

# SERVING OLDER ADULTS

OF SOUTHEAST WISCONSIN, INC.

August 2022



## THE CONNECTION

### Bring Your Own Device (BYOD) Day

You've got questions about technology, we've got answers. Each center will host this one-on-one workshop where you can bring your device (phone, iPad, laptop), and your questions, and work with one of our knowledgeable tech trainers. Talk to your manager to schedule an appointment.

Wilson: Mondays, 1:00 - 4:00

Kelly: Tuesdays, 9:00 - 12:00

McGovern: Tuesdays, 11:00 - 1:00

Clinton Rose: Wednesdays, 10:00 - 1:00

Washington: Thursdays, 10:00 - 1:00

### CLOSURES

Closed for polling Tuesday, August 9th:  
Clinton Rose, McGovern, Washington

### HOURS

Monday - Friday, 8:30 - 4:30  
SOA General Line: 414-704-3343  
[www.servingolderadults.org](http://www.servingolderadults.org)

### Check out what's inside

### Wellness Coordinator Schedule

The Wellness Coordinator is available at each center every week to help with proper exercise machine use and answer any health-related questions. See below for your center's day and hours.

Wilson: Mondays, 8:30 - 10:30

McGovern: Tuesdays, 8:30 - 10:30

Clinton Rose: Wednesdays, 8:30 - 10:30

Washington: Thursdays, 8:30 - 10:30

Kelly: Fridays, 8:30 - 10:30

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# Aging Well

## TOGETHER

Serving Older Adults of Southeast Wisconsin's goal is to positively impact the health and well-being of older adults through quality health and wellness programming, continuous learning opportunities, community engagement, and a variety of socialization outlets.

### SERVING OLDER ADULTS ADMINISTRATION

**President/CEO:** Cathy Wood

**Chief Financial Officer:** Jodi Bauer

**Director of Senior Centers:** Laz Jackson

**Director of Marketing and Development:** Chey Thunberg

**Human Resources Director:** Candace Richards

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

### USE GOOD JUDGMENT

Participants assume the risk of taking part in activities. Serving Older Adults of Southeast Wisconsin and Milwaukee County are held harmless from all claims resulting from taking part in any activity at the senior center.

### GET INVOLVED TODAY!

1. Complete participation form
2. Register for the Dining Program
3. Sign-up for a Fitness Center Orientation
4. Pick up your touch screen card and log-in daily
5. Enjoy the centers

### PAYMENT AND REGISTRATION REQUIRED:

Registration and full payment is required for all activities with fees. Register at least two weeks before the start date in the center office. Activities will be canceled if minimum registrations are not met. For accommodations, please let staff know at time of sign-up.

### 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

### MCGOVERN PARK SENIOR CENTER

Manager: Vevette Hill-Nwagbaraocha

4500 W Custer Ave, Milwaukee, WI 53218

Main: (414) 527-0990

### WASHINGTON PARK SENIOR CENTER

Manager: Diane Chilinski

4420 W Vliet St, Milwaukee, WI 53208

Main: (414) 933-2332

### WILSON PARK SENIOR CENTER

Manager: Shannon Downie

2601 W Howard Ave,  
Milwaukee, WI 53221

Main: (414) 282-5566



## About Serving Older Adults

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

# Highlighted Events

## **Harambee Health Fair and Vaccination Clinic (Clinton Rose)**

**Saturday, August 13th,  
Vaccine Clinic & Indoor activities, 9:00 - 1:00  
Health & Resource Fair, 1:00 - 5:00**

Come and enjoy our annual Harambee Health Fair. There will be breast exams, visual screenings, opportunities to have blood drawn, fun entertainment, fun games and activities and much more. Special guest Antonio Freeman, former Green Bay Packers Wide Receiver will be onsite to play bingo in the morning. You won't want to miss this event!

## **Trail Blazers Walking Group (Clinton Rose)**

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

**Wednesday, August 3rd & 17th, 10:30 - 11:00**

Welcome back Trail Blazers! Exercise is very important and can be really fun! Join the Trail Blazer Walking Group and get ready to shed some pounds.

