

May 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: Miriam Kaja
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

Main office: 4420 W Vliet St, Milwaukee WI 53208

HOURS

Monday - Friday, 8:30 - 4:30
SOA General Line: 414-704-3343
www.servingolderadults.org
Closed Monday, May 30th



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

Check out what's inside

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

June Sneak Peek

Coffee Talk - Kelly

Tuesday, June 14th, 1:00

Come hear personal trainer Paul Warloski's tips about the best ways to build fitness and lose weight by building healthy, sustainable habits.

Rummage Sale - Kelly

Saturday, June 25th 9:00 - 4:00

Got some stuff to get rid of? Kelly Senior Center is hosting a rummage sale! Buy a table for just \$15, then sell to your heart's content. You keep all the profits. Stop in the center to buy your table today.

Wilson registration for third quarter classes begins Monday, June 6. Full details on classes available in the office.

Stained Glass \$25

Hot Glass \$25

Guided Art Studio \$25

Line Dancing \$12

Paper Crafting \$15

Ceramics \$25

Quilting \$25

Open Sew \$20

Buddhist Meditation - Wilson

Fridays, 1:00 - 2:00, June 3 - August 5

Fee: \$20/8 weeks

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

Highlighted Events

Mother's Day Celebration - Clinton Rose

Sponsored by Eras Senior Network

Tuesday, May 3rd, 11:30 - 2:00

"If love is as sweet as a flower, then my mother is that sweet flower of love" this quote by Stevie Wonder is a true expression of the sweet delicate nature of mothers. We will celebrate and honor all mothers! Refreshments will be served immediately after the program. Mother's, please wear your favorite hat because we will have a contest and give a small prize to the best hat! Pre-Registration is required.

Breakfast Day - Clinton Rose

Tuesday, May 10th, 9:00 - 10:00 am

Fee: \$6

Enjoy a delicious breakfast provided by Rose Kitchen, donations will go to support Clinton Rose Senior Center. Pre-Orders Start May 1st.

Coffee Talk - Kelly

Tuesday, May 10th, 1:00

Hayat pharmacist Dr. Dimmy Sokhal will share valuable information about health and medication.

Card Making Workshop Part 2 - Kelly

Thursday, May 19th, 1:00

Fee: \$4

Join Sharon for another card-making workshop! This time, the theme will be cards for men. As before, crafters will walk away with two beautiful cards they made themselves! All supplies provided.

Smoothies Class - McGovern

Monday, May 2nd, 11:00

Attendees will learn the nutritional benefits of smoothies and how to make them. Each participant who has signed up for this class will receive a booklet full of easy-to-make, healthy recipes to make at home.

Mothers Day Manicure - McGovern

Friday, May 6th, 10:00 - 1:00

Just in time for Mothers Day: Ladies you are invited to enjoy a standard manicure which includes picking out the nail polish color of your choice.

A Very "Shocking" Presentation - Washington

Thursday, May 26th, 12:30 - 1:30

Join Mr. Jack Roper, professional photographer, for a special presentation featuring pictures of lightning strikes he has captured from his travels around the world. Jack will provide an entertaining event filled with stories, shocking pictures, and more.

Genealogy Help Desk - Wilson

Wednesday, May 11th, 1:00 - 2:00

Stop by the computer lab and get guided instruction on how to use technology to trace your ancestral roots.

Wilson Variety Show Recruitment - Wilson

Friday, May 20, 12:30

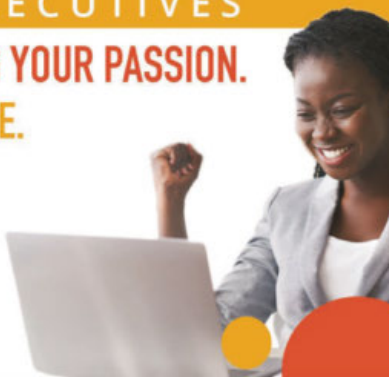
Come one come all to the planning meeting for our upcoming variety show. Share your talents in music, dance, poetry and acting to help develop a one of a kind production. Everyone is welcome to join in on the fun, we'll find a part for you, no experience is necessary!

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Serving Older Adults of SE Wisconsin, Milwaukee, WI.

