

April 2022



## **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

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

### KELLY SENIOR CENTER

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

### WASHINGTON PARK SENIOR CENTER

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

### MCGOVERN PARK SENIOR CENTER

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

### WILSON PARK SENIOR CENTER

Manager: Shannon Downie  
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

## HOURS

Monday - Friday, 8:30 - 4:30  
SOA General Line: 414-704-3343  
[www.servingolderadults.org](http://www.servingolderadults.org)  
Closures April 5th: McGovern,  
Washington, Clinton Rose



MILWAUKEE COUNTY  
DEPARTMENT OF HEALTH  
& HUMAN SERVICES  
**AGING & DISABILITIES  
SERVICES**

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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.

# Highlighted Events

**Intro to Senior Twerk - Clinton Rose**  
**Wednesday, April 13th, 10:30 - 11:30**  
**Fee:\$6**

Get ready ladies to work those hips doing lower body exercises. The benefits of this class is it strengthens muscles and increases hip flexibility. If you are interested, stop in the office or call 414-263-2255.

**Paint & Sip (Intergenerational Activities with seniors & adults 17 - 24) - Clinton Rose**  
*Hosted by WestCare*

**Thursday, April 14th, 12:15**

Enjoy great company and create something beautiful.

**Easter Scavenger Hunt - Clinton Rose**  
**Tuesday, April 19th, 9:30 - 10:30**

Get ready for an eggcellent time hunting for easter eggs filled with delicious surprises. Search around the center and if you find the golden egg come to the office for a special prize.

**Book, Puzzle and Craft Supply Fair - Kelly**  
**Monday, April 25th, 9:00 - 2:00**

It's that time again for another indoor sale! We will have books, puzzles and craft supplies available for purchase.

**Cooking Demonstration: Inflammation Reducing Foods - Kelly**  
**Tuesday, April 26th, 11:30**  
**Pre-registration required.**

Please Join Michelle Rimer, Registered Dietitian with the YMCA of Metropolitan Milwaukee, as she demonstrates how to prepare recipes that participants can sample for free.

**Coffee Talk: Public Library From Home - Kelly**  
**Wednesday, April 27th, 2:00**

Get the most out of your public library! Michelle Gibbs, Adult Services Librarian from Cudahy Family Library, will provide pro-tips on free ebooks, how to stream free movies from the library, and more!

**Praise Team - McGovern**  
**1st and 3rd Tuesday of the month, 12:30**

We need your voice. If you are interested in singing or directing you are welcome to join our Praise Team.

**Fabric Journal Covering - McGovern**  
**Wednesdays, 1:00**

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

**Keychain Making Class - McGovern**  
**Wednesdays, 11:30**

In this class you will learn how to make your very own custom made keychain.

**Spring Fling - Washington**  
**Wednesday, April 13th, 12:30 - 2:00**  
**Fee \$2.00 (Advanced registration requested)**

Please join Washington Park, for a 70's and 80's Dance Party, with a spring-like feel. There will be music, refreshments, dancing and more. Please come dressed with attire from the 70's and 80's and your dancing shoes!

**Zumba for Seniors - Washington**  
**Thursdays, 11:00 - 12:00**

This class is a great cardio workout! All levels are welcome to attend. Instructor lead.

**Earth Day - Clean-up courtyard - Washington**  
**Friday, April 22nd, 9:00 - 11:00**

Please join us as we get the Washington Park Senior Center Courtyard ready for spring and summer.

**Washington Guitar & Stringed Instrument Group** seeks new members! Join this lively group for a jam session on Tuesdays from 10:00 - 11:00.

**Beginning Genealogy 101 - Wilson**  
**Monday, April 15th, 10:30 - 11:30**

Learn how to begin your journey to discovering your ancestry. Join in the fun of discovering interesting facts about your heritage that you can pass down for generations. Have an opportunity to put what you learn to use with hands-on research in the Computer Lab following the presentation.

**Earth Day - Spring into Action - Wilson**  
**Friday, April 22nd, 10:00 - 12:00**

Join in celebration of the upcoming planting season by getting our planters ready and seedlings started.

**Rummage - Wilson**  
**Saturday April 23rd, 8:00 - 2:00**  
**Admission: \$.50**

Shop indoors, tables filled with your next hidden gem. Food and drink will be available for purchase.

