



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

Closures: January 17th

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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.

UNDERSTANDING OUR FUNDING



Recently, we have received many questions about why SOA does fundraising when we receive funding from Milwaukee County. Read below for an explanation and call us if you want more information.

We are honored and humbled to have received a contract from Milwaukee County DHHS Division on Aging for the past 3 years to provide programming at the five County-owned senior centers and to provide meals at those centers. We are excited that we will be awarded the contract again for 2022. Unfortunately, the contract amount does not cover the full cost of operating the centers. Our funding from Milwaukee County covers approximately 74% of the annual budget needed to keep the senior centers open, meals served, and classes and programs going. Additionally, our contract has not increased since 2019 while costs for things such as health insurance, cleaning and activity supplies, and building services such as phones, waste removal, and internet continue to increase.

This makes it necessary for SOA to raise additional monies. We are not alone. The County provides funding to many other organizations, such as Milwaukee County Federated Library System, Milwaukee Public

Museum, and the Milwaukee County Zoo and they too must request donations and private funding to help them sustain their operations.

Throughout the year, we have campaigns like #GiveTen, our Partnership Program, and our Year-End Campaign. We also ask for grant funding throughout the year from local foundations, organizations, and businesses to enhance the programming offered. In 2021, we were very grateful to secure funding from two local foundations to start the Tech Connect for Older Adults Program which provides access to computer tablets and technology training for older adults. Fundraising is a vital part of what we do and allows us to continue to provide interesting and accessible programming for older adults in our community.

We invite you to make a year-end gift to support programming and services for older adults. Thanks to the generosity of a group of donors, every dollar donated between now and the end of the year will be matched dollar-for-dollar up to \$7,500, which will double your impact. We are grateful to all those who join us in making sure older adults have the opportunities and resources they need to age well!

2022 SMARTPHONE SHUT-OFFS

TECH CONNECT FOR OLDER ADULTS

WILL YOUR PHONE WORK IN 2022?

by Mike Prudhom, Tech Connect Manager

Starting in 2022 you may find your cell phone affected by some changes major service providers are implementing. This will affect phones on these networks that use 2G or 3G services. If you have phone service through AT&T, T-Mobile, Sprint, or Verizon, your phone might be affected by these changes and you should give your provider a call.

Check-out the dates each carrier expects to shut down their networks.

Looking to get a better understanding of your smartphone? Check-out Tech Connect's latest class "Smartphone Introduction" by going to servingolderadults.org/techconnect



- AT&T, Sprint, and Verizon have stopped servicing 2G already.
- AT&T will shut down 3G after February 2022.
- Sprint 2G/3G network shutdown date is April 1, 2022.
- T-Mobile 3G network shutdown date is April 1, 2022.
- Sprint 4G LTE network will sunset on June 30, 2022.
- T-Mobile 2G network shutdown date is January 1, 2023.
- Verizon 3G network will sunset as of January 1, 2023.

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

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

Monday, Tuesday, & Friday 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. 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 and Miss Daisy's sewing groups are two different groups, if interested in doing both you must pay a total of \$16.00.

New Years Mix & Mingle Partnership Kick-Off

Tuesday, January 4, 10:00-11:00

We are encouraging everyone to become a partner for 2022, please make your \$25 contribution to the partnership program which helps to support the center and also we want to support our dining site program with contribution as well. *Light refreshments served*

Lobby Talks with Eric Pampuch

"Let's Talk Carbs"

Wednesday, January 12, 12:15

One on One Outreach with MCDA

Hosted by Andrew Bethke: Outreach worker of Milwaukee Division on Aging

Thursday, January 13, 9:00 -10:00

A representative from MCDA will be onsite to answer questions and provide resources from the Division on Aging.

Morning Blend with Hot Topics

Thursday, January 13 & 27 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.

Martin Luther King Day Celebration

Movie Matinee

Tuesday, January 18, 12:00-1:00

Let's gather together to celebrate the life of an amazing leader who fought for freedom. Movie snacks will be available for purchase.

Clinton & Bernice Rose Senior Center

Cooking Demonstration w/ Chef Marvin "The Unsalted Chef"

Presented by HEAL (Healthy Eating Active Living)

Thursday, January 20, 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 and recipe card after the demo.

Out & About Travel Committee Meeting

Thursday, January 20, 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, January 25, 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.

