



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

Closed Presidents Day, February 21st

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

Upcoming Events

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.

Earth Day Cleanup - Clinton Rose

Friday, April 22, 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.

Silver Steppers - Wilson

Mondays & Fridays, April 4th - May 27th

10:30am - 11:30am

Experience standing, low-impact choreography alternated with standing upper-body strength work. This class is suitable for nearly every fitness level, and your instructor can adapt the exercises depending on your skill.

Highlighted Events

Mardi Gras Celebration - Clinton Rose

Sponsored Eras Senior Network

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

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

Gospel Choir Practice - Clinton Rose

Led By Sharon Sprewer

Wednesdays, March 9th & 23rd, 10:30

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

T-shirt Design Contest - Kelly

In March we are hosting a contest for an official Kelly Center T-Shirt to sell in our gift shop. Show your Kelly spirit and get working on your ideas! A final participant vote on all submissions will determine the winner. Stop in at the front desk for more details.

Giving Tree Partnership Drive - Kelly

Thursday, March 3rd

The 2021 Kelly Giving tree has lost its green leaves and we need your help to fill it back up! The SOA partnership program is a great way to support programming and resources at Kelly and this year we will fill our Giving Tree with beautiful blossoms to honor each partner. We will kick off our month-long drive on National Peach Blossom Day, Thursday March 3rd, continuing with events on March 10th for the International Day of Awesomeness and wrapping it up on March 29th for World Piano Day.

Tai Chi - McGovern

Monday, Wednesday, and Friday 10:00

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

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.

BINGO - Washington

Fridays, 12:15 - 1:45

Bingo is BACK! Please join us for a Washington Park favorite, with new easy slide bingo cards, prizes and snacks/refreshments available for purchase.

Gift Shop - Washington

Monday - Friday, 8:30 - 1:30

(or later if requested)

Our gift shop is OPEN! We are fully stocked with cold drinks, snacks, crafts, books, antiques, jewelry and more. Be sure to stop in and check it out. We are also accepting donations.

The Nature of Photography - Wilson

Thursday, March 24th, 1:00

Take a journey behind the lens as showcase the stories behind moment captured.

Spring Rummage Tables Go On Sale! - Wilson

Tuesday, March 1st, 8:30

Fee: \$20 per 8ft table

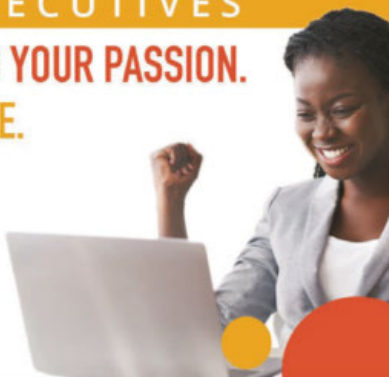
Clear out the stuff you have hanging around and turn it into money in your pocket! The spring rummage will be held on Saturday, April 23rd, 8:00am - 2:00pm.

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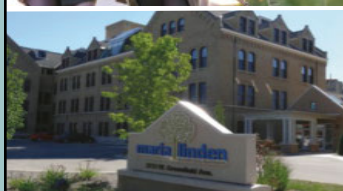
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Serving Older Adults of SE Wisconsin, Milwaukee, WI.

A 4C 01-2067

MILWAUKEE COUNTY SENIOR DINING



MILWAUKEE COUNTY
Department on Aging



We invite you to explore the NEW Senior Dining restaurant options which expand your options beyond Lunch to include Breakfast & Dinner while boosting the local economy.

			
DINNER	BREAKFAST	LUNCH	LUNCH
TUESDAY & THURSDAY 11:30 AM Greater Galilee 2432 N. Teutonia Avenue Milwaukee, WI 53206	WEDNESDAY 9:00 AM School Sisters of St. Francis 1501 S. Layton Boulevard Milwaukee, WI 53215	WEDNESDAY 11:30 AM Antigua 6207 W. National Avenue West Allis, WI 53214	THURSDAY 11:30 AM School Sisters of St. Francis 1501 S. Layton Boulevard Milwaukee, WI 53215

PARTICIPATION DETAILS

- 1** Current Senior Dining Registration Required
- 2** Reservations Required w/24-Hour Notice
(while meals are provided for Curbside pickup)
- 3** Select Menu Options if Options are Provided
- 4** Pickup Meal at the Designated Time & Location
(Note: Curbside pick-up times & locations are temporary)
- 5** Please Consider Making a Contribution
(Note: Contribute what you can. Cash or Check accepted)

→ **Call for Reservations: (414) 391-9009**

Milwaukee County DHHS Division on Aging • Senior Dining Office: 414.289.6995

Clinton & Bernice Rose Senior Center

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.