**The Solarium Club** at Wilson is looking for new members or volunteers willing to join in the upkeep and enjoyment of the Solarium. Since last summer a small but dedicated group of volunteers have worked to bring the Solarium back to its former glory. Now we are seeking individuals willing to assist in the upkeep, watering, and care of the plants for the enjoyment of all. No experience necessary but a chance to learn about plants. Various meeting times. Contact the office and leave contact information. One of us will reach out to you.



# WE'RE HIRING

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A 4C 01-2067

# Celebrating Our Volunteers

Happy Volunteer  
Appreciation Month!  
Thank you for all you do!





# Clinton & Bernice Rose Senior Center

## **OG Dance Group**

**Mondays, 9:30 - 10:30 and  
Wednesdays, 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.

## **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. *Note: Miss Daisy's sewing groups are two different groups, total for both is \$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. Note: Miss Daisy's sewing groups are two different groups, total for both is \$16.00.*

## **Gospel Choir Practice**

**Fridays, April 1st & 15th, 10:00**

Love to sing and worship, then join the new gospel choir at Clinton Rose. Please sign up in the office or call 414-263-2255.

## **Tax Preparation**

*Hosted by AARP*

**Every Monday, April 4th - 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.

## **Be Smoothie**

*Presented by ICare*

**Tuesday, April 12th, 12:15**

ICare will be onsite to discuss the benefits of making and drinking smoothies, after the presentation enjoy tasty samples.

## **Intro to Senior Twerk**

**Wednesday, April 13th, 10:30 - 11:30**

**Fee: \$6**

Get ready ladies to work those hips doing lower body exercises. The benefits of this class is it strengthens muscles and increases hip flexibility. If you are interested, stop in the office or call 414-263-2255.

## **Morning Blend with Hot Topics**

**Thursday, April 14th & 28th, 10:30 - 11:30**

Here's your chance to discuss today's hot topics with a group of your peers. \$2.00 per session buys you a cup of coffee and a donut.

## **Paint & Sip (Intergenerational activities with seniors & adults 17-24)**

*Hosted by WestCare*

Enjoy great company and create something beautiful.

## **Easter Scavenger Hunt**

**Tuesday, April 19th, 9:30 - 10:30**

Get ready for an eggcellent time hunting for easter eggs filled with delicious surprises. Search around the center and if you find the golden egg come to the office for a special prize.

## **Memories in the Making**

*Presented by the Alzheimer's Association*

**Thursday, April 28th, 10:30 - 12:00pm**

Memories in the making is an art program, introduced in 1988 that allows individuals with Alzheimers disease and related dementias to express themselves through art and communications. If interested contact Clinton Rose Senior Center 414-263-2255.

# Clinton & Bernice Rose Senior Center

## DuSable Museum and Cousins boxed lunch

*Presented by The Out & About Travel Committee*

**Wednesday, April 20th, 11:00 - 5:30pm**

**Fee:\$50**

Enjoy a delicious sub meal from Cousins Sub while traveling to the DuSable Museum. Then learn about African American History at the Museum. This trip includes your transportation, museum ticket, and boxed lunch.

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

*Presented by HEAL (Healthy Eating Active Living)*

**Thursday, April 21st, 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, April 21, 12:15 - 1:15**

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.

## Earth Day Cleanup

**Friday, April 22nd, 10:00 - 1:00**

This month let's celebrate Earth Day by cleaning the Harambee Area. Clean up around the senior center, put on your comfortable clothes and roll up your sleeves and get ready to work. Snacks will be provided.

## Advisory Committee Meeting

**Tuesday, April 26th, 10:30 - 11:30**

Learn about everything going on at Clinton Rose Senior Center and at the Milwaukee County Department of Health & Human Services Aging & Disability Services. Have your voice heard and enjoy being a part of this amazing committee. If you like access via zoom please contact the center for details.

## Easter Gathering

**Wednesday, April 27th, 12:15 - 1:15**

Get ready to travel on a spiritual journey and celebrate the true meaning of the Easter holiday.

