schedule an appointment 414-263-2255.

## Senior Services and benefits

*Hosted by SDC (Social Development Commission)*

**Wednesday, February 16th, 10:00 - 11:00**

Social Development Commission is an agency that provides empowering resources to the community. Learn more about the services and benefits SDC provides.

## Cooking Demonstration w/Chef Marvin "The Unsalted Chef"

*Presented by HEAL (Healthy Eating Active Living)*

**Thursday, February 17th, 10:15 - 11:15**

Learn how to prepare different meals by eliminating loads of sodium while enjoying delicious flavors. Enjoy this cooking demonstration and enjoy a small sample & recipe card after the demo.

## Out & About Travel Committee Meeting

**Thursday, February 17th, 12:15 - 2:15**

Did you miss traveling this year due to the pandemic? Well get ready to start planning the 2022 trips with the travel committee. Let this group sail you away to fun adventures in the upcoming new year.

## Advisory Committee Meeting

**Tuesday, February 22nd, 10:30 - 11:30**

Learn about everything going on at Clinton Rose Senior Center and at the Milwaukee County Division of Aging. Have your voice heard and enjoy being a part of this amazing committee.

## Black History Celebration

**Wednesday, February 23rd, 12:15 - 1:30**

We will honor and celebrate African American Heritage, come and enjoy a special program filled with love and admiration for our ancestors.

<b>Monday</b> <b>9:30-10:30: OG Dance group practice</b> <b>11:00-12:00: Walk with Ease Exercise</b>	<b>Tuesday</b> <b>9:00-10:30: Roselette Dance Group practice</b> <b>9:30-10:30: Wisdom Studies</b>	<b>Wednesday</b> <b>9:00-10:00: Bingo**</b> <b>9:30-10:30: OG Dance Group Practice</b> <b>10:00-11:00: Senior Striders Chair Exercise</b> <b>11:00-1:00: Fitness Center Orientations</b> <b>11:00-12:00: Walk with Ease</b> <b>12:30-2:30: Open Jewelry Making Class**</b> <b>1:00-3:00: Bring your own device day</b>
<b>Thursday</b> <b>9:00-10:30: Roselette Dance Group Practice</b> <b>12:00-3:00: Miss Daisy's Sewing Group**</b> <b>12:15-2:15: Out &amp; About Travel Committee Meeting led by Jackie Trice every 3rd Thursday of the month.</b>	<b>Friday</b> <b>11:00-12:00: Walk with Ease lead by Charlotte Lewis</b> <b>12:00-2:00: Movie Watchers Club</b>	<b>Daily</b> <b>Fitness Center 8:30-3:30 pm</b> <b>Speak your mind 8:30-3:30 pm</b> <b>Billiards Area (This includes pool games, cards, chess, checkers &amp; Dominoes) 8:30-3:30 pm</b> <b>Library Area 8:30-3:30 pm</b> <b>Computer Lab 8:30-3:30 pm</b> <b>Open Sewing 8:30-3:30 pm**</b> <b>Rose Regift Shop open 10:00-3:00 pm</b> <b>11:00-12:00 Curbside dining carry out</b> <b>** These activities have a fee</b>

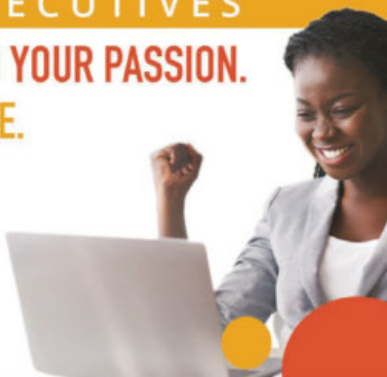


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Serving Older Adults of SE Wisconsin, Milwaukee, WI.

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# Kelly Senior Center

## **Movement & Music: Parkinson Disease Exercise**

*Presented by Wisconsin Parkinson Association*

**Mondays 12:30 - 1:30**

Manage your Parkinson's symptoms and improve the quality of your daily life while having fun! This class incorporates stretches, strength training, posture, balance and walking drills, as well as vocal exercises.

## **Quilt & Sew**

**Monday - Friday, 1:00 - 4:30**

**Fee: \$20 (January - March)**

**Pre-registration required.**

Learn new techniques and patterns to plan or complete their sewing projects. Volunteer instructors are available to help participants on their own machines and train them on shared equipment.

## **Morning Exercise**

**Mondays and Fridays, 8:45 - 10:00**

Get moving with exercise! A variety of Balance, Strength, and Flexibility exercises will help you feel great all day long. Monday morning sessions are followed by Chair Dancing. Friday sessions include a Low Impact Cardio workout.

## **Tai Chi Practice Session**

**Mondays, 10:30 - 11:30**

Tai Chi is a slow-motion, meditative exercise for relaxation and health. This is a guided practice time for Tai Chi practitioners at all levels.

## **Wii Bowling**

**Tuesdays, 1:00 - 2:30**

How about a little competitive sport? Keep your bowling skills sharp in this fun, ongoing series of virtual tournaments.

## **Adaptive Chair Yoga**

**Tuesdays, 10:00 - 11:00**

Students use a chair as a prop to support the practice. Seated and standing postures are incorporated. No matter your experience level or age, a chair can be a useful tool to not only make various movements and poses more accessible, but also enhance your experience throughout the practice. For all levels.

## **Ceramics Studio**

**Tuesdays & Thursdays, 9:00 - 12:00**

**Fee: \$20**

Use ceramic molds, paints and glazes to create artful objects for your home and garden. Fee includes use of the kiln for finishing your ceramics pieces.

## **All Write! Writing Group**

**2nd & 4th Mondays, 10:30 - 12:00**

Do you like to write? All levels of interest are invited and encouraged to come for an hour of fun, easy lessons, writing prompts and idea sharing.

## **Acoustic Music Meetup**

**2nd & 4th Tuesdays, 10:30 - 12:00**

Meet fellow musicians to learn new tunes, share resources and show off your instrument and skills. Bring your ukulele, acoustic guitar or mandolin.

## **Take Off Pounds Sensibly (TOPS)**

**Wednesdays, 9:30 - 11:00**

TOPS can help you reach your weight-loss goals by providing you with the tools, information, support and accountability you need to be successful. Come join Cudahy Chapter 33 weekly meetings. Former, current and new TOPS members are welcome. Enjoy the camaraderie while learning how to live a healthy lifestyle. Pre-registration required.

## **Open Art Studio**

**Wednesdays, 10:00 - 12:00**

All levels are welcome. Join in the fun and get assistance with painting and drawing from experienced artists.

## **Nature Walk in Warnimont**

**Thursdays, 9:00**

We'll walk along the Oak Leaf Trail in beautiful Warnimont Park while enjoying the seasonal sights and sounds of nature. Please dress for the weather and have good footwear for varied terrain.