Clinton Rose Billiards Tournament

Hosted by Eric Pampuch

Wednesday, January 26, 12:00

Buy in \$5

Get ready to sign up to be a part of the Clinton Rose pool tournament. The buy-in cost is \$5 and the winner takes home the title of champion and a cash prize. Please come to the office to sign up and the deadline to sign up is January 18th. **Pre Registration required**

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

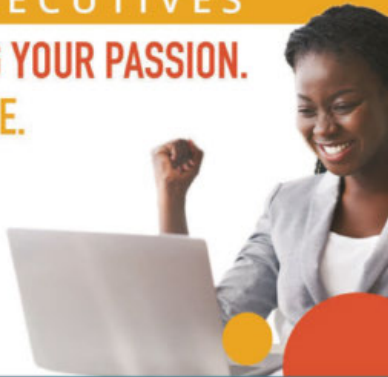


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Serving Older Adults of SE Wisconsin, Milwaukee, WI.

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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)

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.

Pre-registration required.

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 (4th Quarter)

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.

Winter Book, Puzzle and Craft Supply Fair

Wednesday, January 12th 9:00 - 1:00

It's time to stock up on activities before the coldest winter days are here! Stop in and browse our selection of books, puzzles and a wide variety of craft supplies - some new, some lightly used and some rare vintage finds. We will make sure to have plenty of hot coffee on hand to keep you warm.

Coffee Talk

Wednesday, January 19th 11:30

Join us for a cup of coffee and learn more about all the recreation, socialization and wellness activities available for older adults in Milwaukee County. Presented by Andy Bethke, Outreach Social Work for Milwaukee County Department of Health and Human Services – Aging and Disabilities Services Division (ADS).

BINGO!

Wednesday, January 19th 1:00

Sponsored by Williamstown Bay

Popcorn at the Movies: The Boy Who Harnessed the Wind

Friday, January 21st, 12:30

"The Boy Who Harnessed The Wind" tells the true story of William Kamkwamba; the young Malawian genius who built a windmill entirely via DIY methods in the early 2000s, to save his family and village from drought and famine.

Kelly Senior Center Daily Schedule

Kelly Advisory Meeting

Wednesday, January 26th, 1:00

See old friends, welcome new participants to the family and get all the latest news on center happenings, trips, and upcoming events. Plan to stick around afterwards to celebrate the midway point of winter with a delicious crêpe.

COVID Booster Shot Clinic

Thursday, January 20th 10:00 - 1:00

If you haven't gotten your booster shot, now is the time! The Cudahy Health Department will be on hand to provide free Moderna, Pfizer or J&J vaccines. Appointments are recommended, but we will also accept walk-ins.

Presentation: Visiting Kenya's Elephant Orphanages

Tuesday, January 25th, 1:00 - 2:00

Kenya's Sheldrick Wildlife Trust has rescued, rehabilitated and released hundreds of baby elephants since its inception in 1977. Join Kelly Senior Center Member, Lynn Crawford, on a visit that took place in November of 2021 to four Sheldrick Elephant Orphanages across Kenya and see their heartwarming successes.

Monday 8:45 Morning Exercise 10:30 Tai Chi Practice 1:00 Dominoes 1:00 Wii Bowling 1:00 Quilt & Sew	Tuesday 9:00 Ceramics * 10:00 Chair Yoga	Wednesday 10:00 Sheephead 10:00 Art Studio 1:00 Dominoes 1:00 Wii Bowling 1:00 Quilt & Sew *
Thursday 9:00 Knit & Crochet 9:00 Ceramics * 9:00 Nature Walk 10:30 Shuffleboard 1:00 Quilt & Sew *	Friday 8:45 Morning Exercise 10:00 Bridge	Daily 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 - 3:00

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, 10:30 - 1:00

Gather with your peers who love to play sheepshead. If you are interested in this card game you are welcome to join us.

Monthly Movie Matinee

Tuesday, January 4th, 12:00

You are invited to relax and enjoy an afternoon movie with your peers. We will have popcorn and lemonade available for purchase.

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.

Fabric Journal Covering

Wednesdays, January 5th, 1:00

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

Healthy Eating Active Living: Cooking Demonstration

Thursday, January 6th, 12:00 - 1:00

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.

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!

Advisory Meeting

Thursday, January 21st, 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

Every 3rd Thursday of the month 12:30 - 2:00

Something special happens through reading and discussion. If you're looking for a book club to join you've come to the right place. A book club is a place where everyone has something to talk about.