Open Sewing

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

Fee: \$8 (4 weeks)

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

Roselettes Dance Group

Tuesdays and Thursdays, 9:00 - 10:30

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

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. 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

Join a fabulous group of quilters. Miss Daisy's sewing group specializes in quilting. Miss Daisy's group is a project based group that strictly focuses on group projects. Some sewing skills required. Please keep in mind open sewing & Miss Daisy's sewing groups are two different groups.

Mardi Gras Celebration

Sponsored Eras Senior Network

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

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

Tax Preparation

Hosted by AARP

Every Monday, March 7 - April 11th

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

Lobby Health Talks With Eric Pampuch

Wednesdays, March 9th & 23rd, 10:30

(New) Gospel Choir Practice

Led By Sharon Sprewer

1st & 3rd Fridays, 10:00

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

Cooking Demonstration w/ Chef Marvin "The Unsalted Chef"

Presented by HEAL (Healthy Eating Active Living)

Thursday, March 17th, 10:15 - 11:15

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

Bingo-ST Patricks Day Edition

Sponsored by Anthem Blue Cross Blue Shield

Thursday, March 17, 12:15-1:15

Come out and play a fun game of bingo, win awesome prizes while socializing with friends and family. Please call to pre-register at Clinton Rose Senior Center 414-263-2255.

Out & About Travel Committee Meeting

Led by Jackie Trice

Thursday, March 17, 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.

Advisory Committee Meeting

Tuesday, March 22, 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. If you like access via zoom please contact the center for details.

Cooking Demonstrations W/ YMCA

Presented by Michelle Rimer, RDN

Thursday, March 31, 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

Clinton & Bernice Rose Senior Center

Memories in the Making

Presented by The Alzheimer's Association

Wednesday, March 30th, 12:30

Join this artistic class where you paint and create great memories with the Alzheimer's Association.

Get on Board and Ride

Presented by The Milwaukee County Transit System

Tuesday, March 8th, 10:30

Learn about all the programs and services the Milwaukee County Transit System provides.

Hayat Pharmacy

Presented by Dr. Hassin

Wednesday, March 16th, 10:30

Learn about the benefits of Hayat Pharmacy and all the services they offer.

Safe Sex Presentation

Presented by Milwaukee Healthcare Services

Wednesday, March 23rd, 10:30

Learn about how to have a healthy sex life in our golden years and the importance of staying safe.

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 10:30 - 11:30 The Extensions Practice	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's Sewing Group** 12:15-2:15: Out & About Travel Committee Meeting led by Jackie Trice every 3rd Thursday of the month.	Friday 10:00 - 11:00 Gospel Choir Practice 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



Congratulations to our Valentine's Day King Glenn Ray and our 2 ! Queens Florine Robinson and Charlotte Lewis.



Kelly Senior Center

Movement & Music: Parkinson Disease Exercise

Presented by Wisconsin Parkinson Association

Mondays 12:30 - 1:30

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

Quilt & Sew

Monday - Friday, 1:00 - 4:30

Fee: \$20 (January - March)

Pre-registration required.

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

Morning Exercise

Mondays and Fridays, 8:45 - 10:00

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

Open Sew with Instructor

Wednesdays, 9:00 - 12:00

Do you want to learn how to hem pants or properly sew on buttons? Are you stuck on a project you've already begun and needs assistance? The Kelly sewing room is open for anyone looking to learn how to sew.

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.

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.

Cooking Demonstration: Irish-themed

Thursday, March 17th 11:30

March is National Nutrition month! Please Join Michelle Rimer, Registered Dietitian with the YMCA of Metropolitan Milwaukee, as she demonstrates how to prepare recipes that participants can sample.