## **Knit & Crochet**

**Thursdays, 9:00 - 11:00**

It doesn't matter if you are a beginner or seasoned crafter. Experienced knitters and crocheters are on hand to help you make that special project. Come join the fun.

## **Coffee Talk**

**Wednesday, February 16th, 11:30**

Valentine's Day is a time for romance, and your family tree is full of romances that brought you here today. Join us for a Coffee Talk where we explore getting started with genealogy. We'll get samples of basic forms, tour some online resources, and answer questions you might have about getting started. Focus will be on free resources.

## **BINGO!**

**Wednesday, February 16th, 1:00**

*Sponsored by Williamstown Bay*

## **Heart Healthy Cooking Demonstration**

**Wednesday, February 16th, 11:30**

February is American Heart Month! Join Michelle Rimer, Registered Dietitian with the YMCA, as she demonstrates how to prepare heart healthy recipes that participants can sample.

## **Popcorn at the Movies: Moonstruck**

**Friday, February 11th, 12:30**

"Moonstruck" follows Loretta Castorini, a bookkeeper from Brooklyn, New York, who finds herself in a difficult situation when she falls for the brother of the man she has agreed to marry.

## **Kelly Advisory Meeting**

**Wednesday, February 23rd, 1:00**

See old friends, welcome new participants to the family and get all the latest news on center happenings, trips, and upcoming events.



# Kelly Senior Center Daily Schedule

<b>Monday</b> 8:45 Morning Exercise 10:30 Tai Chi Practice 1:00 Dominoes 1:00 Wii Bowling 1:00 Quilt & Sew	<b>Tuesday</b> 9:00 Ceramics * 10:00 Chair Yoga	<b>Wednesday</b> 10:00 Sheepshead 10:00 Art Studio 1:00 Dominoes 1:00 Wii Bowling 1:00 Quilt & Sew *
<b>Thursday</b> 9:00 Knit & Crochet 9:00 Ceramics * 9:00 Nature Walk 10:30 Shuffleboard 1:00 Quilt & Sew *	<b>Friday</b> 8:45 Morning Exercise 10:00 Bridge	<b>Daily</b> Fitness Center Computer Lab Tabletop Games Billiards Social Time *Include a fee



## Volunteer Opportunity

Serving Older Adults of Southeast WI, Inc. is looking for dining volunteers at all the senior centers. Talk to the dining coordinator or senior center manager and join the fun!



# McGovern Park Senior Center

## **Dance For Fun and Fitness**

**Monday, Wednesday, and Friday, 10:00 - 11:00**

Shake up your fitness routine with line-dancing workouts you are sure to enjoy.

## **TOPS**

**Mondays, 9:00 - 10:00**

Take Off Pounds Sensibly is just right for you if you are interested in shedding your COVID pounds or if you simply want to safely and effectively lose unwanted pounds. Best of all, learn health options from supportive TOPS members.

## **Billiards**

**Monday - Friday, 8:30 - 4:00**

If you want to improve your skills or just like shooting around, come join this group of pool players who makes each game fun to play.

## **Drama Club**

**Meet every 1st and 3rd Monday of the month, 11:30 - 12:30**

Have you ever dreamed of being on stage? Here's your opportunity to be a part of our Drama Club. We are looking for participants who would like to take part in one of our upcoming plays. If you are interested in acting, being a makeup artist, or have ideas for a short play we would love to hear from you.

## **Exercises For Seniors**

**Tuesdays, 10:00 - 11:00**

Exercise helps people lose weight and lower the risk of some diseases including high blood pressure, diabetes, and obesity. Give this workout class a try with our experienced instructor and get results.

## **Lapidary/Metalsmithing**

**Tuesdays, 9:00 - 4:00**

Come learn a historical artisan art form of turning precious stones and minerals into masterpieces of artistic expressions. If you like working with your hands to create pure genius, McGovern's metalsmithing and lapidary is a rewarding art form.

## **Sheepshead Card Game**

**Tuesdays and Thursdays, 11:00 - 1:00**

Gather with your peers who love to play sheepshead.

## **(New) Black History Month Movie Matinee**

**Thursday, February 8, 12:30**

We are showing the movie King Richard. The life story of Serena and Venus Williams. Hope to see you there.

## **Sewing/Quilting**

**Wednesdays, 8:30 - 4:00**

Want to get back in the groove again? Come and refresh your skills and bring your new ideas to the table.

## **Open Crafts**

**Wednesdays, 8:30 - 4:00**

If you're a craft lover then you are going to love being a part of our craft making projects. Your craft ideas are welcome.

## **(New) Fabric Journal Covering**

**Every Wednesdays, 1:00**

In this class you will learn how to change something ordinary into something beautiful using fabric.

## **Bingo**

**Every 3rd Thursday 12:30 - 2:30**

Are you feeling lucky? Ready to have some fun and win prizes? Join us and be the first to shout BINGO!

## **Healthy Eating Active Living: Cooking Demonstration**

**Thursday, February 3, 12:00 - 1:30**

Join Chef Marvin as he demonstrates how to cook up a healthy recipe with items from your stockbox. You will enjoy a sample of his delicious recipes.

## **Black History Month Movie Matinee**

**Tuesday February 15, 12:30**

Vel Phillips Dream Big Dreams. The story of a remarkable pioneer, activist, and humanitarian. Let's come together to watch the documentary of Vel Phillips and the struggles she undertook to build a better community for African Americans.

## **Advisory Meeting**

**Thursday, February 17, 9:00 - 10:00**

Learn more about what's happening within the organization and McGovern Park Senior Center. This is the time to have all your questions answered. We hope you join us. We would love to hear from you.

## **Book Club**

**Thursday, February 22nd, 12:00 - 1:30**

The title of this month book is: Ghetto Cowboy by G Neri. Be sure to check your local library for this book.

## **Bible Study**

**Every 1st, 2nd, and 4th, Friday, 10:00 - 11:30**

Looking to grow spiritually? This group will welcome you with a warm heart and answer any questions you may have.

## **Personal Safety Class**

**Fridays, 11:30 - 12:30**

In this class you will learn some unique safety tips you possibly haven't thought of before. This is a very important class if you want to gain more knowledge about how to be safe and protect yourself.

## **Soul Food Day**

**Thursday, February 25, 12:30**

Why is soul food important to culture?

This genre was born out of struggle and survival. Soul food has a rich and important history that ties black culture to its African roots, and that history is deeply reflected in the staples, recipes, and techniques. Let's use those recipes again and bring a dish of your choice for our Soul Food Day. Please be sure to wear your African attire.



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# Wellness Instruction

## Wellness Coordinator Hours

The Wellness Coordinator will be available at each center every week to help with proper machine use and answer any health-related questions, see below for your center's day and hours!