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.

New Year Celebration

Friday, January 14th, 12:00

Let's give thanks and enjoy bringing in the new year together with live entertainment from our very own Dance For Fun And Fitness Dancers. Please join us. You are sure to have a good time. Refreshments will be served.

Martin Luther King Celebration

Friday January 14, 2022

All Day Event

Please wear your Martin Luther King Tee Shirt on this day. We will tell our stories of what we remember during the time he was with us

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Serving Older Adults of SE Wisconsin, Milwaukee, WI.

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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

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. Arthritis exercises while sitting in a chair will help you reduce pain in your joints.

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

Open jam session. All stringed instruments and singers are welcomed and encouraged!

Yoga

Mondays, 9:00 - 10:00

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

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.

Woodshop

Monday - Friday, 9:00 - 3:00

The Wood Shop is equipped with the tools you will need to make almost any woodworking project. New participants must attend an orientation prior to registration. Call or stop into the office to sign up for the woodshop orientation.

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.

Billiards

Tuesday - Friday, 9:00 - 3:00

Come and play a friendly game of pool with friends or practice your skills by yourself.

Chess

Tuesdays 10:00 - 1:00

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

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, January 13, 11:00 - 12:00

Join us for a healthy cooking demonstration where you will learn how to make a simple meal from stockbox ingredients and enjoy a small sample. Registration required.

Jewelry Making Class

Celtic Knot Pendant

Thursday, January 13th, 11:30 - 12:30

Fee: \$8.00

Introduction to bead stitching! Participants will use large focal beads along with large seed beads available in a number of colors. Materials and instructions are provided.

Stained Glass

Fridays, 9:00 - 11:00

Fee: \$25 (January-March)

Create beautiful projects using patterns, or your own designs.

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 the time slots fill up quickly, so come to the office to reserve one. All skill levels are welcome.

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.

Sneak Preview February:

**Washington Park Senior Center's
Annual Black History Celebration**

Wednesday, February 2nd, 12:00 - 2:00

Enjoy music, singing and guest speakers sharing historical information. Be sure to invite your friends!

Wilson Park Senior Center

Covid Booster and Flu Shot Clinic

Hosted by Walgreens

Monday, January 10th, 9:00 - 12:00

Pre-registration required by January 7th

We will be offering the flu shot as well as Moderna and Pfizer booster shots. Please RSVP by January 7th.

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 18 - March 28

Fee: \$25-10 Weeks

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

Quilt Camp (Beginner Quilting)

Tuesdays & Thursdays, January 4-13, 12:30 - 2:30

Fee: \$20/4 classes

Learn how to cut and sew, read quilting instructions, plan a pieced block, add borders, quilt the block and bind it.

Ceramics Studio

Monday, Wednesday and Friday 8:45 - 3:30 January 3 - March 30

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

Monday, Wednesday and Friday 9:15-10:00

Join low impact, that will help you to get in shape and improve your range of motion and overall health.

Intermediate Line Dance

Monday, 10:30-12:15 January 3 - March 28

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

Friday 1:00-2:00 January 4 - March 4

Fee: \$20/8 weeks

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

Sheepshead

Monday and Wednesday 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

Tuesday and Thursday 9:00 - 3:15

January 4 - March 31

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 4 - March 31

Fee: \$25/13 Weeks

Create beautiful projects using patterns, or your own designs.

Paper-crafting

Tuesday 9:00-11:00 January 4 - March 29

Fee: \$10/13 weeks

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

Garden Club

2nd and 4th Tuesday, 10:00

Calling all garden lovers. The perfect group for those who love to garden this class offers discussion, demonstration, presentations and more.

Beginning German Semester

Tuesdays, starting January 11th, 1:00

Fee: \$10

Learn the basics of the German Language and culture.

Wood Carvers

Wednesday 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, January 12, 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.

Wilson Park Senior Center Daily Schedule

Book Club

Wednesday, January 26, 10:00 - 11:15

This month's read is "The Storied Life of A. J. Fikry",
by Gabrielle Zevin

You join Wilson's Book club by reading the chosen book of the month and meet up to discuss what you thought of it.

Knitting and Crocheting

Wednesday 10:30-12:00

This group meets to work on knitting and crocheting projects of their choice. In addition to getting lots of stitches in, the group shares in friendly conversation, trading tips/techniques and has a great time sharing a passion for all things yarn!