Popcorn at the Movies: The Secret of Roan Inish

Friday, March 18th, 12:30

Travel to Ireland this month with the story of Fiona, a young girl who is sent to live with her grandparents in a small fishing village with many secrets.

Kelly T-shirt Design Contest

In March we are hosting a contest for an official Kelly Center T-Shirt to sell in our gift shop. Show your Kelly spirit and get working on your ideas! A final participant vote on all submissions will determine the winner. Stop in at the front desk for more details.

Kelly Giving Tree Partnership Drive

Thursday, March 3rd

The 2021 Kelly Giving tree has lost its green leaves and we need your help to fill it back up! The SOA partnership program is a great way to support programming resources at Kelly and we will fill our Giving Tree with beautiful blossoms to honor each partner. Kick off our month-long drive on National Peach Blossom Day, Thursday March 3rd, continuing with events on March 10th for the International Day of Awesomeness and wrapping it up on March 29th for World Piano Day.

Coffee Talk: Decluttering Your Home

Wednesday, March 23rd, 11:30

Get pro-tips from Anne Riche of Professional Home Staging & Organization on strategies for decluttering and downsizing your home.

Kelly Advisory Meeting

Wednesday, March 23rd, 1:00

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

Kelly Senior Center Daily Schedule

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



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 - 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 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

(New) Tai Chi

Monday, Wednesday, and Friday 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

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

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

TOPS

Monday, 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

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.

Yoga

Tuesdays March 1-29 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

Tuesday, 8:30 - 10:00

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

Tech Assistance

Tuesday, 10:00

Are you having problems learning how to use your cell phone, tablet, or computer? You can get help by calling to make an appointment.

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.

Metalsmithing

Tuesdays, January 18th - May 17th, 11:00 - 3:00

Metalsmithing uses wire and sheets of metal to create jewelry.

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 this group of card players.

Phase 10 Card Game

Tuesdays and Thursdays, 11:30

This card game is addictive and fun. If you love to play Rummy you are sure to love playing Phase 10.

Monthly Movie Matinee

Tuesday, March 1st, 12:00

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

Quilting

Wednesday, 8:30 - 4:00

This is a group of people who gather to share their ideas and love for quilting.

Open Crafts

Wednesdays, 8:30 - 4:00

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

(New) Fabric Journal Covering

Wednesdays, 1:00

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

(New) Keychain Making Class

Wednesdays, 11:30

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

Questions About Medicare

Presented By Humana

Wednesday, March 2nd, 11:00

Here is where you can get useful information about Medicare.

Icare

Wednesday, March 9th, 11:00

Learn the difference between Medicare and Medicaid cards.

National Chip And Dip Day

Wednesday, March 23rd, 11:00

Let's get together and have some fun.

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.

Healthy Eating Active Living: Cooking Demonstration

Thursday, March 3, 12:00 - 1:30

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

McGovern Park Senior Center

Book Club

Thursday March 17, 12:30

The title of this month book is: The Chapel Next Door
Be sure to check your local library for this book.

Advisory Meeting

Thursday, March 17, 9:00 - 10:00

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

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

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.

Making Her Mark

Center Participant Contributes Needlepoint Craft

From her spot in the lobby, Janice Johnson greets people entering the Washington Park Senior Center. She's a familiar friendly face, in her red jacket and kind smile.

Janice has cerebral palsy, but it doesn't stop her from coming to the center every single day. She arrives on a transit bus that picks her up each morning. Janice likes to sit and needlepoint bookmarks, which she donates to the center's gift shop. She's been making bookmarks and crosses for 30-plus years.

"I can't knit or crochet," Janice said, "but these are easy, the colors are nice, and they keep me busy."

Years ago, Janice, who grew up in Milwaukee and has two grown sons, was involved in occupational training programs, and worked at nursing homes and the Department of Veteran Affairs hospital. She did filing in the pharmacy and handed out water and delivered food trays on the floors. What she loved the most was spending time with the residents.

"I wasn't really supposed to," she said, "but talking with the patients was the best part."

Here at Washington Park Senior Center, programming continues to expand since COVID. There are dance, yoga and movement classes, art, woodshop, and more happening all week long. "They've added more programs," Janice said. "The police department comes in to talk with people, Hunger Task Force brings food, it's nice."

Janice continues to make needlepoint bookmarks and converse with friends. Some she knows and some are new to the center. Janice is welcoming to them all.