**Wilson** - Mondays from 8:30am - 10:30am

**McGovern** - Tuesdays from 8:30am - 10:30am

**Clinton Rose** - Wednesdays from 8:30am - 10:30am

**Washington** - Thursdays from 8:30am - 10:30am

**Kelly** - Fridays from 8:30am - 10:30am



**Eric Pampuch**

**Health and Wellness Coordinator**

**Phone: 414-522-1639**

**Email: [epampuch@servingolderadults.org](mailto:epampuch@servingolderadults.org)**

## Personal Training

Looking to take the extra step in reaching your goals? Schedule an appointment with the Wellness Coordinator to go over your goals, barriers to exercise, and current injuries. The Wellness Coordinator will create and guide you through a 30-minute, personalized workout plan to reach your goals and get you healthier.

**1 Session - \$20**

**3 Sessions - \$50**

**5 Sessions - \$80**

## Classes and Events

### Clinton Rose Wellness Talks

**Wednesdays from 11:00am-11:30am**

**Starting January 12**

Join Clinton Rose every other week for Wellness talks that will discuss popular health topics and receive a handout to take home.

### Wilson Exercise for Successful Living

**11:15am-12pm Mondays and Fridays**

**Starting January 12**

**2 sessions per week for \$5**

Increase your strength with functional exercises twice a week that will increase your success with daily activities, tasks and improve the quality of your life.

### Clinton Rose Billiards Tournament

**Starts January 26th at 12:00pm**

**Pre Registration required**

Are you the best billiards player around and want to prove it? Join us at Clinton Rose for a friendly billiards tournament and become a champion. \$5 entry fee, winner takes home a cash prize

# Washington Park Senior Center

## **Billiards Lesson**

**Mondays, 9:00 - 10:00**

Learn to play pool with an instructor or work on your skills individually.

## **Chair Arthritis**

**Mondays, 10:00 - 11:00**

Come out and get fit while you sit by doing arthritis exercises that will help reduce joint pain.

## **Yoga**

**Mondays, 9:00 - 10:00**

Yoga classes use gentle movements to improve flexibility, balance, strength and posture. All levels are welcome.

## **(New) Game Day**

**Tuesdays, 11:30 - 2:00**

Enjoy a variety of different card and board games.

## **Advisory Meeting**

**Second Tuesday of the Month, 10:00 - 11:00**

Learn more about what's happening within the organization and Washington Park Senior Center. This is the time to have your concerns and questions answered.

## **Woodshop**

**Monday - Friday, 9:00 - 3:00**

The Woodshop is equipped with the tools you will need to make almost any woodworking project. Call or stop into the office to sign-up.

## **Hand Weights**

**Mondays, Wednesdays, and Fridays,  
11:00 - 12:00**

Get your heart rate up and stay active with this class that will give you a full body workout. All levels are welcome.

## **(New) Move Your Way**

*An Extension of Hand Weights*

**Fridays, 10:00 - 10:30**

Move your way to get your heart rate up with no rules to follow. Express yourself and enjoy good vibes.

## **Valentine's Day Dance**

**Monday February 14, 2022 11:00 - 2:00**

Come out and spread the love on Valentine's Day. Dance the day away. Entertainment will be provided by DJ Terrance. Tickets \$3.00. Pre-registration required.

## **Annual Black History Celebration**

**Date Correction - Tuesday, February 22,  
12:00 - 2:00**

Join us at Washington Park Senior Center for our Annual Black History Celebration. Enjoy music, entertainment, and guest speakers. We encourage you to invite family and friends. Doors open at 11:00.

## **Gospel Choir**

**Tuesdays, 10:00 - 11:00**

Lift every voice and sing! Come join the gospel choir and sing songs of praise and worship.

## **Guitar/Stringed Instruments**

**Tuesdays, 10:00 - 11:00**

Enjoy this open jam session.

## **Chess**

**Tuesdays 10:00 - 1:00**

Join the chess players at Washington Park Senior Center for an intense, friendly game of chess. All levels are welcome.

## **Scrapbooking**

**Tuesdays, 10:30 - 1:30**

Get creative by designing one of a kind pieces that will be with you for years to come. This class is open to all interest and skill levels.

## **Silver Steppers**

**Tuesdays and Thursdays, 10:00 - 11:00**

Get moving with this upbeat line dance class that will whip you into shape while grooving to fun tunes.

## **Quilting**

**Wednesdays, 9:00 - 12:30**

**Fee: \$25 (January-March)**

Quarterly quilting is back and we can't wait to see what you'll make! Join this fun group and bring your creativity.

## **(New) Indoor Seed Cleaning**

**Thursdays, 10:00 - 12:00 (February - March)**

Restoring Our Outdoors Together (ROOT). Join us at Washington Park as we partner with the Urban Ecology Center to clean plant seeds. Have fun and learn from the experts.

## **Harold Kane Billiards Tournament**

**Wednesdays, 12:00 - 3:00, February - April**

**Cost: \$5**

Join the Washington Park pool players for the semi-annual pool tournament. Come out and shoot your best shot. May the best player WIN.

## **Bible Study**

**Thursdays, 10:30 - 11:30**

Enjoy a short lesson and some good conversation, along with hand outs you can take home.

## **Cooking Demonstration with Chef Marvin**

**Thursday, February 10th, 11:00 - 12:00**

Join us for a healthy cooking demonstration where you will learn how to make a simple and delicious meal and enjoy a tasty sample. Pre-registration required.

## **Stained Glass**

**Fridays, 9:00 - 11:00**

**Fee: \$25 (January - March)**

## **Piano**

**Fridays, 9:00 - 3:00**

**Fee: \$32 (4 Weeks)**

Learn to play the piano with individual instruction. Time slots for piano lessons are now available, and fill up quickly, so come to the office to reserve one.

## **Tennis**

**Fridays, 9:00 - 11:00**

Tennis is back in the building. Join the Washington Park Tennis Players in the shuffle board room for a friendly game of tennis.

# Wilson Park Senior Center

## **Beginners Stained Glass**

Are you interested in learning the techniques of working with stained glass? Stop by the office and let us know!

## **Quarterly Quilting**

**Monday, Tuesday, Thursday and Friday (varied times by the day) January - March**

**Fee: \$25 (10 Weeks)**

Learn the art of quilting or sharpen your quilting skills. Let our skilled instructors teach you (classroom).

## **Ceramics Studio**

**Mondays, Wednesdays and Fridays, 9:00 - 3:30, January - March**

**Fee: \$25/13 weeks**

Join us in using your creativity to hand mold pieces of clay into works of art. Fee includes use of the kiln.

## **Hot/fused Glass**

**Monday, 9:00 - 12:00;**

**Wednesdays, 9:00 - 12:00, 1:00 - 4:00**

**Fee: \$25/13 Weeks**

## **Wood Shop**

**Monday - Friday, 9:00 - 3:00 (Subject to change if Hosts are unavailable)**

**Fee: \$25/month**

The Wood Shop is equipped with the tools you need to make almost any woodworking project. New participants must be validated through an orientation of the tools and shop practices prior to registration.