Sojourn Bears

Tuesday and Wednesday 12:30-3:00

Join a group of folks looking to make a difference in the lives of patients with cancer by creating one of a kind bears that are delivered to local hospitals.

Yoga

Wednesday 2:00-3:00 and Friday 9:00-10:00

Yoga is used by all ages, body types and ability levels. The instructor will assist and adapt as needed including modifications for seated instruction.

Tap Dance

Thursdays January 6 - March 31

Fee: \$52/13 weeks

Advanced: 9:00, Intermediate 9:45 and Beginners 10:30

Three sessions of continuing tap instruction are available. come tap your way to fitness and fun!

Weaving-Intermediate

Thursdays and Fridays, 9:00 - 2:00

October 6 - December 29

Fee: \$15 / 13 weeks

The weaving group is back at it again. If you are an experienced weaver please join us to work on a project of your choosing.

Advanced German Semester

Thursdays, starting January 13th, 9:15

Fee: \$10

Continue your journey in exploring the German language.

Ukulele

Thursdays, 1:30-2:30

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

Mahjong

Fridays, 9:00

Come enjoy this popular tile game, while sharing friendly conversations with others.

Hawaiian Dance

Fridays, 10:00 - 11:00

Enjoy a fun way of staying fit and active, while learning the art of Hawaiian dance.

Comedy Movie Marathon

Fridays, 1:00

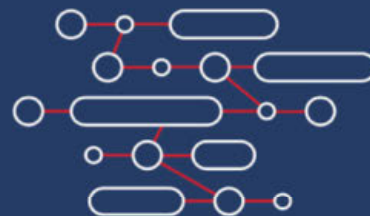
Bring in the new year with joy and laughter! A full month of comedies to watch on the big screen while you snack on some yummy popcorn.

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

NEW OFFERINGS

TECH CONNECT

FOR OLDER ADULTS



Cell Phone 101

Discover basic information on making your cell phone more usable. From simple things like expanding the display size and what those extra symbols on the keyboard are for, to more complex issues like adjusting the font size and connecting to wireless internet, we will help you get more out of your smartphone.

Windows 101

Understand the basics of the Windows Operating System for PCs (not applicable for iOS found on Apple and Mac computers). Tackle issues like navigating Windows, to working with files. Learn how to use the cut, copy, paste, and undo features and adjust your Windows settings. These tips will help you be more comfortable using your computer.

Learn more by talking with senior center staff or visit <https://servingolderadults.org/tech-connect/>

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Select Serving Older Adults as your charity and .5% of your purchases through Amazon will automatically be donated to support SOA.

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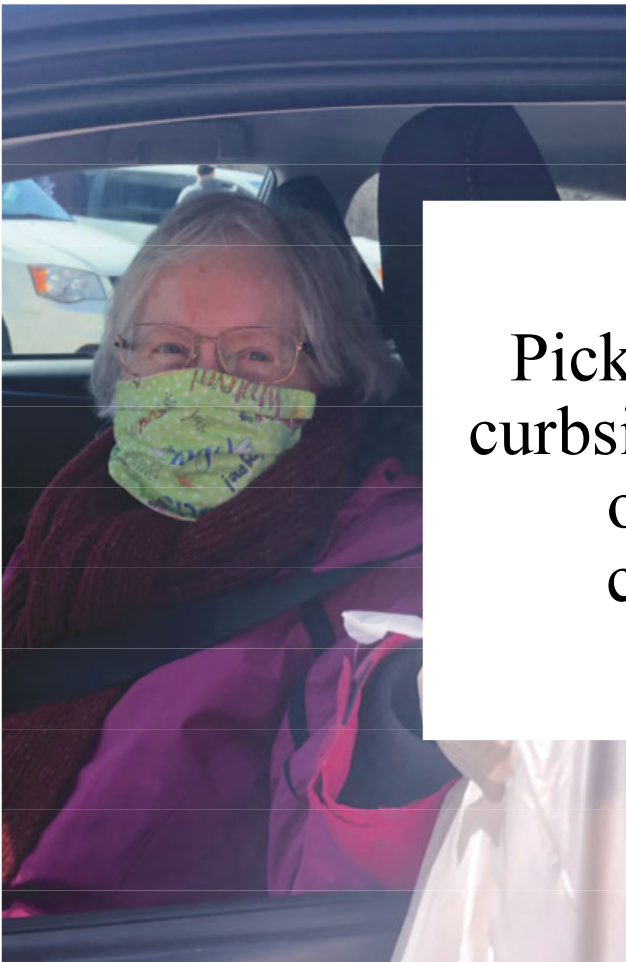
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Dining at the Five Senior Centers