A 4C 01-2067

The *Art* of Aging

A Resource and Lifestyle Fair for Older Adults

Serving Older Adults (SOA) invites you to the 2nd Annual Art of Aging, a resource and lifestyle fair to celebrate aging well together. The event will feature a wide range of health, lifestyle, and active aging resources for older adults as well as food, art, and entertainment.

- Resources
- Craft Demos
- Flu Shots
- COVID Shots
- Food
- Door Prizes
- Entertainment
- Rx Drug Disposal

Southside - Wilson Park Senior Center

2601 W. Howard Ave, Milwaukee, WI

Wednesday, May 18th, 2022

9:00 a.m. - 12:00 p.m.

Northside - Washington Park Senior Center

4420 W. Vliet St, Milwaukee, WI

Thursday, September 29th, 2022

9:00 a.m. - 12:00 p.m.

Safety protocols as established by the CDC and the Milwaukee County DHHS Division on Aging will be followed.

Presenting Sponsor



Clinton & Bernice Rose Senior Center

Speak Your Mind

Monday - Friday, 8:30 - 1:30

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

OG Dance Group

Monday, 9:30 - 10:30; and Wednesday, 9:30 - 10:30

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

Open Sewing

Mondays, Tuesdays, & Fridays, 9:00 - 3:30
Fee: \$8 (4 weeks)

Join our sewing fun! You must have a sewing room orientation before you can join the sewing fun. *Note: open sewing & 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! You don't want to miss this amazing opportunity to win fabulous prizes. They will also be sharing resources and answering questions.

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

Wednesdays, 11:00 - 1:00

Start taking care of yourself by getting the muscles working. Our exercise equipment is up to date and always sanitized and ready for your workout.

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. This is strictly focuses on group projects. *Some sewing skills required. Note: open sewing & Miss Daisy's sewing groups are two different groups, total for both is \$16.00.*

Gospel Choir Practice

Fridays, May 6th & 20th, 10:00

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.

Mother's Day Celebration

Sponsored by Eras Senior Network

Tuesday, May 3rd, 11:30 - 2:00

"If love is as sweet as a flower, then my mother is that sweet flower of love" this quote by Stevie Wonder is a true expression of the sweet delicate nature of mothers. We will celebrate and honor all mothers! Refreshments will be served immediately after the program. Mother's, please wear your favorite hat because we will have a contest and give a small prize to the best hat! Pre-Registration is Required.

Breakfast Day

Tuesday, May 10th, 9:00 - 10:00 am

Fee: \$6

Enjoy a delicious breakfast provided by Rose Kitchen, donations will go to support Clinton Rose Senior Center. Pre-Orders Start May 1st.

BINGO!

Presented by Cornerstone

Thursday, May 12th, 10:00 - 11:00

Enjoy playing BINGO? Well, come play bingo at Clinton Rose, prizes will be provided to the winners by Cornerstone.

Morning Blend with Hot Topics

Thursday, May 5th & 19th, 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.

Tea Time!

Wednesday, May 18th, 12:00 - 1:00

Come enjoy tea and crumpets at our Clinton Rose Tea Social, dress up in your favorite hats and fancy clothing and come have some fun. Vote on your favorite tea and enter a drawing for \$1.00 to win a nice basket.

Cooking Demonstration w/ Chef Marvin "The Unsalted Chef"

Presented by HEAL (Healthy Eating Active Living)

Thursday, May 19th, 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, May 19th, 12:15 - 1:15

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.

Gurnee Mills

Presented by The Out & About Travel Committee

Friday, May 20th, 9:00 - 4:00

Fee: \$35

Get ready to shop till you drop, see a movie, enjoy the arcade or eat great food at Gurnee Mills. Trips are first come, first serve. ***The last day to sign up for this trip is May 2nd.***

Clinton & Bernice Rose Senior Center

Advisory Committee Meeting

Tuesday, May 24th, 10:30 - 11:30

Discover what's going on at Clinton Rose and at the Milwaukee County DHHS Aging & Disability Services Division. Have your voice heard and enjoy being a part of this amazing committee. If you like access via zoom please contact the 414-263-2255 for details.

Memory Screenings

Presented by Milwaukee County DHHS Aging and Disabilities Services

Wednesday, May 25th, 10:00 - 11:00

As we get older, it is important to recognize any changes we may experience, especially in relation to our memory. A memory screen is defined as a wellness tool that helps people identify possible changes in memory and cognition. This is not a diagnostic tool, but a screen that can provide early detection of dementia.