## **Police Night Out (Clinton Rose)**

*Presented by Milwaukee Police Department*

**Monday, August 22nd, 4:00 - 7:00**

Join the Milwaukee Police Department as they host their annual Police Night Out, held in the parking lot at Clinton Rose. There will be fun, food, and games for all ages. Come and bring your loved ones!

## **Games with a Twist (Kelly)**

**Wednesdays, August 3rd, 17th, and 24th, 2:30**

When was the last time you got to play favorite childhood games such as Candyland, Jenga, and Trouble? We've put a fitness inspired spin on 6 classic childhood games with a focus on light flexibility exercises. Come reminisce and get fit at the same time!

## **Medicare Consultations (Kelly)**

**Thursday, August 11th, 9:30 - 11:30 by appointment**

Free, private Medicare consultations with a benefits specialist. Reserve your 30 minute appointment at the front desk!

## **Allay Wellness Series: Advance Directives (Kelly)**

*Presented by Allay Home and Hospice*

**Tuesday, August 23rd, 1:00**

Join us to learn more about Advance Directive documents and their Living Will and a Health Care Power of Attorney document. Describes what a DNR Order is, what it means for patients, and when it is legally recognized in the community. This is a rescheduled date from June.

## **(New) Intro To Drawing And Painting (McGovern)**

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

Learn the basic techniques for drawing and painting with oil pastels and more.

## **Healthy Outcomes Through Peer Education (McGovern)**

**Tuesdays, 1:00**

**Pre-registration required space is limited**

Are you an African American grandmother who cares for your grandchildren? Would you like to lose a little weight, so you decrease your risk for type 2 diabetes and set a good example for your grandchildren? You may be eligible to participate in this one-year virtual diabetes prevention program. Participants will receive support from diabetes specialists and peer educators who will help them improve their health and reduce their risk of diabetes.

## **Nutrition Workshop - Physical Activity (McGovern)**

*Presented By Hunger Task Force*

**Wednesday, July 6th, 11:30 - 12:30**

Wear comfortable clothes to this class. We'll walk through some easy seated strength exercises and yoga poses to keep your muscles strong and limber.

## **Smore's and Pudgy Pies in the Courtyard (Washington)**

**Thursday, August 18th, 12:30 - 2:00**

Join us in the courtyard for an afternoon of Music, Smore's and Pudgy Pies. We will bring the supplies you bring an appetite!

## **The Natures of Photography And The Wonders Behind The Lens-Special Event (Washington)**

**Thursday, August 25th, 12:15 - 1:15 (Main Hall)**

Join our special presenter, Mr. Jack Roper, professional photographer as he shares his amazing photography and discussion of how he captures nature's beauty. There will be a Q&A opportunity at the conclusion.

## **Garden Club (Wilson)**

**Tuesday, August 9th & 23rd, 10:00**

Calling all garden lovers. The perfect group for those who love to garden or want to learn! This class offers discussion, demonstration, presentations 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.



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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**
- **Glucose & Blood Pressure Screening**
- **Flu Shots**
- **COVID/Booster Shots**
- **Food**
- **Door Prizes**
- **Entertainment**

### **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 Aging and Disability Services will be followed. Follow the link below to sign-up for vaccines or glucose and blood pressure screenings.

<https://servingolderadults.org/artofaging/>

#### **Presenting Sponsor**





# Clinton & Bernice Rose Senior Center

## **Speak Your Mind**

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

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**

**Mondays & Wednesdays, 9:30 - 10:30**

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

## **Walk with Ease (Time Change)**

**Mondays, Wednesdays, & Fridays, 12:00 - 1:00**

Take an easy walk while listening to R&B music.

Walking will improve your overall health, lowering your blood pressure and blood sugar.