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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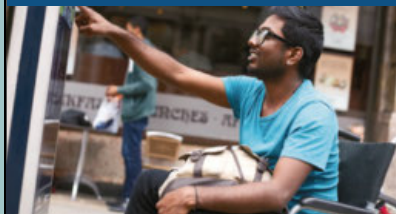
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Serving Older Adults of SE Wisconsin, Milwaukee, WI.

D 4C 01-2067

MILWAUKEE COUNTY SENIOR DINING



LUNCH

FOR CURBSIDE PICK-UP

JANUARY



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Sliced Turkey ³ w/Mayo 7-Grain Bread Baby Carrots Grape Tomatoes Cottage Cheese Peaches	Chicken & Cheese ⁴ Tortilla Wrap Black Bean Salad Juice Banana	Tuna Salad ⁵ Kaiser Roll Lettuce Leaf, Tomato Kidney Bean Salad Broccoli Pretzels Seasonal Fruit	Roast Beef ⁶ w/Horseradish Sauce Italian Bread Pea & Cheese Salad Orange Juice Grapes Blueberry Muffin	Ham Salad ⁷ on Rye Cauliflower Florets Red Cabbage Slaw Applesauce Carrot Cake
Egg Salad ¹⁰ Croissant Marinated Bean Salad Broccoli Slaw Strawberry Yogurt Peanut Butter Bar	Sliced Ham ¹¹ Multigrain Bread Carrot Raisin Salad Grape Juice Granny Smith Apple Chocolate Chip Cookie	Chicken Caesar Salad ¹² <i>Grilled Chicken, Romaine Tomato, Parmesan Croutons, Caesar Dressing</i> French Bread Banana Baker's Choice	Submarine Sandwich ¹³ on Hoagie Roll American Potato Salad Sun Chips Pickle Spear Chilled Fruit	Taco Pasta Salad ¹⁴ <i>Seasoned Ground Beef Cheese, Onion, Peppers Tomato, Dressing</i> Combread Clementine Granola Bar
CLOSED ¹⁷ 	Turkey Salad ¹⁸ 7-Grain Bread Marinated Bean Salad String Cheese Peaches Lemon Pudding	Big Mac Salad ¹⁹ <i>Ground Beef, Cheddar Lettuce, Onion, Pickles 1,000 Island Dressing</i> Sesame Bread Cinnamon Apple Slices Gingerbread Cookie	Shaved Ham ²⁰ w/Mustard Marble Rye Bread Pasta Salad Rainbow Slaw Chilled Fruit Salad Oatmeal Raisin Cookie	Tuna Salad ²¹ Whole Wheat Bread Baby Carrots Spinach Salad Raspberry Dressing Bartlett Pear Rice Krispie Treat
Roast Beef ²⁴ w/Mustard Sesame Roll French Potato Salad Pickled Beets Pecan Pie Fruit Cocktail	Cheddar & Swiss ²⁵ Whole Grain Bread Kidney Bean Salad Broccoli Salad Pretzels Sliced Pears	Chef Salad ²⁶ <i>Ham, Turkey, Cheese Egg, Crouton, Ranch Romaine Lettuce Mix</i> Dinner Roll Fruit Cup Coffee Cake	Sliced Turkey ²⁷ w/Mayo, Lettuce, Tomato Whole Grain Bun Romaine Salad/Ranch Apple Juice Fresh Orange Brownie	Chopped Chicken ²⁸ Fajita Salad Tortilla Chips Salsa Fruited Yogurt Pineapple
Chicken Salad ³¹ Italian Bread 3-Bean Salad Marinated Carrot Salad Fresh Fruit Graham Crackers	<div>  <div> <h2>RESERVATIONS REQUIRED</h2> <p> 24-Hours Prior</p> <h1>CALL SITE</h1> </div> <div> <p>Suggested Contribution</p> <p>\$3.00</p> <p>60+</p>  </div> <div>  Find us on Facebook </div> </div>			

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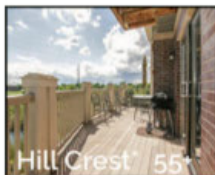


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Serving Older Adults of SE Wisconsin, Milwaukee, WI.