Memories in the Making

Sponsored by the Alzheimer's Association

Thursday, May 26th, 10:30 - 12:00

Memories in the making is a unique art program that allows individuals with Alzheimer's disease and related dementias to express themselves through art and storytelling. Get creative in this class where you will be able to express yourself through art. Supplies are included and pre-registration is required.

Cooking Demonstrations W/ YMCA

Presented by Michelle Rimer, RDN

Thursday, May 26th, 12:00 - 1:00

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

MCDA Outreach

Presented by Milwaukee County Department of Health & Human Services

Tuesday, May 31st, 10:30 - 12:30

Meet with Outreach social worker Andrew Bethke for up-to-date information about a wide array of resources and community based services available for seniors.

Rummage Sale

Clinton Rose will be hosting our famous car wash, rummage sale, and food for sale on Saturday, July 9th from 8:00 - 3:00. Call 414-263-2255 to purchase your table today and car wash vouchers. Table cost is \$25 for an 8ft table and car wash vouchers are \$5 for exterior cleaning. Table Sale and car wash vouchers sale starts May 2nd.

| | | |
|--|---|---|
| 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 1st & 3rd 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 (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 |

Kelly Senior Center

Morning Exercise

Mondays & Fridays, 8:45 - 10:00

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

Tai Chi Practice Session

Mondays, 10:30 - 11:30

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

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 on their own machines and train them on shared equipment.

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 - just bring your creative energy!

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 (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

Reach your weight-loss goals with TOPS. Join Cudahy Chapter 33's weekly meetings. Former, current, and new TOPS members are welcome. Pre-registration required.

Open Art Studio

Wednesdays, 10:00 - 12:00

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

Nature Walk in Warnimont

Thursdays, 9:00

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

Knit & Crochet

Thursdays, 9:00 - 11:00

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

Kelly Bingo

Hosted by CarePatrol

Monday, May 4th, 1:00

Join us for an afternoon of Bingo, sponsored by CarePatrol.

Mother's Day Brunch

Friday, May 6th, 10:00

Fee: \$8

Pre-registration required.

Spoil an important woman in your life with brunch, and let us take care of the dishes!

Coffee Talk

Tuesday, May 10th, 1:00

Hayat pharmacist Dr. Dimmy Sokhal will share valuable information about health and medication.

Women's Club

Monday, May 16th, 1:00

Fee: \$4

Pre-registration required.

Card Making Workshop Part 2

Friday, May 18th, 12:00

Fee: \$5

Join Sharon for another card-making workshop! This time, the theme will be cards for men. As before, crafters will walk away with two beautiful cards they made themselves! All supplies provided.

Kelly Advisory Meeting

Wednesday, May 25th, 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.

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 Sheepshead 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 1:00 Trivia Hour 2:00 Movie Matinee | Daily Fitness Center Computer Lab Tabletop Games Billiards Social Time *Include a fee |



National Senior Health and Wellness Day

Participate in some of SOA's most popular exercise classes being showcased, or just come to observe. Join in on the fun by yourself or come with a friend and get started on your fitness journey together. Studies show that having a workout partner increases exercise consistency!

Kelly Senior Center

6100 S. Lake Dr. Cudahy, WI
 Morning Exercise
 8:45 - 10:00

Wilson Park Senior Center

2601 W. Howard Ave. Milwaukee, WI
 Morning Exercise
 9:15 - 10:00

McGovern Park Senior Center

4500 W. Custer Ave, Milwaukee, WI
 Dance For Fun and Fitness
 10:00 - 11:00

Clinton Rose Senior Center

3045 N. Dr. Martin Luther King Dr. Milwaukee, WI
 Senior Striders
 10:00 - 11:00

Washington Park Senior Center

4420 W. Vliet St. Milwaukee, WI
 Hand Weights
 11:00 AM - 12:00 AM

McGovern Park Senior Center

Tai Chi (New)

Mondays, Wednesdays, & Fridays, 10:00

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

Dance For Fun and Fitness

Mondays, Wednesdays, & 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. Best of all, learn health options from supportive TOPS members.