## **Open Sewing**

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

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

If you enjoy sewing then our open sewing room is the place for you. You must have a sewing room orientation before you can join the sewing fun. *Note: open sewing & Miss Daisy's sewing groups are two different groups, both total of \$16.00.*

## **Roselettes Dance Group**

**Tuesdays & 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! You don't want to miss this amazing opportunity. Eras & WestCare 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, 10:00 - 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. This is a project based group that strictly focuses on group projects. *Some sewing skills required. Note: open sewing & Miss Daisy's sewing groups are two different groups, both total of \$16.00.*

## **Trail Blazers Walking Group**

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

**Wednesday, August 3rd & 17th, 10:30 - 11:00**

Welcome back Trail Blazers! Exercise is very important and can be really fun! Join the Trail Blazer Walking Group and get ready to shed some pounds.

## **Movie Watchers Club**

**Friday, August 5th, 9:00 - 11:00**

Come and enjoy watching a movie, after the movie enjoy a fun conversation about the movie. Popcorn and hot dogs available for purchase.

## **Gospel Choir Practice**

**Fridays, August 5th & 19th, 10:00 - 11:00**

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. We are still in need of participants to join this group, even if you can't sing but have a heart for praise and worship come join.

## **Intro to Ballroom Dancing**

**Friday, August 5th & 19th, 10:00 - 11:00**

**Fee: \$6**

Want to learn how to do ballroom dancing? Sign up for professional instruction today! *Pre-Registration Required.*

## **Morning Blend with Hot Topics**

**Thursdays, August 11th & 25th, 10:00 - 11:00**

Here's your chance to discuss today's hot topics with a group of your peers.

## **Harambee Health Fair and Vaccination Clinic**

**Saturday, August 13th,**

**Vaccine Clinic & Indoor activities, 9:00 - 1:00**

**Health & Resource Fair, 1:00 - 5:00**

Come and enjoy our annual Harambee Health Fair. There will be breast exams, visual screenings, opportunities to have blood drawn, fun entertainment, fun games and activities and much more. Special guest Antonio Freeman, former Green Bay Packers Wide Receiver will be onsite to play bingo in the morning. You won't want to miss this event!

## **Praise, Bible Study, & Prayer**

*Presented by Prophetess Willie Seward-Fowlkes*

**Tuesday, August 16th & 30th, 12:15 - 1:15**

Come experience praise and worship while embarking on a spiritual journey.

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

*Presented by HEAL (Healthy Eating Active Living)*

**Thursday, August 18th, 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.

# Clinton & Bernice Rose Senior Center

## Out & About Travel Committee Meeting

**Thursday, August 18th, 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.

## Black Holocaust Museum and The Q Restaurant

*Presented by The Out & About Travel Committee*

**Friday, August 19th, 9:00 - 2:15**

**Fee: \$20**

Join us to a trip to the Black Holocaust Museum where you will learn history and much more, then enjoy lunch at the Q restaurant. **Deadline August 1st, call the center to see if the deadline has been extended or call 414-263-2255 to have your name put on the waiting list.**

## Police Night Out

*Presented by Milwaukee Police Department*

**Monday, August 22nd, 4:00 - 7:00**

Join the Milwaukee Police Department as they host their annual Police Night Out, held in the parking lot at Clinton Rose. There will be fun, food, and games for all ages. Come and bring your loved ones!

## Advisory Committee Meeting

**Tuesday, August 23rd, 10:30 - 11:00**

Learn what's going on at Clinton Rose and Milwaukee County Department of Health & Human Services Aging & Disability Services. Have your voice heard and be part of this amazing committee. If you like access via Zoom please contact the 414-263-2255 for details.

## MCDA Outreach

*Presented by Milwaukee County Department of Health & Human Services*

**Tuesday, August 23rd, 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.

## Memories in the Making

*Sponsored by the Alzheimer's Association*

**Thursday, August 25th, 10:00 - 11:30**

According to the Alzheimer's Association, Memories in the Making is a unique art program, introduced in 1988, 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, August 25th, 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.