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EVENT SPACE AVAILABLE!

All centers have rental availabilities. Call the center you're interested in or visit 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.

Clinton Rose Senior Center	Thursday, Jan. 6th, 11:00 - 12:30
Washington Senior Center	Tuesday, Jan. 4th, 9:30 - 10:30
Wilson Senior center	Tuesday, Jan. 18th, 10:00 - 11:00
Kelly Senior Center	Thursday, Jan. 20th, 12:30 - 1:30
McGovern Senior Center	Thursday, Jan. 27th, 12:00 - 1:00

In order to qualify for a Stockbox you must:

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

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

ACTIVITY CORNER



NEW YEAR'S RESOLUTION

More often than not, we hear about people breaking their New Year's Resolution and how difficult it can be to stick to your goal; however, there are some real benefits to setting a New Year's resolution. Studies show people who set a goal for the new year are 10 times as likely to actually change their behaviors than those who don't set yearly goals. This means, if you're hoping to make a change or start a new habit, it's 10 times more likely to happen if you set a New Year's goal.

So why do we hear about all these resolutions being failures? A lot of these resolutions fail because they're not the right goal. This can be the case for three main reasons:

- It's a resolution created based on what someone else (or society) is telling you to change.
- It's too vague.
- You don't have a realistic plan for achieving your resolution.

Instead, work on making your resolutions **SMART**:

- **Specific.** Your resolution should be absolutely clear. "Making a concrete goal is really important rather than just vaguely saying 'I want to lose weight.' You want to have a goal: How much weight do you want to lose and at what time interval?"
- **Measurable.** This may seem obvious if your goal is a fitness or weight loss related one, but it's also important if you're trying to cut back on something, too. If, for example, you want to stop biting your nails, take pictures of your nails over time so you can track your progress.
- **Achievable.** This doesn't mean that you can't have big stretch goals. But trying to take too big a step too fast can leave you frustrated, or affect other areas of your life to the point that your resolution takes over your life — and both you and your friends and family flail.
- **Relevant.** Is this a goal that really matters to you, and are you making it for the right reasons? chance."
- **Time-bound.** Like "achievable," the timeline toward reaching your goal should be realistic, too. That means giving yourself enough time to do it with lots of smaller intermediate goals set up along the way.

IN HISTORY: DECEMBER

January 2, 1929: The United States and Canada reached an agreement on joint action to preserve Niagara Falls.

January 3, 1964: The Beatles appeared in a film clip on the Jack Parr Show," making their first U.S. television appearance. They sang "She Loves You."

January 9, 2007: Steve Jobs, Apple Inc.'s CEO, announced the first generation iPhone.

January 11, 1964: "Ring of Fire" by Johnny Cash became the first country album to top the U.S. pop album chart.

January 13, 1983: The American Medical Association urges ban on boxing, citing Muhammad Ali's deteriorating condition.

January 18, 1944: Louis Armstrong, Benny Goodman, Lionel Hampton, Artie Shaw, Roy Eldridge, and Jack Teagarden performed the first jazz concert at the Metropolitan Opera House in New York City.

January 20, 1974: Stevie Wonder played his first show after an auto accident that almost took his life five months earlier.

January 22, 1905: 500 people were killed when insurgent workers were fired on in St. Petersburg, Russia, resulting in "Bloody Sunday."

January 23, 1971: In Prospect Creek Camp, Alaska, the lowest temperature ever recorded in the U.S. was reported as minus 80 degrees.

January 24, 1848: Some 300,000 people traveled to California after James W. Marshall found gold in Coloma, California, thereby starting the California Gold Rush.

January 25, 1961: John F. Kennedy presented the first live presidential news conference.

January 27, 1951: Atomic testing began in the Nevada desert as an Air Force plane dropped a one-kiloton bomb.

January 28, 1956: Elvis Presley made his first appearance on national television on "The Dorsey Brothers Stage Show" on CBS.

January 31, 1893: The trademark "Coca-Cola" was first registered in the United States Patent Office.