## **Morning Exercise**

**Mondays, Wednesdays, and Fridays, 9:15 - 10:00**

Low impact exercise will help you to get in shape and improve your range of motion and overall health.

## **Intermediate Line Dance**

**Mondays, 10:30 - 12:15, January - March**

**Fee: \$12/13 weeks**

Kick up your heels, get into shape.

## **Open Sew**

**Mondays, 12:00 - 3:00; Tuesdays, 9:00 - 12:00**

**Fee: \$20/10 weeks**

Create your one of a kind projects in the fully equipped sewing studio.

## **Buddhist Meditation**

**Fridays, 1:00 - 2:00, January - March**

**Fee: \$20/8 weeks**

A meditation using all of your senses to dive deep into relaxation and connect to yourself.

## **Sheepshead**

**Mondays and Wednesdays, 1:00 - 3:00**

Calling all Sheepshead players! Plan on joining your fellow players for this spirited game.

## **Low Impact Aerobics**

**Mondays and Thursdays, 1:00 - 2:00**

This gentle form of aerobic exercise is a good overall workout, without stressing out your joints.

## **Guided Art Studio**

**Tuesdays and Thursdays, 9:00 - 3:15**

**January - March**

**Fee: \$25-13 weeks**

Work on your own creative projects, with support as needed from an extremely talented artist.

## **Stained Glass**

**Tuesdays and Thursdays, 9:00 - 4:00**

**January 4th - March 31st**

**Fee: \$25/13 Weeks**

Create beautiful projects using patterns, or your own designs.

## **Paper-crafting**

**Tuesdays, 9:00 - 11:00, January - March**

**Fee: \$10/13 weeks**

Do you love card making, rubber stamping and creating one of a kind projects. Join this group and stamp on!

## **Beginning German Semester**

**Tuesdays, starting January 11th, 1:00**

**Fee: \$10**

Learn the basics of the German Language and culture.

## **Wood Carvers**

**Wednesdays, 9:00 - 11:30**

Create new projects with other wood carvers who share the passion for making unique creations using their hands. All skill levels are welcomed.

## **Wilson Senior Center Advisory Meeting**

**Wednesday, February 16th, 10:00 - 10:30**

This is a great opportunity to get involved in your senior center; hear updates, stay informed and ask questions. You may attend in person or virtually.

## **Guitar Jam**

**Friday, 10:00 - 12:00**

Come join in with a group of folks who love to play guitar; all levels welcome to join in on the fun.

## **History Movie Marathon**

**Fridays, 1:00**

Join us as we showcase movies that are reflective of monumental moments in History.

## **Advanced German Semester**

**Thursdays, 9:15**

**Fee: \$10**

Continue your journey in exploring the German language.



# Wilson Park Senior Center Daily Schedule

## Ukulele

**Thursday 1:30 - 2:30**

Bring your ukulele, sing along or just listen to the relaxing sounds of this fun Hawaiian instrument.

## National Carrot Cake Day

**Thursday, February 3rd, 1:00**

Join us in celebration of this tasty treat. First come, first serve, while supplies last.

## Be Our Valentine

**Monday, February 14th**

Stop by the office to get a sweet treat.

## National Random Act of Kindness Day

**Thursday, February 17th**

Help us spread extra kindness this month by helping us fill our wall of kindness with different ways to brighten someone's day. Stroll through the wall and get inspired to carry out an act of kindness and share your story with us.

**Registration for second quarter classes begins Tuesday, March 1st. Full details on classes available in the office.**

Stained Glass \$25

Hot Glass \$25

Guided Art Studio \$25

Line Dancing \$12

Paper Crafting \$15

Ceramics \$25

<b>Monday</b> 8:30 Walking Group 9:00 Scrabble 9:00 Ceramic Studio* 9:00 Fused Glass* 9:00 Quilting* 9:15 Morning Exercise 10:20 Intermediate Line Dancing* 11:00 Open Sew* 12:00 Sheepshead 1:00 Low Impact Aerobics	<b>Tuesday</b> 8:30 Walking Group 9:00 Paper Crafting* 9:00 Stained Glass Studio* 9:00 Open Sew* 10:00 Garden Club (2nd/4th) 11:30 Threads of Compassion 11:30 Guided Art Studio 12:30 Sojourn Bear Group 1:00 Beg. German* 1:00 Quilting*	<b>Wednesday</b> 8:30 Walking Group 9:00 Wood Carving & Burning 9:00 Scrabble 9:00 Ceramic Studio* 9:00 Fused Glass* 9:15 Morning Exercise 10:00 Book Club (3rd) 10:30 Knit & Crochet 10:30 Hot Glass* 12:00 Sheepshead 12:30 Sojourn Bear Group 1:00 Model Railroad 1:00 Fused Glass*
<b>Thursday</b> 8:30 Walking Group 9:00 Weaving* 9:00 Adv. Beg. Tap Dance* 9:00 Plastic Canvas 9:00 Stained Glass* 9:00 Quilting* 9:15 Adv. German* 9:45 Int. / Adv. Tap Dance* 10:30 Beg. Tap Dance* 11:30 Guided Art Studio 12:30 Dartball* 1:00 Low Impact Aerobics Model Railroad Ukelele	<b>Friday</b> 8:30 Walking Group 9:00 Ceramic Studio* 9:00 Mah Jong 9:00 Open Glass Studio* 9:00 Scrabble 9:00 Quilting* 9:15 Morning Exercise 10:00 Guitar Jam Session 12:30 Bridge 1:00 Buddhist Meditation* Movie	<b>Daily</b> 8:30 Fitness Center, Billiards, Library, Computer Lab,  9:00 - 3:00 Wood Shop * 10:00 - 2:00 Re-Gift Shop 11:00 - 12:00 Lunch (curside)*  *Fee/Preregistration Required (Classes have a start and end time) **Pre-registration required



# About Tech Connect for Older Adults

Technology continues to be more and more vital to the way we communicate, shop, conduct business and learn; however, with these advancements comes new terms, more options, and potential for scams or mistakes. This can be intimidating for new users and prevent them from diving deeper into world of technology. Serving Older Adults is ready to meet that challenge and give tech users peace of mind by bringing information to participants in an easy to understand way.

In April of 2021, SOA created a brand-new program, Tech Connect for Older Adults, that offers learning opportunities and gets participants on the right technological track. Tech Connect offers classes and one-on-one training to make sure that the questions you have about your phone, computer, TV, and more are answered. Look at the new opportunities below to see our exciting new programming.

**iPad Program:** Check out one of the newest iPad models, free, for 6 weeks. While active in this program, instructors will be available by appointment to help you navigate the iPad. Don't have internet at home? SOA has partnered up with the Milwaukee Public Library to make hot spots available that will temporarily provide you with free internet! Once you have an iPad and internet, you're free to explore the vast information available on the internet.