Smoothies Class

Monday, May 2nd, 11:00

Attendees will learn the nutritional benefits of smoothies and how to make them. Each participant who has signed up for this class will receive a booklet full of easy-to-make, healthy recipes to make at home.

Mothers Day Manicure

Friday, May 6th, 10:00 - 1:00

Just in time for Mothers Day: Ladies you are invited to enjoy a standard manicure which includes picking out the nail polish color of your choice.

Upper Body Exercise Video (New)

Monday and Friday, 11:00

This is an upper body chair workout using dumbbells.

National Siblings Day

Tuesday May 10th, all day

Invite one of your siblings to visit the center to enjoy some of the activities that you do.

McGovern's Gospel Choir (New)

Fridays 11:30

Why join a Choir? Singing in a choir gives you musical, physical, social, mental, and most of all spiritual rewards. If you are interested in singing or directing a choir please join us. We need your voice.

Lapidary

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

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.

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

Metalsmithing uses wire and sheets of metal to create jewelry.

Tech Assistance

Tuesdays, 11:00 - 2:00

Are you having problems using your cell phone, tablet, or computer? Help is available. Please call to make an appointment.

Sheepshead Card Game

Tuesdays & 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 & 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.

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.

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, May 19th, 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.

Washington Park Senior Center

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.

Washington Park RESALE GIFT SHOP

Monday - Friday, 8:30 - 1:30 (later if requested)

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.

Wii Bowling

Monday - Friday, 9:00 - 1:00

Wii bowling is back! Enjoy lively and interactive games with friends or by yourself.

A Very "Shocking" Presentation (New)

Thursday, May 26th, 12:30 - 1:30

Join Mr. Jack Roper, professional photographer, for a special presentation featuring pictures of lightning strikes he has captured from his travels around the world. Jack will provide an entertaining event filled with stories, shocking pictures and more.

ZUMBA for Seniors

Thursdays, 11:00 - 12:00

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

Game Day

Tuesdays, 11:30 - 2:00

Join your Washington Park friends for a variety of card and board games. Let the GAMES begin!

BINGO

Every Friday, 12:15 - 1:30

Enjoy great prizes and a lively game of bingo! Snacks and refreshments will be available for purchase.

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)

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.

Hand Weights

Mondays, Wednesdays, and Fridays,

11:00 - 12:00

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

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.

Gospel Choir

Tuesdays, 10:00 - 11:00

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

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, May 12th, 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.

Medicare 101

Presented by Anthem

Tuesday, May 10th, 11:00 - 12:00

Please join us for a free special event to answer your Medicare Questions. We'll talk about which benefits are important to you and explore your Anthem Blue Cross and Blue Shield Medicare Advantage plan options.

Walking Group

Tuesdays, 9:00 - 10:00

Enjoy great company and easy exercise with Washington's walking group.

Washington Daily Schedule

| | | |
|--|---|--|
| Monday 9:00 - 10:00 *Yoga 9:00 - 10:00 Billiards (lessons) 10:00 - 11:00 Chair Arthritis 11:00 - 12:00 Hand weights | Tuesday 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 | Wednesday 9:00 - 12:30 *Quilting 11:00 - 12:00 Hand weights |
| Thursday 10:00 - 11:00 Silver Steppers 10:30 - 11:30 Bible Study 11:00 - 12:00 Zumba | Friday 9:00 - 11:00 *Stained Glass 9:00 - 3:00 *Piano 9:00 - 11:00 Tennis 10:00 - 10:30 Move Your Way 11:00 - 12:00 Hand weights 12:15 - 1:45 Bingo | Daily - Open 8:30 - 4:00 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 |

Bring Your Own Device Day (BOYD)

A Tech Connect Program

Clinton Rose Senior Center:
Wednesdays, 11:00 AM - 2:00 PM

Kelly Senior Center:
Tuesdays, 9:00 AM - 12:00 PM

McGovern Park Senior Center:
Tuesdays, 11:00 AM - 2:00 PM

Washington Park Senior Center:
Thursdays, 11:00 AM - 2:00 PM

Wilson Park Senior Center:
Mondays, 1:00 PM - 4:00 PM



Visit your center for more information or go to
<https://servingolderadults.org/tech-connect/>

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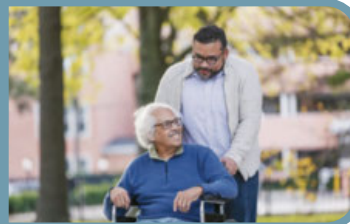


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Serving Older Adults of SE Wisconsin, Milwaukee, WI.