Washington Park Senior Center

(New) Washington Park Chit Chat Club

Monday - Friday, 8:30 - 4:00

Join your friends in the lobby for some friendly conversation while enjoying a cup of coffee (donations suggested).

(New) BINGO

Fridays, 12:15 - 1:45

Bingo is BACK! Please join us for a Washington Park favorite, with new easy slide bingo cards, prizes and snacks/refreshments available for purchase.

Billiards

Lessons - Mondays, 9:00 - 10:00

Open Practice - Tuesday - Friday 9:00 - 3:00

Billiards Tournament - Wednesdays, February - April, 12:00 - 3:00, Cost: \$5.00

Join Washington Park Pool Players for the semi-annual pool tournament. May the best player win!

Chair Arthritis

Mondays, 10:00 - 11:00

Come out and get fit, while sitting. These arthritis exercises will help reduce joint pain.

Yoga

Mondays 9:00 - 10:00

Fee: \$78 (February 28th - May 23rd)

Yoga class uses gentle movements to improve flexibility, balance, strength and posture. All levels welcome.

Advisory Meeting

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

Learn about what's happening at Washington, ask questions, provide feedback, and more.

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.

Hand Weights

Mondays, Wednesdays, and Fridays,

11:00 - 12:00

Get your heart rate up and stay active. All levels are welcome.

Move Your Way

An Extension of Hand Weights

Fridays, 10:00 - 10:45

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

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 welcome and encouraged!

Scrapbooking

Tuesdays, 10:30 - 1:30

Get creative by designing one of a kind pieces. Class is open to all interest and skill levels.

Silver Steppers

Tuesdays and Thursdays, 10:00 - 11:00

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

Quilting

Wednesdays, 9:00 - 12:30

Fee: \$25 (January - March)

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

(New) Indoor Seed Cleaning

In Partnership with the Urban Ecology Center

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

Restoring Our Outdoors Together (ROOT). Join us at Washington Park as we clean plant seeds.

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, March 10th, 11:00 - 12:00

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

Stained Glass

Fridays, 9:00 - 11:00

Fee: \$25 (January - March)

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. All skill levels welcome.

Tennis

Fridays, 9:00 - 11:00

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

(New) Zumba for Seniors

Thursday, 11:00 - 12:00

This class is a great cardio workout! All levels welcome!

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Serving Older Adults of SE Wisconsin, Milwaukee, WI.

B 4C 01-2067

Wilson Park Senior Center

Gentle Yoga

Wednesdays, March 2nd - 30th, 2:00

Fridays, March 4th - 25th, 10:15

Yoga is safe for all ages, body types, and challenges. This low impact exercise can be adapted to improve anyone's fitness, starting right where you are now.

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, engage in friendly conversation, trading tips/techniques and have a great time sharing a passion for all things yarn!

Walking Group

Monday, Wednesday, Fridays, 8:30 - 9:15

Don't let the weather slow you down, take your steps indoors.

Open Computers

Monday - Friday, 8:30 - 3:30

Are you looking for access to a computer for personal use; Facebook, emails, play games, doing research or learning a new skill let Wilson Center be your computer go-to place (this is not instructor lead).

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 to brighten the day of someone special. No sewing experience is needed.

Morning Exercise

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

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

Wood Carvers

Wednesdays, 9:00 - 11:30

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

Low Impact Aerobics

Monday and Thursday, 1:00 - 2:00

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

Bridge

Fridays, 12:00 - 3:00

The Bridge group meets to share in their love of the game, conversation and more. If you are an avid Bridge player looking to play, please join in on the fun.

Guitar Jam

Friday, 10:00 - 12:00

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

Advisory Meeting

March 16th, 10:00

Learn about what's happening at Wilson, ask questions, provide feedback and more!