## Clinton Rose Center Family Memorial Service

**Wednesday, August 31st, 9:00 - 11:00**

We want to honor all the participants who have passed away between November 2019 until June 2022 by having a small memorial service.

## Ladies of the Rose Monthly Meeting

**Wednesday, August 31st, 12:00 - 1:00**

Join this group of strong and independent women as they meet to discuss ways to help the young women of society and empower all women.



<b>Monday</b> 9:30-10:30: OG Dance group practice 11:00-12:00: Walk with Ease Exercise	<b>Tuesday</b> 9:00-10:30: Roselette Dance Group practice 9:30-10:30: Wisdom Studies 10:30-11:30: The Extensions Practice 12:00-1:00: Praise & Worship 2nd & 4th Tuesday	<b>Wednesday</b> 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 (BOYD) Day
<b>Thursday</b> 9:00-10:30: Roselette Dance Group Practice 9:30: Walking Aerobics 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.	<b>Friday</b> 10:00-11:00: Gospel Choir Practice 1st & 3rd 11:00-12:00: Walk with Ease 12:00-2:00: Movie Watchers Club	<b>Daily</b> 8:30-3:30 Fitness Center 8:30-3:30 Speak your mind 8:30-3:30 Billiards Area (pool games, cards, chess, checkers & Dominoes) 8:30-3:30 Library Area 8:30-3:30 Computer Lab 8:30-3:30 Open Sewing** 10:00-3:00 Rose Regift Shop open 11:00-12:00 Curbside dining carry out ** These activities have a fee

# Kelly Senior Center

## Morning Exercise

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

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

## Tai Chi Practice Session

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

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

## 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 (July - September)**

**Pre-registration required**

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

## Ceramics Studio

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

**Fee: \$20 (July - September)**

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.

## 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.

## 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.



## Sewing Class

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

**Fee: \$30 (July - September)**

**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!

## 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's weekly meetings. Former, current and new TOPS members are welcome. Enjoy the camaraderie while learning how to live a healthy lifestyle. Pre-registration required.

## Open Art Studio

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

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

## Nature Walk in Warnimont

**Thursdays, 9:00**

Walk with friends 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 a seasoned crafter. Experienced knitters and crocheters are on hand to help you make that special project. Come join the fun.



## Trivia Hour

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

Show off your knowledge in Kelly's weekly trivia contest.



# Kelly Senior Center

## Movie Matinee

**Fridays, 2:00 - 4:00**

Enjoy a Friday afternoon movie with friends.

## Kelly Bingo

**Sponsored by Ramsey Woods**

**Wednesday, August 3rd, 1:00**

Join us for an afternoon of Bingo, sponsored by Ramsey Woods.

## Games with a Twist

**Wednesdays, August 3rd, 17th, and 24th, 2:30**

When was the last time you got to play favorite childhood games such as Candyland, Jenga, and Trouble? We've put a fitness inspired spin on 6 classic childhood games with a focus on light flexibility exercises. Come reminisce and get fit at the same time!

## Meditation Class

**Fridays, 3:00**

Mindfulness meditation is a simple, proven technique that supports well-being. In this free six-week course, we will learn basic meditation techniques, and explore how meditation can support us as we experience a range of challenges, from persistent pain to feelings of isolation and loneliness.

## Coffee Talk: Jen's Sweet Treats

**Tuesday, August 9th, 1:00**

Learn more about Jen's family business while you eat one of her delicious desserts!

## Mind, Body Health Wellness Fair

**Wednesday, August 10th, 1:00 - 4:00**

Join us for an afternoon filled with resources and programs to help those living with movement concerns including arthritis, Parkinson's, MS, dementia, Alzheimer's and stroke recovery.

## Medicare Consultations

**Thursday, August 11th, 9:30 - 11:30 by appointment**

Free, private Medicare consultations with a benefits specialist. Reserve your 30 minute appointment at the front desk!