CROSSWORD PUZZLE

ACROSS

- 1 Noun-forming (suf.)
- 5 Cry
- 8 Languish
- 12 "Arabian Nights" dervish
- 13 Harem room
- 14 Swami
- 15 Anta
- 17 Adjective-forming (suf.)
- 18 Cheer
- 19 Afr. gazelle
- 21 Agent (abbr.)
- 22 Irish church
- 23 Misplaced
- 25 Card-reader's card
- 28 Lead telluride
- 31 Heb. measure
- 32 Federal Aviation Admin. (abbr.)
- 33 Letters sound
- 34 Two-footed
- 36 Ionian island
- 37 Track

DOWN

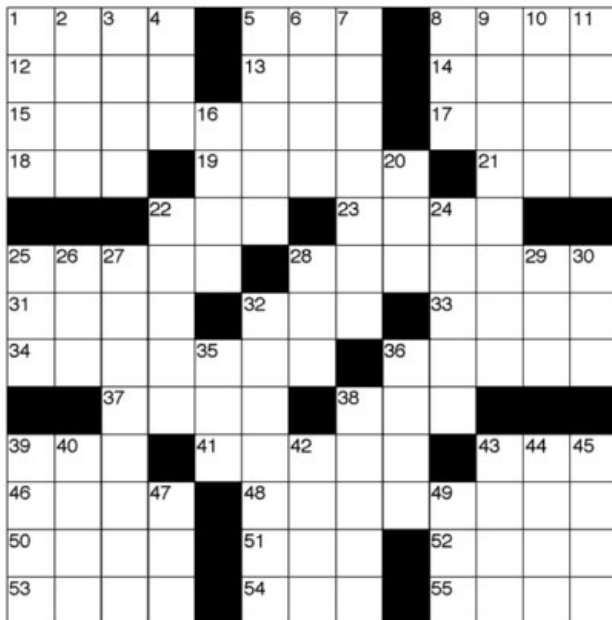
- 38 Ten decibels
- 39 Fetish
- 41 State (Ger.)
- 43 Storage place
- 46 Onionlike plant
- 48 Cuban dance
- 50 Jewelry setting
- 51 Poetic contraction
- 52 City in Judah
- 53 Eng. statesman
- 54 Electric reluctance unit
- 55 Love of Abie



DOWN

- 1 Small goby
- 2 Norse mythical hero
- 3 Victory site of Nelson
- 4 To be announced (abbr.)
- 5 Yuccalike plant
- 6 Polish border river
- 7 Saltwort
- 8 For your information (abbr.)
- 9 Site
- 10 Amalekite king
- 11 Young female pig

- 16 Sort comedy sketch
- 20 Used to express negation
- 22 Chosen nation
- 24 Palmetto
- 25 Afr. cotton garment
- 26 Male friend (Fr.)
- 27 Temporary relief
- 28 Mulberry of India
- 29 Child
- 30 Woman: obs.
- 32 Hesitate
- 35 Hades
- 36 Greek letter
- 38 Confusion
- 39 Gr. leather flask
- 40 Bauble
- 42 Rhine tributary
- 43 Palm liquor
- 44 Cleopatra's attendant
- 45 Appoint
- 47 Jap. game of forfeits
- 49 Grandfather of Saul



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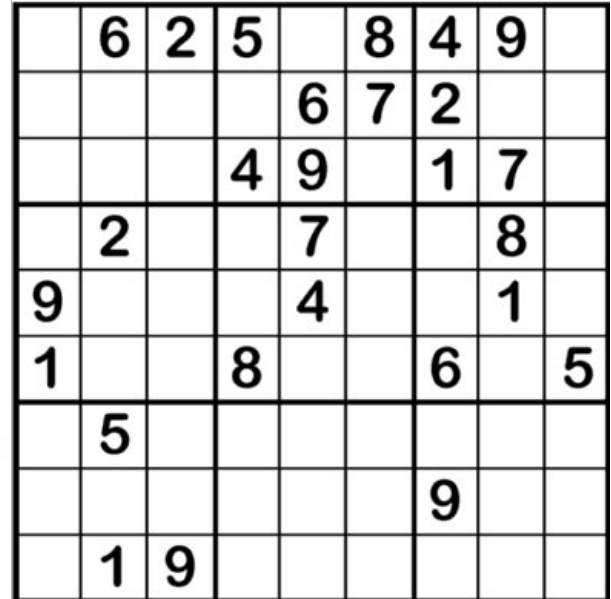
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Activity Corner

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.