## Cooking Demonstrations W/YMCA

*Presented by Michelle Rimer, RDN*

**Thursday, April 28th, 10:15 - 11:15**

The Y's Registered Dietitian will demonstrate how to prepare heart healthy recipes while answering your nutrition related questions. Recipes and samples are provided

<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>10:30-11:30 The Extensions Practice</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>10:00-11:00 Gospel Choir Practice 1st &amp; 3rd</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 (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>

# 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.

## **Quilting**

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

**Fee: \$20 (April - June)**

**Pre-registration required.**

Learn new techniques and patterns to plan or complete their sewing projects. Volunteer instructors are available to help participants.

## **Morning Exercise**

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

Feel great all day with balance, strength, and flexibility exercises. Monday sessions followed by chair dancing. Friday sessions include low impact cardio workout.

## **Sewing Class**

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

**Fee: \$30 (April - June)**

**Pre-registration required.**

Learn the basics of sewing in our new three month workshop. Open to all skill levels, work with our instructor on projects that teach pattern making, garment design and alterations, and finishing touches. Sewing machines and supplies are provided.

## **Adaptive Chair Yoga**

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

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.

## **Earth Day Garden Party**

**Friday, April 22nd, 2:00**

**Pre-registration required.**

Join us for a garden party in our courtyard to celebrate Earth Day!

## **Ceramics Studio**

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

**Fee: \$20 (April - June)**

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.

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

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

**Pre-registration required.**

TOPS can help you reach your weight-loss goals by providing you with the tools, information, support and accountability you need to be successful. Former, current, and new TOPS members are welcome.

## **Open Art Studio**

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

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.

## **Kelly T-shirt Design Contest Vote**

**Monday, April 4th - Friday, April 8th**

Stop in all week to cast your vote for the new Kelly Senior Center T-shirt!

## **Women's Club**

**Monday, April 18th, 1:00**

**Fee: \$4**

**Pre-registration required.**

Guest speaker Robert Beezat presents "Knowing and Loving: the Keys to Real Happiness."

## **Dartball Gathering**

**Monday, April 18th, 1:00**

Dartball at Kelly will be back in August - just in time for the regular season. We are hosting a welcome back gathering for all new and returning players. Stop by and have a snack and chat with your teammates.

## **Bingo Day**

**Wednesday, April 6th, 1:00**

*Sponsored by Humana*

## **Book, Puzzle and Craft Supply Fair**

**Monday, April 25th, 9:00 - 2:00**

It's that time again for another indoor sale! We will have books, puzzles and craft supplies available for purchase.

## **Cooking Demonstration: Inflammation**

**Reducing Foods**

**Tuesday, April 26th, 11:30**

**Pre-registration required.**

Please join Michelle Rimer, Registered Dietitian with the YMCA of Metropolitan Milwaukee, as she demonstrates how to prepare recipes that participants can sample for free.

## **Kelly Advisory Meeting**

**Wednesday, April 27th, 1:00**

Get the inside scoop on upcoming events and make your voice heard! Meet in a relaxed atmosphere to find out what's coming next and share your ideas for the future of Kelly Senior Center.

## **Coffee Talk: The Public Library From Home**

**Wednesday, April 27th, 2:00**

Get the most out of your public library! Michelle Gibbs, Adult Services Librarian from Cudahy Family Library, will provide pro-tips on free ebooks, how to stream free movies from the library, and more!



# 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



Be a GEM!  
Give Every Month

## What is a GEM?

A GEM is a member of a dedicated group of donors who are devoted to providing programming and services for older adults in our community. By making a monthly gift to Serving Older Adults you will make a real difference!

## How do I become a GEM?

You can set up a recurring donation by visiting our website - [www.servingolderadults.org/donate](http://www.servingolderadults.org/donate) - and selecting "Donation - Recurring" under Donation Type. Your credit card will be charged on the same date every month as the original charge.

You can also send a check or set-up a recurring bill payment on your bank account and have your bank send payment to:

Serving Older Adults  
Attn: Development  
4420 W Vliet  
Milwaukee, WI 53208

Your payment can be changed or stopped at any time by contacting [development@servingolderadults.org](mailto:development@servingolderadults.org) or by calling 414-933-2332 x1009.

## Why should I become a GEM?

- **You can set it and forget it!** Your donation is made automatically. You will receive an email each time your donation goes through and an end of the year donation summary for tax purposes.
- **Be Part of an exclusive community of GEMs.** You will be recognized in a special section of our donor listings in *The Connection* monthly magazine as well as on the donation board at your local senior center.
- **Make a larger impact.** By giving monthly, you are spreading your financial support throughout the year and helping to ensure that SOA has the ongoing resources needed to fulfill our mission.
- **Plant the seed for organizational growth.** Your monthly gifts will help us plan and allow SOA to set more concrete and predictable budgets for all the things we plan in the short term as well as set goals for the future. It also allows us to focus on programming and services and save time on fundraising activities.