**Bring Your Own Device Day:** Technology can be frustrating and we're here to help. Schedule your own private tutoring session to help answer any lingering questions about your device. We are experienced with all phones and computer operating systems and can solve your tech issues. Schedule at your center's front desk!

**Tech Training:** Once a month, the SOA Technology department holds special classes that help make sense of the most popular websites. Learn how to navigate Google maps to get where you're going or discover which technology is the best to purchase. These classes will be ongoing and different topics will be available every month.

Whether you are a beginner or someone who has been using tech for years, our tech programs will be able to get you started and answer your burning questions or concerns. Check out your connection or front desk for more details and come down to one of our centers to reboot your interest in technology!

To view all our Tech Connect programs or to schedule a class, visit [Servingolderadults.org/techconnect](https://Servingolderadults.org/techconnect).





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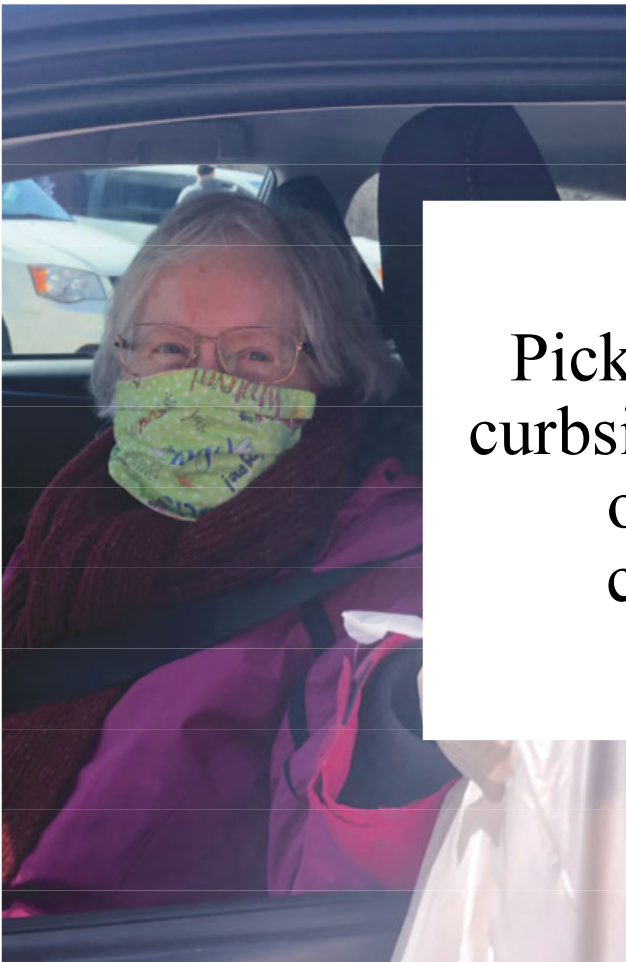


# Dining at the Five Senior Centers

We would like to welcome anyone 60 or better to receive a delicious, nutritious, and balanced lunch, available at any of our five senior centers as part of Milwaukee County's Senior Dining Program. Currently, all of our dining sites are closed for dine-in; however, we are still providing nutritious meals through a drive-thru service. Reservations must be made between 9:30 – 11:00 am the day prior to dining. There is a suggested contribution of \$3 for diners 60 and over and a cost of \$8 for their guests under 60. Call your center for more information or to make a reservation.

## PLEASE CALL AHEAD:

Clinton Rose	414-263-2255	Dining Site Coordinator: Alice Love
Kelly	414-483-3532	Dining Site Coordinator: Julie Ann Jacobs
McGovern	414-527-0990	Center Coordinator: Pat Dixon
Washington	414-933-2332	Center Coordinator: Camille Jackson
Wilson	414-282-5566	Dining Site Coordinator: Letti Orozco



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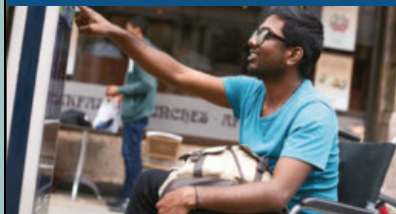
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# MILWAUKEE COUNTY SENIOR DINING

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# FEBRUARY



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 <b>MyPlate.gov</b> <a href="#">find us on facebook</a>	<b>1</b> Tuna Salad Whole Grain Bread Marinated Veggies Pretzels Snickerdoodle Cookie Applesauce	<b>2</b> Asian Chicken Salad <i>Grilled Chicken, Mixed Greens, Mandarin Oranges, Vinaigrette, Chow Mein Noodles, Almonds</i> Poppy Seed Roll Fruit Punch Fruit Fluff	<b>3</b> Submarine Sandwich w/Lettuce & Tomato Rainbow Coleslaw Pickle Spear Banana Chocolate Pudding	<b>4</b> Egg Salad Marble Rye Bread Marinated Bean Salad Broccoli Sun Chips Orange
<b>7</b> Shaved Ham on Wheat w/Mustard Marinated Carrot Salad American Potato Salad Rice Krispie Treat Apple	<b>8</b> Sliced Turkey Mayo Sesame Bun Cauliflower Red Cabbage Slaw Apple Juice Blueberry Yogurt	<b>9</b> Chef Salad <i>Mixed Greens, Julienne Ham, Turkey, Egg, Cheese, Tomato, Croutons, Ranch</i> 7-Grain Bread Cottage Cheese Chilled Peaches	<b>10</b> Chicken & Cheese Tortilla Wrap Black Bean Salad Carrots Mandarin Oranges w/Pineapple Loma Doone Cookies	<b>11</b> Roast Beef w/Horseradish Sauce Kaiser Roll Pea & Cheese Salad Juice Fruit Cocktail Oatmeal Raisin Cookie
<b>14</b> VALENTINE'S DAY Cheddar & Swiss Wheat Bread Cherry Tomatoes Broccoli Salad Orange Juice Valentine's Day Treat	<b>15</b> Spring Primary Election Peanut Butter & Jelly English Muffin Kidney Bean Salad String Cheese Granola Bar Diced Pears	<b>16</b> Turkey BLT Salad <i>Chopped Turkey, Bacon, Romaine, Tomato, Cheese, Ranch Dressing</i> Bran Muffin Cinnamon Apple Slices Orange Jello	<b>17</b> Tuscan Tortellini Salad <i>Cheese Tortellini, Spinach, Pepperoni, Salami, Olives, Mozzarella, Parnesan</i> Vienna Bread Chocolate Chip Cookie Grapes	<b>18</b> Ham Salad Rye Bread Pasta Salad Baby Carrots Sugar Cookie Banana
<b>21</b> Closed Presidents Day	<b>22</b> Chicken Salad Sourdough Bread Broccoli Slaw Pickled Beets Pretzels Dutch Apple Pie	<b>23</b> Big Mac Salad <i>Ground Beef, Romaine, Onion, Pickle, Cheddar, 1,000 Island Dressing</i> Crusty Roll Cran-Apple Juice Clementine	<b>24</b> Chicken Fajita Salad with Black Beans Tortilla Chips Tropical Fruit Cocktail Iced-Banana Cake	<b>25</b> Tuna Salad Italian Bread Tossed Salad/Dressing w/Grape Tomatoes Fresh Pear Cereal Bar
<b>28</b> Turkey Salad 7-Grain Bread Carrot Raisin Salad String Cheese Pineapple Tidbits Graham Crackers	<div> <div> <h2>RESERVATIONS REQUIRED</h2> <p> 24-Hours Prior</p> <h1>CALL SITE</h1> </div> <div> <p>Suggested Contribution</p> <h2>\$3.00</h2> <p>60+</p> </div> </div>			