## Nutrition Seminar

**Friday, August 12th, 10:00**

Join Jan Davie, our Healthy Heart Ambassador and Registered Dietitian, for an educational nutrition seminar on the DASH (Dietary Approaches to Stop Hypertension) diet. During this seminar, you will learn about nutrition and its impact on blood pressure, the DASH diet and how it can improve your blood pressure, and physical activity recommendations for better blood pressure management.

## Women's Club

**Monday, August 15th, 1:30**

Meet Jacqueline and her four-legged partner from the Milwaukee County K-9 unit!

## Cooking Demo

**Tuesday, August 16th, 10:00**

Join Michelle Rimer, YMCA nutritionist, for another healthy cooking demo.

## Bingo

*Sponsored by Williamstown Bay*

**Tuesday, August 16th, 1:00**

## Allay Wellness Series: Advance Directives

*Presented by Allay Home and Hospice*

**Tuesday, August 23rd, 1:00**

Join us to learn more about Advance Directive documents and their importance. Learn the purpose and difference between a Living Will and a Health Care Power of Attorney document. Describes what a DNR Order is, what it means for patients, and when it is legally recognized in the community. This is a rescheduled date from June.

## Kelly Advisory Meeting

**Wednesday, August 24th, 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.

<b>Monday</b> 8:45 Morning Exercise 10:30 Tai Chi Practice 1:00 Dominoes 1:00 Wii Bowling	<b>Tuesday</b> 9:00 Ceramics * 10:00 Chair Yoga	<b>Wednesday</b> 10:00 Sheepshead 10:00 Art Studio 1:00 Dominoes 1:00 Wii Bowling
<b>Thursday</b> 9:00 Knit & Crochet 9:00 Ceramics * 9:00 Nature Walk 10:30 Shuffleboard 1:00 Quilt & Sew *	<b>Friday</b> 8:45 Morning Exercise 10:00 Bridge 1:00 Trivia Hour 2:00 Movie Matinee	<b>Daily</b> Fitness Center Computer Lab Tabletop Games Billiards Social Time * Has a cost

# McGovern Park Senior Center

## **Tai Chi**

**Monday - Friday, 8:30 - 10:30**

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 exercises

## **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.

## **TOPS**

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

Taking Off Pounds Sensibly is just right for anyone who is interested in wanting to safely and effectively lose the unwanted pounds. Best of all, you will learn health options from supportive TOPS members.

## **Dance For Fun and Fitness**

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

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



## **Upper Body Exercise**

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

This is an upper body chair workout using dumbbells.

## **Phase 10 Card Game**

**Mondays & Thursdays, 12:00 - 2:30**

Phase 10 is an exciting and challenging card game as well as additive and fun. If you like Gin Rummy you are sure to like Phase 10. I Hope you will join us.

## **Hear Wisconsin Mobile Audiology Clinic**

**Monday, August 1st, 9:30 - 11:30**

The Hear Wisconsin Mobile Clinic Will Be Here! This free clinic will provide full hearing evaluation services right here in our parking lot. Untreated hearing loss can lead to a person's isolation from others, increase incidence of dementia, cognitive decline and other negative physical and mental health issues. Have your hearing checked at this free screening.

## **AARP WI shred Drive-Thru Fest**

**Tuesday, August 2nd, 11:00 - 1:00**

Have a lot of personal documents taking up space in your home? Now is the time to declutter and get rid of it all, safely and securely. Join us for our free Drive-Thru Shred Day.

## **Yoga**

**Tuesday, August 2nd, 11:15 - 12:30**

Yoga involves movement, meditation, and breathing techniques to promote mental and physical well-being.

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

**Thursday, August 4th, 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.

## **Healthy Outcomes Through Peer Education (HOPE)**

**Tuesdays, 1:00**

**Pre-registration required space is limited**

Are you an African American grandmother who cares for your grandchildren? Would you like to lose a little weight, so you decrease your risk for type 2 diabetes and set a good example for your grandchildren? You may be eligible to participate in this one-year virtual diabetes prevention program. Participants will receive support from diabetes specialists and peer educators who will help them improve their health and reduce their risk of diabetes.