# McGovern Park Senior Center

## **Tai Chi (New)**

**Mondays, Wednesdays, and Fridays, 10:00**

Tai Chi video is a gentle exercise that prevents falls by improving balance and strength. Join us and experience amazing benefits.

## **Dance For Fun and Fitness**

**Mondays, Wednesdays, and Fridays, 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.

## **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**

**1st Monday of each month, 11:30 - 12:30**

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

## **Praise Team (New)**

**1st and 3rd Tuesday of the month, 12:30**

We need your voice. If you are interested in singing or directing you are welcome to join our Praise Team.

## **Yoga**

**Tuesdays, March 1st - 29th, 11:00**

Yoga offers physical and mental health benefits for all ages. If you practice regularly, you can feel better from head to toe.

## **Lapidary**

**Tuesdays, January 18th - May 17th, 8:30 - 4:00**

Lapidary is the cutting and polishing of stones or rocks to bring out its inner beauty.

## **Questions About Exercise**

**Tuesdays, 8:30 - 10:00**

Have all your questions answered about exercise equipment, nutrition, and personal training.

## **Tech Assistance**

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

Trouble using your cell phone, tablet, or computer? Help is available. Call to make an appointment.

## **Exercises For Seniors**

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

this workout class a try with our experienced instructor and get results.

## **Metalsmithing**

**Tuesday, January 18th - May 17th, 11:00 - 3:00**

Metalsmithing uses wire and sheets of metal to create jewelry.

## **Sheepshead Card Game**

**Tuesdays and Fridays, 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 this group of card players.

## **Phase 10 Card Game**

**Tuesdays and Thursdays, 11:30 - 1:30**

This card game is addictive and fun.

If you love to play Rummy you are sure to love playing Phase 10

## **Quilting**

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

This is a group of people who love quilting and sharing their suggestions and ideas.

## **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 (New)**

**Wednesdays, 1:00**

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

## **Keychain Making Class (New)**

**Wednesdays, 11:30**

In this class you will learn how to make your very own custom made keychain.

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

**Thursday, April 5th, 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.

## **Easter Gathering**

**Thursday April 14th, 12:00**

We will celebrate Easter with Prayer, songs from our Praise Team, The reading of bible verses, and a sermon given by Minister Shirley Tribble.

## **Book Club**

**Thursday April 21st, 12:30 - 3:00**

The title of this month's book is *Hotel On The Corner Of Bitter And Sweet* by Jamie Ford. Be sure to check your local library for this book.

## **Advisory Meeting**

**Thursday, April 17th, 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.

## **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.

# Washington Park Senior Center

## **Spring Fling**

**Wednesday, April 13th, 12:30 - 2:00**

**Fee \$2.00 (Advanced registration requested)**

Please join Washington Park, for a 70's and 80's Dance Party, with a spring-like feel. There will be music, refreshments, dancing and more. Please come dressed with attire from the 70's and 80's and your dancing shoes!

## **(New) ZUMBA for Seniors**

**Thursdays, 11:00 - 12:00**

This class is a great cardio workout! All levels are welcome to attend. Instructor lead.

## **Earth Day - Clean-up the courtyard**

**Friday, April 22nd, 9:00 - 11:00**

Please join us as we get the Washington Park Senior Center Courtyard ready for spring and summer.

## **Washington Park Chit Chat Club**

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

Join your friends in the lobby for some friendly conversation, current event discussions or topics of interest; while enjoying a cup of coffee (donations suggested).

## **Bingo**

**Every Friday, 12:15 - 1:45**

Please join us for a Washington Park favorite. We will have new easy slide bingo cards and prizes. Snacks and refreshments will be available for purchase. Who is ready to WIN!