Book Club

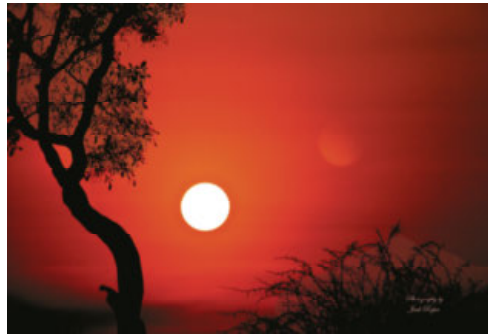
Wednesday, March 23rd, 10:15

This month we're reading "Magnificent Obsession" by Lloyd C Douglass. Book is available for pick up from the Zablocki Library the first five days of each month. Wilson's Book club has a new reading experience each month. Join in by reading the chosen book of the month and meet up on the last Wednesday of the month to discuss what you thought of it.

The Nature of Photography

Thursday, March 24th, 1:00

Take a journey behind the lens as we showcase the stories behind moment captured.



Quilt Camp (Beginner Quilting)

Tuesdays, March 29th & April 5th;

Thursdays, March 31st & April 7th, 9:00

Fee: \$20 / 2 Weeks

This class is for beginners. Make a mini-quilt covering all steps necessary to make a full size quilt. Learn how to cut and sew, read quilting instructions, plan a pieced block, add borders, quilt the block and bind it.

Spring Rummage Tables Go On Sale! - Wilson

Tuesday, March 1st, 8:30

Fee: \$20 per 8ft table

Clear out the stuff you have hanging around and turn it into money in your pocket! The spring rummage will be held on Saturday, April 23rd, 8:00am - 2:00pm.

The Solarium Club is looking for new members willing to join in the upkeep and enjoyment of the Solarium. Join a dedicated group of volunteers to bring the Solarium back to its former glory. We are seeking individuals willing to assist in the upkeep, watering and care of the plants for the enjoyment of all. No experience necessary, come learn about plants! Contact the office for more information.



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DHS Approved 4/22/2021

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



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Serving Older Adults of SE Wisconsin, Milwaukee, WI.

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Wilson Park Senior Center Daily Schedule

Monday 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	Tuesday 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*	Wednesday 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*
Thursday 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	Friday 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	Daily 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

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: epampuch@servingolderadults.org



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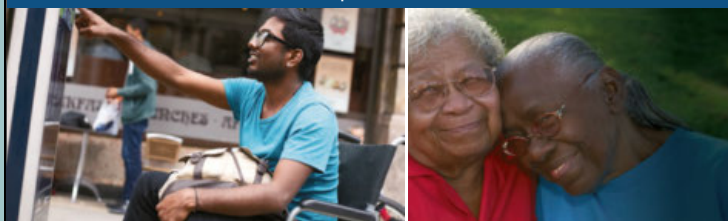
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MARCH



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 CALL SITE	1 Hard Salami Kaiser Roll Mayo Cherry Tomatoes Broccoli Salad Sun Chips Mandarin Oranges	2 Vegetarian Chef's Salad <i>Lettuce, Cucumber, Egg Carrots, Tomato, Cheese Salad Dressing</i> Bran Muffin Cottage Cheese Cinnamon Apple Slices	3 Shaved Ham Whole Wheat Bread w/Mustard Asian Coleslaw 🍅 Tomato Juice Fresh Pear Spice Cake	4 Veggie & Cheese Tortilla Wrap Marinated Bean Salad Pretzels Blueberry Yogurt Sliced Peaches
7 Chicken Salad Coney Bun Marinated Carrot Salad Grape Tomatoes Applesauce M & M Cookie	8 Roast Beef Whole Grain Bread Pea & Cheese Salad Red Cabbage Slaw Pear Slices Rice Krispie Treat	9 Tuscan Tortellini Salad <i>Spinach, Salami, Olives Pepperoni, Mozzarella Lettuce, Dressing</i> Whole Wheat Dinner Roll Banana Oatmeal Raisin Cookie	10 Submarine Sandwich w/Lettuce & Tomato Pasta Salad Pickled Beets Chips Red Delicious Apple	11 Tuna Salad Sesame Bun Cauliflower Florets Kidney Bean Salad Chocolate Pudding Grapes
14 Sliced Turkey 7-Grain Bread Broccoli Slaw Chips Peaches Coconut Pie 	15 PB & J English Muffin Marinated Bean Salad Sun Chips Strawberry Yogurt Granny Smith Apple	16 Taco Salad <i>Lettuce, Taco Meat Tomato, Peppers, Onion Cheese, Dressing</i> Tortilla Chips Mixed Fruit Cup Cereal Bar	17 Corned Beef & Swiss 1,000 Island Dressing Marble Rye Bread Cabbage Slaw Pickle Spear Fresh Pear Shamrock Cookie St. Patrick's Day	18 Seafood Salad on Leaf Lettuce Pasta Salad Baby Carrots Split-Top Dinner Roll Tropical Fruit Cup
21 Ham & Cheese Kaiser Roll Potato Salad 3-Bean Salad 🍊 Orange Juice Blondie	22 Chicken Salad Oatmeal Bread Marinated Vegetables Red Jello Banana Snickerdoodle Cookie	23 7-Layer Salad <i>Lettuce, Egg, Cheese Peas, Chives, Bacon Mayo Dressing</i> Crusty Bread Fruit Cocktail Spice Cake	24 Roast Beef w/Mustard Sourdough Bread French Potato Salad Garden Salad/Ranch Clementine Lorna Doone Cookies	25 Egg Salad 7-Grain Bread Arugula & Tomato Salad Corn Chips Fruit Cup Banana Muffin
28 Tuna Salad Italian Bread Broccoli Salad Pretzels Fruit Cocktail Graham Crackers	29 Ham Salad 7-Grain Bread Carrot Raisin Salad String Cheese Pineapple Tidbits Peanut Butter Cookie	30 Chicken Caesar Salad <i>Grilled Chicken Romaine, Tomato Croutons, Parmesan Caesar Dressing</i> Italian Bread Fresh Orange Lemon Pudding	31 Roast Turkey BLT Whole Grain Bun American Potato Salad Black Bean Salad Cranberry Relish Granola Bar	Suggested Contribution \$3.00 60+  