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All centers have rental availabilities. Call the center you're interested in or visit [servingolderadults.org/facility-rentals/](http://servingolderadults.org/facility-rentals/) for more information.

## Stockboxes



A Stockbox is a box of healthy foods that Hunger Task Force delivers to low-income seniors free of charge. Each box contains 16 nutritious items including rice, cereal, juice, beef stew, pasta and vegetables. Every month, nearly 9,000 boxes are delivered to seniors in Southeastern Wisconsin. Each of our five senior centers participate in a Stockbox distribution day once a month. Please contact the center nearest you for more information.

### In order to qualify for a Stockbox you must:

- Be 60 or better
- Live in the Milwaukee area
- Meet certain income requirements:

Clinton Rose Senior Center	Thursday, Feb. 3rd, 11:00 - 12:30
Washington Senior Center	Tuesday, Feb. 1st, 9:30 - 10:30
Wilson Senior center	Tuesday, Feb. 15th, 10:00 - 11:00
Kelly Senior Center	Thursday, Feb. 17th, 12:30 - 1:30
McGovern Senior Center	Thursday, Feb. 24th, 12:00 - 1:00

Household Size:	Monthly Income:
1	\$1,383
2	\$1,868
3	\$2,353



# ACTIVITY CORNER



## BEAT THE WINTER BLUES

Seasonal Affect Disorder (SAD), often called the winter blues, is something that affects about 20% of Americans. When the weather turns cold, the days get short, and we spend more time inside, many people begin to feel anxious, tired, depressed, or just generally sad. It's important to recognize these feelings and address them in order to live a happy healthy life throughout the whole year, not just during the summer months.

Below are a list of activities to help ward off those blue times, but if you feel self-care is not enough please reach out to your physician.

- **Try a Lightbox:** Also known as phototherapy boxes, these devices give off light that mimics sunshine and can help in the management of SAD, according to the Mayo Clinic.
- **Use Dawn Simulators:** These devices are alarm clocks, but rather than waking you abruptly with beeping or loud music, they produce light that gradually increases in intensity, just like the sun.
- **Prioritize Social Activities:** Finding creative ways to stay connected with others during times of increased isolation is important.
- **Add Aromatherapy to Your Daily Routine:** A review published in the Yale Journal of Biology and Medicine indicates that essential oils could help lessen symptoms of depression, anxiety, and sleep problems.
- **Stick to a Schedule:** People who live with SAD often have trouble sleeping at night and getting up in the morning. Maintaining a regular schedule improves sleep, which can help alleviate symptoms of seasonal depression.
- **Get Moving:** Outdoor exercise is most helpful for relieving SAD symptoms. But if you can't exercise outside because it's cold or snowy, try using a treadmill, stationary bike, or elliptical machine set close to a window at home or at the gym.
- **Let the Sunshine In:** when you're indoors, keep your blinds open to let in as much natural light as you can. And if you're working remotely, choose a workspace near a source of natural light if possible.
- **Keep a Journal:** Writing down your thoughts can have a positive effect on your mood and can help get some of your negative feelings out of your system.

## IN HISTORY: FEBRUARY

**February 3, 1984:** "Challenger 4" was launched as the tenth space shuttle mission.

**February 5, 1953:** The Walt Disney film "Peter Pan" opened at the Roxy Theatre.

**February 6, 1943:** Frank Sinatra was heard singing for the first time on a radio program.

**February 7, 1984:** Space shuttle astronauts made the first untethered spacewalk.

**February 8, 1952:** Queen Elizabeth II ascended to the British throne.

**February 9, 1885:** William G. Morgan invented a game called "mintonette" the predecessor to current-day volleyball.

**February 11, 1943:** General Dwight David Eisenhower was selected to command the allied armies in Europe.

**February 12, 1879:** The first artificial ice rink opened in North America at Madison Square Garden.

**February 13, 1741:** The first magazine in the U.S., "The American Magazine," was published in Philadelphia, Pennsylvania.

**February 15, 1946:** Edith Houghton was signed as a baseball scout by the Philadelphia Phillies, becoming the first female scout in the major leagues.

**February 21, 1965:** Malcolm X was assassinated while delivering a speech at the Audubon Ballroom in New York City.

**February 23, 1954:** The first injections of the new polio vaccine developed by Dr. Jonas Salk were given to a group of children in Pittsburgh, Pennsylvania.

**February 24, 1981:** Buckingham Palace announced the engagement of Prince Charles to Lady Diana Spencer.

**February 27, 1922:** The 19th Amendment to the Constitution was passed, giving women the right to vote.

**February 28, 1993:** U.S. Federal agents raided the compound of an armed religious cult in Waco, Texas.

**February 29, 1968:** The Beatles' "Sgt. Pepper's Lonely Hearts Club Band" becomes the first rock LP to win a Grammy Award for Album of the Year.



# CROSSWORD PUZZLE

## ACROSS

- 1 Greek letter
- 4 Eastern bishop's title
- 8 Indian music
- 12 Handle
- 13 City on the Rhine
- 14 Stench
- 15 Camel hair cloth
- 16 Trave
- 18 Olive color
- 20 Ger. dive bomber
- 21 Witless chatter
- 23 Boys' author
- 27 Elide (2 words)
- 32 Killer whale
- 33 Buddhist column
- 34 Nape
- 36 Atl. Coast Conference (abbr.)
- 37 Anatomy (abbr.)
- 39 Channel islands
- 41 Bless: Yidd.