## **Chair Exercise**

**Presented By iCare**

**Monday, August 15th, 11:00**

In this class each attendee will use a stretch band to practice fun exercises while listening/ singing along to upbeat music. A take-home exercise booklet is given to each participant so he/she can continue to practice what they learn in class.

## **(New) Intro To Drawing And Painting**

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

Learn the basic techniques for drawing and painting with oil pastels and more.



# McGovern Daily Schedule

## Exercises For Seniors

**Tuesdays & Thursdays, 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.

## 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 ideas are welcome.



## Advisory Meeting

**Thursday, August 18th, 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.



<b>Monday</b> 9:00 TOPS 10:00 Tai Chi (Video) 10:00 Dance For Fun and Fitness 11:00 Upper Body Exercise	<b>Tuesday</b> 8:30 Lapidary 8:30 Fitness and Nutrition 8:30 Questions About Exercise 8:30 Personal Training 11:00 Tech Assistance 10:00 Exercise For Seniors 11:00 Metal Smithing 11:00 Sheepshead 11:30 Phase10 Card Game	<b>Wednesday</b> 8:30 Quilting 8:30 Open Crafts 10:00 Dance For Fun And Fitness 1:00 Fabric Journal Covering
<b>Thursday</b> 9:00 Advisory Meeting (every 3rd Thursday) 10:00 Exercise For Seniors 11:00 Sheepshead 11:30 Phase 10	<b>Friday</b> 10:00 Dance For Fun And Fitness 10:00 Bible Study (every 1st, 2nd, and 4th Friday) 10:00 Dance For Fun And Fitness 11:00 Upper Body Exercise	<b>Daily</b> 8:30 Exercise Workout Videos 8:30 Billiards 8:30 Fitness Center 8:30 Coffee Crew 8:30 Computer Lab 9:00 - 1:00 Re-Gift Shop 10:30 - 12:30 Lunch (pick-up)

# Washington Park Senior Center

## Billiards

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

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

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

## Yoga

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

**Fee: \$6 per class (payment is made monthly)**

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

## Hand Weights

**Mondays, Wednesdays, & 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.

## Washington Park Chit Chat Club

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

Join your fellow Washington Park participants in the lobby for some friendly conversation, current event discussions or topics of interest. Coffee and snacks are available in the gift shop for purchase during this time.

## Washington Park Resale Gift Shop

**Monday - Friday, 9:00 - 1:00 (later if requested)**

Our gift shop is open! We are fully stocked with cold drinks, coffee, snacks, craft supplies, books, antiques, jewelry and more. Be sure to stop in and check it out. We gladly accept donations.

## 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.



## Scrapbooking

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

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

## Game Day

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

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

## Chess

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

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

## Advisory Meeting

**Tuesday, August 16th, 10:00 - 11:00**

Learn what's happening within SOA, Washington Park Senior Center and Milwaukee County Aging Services. We encourage all participants to attend.

## Silver Steppers

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

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

## Bocce Ball (Weather Permitting)

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

Join your fellow Washington Participants for this friendly outdoor game and get some exercise too.

## Quilting

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

**Fee: \$20 (July - September)**

Quarterly quilting is back and we can't wait to see what you'll make! Join this fun group and bring your creativity. Quilting instruction and support is provided by our knowledgeable leader.

## Movie Matinee

**Wednesdays, 12:15**

Join us for a **free** movie each Wednesday in the Main Hall. We will show a selection of Thrillers, Holiday favorites, Comedy's or Classic features. Be sure to stop in the gift shop to purchase a refreshment to enjoy during the show.

## Zumba for Seniors

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

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

## Cooking Demonstration with Chef Marvin

**Thursday, August 11th, 11:00 - 12:00**

Join us for a healthy cooking demonstration where you will learn how to make a simple and delicious meal, enjoy a tasty sample too!