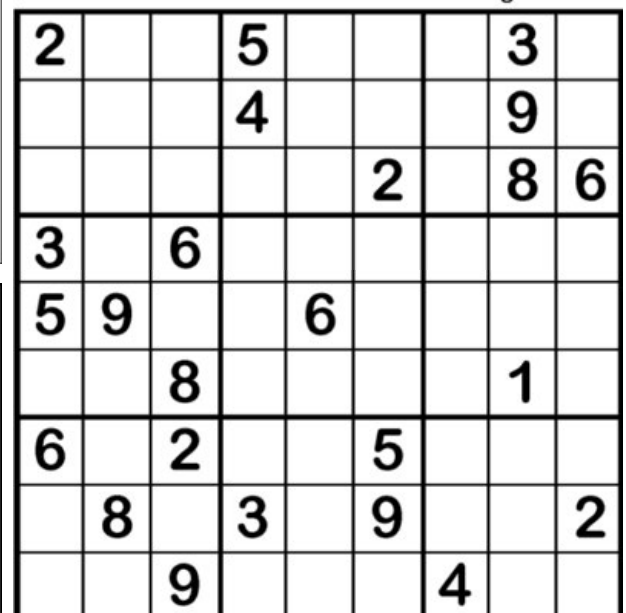


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DIFFICULTY: ★☆☆☆☆

Sudoku

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



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DIFFICULTY: ★★☆☆☆

ENIGMATM CRYPTOGRAM

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

"EMJ VJBLPJI DYYV ZLXEJO MXO
PYPOJPOJ XP WJEEJL VBPTGBTJ
EMBP EMJ GJVJBLPJI, WGE OEXVV
'EXO PYPOJPOJ.'"—WJPHBQXP DLBPFVXP

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E020

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.



**Marjorie L. Christiansen
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Robertson Ryan & Associates
Safe & Sound
SYNERGY Home Care
Tsu Chi USA
Wakanna- CBD
Walgreens
WestCare
Williamstown Bay
Wisconsin Institute for Healthy Aging
YMCA of Metropolitan Milwaukee

Thank you!

Answers

"The learned fool writes his nonsense in better language than the unlearned, but still 'tis nonsense." — Benjamin Franklin



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

Answer to Sudoku

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

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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- 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

county.milwaukee.gov/aging (414) 289-6874



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

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

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

Manager: Vacant

Center Coordinator: Pat Dixon



WASHINGTON PARK SENIOR CENTER

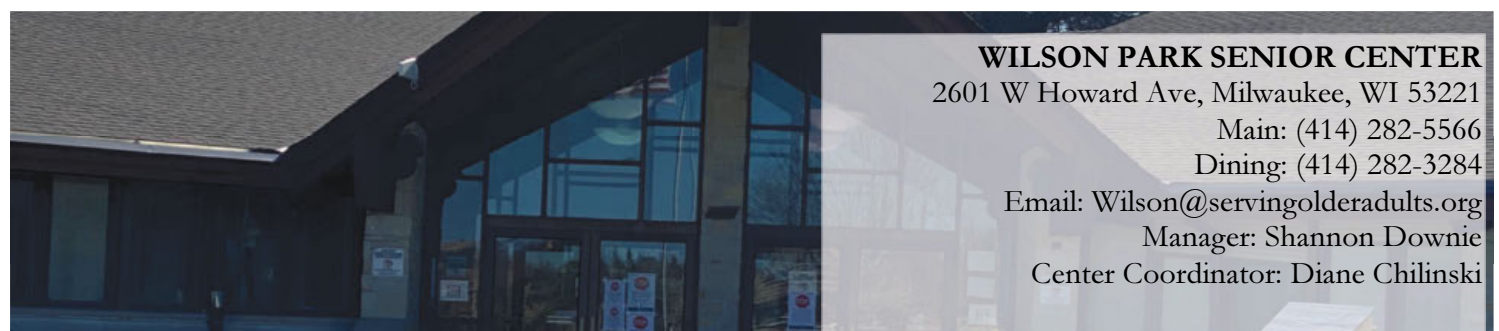
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Main: (414) 933-2332

Email: Washington@servingolderadults.org

Manager: Vevette Hill-Nwagbaroacha

Center Coordinator: Camille Jackson



WILSON PARK SENIOR CENTER

2601 W Howard Ave, Milwaukee, WI 53221

Main: (414) 282-5566

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Email: Wilson@servingolderadults.org

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