## **Billiards**

**Mondays, 9:00 - 10:00 (lessons)**

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

**Tuesday - Friday, 9:00 - 3:00 (open play/practice)**

## **Harold Kane Billiards Tournament**

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

**February - April**

**Cost \$5.00**

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

## **Yoga**

**Mondays, February 28th - May 23rd,**

**9:00 - 10:00**

**Fee: \$6.00 per class (\$78 for session)**

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

## **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. We welcome all participants to attend.

## **Woodshop**

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

**Fee: \$25 per month**

The Woodshop 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.

## **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.

## **Guitar/Stringed Instruments**

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

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

## **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 (April - June)**

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

## **Cooking Demonstration with Chef Marvin**

**Thursday, April 14th, 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 (April - June)**

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.



# Washington Daily Schedule

## Upcoming Events

-We are planning a "Spring Talent Show Spectacular" for May 18th at 12:30. We welcome both individual and group performances.

-On Thursday, 5/26, we will have a "shocking presentation" by Mr. Jack Roper. This presentation will feature Jack's amazing photographs of lightning, as well as stories of his travels around the world capturing some of the most amazing pictures you will ever see!! Save the date.

-We are also planning an "After 5" formal dance for June 22 (tentative date).

<b>Monday</b> 9:00 - 10:00 *Yoga 9:00 - 10:00 Billiards (lessons) 10:00 - 11:00 Chair Arthritis 11:00 - 12:00 Hand weights	<b>Tuesday</b> 10:00 - 11:00 Chess 10:00 - 11:00 Gospel Choir 10:00 - 11:00 Guitar/Stringed Instruments 10:00 - 11:00 Silver Steppers 10:30 - 1:30 Scrapbooking 11:30 - 2:00 Game Day	<b>Wednesday</b> 9:00 - 12:30 *Quilting 11:00 - 12:00 Hand weights
<b>Thursday</b> 10:00 - 11:00 Silver Steppers 10:30 - 11:30 Bible Study 11:00 - 12:00 Zumba	<b>Friday</b> 9:00 - 11:00 *Stained Glass 9:00 - 3:00 *Piano 9:00 - 11:00 Tennis 10:00 - 10:45 Move Your Way 11:00 - 12:00 Hand weights 12:15 - 1:45 Bingo	<b>Daily - Open 8:30 - 4:00</b> Fitness Center Library Computer Lab Chit Chat Club (lobby) 9:00 - 3:00 Gift Shop Open 9:00 - 3:00 Billiards 9:00 - 3:00 *Woodshop  *Has a fee and requires pre-registration

# 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

## 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**



**Eric Pampuch**

**Health and Wellness Coordinator**

**Phone: 414-522-1639**

**Email: [epampucheservingolderadults.org](mailto:epampucheservingolderadults.org)**

Welcome Home!

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# Wilson Park Senior Center

## **Quilting**

**Mondays, 9:00 - 11:00; Tuesdays, 1:00 - 3:00; Thursday, 9:30 - 11:30; and Friday, 9:00 - 11:00**  
**April 11th - June 24th**  
**Fee: \$25 (10 Weeks)**

Sharpen your quilting skills as the instructor guides you through new techniques that you can apply to your next masterpiece

## **Ceramics Studio**

**Mondays, Wednesdays, and Fridays, 8:45 - 3:30**  
**Fee: \$25/13 weeks (April 1 - June 29)**

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**

**Mondays, 9:00 - 12:00; April 4th - June 29th**  
**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**

Build your own creations with the wide selection of equipment housed in the shop.

## **Morning Exercise**

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

Enjoy low impact exercise that will improve your range of motion and overall health.

## **Intermediate Line Dance**

**Monday, April 4th - June 27th, 10:30 - 12:15**  
**Beginners Stained Glass Starting in April**  
**Fee: \$12/13 weeks**

Kick up your heels and get into shape.

## **Open Sew**

**Mondays, Tuesdays, Wednesdays, (times vary)**  
**April 11th - June 22nd**  
**Fee: \$20/10 weeks**

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

## **Sheepshead**

**Mondays and Wednesdays, 1:00 - 3:00**  
Join fellow players for this spirited game.

## **Low Impact Aerobics**

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

Enjoy a good overall workout without stressing out your joints.

## **Guided Art Studio**

**Tuesday and Thursday 9:00 - 3:15**  
**April 5th - June 30th**  
**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**  
**April 5th - June 30th**  
**Fee: \$25/13 Weeks**

Create beautiful projects using patterns, or your own designs.