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# Washington Daily Schedule

## Smore's and Pudgy Pies in the Courtyard Thursday, August 18th, 12:30 - 2:00

Join us in the courtyard for an afternoon of Music, Smore's and Pudgy Pies. We will bring the supplies you bring an appetite!

## The Natures of Photography and The Wonders Behind The Lens-Special Event

**Thursday, August 25th, 12:15 - 1:15 (Main Hall)**

Join our special presenter, Mr. Jack Roper, professional photographer as he shares his amazing photography and discussion of how he captures nature's beauty. There will be a Q&A opportunity at the conclusion.

## Bingo

**Fridays, 12:15 - 1:30**

Please join us for a Washington Park favorite. We have easy slide bingo cards and prizes. Snacks and refreshments will be available for purchase in the gift shop prior to the start. Who is ready to win!

## 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.

## Piano

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

**Fee: \$8 per week (pay month to month)**

Learn 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.

## Tennis

**Fridays, 9:00 - 11:00 (weather permitting)**

Tennis is back! Join the Washington Park Tennis Players for a friendly game of tennis. Get in shape and have fun too!



<b>Monday</b> 9:00 - 10:00 *Yoga 9:00 - 1:00 Wii Bowling 9:00 - 10:00 Billiards (lessons) 10:00 - 11:00 Chair Arthritis Exercise 11:00 - 12:00 Hand weights	<b>Tuesday</b> 9:00 - 1:00 Wii Bowling 9:00 - 10:00 Walking 10:00 - 11:00 Gospel Choir 10:00 - 11:00 Guitar/Stringed Instruments 10:00 - 11:00 Silver Steppers 10:30 - 1:30 Scrapbooking 11:30 - 2:00 Game Day	<b>Wednesday</b> 9:00 - 12:30 *Quilting 9:00 - 1:00 Wii Bowling 10:00 - 11:00 Bocce Ball 11:00 - 12:00 Hand weights 12:15 - 1:30 Matinee Movie
<b>Thursday</b> 9:00 - 1:00 Wii Bowling 10:00 - 11:00 Silver Steppers 10:30 - 11:30 Bible Study 11:00 - 12:00 Zumba	<b>Friday</b> 9:00 - 1:00 Wii Bowling 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	<b>Daily - Open 8:30 - 4:00</b> Fitness Center Library Computer Lab Chit Chat Club (lobby) 9:00 - 3:00 Gift Shop Open 9:00 - 3:00 Billiards 9:00 - 3:00 *Woodshop  *Has a fee and requires pre-registration





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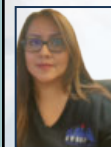
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# Wilson Park Senior Center

## **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, Wednesdays, & Fridays, 9:00 - 12:00**

## **Morning Exercise**

**Mondays, Wednesdays, & Fridays, 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.

## **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, 8:30 - 11:30**

Create new projects with other woodcarvers and/or wood burners who share the passion for making unique creations. All skill levels are welcome, tools and materials are available to get you started.

## **Knit and Crochet**

**Wednesdays, 10:00 - 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.

## **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.

## **Garden Club**

**Tuesday, August 9th & 23rd, 10:00**

Calling all garden lovers. The perfect group for those who love to garden or want to learn! 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, 2:00; Fridays, 11:00**

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.

## **Coin and Stamp Collectors Group**

**Tuesday, August 16th, 11:00 - 12:00**

Share some of your treasured collections with other enthusiasts.

## **Wilson Senior Center Advisory Meeting**

**Wednesday, August 17th, 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, August 31st, 10:15**

The book to read this month is "We Are the Brennans", by Traey Lange. Join in by reading this month's book and meet up to discuss what you thought of it. Book is available for pick up from the Zablocki Library the first five days of each month.