- 43 Central nervous system (abbr.)
- 44 Enamel (Fr.)
- 48 Abstract being
- 51 Lamia (2 words)
- 55 Brown
- 56 Card
- 57 Norse epic
- 58 Vanity
- 59 Circular motion
- 60 Thoroughfare
- 61 Cut

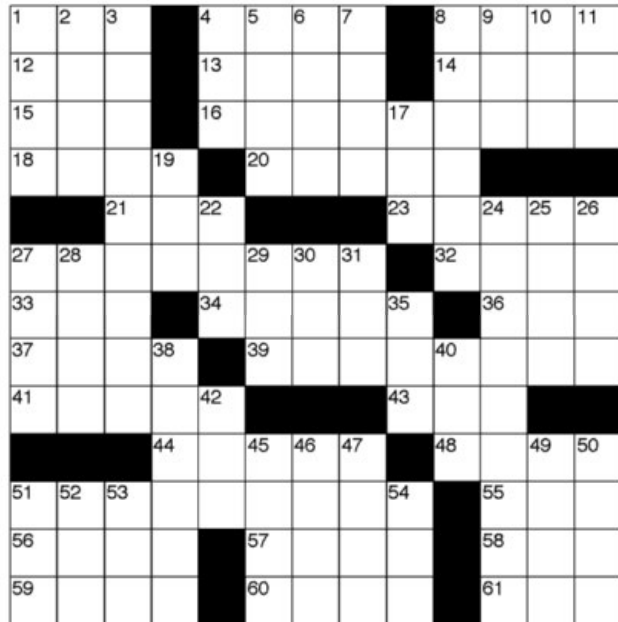
## DOWN

- 1 Interpret
- 2 Jap. pit viper
- 3 Monkey
- 4 Amer. Kennel Club (abbr.)
- 5 Round Table knight
- 6 Stigma
- 7 Korean apricot
- 8 Tropical fish
- 9 "Fables in Slang" author

## ANSWER TO PREVIOUS PUZZLE

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

- 10 Port. colony in India
- 11 Limb
- 17 Jamaican dance music
- 19 Lug
- 22 Kidney bean
- 24 Culm (2 words)
- 25 Lo (Lat.)
- 26 Blue
- 27 Thick slice
- 28 Bowling alley
- 29 Geode
- 30 Medieval shield
- 31 Fluidity unit
- 35 Amer. Red Cross (abbr.)
- 38 Sleeping sickness fly
- 40 Compass direction
- 42 Her Majesty's Ship (abbr.)
- 45 Mime
- 46 Iodine (pref.)
- 47 Wife of Tyndareus
- 49 Farinaceous food
- 50 Enough (Scot.)
- 51 Cask
- 52 Noun-forming (suf.)
- 53 Aura
- 54 Angry



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A55

## ENIGMA<sup>TM</sup> CRYPTOGRAM

Enigma cryptograms are created from quotations and proverbs from around the world. Each letter stands for another letter. *Hint: "Z" = "S"*

"VY TGG UMH PHMC CRTW MTIR ZTVK  
JY WRM JWRMA, WRMAM CJEKG HJW  
FM YJEA YAVMHKZ VH WRM CJAGK."  
— FGTVZM NTZITG

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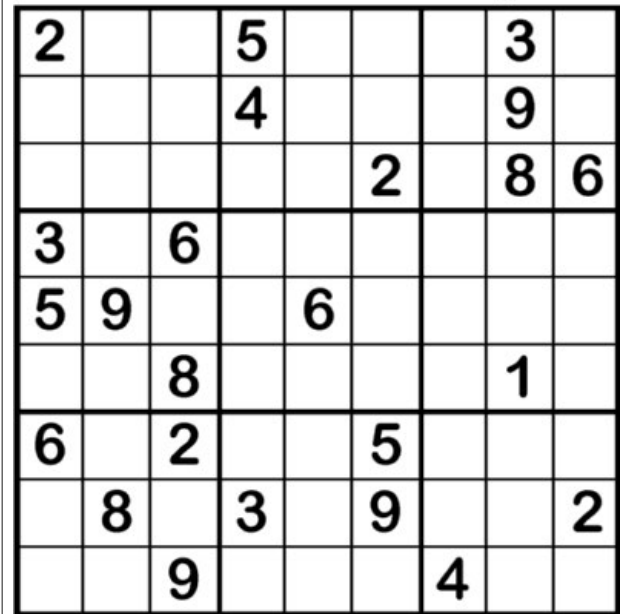
E022

# Activity Corner

Answers can be found on page 26

## Sudoku

Fill in the grid so that every row, column and 3x3 box contains the numbers 1 through 9.

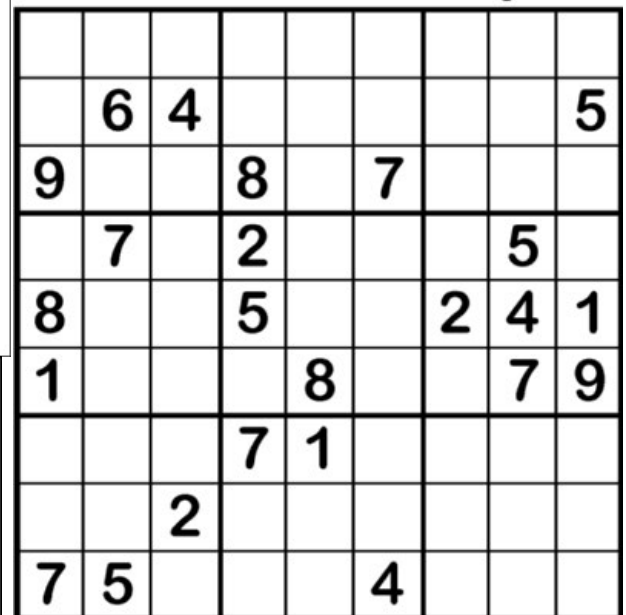


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DIFFICULTY: ★★☆☆

## Sudoku

Fill in the grid so that every row, column and 3x3 box contains the numbers 1 through 9.



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# Community Partners

Our community partners are a large part of how we are able to provide services to older adults. Whether it is through furthering education, giving donations, sponsoring events, or spreading awareness, our community partners have stepped up to support older adults in our community, and for that we thank you.



MILWAUKEE COUNTY  
Department on Aging



**Marjorie L. Christiansen  
Foundation**



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All Well Basic Health  
Alzheimer's Association  
Anthem Blue Cross Blue Shield  
Ascension Healthcare  
Aurora Health Care  
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Cudahy Health Department  
Cudahy Place Senior Living  
Direct Supply  
Eras Senior Network  
Franciscan Villa  
Harbor Chase  
Hayat Pharmacy  
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Howard Village  
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Walgreens  
WestCare  
Williamstown Bay  
Wisconsin Institute for Healthy Aging  
YMCA of Metropolitan Milwaukee

***Thank you!***

# Answers

"If all men knew what each said of the other, there would not be four friends in the world." — Blaise Pascal

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

Answer to Sudoku

5	8	7	6	4	2	1	9	3
2	6	4	1	9	3	7	8	5
9	1	3	8	5	7	6	2	4
4	7	9	2	3	1	8	5	6
8	3	6	5	7	9	2	4	1
1	2	5	4	8	6	3	7	9
6	9	8	7	1	5	4	3	2
3	4	2	9	6	8	5	1	7
7	5	1	3	2	4	9	6	8

Answer to Sudoku

2	6	1	5	9	8	7	3	4
8	5	3	4	7	6	2	9	1
9	7	4	1	3	2	5	8	6
3	1	6	7	8	4	9	2	5
5	9	7	2	6	1	8	4	3
4	2	8	9	5	3	6	1	7
6	4	2	8	1	5	3	7	9
7	8	5	3	4	9	1	6	2
1	3	9	6	2	7	4	5	8



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This project was supported, in part by grant number 90MPPG0041-01-00, from the U.S. Administration for Community Living, Department of Health and Human Services, Washington, D.C. 20201.