B 4C 01-2067

Wilson Park Senior Center

Wood Shop

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

Fee: \$25/month

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

Scrabble

Mondays, Wednesday, & Fridays, 9:00 - 12:00

Morning Exercise

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

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

Sheepshead

Mondays & Wednesdays, 1:00 - 3:00

Low Impact Aerobics

Mondays & Thursdays, 1:00 - 2:00

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

(New) Chess

Tuesdays, 9:00 - 11:00

Stay sharp on your skills while enjoying a good game with other Chess enthusiasts.

Sojourn Bears

Tuesdays & Wednesdays, 12:30 - 3:00

Make a difference in the lives of patients with cancer by creating one of a kind bears that are delivered to local cancer patients. No sewing experience is needed.

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.

Knitting and Crocheting

Wednesdays, 10:30 - 12:00

Sharing a passion for all things yarn as you work on your own projects and enjoy good company!

Plastic Canvas

Thursdays, 9:00

Come join others as you share patterns and work on your own creations.

Guitar for Beginners

Thursdays, 12:00 - 1:00

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

Recorder Ensemble...It's Back!

Thursdays, 1:00 - 2:30

Join in on a musical adventure as you share your love of music and the unique sounds from these woodwind instruments.

Ukulele

Thursdays, 1:30 - 2:30

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

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.

Mahjong

Fridays, 9:00

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

Guitar Jam

Fridays, 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.

Movie and Popcorn

Fridays, 1:00

Come enjoy some popcorn as you watch a movie on the big screen.

Silver Steppers

Presented by Eric Pampuch

Mondays - Fridays, April 11th - May 27th, 10:30 - 11:15

SilverSneakers® Circuit: Standing upper-body strength work alternated with low impact cardio using a chair for standing support.

Garden Club

Tuesdays, May 10th & 24th, 10:00

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

Genealogy Help Desk

Wednesday, May 11th, 1:00 - 2:00

Stop by the computer lab and get guided instruction on how to use technology to trace your ancestral roots.

Gentle Yoga

Wednesdays, May 11th - 25th, 2:00

Fridays, May 13th - 27th, 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.



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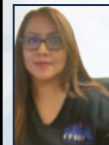
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This project was supported, in part by grant number 90MPPG0041-01-00, from the U.S. Administration for Community Living, Department of Health and Human Services, Washington, D.C. 20201.



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C 4C 01-2067

Wilson Park Senior Center Daily Schedule

(New) Tap Dance Performance

Sponsored by Humana

Thursday, May 12th, 10:30 - 11:30

Join us in our continued celebration of Mother's Day with a Tap Dance performance by Wilson's very own dancers. Concessions will be served!

Coin and Stamp Collectors Group

Tuesday, May 17th, 11:00 - 12:00

Share some of your treasured collections with other enthusiasts.

Wilson Senior Center Advisory Meeting

Wednesday, May 18th, 10:00 - 10:30

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

Book Club

Wednesday, May 18th, 10:15

The book to read this month is "Never Knowing" by Chevy Stevens. Book is available for pick up from the Zablocki Library the first five days of each month. Join in by reading the chosen book of the month and meet up to discuss what you thought of it.

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.

(New) Wilson's Cornhole league

We are looking to start a corn hole league that will make this favorite pass time available rain or shine. If you'd like to join in on the fun please contact the office to help us prepare supplies and space.

Wilson Variety Show Recruitment

Friday, May 20, 12:30

Come one come all to the planning meeting for our upcoming variety show. Share your talents in music, dance, poetry and acting to help develop a one of a kind production. Everyone is welcome to join in on the fun, we'll find a part for you, no experience is necessary!



| | | |
|---|--|---|
| 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 |

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, May 10th, 9:30 - 10:30 |
| Clinton Rose Senior Center | Thursday, May 12th, 11:00 - 12:30 |
| Wilson Senior center | Tuesday, May 17th, 10:00 - 11:00 |
| Kelly Senior Center | Thursday, May 19th, 12:30 - 1:30 |
| McGovern Senior Center | Thursday, May 26th, 12:00 - 1:00 |