## **Paper-Crafting**

**Tuesday, 9:00 - 11:00,**  
**January 4th - March 29th**  
**Fee: \$10/13 weeks**

Join this group and stamp on to create one of a kind projects.

## **Knit and Crochet**

**Wednesdays, 10:30 - 12:00**

Meet with other yarn enthusiasts to work on your own projects and enjoy each others company.

## **Book Club**

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

This month's read is "The Storied Life of A. J. Fikry", by Gabrielle Zevin. Join in by reading the chosen book of the month and meet with other enthusiasts to discuss what you thought of it.

## **Weaving - Intermediate**

**Thursdays and Fridays, 9:00 - 2:00**  
**October 6th - December 29th**  
**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.

## **Tap Dance**

**Thursdays, April 7th - June 30th**  
**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!

## **(New) Guitar lessons**

**Thursdays, 12:00 - 1:30**

Get guided instruction as you learn the guitar, all skill levels welcomed.

## **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.





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Serving Older Adults of SE Wisconsin, Milwaukee, WI.

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# Wilson Park Senior Center Daily Schedule

## Wood Carvers and Burners

**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.

## (New) Beginning Genealogy 101

**Monday, April 15th, 10:30 - 11:30**

Learn how to begin your journey to discovering your ancestry. Join in the fun of discovering interesting facts about your heritage that you can pass down for generations. Have an opportunity to put what you learn to use with hands-on research in the Computer Lab following the presentation.

## Wilson Senior Center Advisory Meeting

**Wednesday, April 20th, 10:00 - 10:30**

Get involved in your senior center; hear updates, stay informed and ask questions. You may attend in person or virtually.

## Earth Day - Spring into Action

**Friday, April 22nd, 10:00 - 12:00**

Join in celebration of the upcoming planting season by getting our planters ready and seedlings started.

## Rummage

**Saturday, April 23rd, 8:00 - 2:00**

**Admission. \$.50**

Shop indoors, tables filled with your next hidden gem. Food and drink will be available for purchase.

**The Solarium Club** is looking for new members or volunteers willing to join in the upkeep and enjoyment of the Solarium. Since last summer a small but dedicated group of volunteers have worked to bring the Solarium back to its former glory. Now we are seeking individuals willing to assist in the upkeep, watering, and care of the plants for the enjoyment of all. No experience necessary but a chance to learn about plants. Various meeting times. Contact the office and leave contact information. One of us will reach out to you.

## Calling All Train Enthusiasts!

Wilson is looking to revamp our model railroad club. Stop by the office to see how you can be a part of the unique opportunity to share your passion and enjoy Wilson's model railroad.

<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



# 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:

Washington Senior Center	Tuesday, April 5th, 9:30 - 10:30
Clinton Rose Senior Center	Thursday, April 7th, 11:00 - 12:30
Wilson Senior center	Tuesday, April 19th, 10:00 - 11:00
Kelly Senior Center	Thursday, April 21st, 12:30 - 1:30
McGovern Senior Center	Thursday, April 28th, 12:00 - 1:00

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



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# MILWAUKEE COUNTY SENIOR DINING