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# Thank you to our many partners!

We wish to thank all of our partners. Without your support we would not be able to provide vital programs and services to older adults in our community. This list represents all who donated from November 2020 - October 2021. We made every attempt to recognize all donors. If your name was missed, please contact us at 414-301-1404 or email [Development@servingolderadults.org](mailto:Development@servingolderadults.org).

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- Transportation
- Assistance for legal or financial issues
- Resources for those with dementia and their caregivers
- Services in your home: medical or non-medical
- Chores: housekeeping, errands, shopping
- Resources for your safety or another older adult's safety
- Long term care programs

**For these and any other questions you might have, call us at (414) 289-6874.**



MILWAUKEE COUNTY  
**Department on Aging**

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# Center Locations



## **CLINTON & BERNICE ROSE SENIOR CENTER**

3045 N Dr. Martin Luther King Drive

Milwaukee, WI 53212

Main: (414) 263-2255

Email: [Clintonrose@servingolderadults.org](mailto:Clintonrose@servingolderadults.org)

Manager: Sheila Carter

Center Coordinator: Julia Guyton



## **KELLY SENIOR CENTER**

6100 S Lake Dr, Cudahy, WI 53110

Main: (414) 481-9611

Dining: (414) 483-3532

Email: [Kelly@servingolderadults.org](mailto:Kelly@servingolderadults.org)

Manager: Miriam Kaja

Center Coordinator: Vacant



## **MCGOVERN PARK SENIOR CENTER**

4500 W Custer Ave, Milwaukee, WI 53218

Main: (414) 527-0990

Email: [Mcgovern@servingolderadults.org](mailto:Mcgovern@servingolderadults.org)

Manager: Vevette Hill-Nwagbarocha

Center Coordinator: Pat Dixon



## **WASHINGTON PARK SENIOR CENTER**

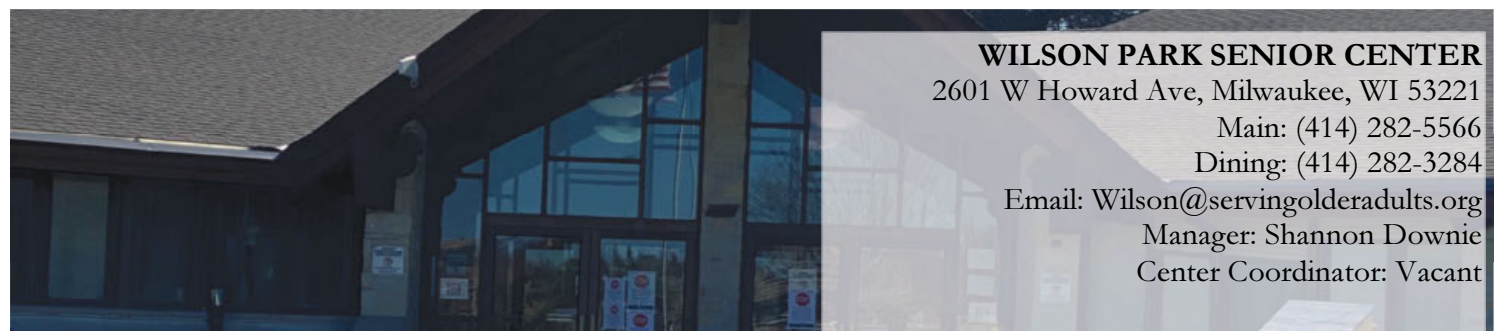
4420 W Vliet St, Milwaukee, WI 53208

Main: (414) 933-2332

Email: [Washington@servingolderadults.org](mailto:Washington@servingolderadults.org)

Manager: Diane Chilinski

Center Coordinator: Vacant



## **WILSON PARK SENIOR CENTER**

2601 W Howard Ave, Milwaukee, WI 53221

Main: (414) 282-5566

Dining: (414) 282-3284

Email: [Wilson@servingolderadults.org](mailto:Wilson@servingolderadults.org)

Manager: Shannon Downie

Center Coordinator: Vacant



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**I/We wish to make a contribution to SOA in support of services for older adults in our community.**

***Please use my donation at:***

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|---|--|
| <input type="checkbox"/> Agency-wide                | <input type="checkbox"/> McGovern Park Senior Center   |
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| <input type="checkbox"/> Kelly Senior Center        | <input type="checkbox"/> Wilson Park Senior Center     |

## MY DONATION:

- |  |   |
|--|---|
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| <input type="checkbox"/> \$50 - Associate  | <input type="checkbox"/> \$1,000 - Connector  |
| <input type="checkbox"/> \$100 - Friend    | <input type="checkbox"/> \$5,000 - Benefactor |
| <input type="checkbox"/> \$250 - Companion | <input type="checkbox"/> \$10,000 - Champion  |
- ☐ Other: \_\_\_\_\_

Name(s) (how you would like to be acknowledged)

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Donation ☐ in honor of ☐ in memory of

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☐ One time donation ☐ Monthly

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Exp. Date \_\_\_\_\_ CVV# \_\_\_\_\_

Signature \_\_\_\_\_

Telephone: \_\_\_\_\_

Please charge my credit card for my one-time donation of  
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Please charge my card \$ \_\_\_\_\_

Per: Month Quarter \_\_\_\_\_ Number of Times

For a Total Donation of \$ \_\_\_\_\_

Donors will be recognized each month on the Partnership pages of *The Connection*. Acknowledgement boards at each senior center will list contributors who donated to that specific center and those who contributed to wherever it is most needed at SOA.



***Let's age well together!***

Our Partnership Program allows you to partner with SOA to help fulfill our vision of a community where every adult 50 and better will be connected to the resources they need and the opportunities that interest them, throughout the entire aging process.

The Partnership Program gives you the opportunity to place your donation with the center you value, with a center that needs help, or where the need is the greatest.

Please consider partnering with SOA by tearing and filling out this form, and returning it to the front desk of your senior center, or mail to:

SOA Partnership Program  
4420 W Vliet St  
Milwaukee Wi, 53208

\*See our Partner pages for a complete list of partners.

thank  
you!