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



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LUNCH

FOR CURBSIDE PICK-UP



MAY



| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|--|---|---|---|---|
| Chicken Salad 2 Multigrain Bread Broccoli Florets 3-Bean Salad Red Delicious Apple Orange Jello | Hard Salami 3 Asiago Bread Pea & Cheese Salad Pickle Spear Pineapple Lorna Doone Cookies | Taco Salad 4 Seasoned Taco Meat Tomato, Peppers, Onion Lettuce, Cheese, Dressing Tortilla Chips Fresh Orange Graham Crackers | Egg Salad 5 Whole Wheat Bread Side Salad/Dressing Kidney Bean Salad Grapes Snickerdoodle Cookie | Submarine 6 Hoagie Roll Cauliflower Florets Grape Juice Fresh Pear Pistachio Pudding Cake |
| Roast Beef 9 Italian Bread Marinated Carrot Salad Pickled Beets Strawberry Yogurt Nutri-Grain Bar | Chicken & Cheese 10 Tortilla Wrap Black Bean Salad Fruit Punch Clementine Brownie | Tuscan Tortellini Salad 11 Spinach, Salami, Olives Pepperoni, Mozzarella Lettuce, Dressing Marble Rye Bread Tropical Fruit Cup Lemon Meringue Pie | Turkey & Swiss 12 Wheat Bread Broccoli Salad Orange Juice Rice Krispie Treat Banana | PB & J 13 Oatmeal Bread Garden Salad/French Potato Chips Fruit Chocolate Chip Cookie |
| Egg Salad 16 Sesame Bun Marinated Vegetables String Cheese Apple Juice Oatmeal Raisin Cookie | Ham Salad 17 7-Grain Bread Red Cabbage Slaw Pretzels Sliced Pears Sugar Cookie | Chef's Salad 18 Greens, Tomato, Cheese Julienne Ham, Turkey, Egg Croutons, Ranch Dressing Dinner Roll Cinnamon Applesauce Granola Bar Wilson & Kelly Closed for Art of Aging Resource Fair at Wilson. | Tuna Salad 19 Leaf Lettuce Tomato, Cucumber Croissant Baby Carrots Sun Chips Melon Wedge | Turkey Sandwich 20 w/Lettuce & Tomato Whole Grain Bun Broccoli Slaw Cranberry Juice Mandarin Oranges Blueberry Muffin |
| Ham & Cheese 23 Kaiser Roll Pasta Salad Cauliflower Florets Fruit Cocktail Cereal Bar | Submarine 24 Sandwich Rainbow Slaw Orange Juice Pineapple Coffee Cake | Chicken Caesar Salad 25 Grilled Chicken Romaine, Tomato Croutons, Parmesan Caesar Dressing Vienna Bread Banana Peanut Butter Bar | Roast Beef 26 Italian Bread French Potato Salad Spinach Salad/Ranch w/Tomato & Cucumber Yellow Delicious Apple Fruited Yogurt | Club Sandwich 27 w/Lettuce & Tomato Wheat Bread Carrot Raisin Salad Pickle Spear Pretzels Peach Cobbler |
| CLOSED 30 Memorial Day REMEMBER AND HONOR | Tuna Salad 31 Whole Wheat Bun Broccoli Florets Cottage Cheese Chilled Apricots Chocolate Pudding | RESERVATIONS REQUIRED 9:30 - 11:30 24-HOUR NOTICE CALL SITE Suggested Contribution \$3.00 60+ Facebook icon Dollar bills icon | | |

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

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MILWAUKEE COUNTY
Department on Aging



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

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 | 414-481-9611 | 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 |



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 a Part a 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.

Community Partners

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



**Marjorie L. Christiansen
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YMCA of Metropolitan Milwaukee

Our Shining GEMs (Give Every Month)

Anonymous (1)
Pat Ehlert
Bridgette Frommell
Paul Niemeyer
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 - March 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.

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Nina Coleman

Cynthia Cone

John Corrao

Salvatore Corrao

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Lynn Crawford

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Jean Fromm

Jacqueline Fryer

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Sylvia Gear

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Gerasopoulos

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Partners to \$249

| | | | | |
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| Yaasmeen Joseph | | Larry Robinson | Jessica Tenhove | |
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| | | Freddie Roby | | |
| | | Marty & Mary Rockford | | |

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!