## LUNCH



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# APRIL



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<div>  <div> <b>RESERVATIONS REQUIRED</b>   24-HOUR NOTICE            9:30 AM - 11:30 AM  <b>CALL YOUR SITE</b> </div> <div>  </div> <div>            Suggested Contribution  <b>\$3.00</b>            60+         </div> </div>				
Chicken Salad 7-Grain Bread Marinated Carrot Salad  Apple Cranberry Juice Chilled Peaches Rice Krispie Treat	<b>4</b> <b>ELECTION DAY</b> <i>N. Side Closed No Meals</i> Roast Beef Kaiser Roll Potato Salad Marinated Vegetables Fruit Cocktail Chocolate Pudding	<b>5</b> Chef's Salad <i>Greens, Tomato, Cheese            Julienne Ham, Turkey, Egg            Croutons, Ranch Dressing</i> Split-Top Dinner Roll  Pineapple Juice Strawberry Yogurt	<b>6</b> Club Sandwich w/Lettuce & Tomato Pea & Cheese Salad Chips Chilled Pears Sugar Cookie	<b>7</b> PB & Jelly Wheat Bread Veggie Pasta Salad Baby Carrots Melon Wedge Snickerdoodle Cookie <b>1</b>
Egg Salad Whole Grain Bread Broccoli String Cheese Pineapple Graham Crackers	<b>11</b> Turkey & Swiss Italian Bread Coleslaw Kidney Bean Salad Lemon Bar Granny Smith Apple	<b>12</b> Asian Chicken Salad <i>Grilled Chicken, Mixed Greens            Mandarin Oranges, Vinaigrette            Chow Mein Noodles, Almonds</i> Poppy Seed Roll Orange M & M Cookie	<b>13</b> Hard Salami Asiago Bread Cauliflower Florets Mixed Greens/Dressing Jello Raisins	<b>14</b> Tuna 7-Grain Bread Red Cabbage Slaw Marinated Bean Salad Banana Baker's Choice <b>15</b>
Turkey Sourdough Rainbow Slaw  Tomato Juice Mandarin Oranges Nutri-Grain Bar	<b>18</b> Submarine Coney Bun Pickled Beets 3-Bean Salad Peaches Peanut Butter Cookie	<b>19</b> Turkey BLT Salad <i>Romaine, Tomato, Cheese            Chopped Turkey, Bacon            Ranch Dressing</i>  Orange Juice Pear Pumpkin Muffin	<b>20</b> Ham & Cheese Marble Rye Bread Broccoli Salad  Grape Juice Brownie Apple	<b>21</b> Chopped Chicken Fajita Salad Tortilla Chips Fruited Yogurt Grapes <b>22</b>
Ham Salad Whole Grain Bread Carrot Raisin Salad Pretzels Chilled Apricots Banana Bread	<b>25</b> Turkey Salad Whole Wheat Bread Marinated Vegetables  Juice Cottage Cheese Blueberry Pie	<b>26</b> Tuna Salad/Onion Roll Lettuce & Tomato Pasta Salad Sun Chips Applesauce Oatmeal Raisin Cookie	<b>27</b> Chicken & Cheese Tortilla Wrap Black Bean Salad Spinach/Dressing Clementine Lorna Doone Cookies	<b>28</b> Roast Beef Italian Bread French Potato Salad Baby Carrots Fruit Cocktail Cereal Bar <b>29</b>

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- 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

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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 Manager: Diane Chilinski
Wilson	414-282-5566	Dining Site Coordinator: Letti Orozco

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[www.servingolderadults.org/tech-connect](http://www.servingolderadults.org/tech-connect)



### MARK YOUR CALNDAR!

#### Washington Park

Monday, April 4th,  
10:00 - 11:00

#### McGovern Park

Wednesday, April 6th,  
9:30 - 10:30

#### Kelly

Monday, April 11th,  
11:00 - 12:00

#### Clinton Rose

Wednesday, April 13th,  
10:30 - 11:30

#### Wilson Park

Monday, April 18th,  
10:00 - 11:00



# 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.



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## Our Shining GEMs (Give Every Month)



Pat Ehlert  
Bridgette Frommell  
Charles Woodward

# 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 March 2021 - February 2022. We made every attempt to recognize all donors. If your name was missed, please contact us at 414-933-2332 email [Development@servingolderadults.org](mailto:Development@servingolderadults.org).

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# DONATION FORM

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

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

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

## MY DONATION:

- |  |   |
|--|---|
| <input type="checkbox"/> \$25 - Supporter  | <input type="checkbox"/> \$500 - Advocate     |
| <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  |
| <input type="checkbox"/> Other: _____      | <input type="checkbox"/> Become a *GEM: _____ |

### **\*What is a GEM (Give Every Month)?**

A GEM is a member of a dedicated group of donors who are devoted to providing programming and services for older adults in our community. By making a monthly gift to Serving Older Adults you will make a real difference!

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

Street Address \_\_\_\_\_

City, State, Zip Code \_\_\_\_\_

Email Address \_\_\_\_\_

☐ I/We wish to remain anonymous

Donation ☐ in honor of ☐ in memory of

\_\_\_\_\_

### **Payment Method**

☐ One time donation ☐ Monthly

Cash \_\_\_\_\_ Check # \_\_\_\_\_  
(Please Make Check Payable to SOA)

Credit Card Number: \_\_\_\_\_

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

Signature \_\_\_\_\_

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

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

Please charge my card \$ \_\_\_\_\_

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

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



***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.

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.

thank  
you!