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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

Tech Connect for Older Adults Bringing People Together

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iPad Check Out: We have a supply of iPads that can be checked out for a renewable 6-week period. These are 8th Generation iPads 32 GB of memory. Along with the iPad checkout, we can provide help for you in ordering and setting up your own iPad.

Classroom Training: We provide monthly training classes on a variety of topics. Our March class will be navigating using **Google Maps and Directions**. How to find the best routes to a destination, including using Milwaukee County buses and turn-by-turn driving instructions.

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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

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

Community Partners

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



MILWAUKEE COUNTY
Department on Aging



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Bridgette & Kevin	Jeanne Kennedy	Rosanne Moore	Maria Rodriguez	Dean & Barbara
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Sylvia Gear	Barbara Kogutkiewicz	Sharon Morris	Round-ups Round-ups	Bobby Thompson
Peter & Judith	Janet Kolancheck	Oranell Morris	Michael Runnells	Margaret Todd
Gerasopaulous	David and Alice Konkell	Sharon Multani	Eleanor Ryan	Barbara Toles
Ceotrid Gilbert	Paul Kopecky	Mary Neitzel	Diane Rychlinski &	Delores Toman
Matt Glaske	Richard & Regina	Susan Nelson	Katharine Marinan	MaryJo Travis
Christa Glowacki	Koronowski	Gerry Newburg	John Ryles	Isiah Trice
Marsha Godfrey	Michael Kostiuik	Andrew Ng	Robert & Caroline	Mary Ann Tromp
Richard Goldberg	Stan Kostka	Margaret Niemer	Sanderson	Christopher Turek
Dan and Sharon	Ralph & Virginia	Norma Nonneman	Jimmy Sandson	Suzanne Turner
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Glenna & Michael	Lucille Kozelek	Audrey Norman	Ray Saron	Turner
Goodwin	Cynthia Kroll	Niedra North	James Sass	Carol Valla
Rita Gorman	Edward Krueger &	Sam Oaks	Kathy Schauer	Phyllis Verhaalen
Naomi Green	Carla Staab	Mary O'Connell	Richard & Norma	Michele Vogt
Joe Griffin	Alexander & Sharon	Williams	Schendel	Megan and Nick
Michael Gronitz	Rae Landergott Durka	MARY O'LEARY-	Stuart & Gayle Schenk	Vranes
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Rita Gutowski	Mel Larsen	Dan & Pat Pairon	Leslie Schmerin	Margaret Wallace
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Sandy/Stan	Dain Maddox	Muriel Plichta	Rosie Shaw	Williquette
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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 _____

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☐ 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!