## **Buddhist Meditation**

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

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



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


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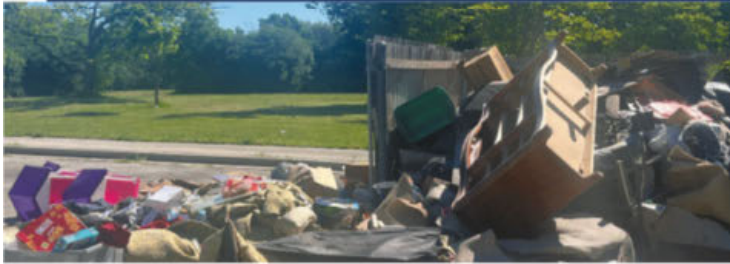
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# MCGOVERN CLEAN-UP



There has been a recent influx of illegal dumping at McGovern Park Senior Center, with 76 instances in 2022 alone. Vevette, Manager at McGovern, was quoted saying "Dumping is one: illegal, but it's also immoral. We're hurting the earth and we're hurting ourselves. One of the things that is very painful is that, particularly in African American communities, there can be a thought that it's okay to dump because nobody cares. But, we're here to say we do care."

The concern for this dumping issue lead to center-wide clean-ups which took place on July 2nd and 7th, giving the park some much needed love and attention. These also raised awareness about the need for us to be kind to our community and show respect to the place we and others call home.

"Health Equity; ensuring equity in environmental health access is an important part of health equity."



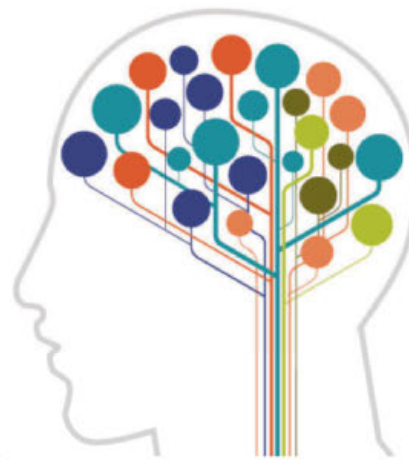
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# Community Resources

## Senior Dining

We are now opening for in-person dining. We have a suggested donation \$3 for 60+ and \$8 cost for guests under 60. A reservation the day prior is required for all diners.

Clinton Rose Senior Center	414-263-2255
Kelly Senior Center	414-481-9611
McGovern Senior Center	414-527-0990
Washington Senior Center	414-933-2332
Wilson Senior Center	414-282-3284

## Stockbox

A Stockbox is a box of healthy foods that Hunger Task Force provides to low-income seniors free of charge. Each box contains 16 nutritious items such as rice, cereal, juice, beef stew, pasta and vegetables.

Clinton Rose Senior Center	Friday, August 5th, 9:00 - 10:30
Washington Senior Center	Tuesday, August 2nd, 9:30 - 10:30
Kelly Senior Center	Thursday, August 18th, 12:30 - 1:30
Wilson Senior center	Tuesday, August 16th, 10:00 - 11:00
McGovern Senior Center	Thursday, August 25th, 12:00 - 1:00

## Advisory Committee Meetings

This is a great opportunity to get involved in your senior center; hear updates, stay informed and ask questions.

Washington Senior Center	Tuesday, August 16th, 10:00 - 11:00
Clinton Rose Senior Center	Tuesday, August 23rd, 10:30 - 11:30
Wilson Senior center	Wednesday, August 17th, 10:00 - 10:30
Kelly Senior Center	Wednesday, August 24th, 1:00 - 2:00
McGovern Senior Center	Thursday, August 18th, 9:00 - 10:00



# Congregate Dining is Back!

As of August 1st, all centers will welcome diners back to savor lunch together! Enjoy great conversation with friends over a hot nutritious meal.

Reservations are required by 11:00 the day before. We will no longer be offering curbside pick-up, if this is a concern please contact your center staff to find an alternative option. We can't wait to dine with you!



# Community Partners

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



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Cudahy Place Senior Living  
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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 July 2021 - June 2022. We made every attempt to recognize all donors. If your name was missed, please contact us at 414-933-2332 ext. 1009 or email [Development@servingolderadults.org](mailto:Development@servingolderadults.org).

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

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

- |   |  |
|---|--|
| <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: _____ |

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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  
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