

# SERVING OLDER ADULTS

OF SOUTHEAST WISCONSIN, INC.

September 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.

Clinton Rose: Tuesdays, 1:00 - 4:30 & Wednesdays, 8:30 - 12:00

Kelly: Mondays, 8:30 - 12:00 & Tuesdays 1:00 - 4:30

McGovern: Mondays, 1:00 - 4:30 & Tuesdays, 8:30 - 12:00

Washington: Mondays, 8:30 - 12:00 & Wednesdays, 1:00 - 4:30

Wilson: Mondays, 1:00 - 4:30 & Tuesdays, 8:30 - 12:00

### CLOSURES

All Centers: September 5th for Labor Day

### 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 by appointment 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

## **Open House & Masquerade Ball - Clinton Rose**

*Sponsored by All of Us and Inpower*

**Saturday, September 10th, 8:30 - 12:30 (Open House), 1:00 - 3:00 (Masquerade Ball)**

Fall in love with all the wonderful things happening at Clinton Rose, bring your family out to enjoy. Activities will be open for seniors 50 and up on this day. In addition, at 1:00 pm, come in your Masquerade ball gown & black-tie attire or formal evening wear. *Pre-Registration required. Must have ticket for Ball. Donations appreciated.*

## **Miss Hollywood's Arts & Music Class - Clinton Rose**

**Mondays, September 12th-26th, 11:45 - 12:45**  
**Fee: \$ 8**

Get ready to enjoy Fun! Fun! Fun! With the one and only Deborah Lewis. Enjoy crafting and soulful music. *Pre-Registration Required.*

## **Pappadeaux Seafood Kitchen and Shopping - Clinton Rose**

*Presented by The Out & About Travel Committee*

**Friday, September 23rd, 9:00 - 5:30**  
**Fee: \$35**

Join us on a trip to the famous Pappadeaux Seafood where you can enjoy delicious seafood and more. Then head to a local shopping mall, so you can shop until you drop. **Deadline September 9th, 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.**

## **Medicare Consultations - Kelly**

**Thursday, September 8th, 9:30 - 11:30**  
**By Appointment**

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

## **Snacks and Facts - Kelly**

**Friday, September 9th, 10:30**  
**Fee: \$5**

Learn about healthy alternatives for your favorite snacks and fun facts about why they are so much better for you. Each participant will be able to sample the healthy snacks along the way!

## **Line Dancing - Kelly**

**Wednesdays, 11:00**

This class is for absolute beginners, no experience needed! Come learn some fun, simple steps.

## **Knitting and Crochet Class - McGovern**

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

If you are just getting started or brushing up on your skills this class may be perfect for you.

## **Domestic Violence Against Senior Citizens - McGovern**

*Presented By Milwaukee Women's Center*

**Wednesday September 14, 11:15**

Learn what is the most vulnerable population for physical, emotional, financial, and sexual abuse. Be enlightened why abuse may go unreported. Free snacks are available for those who attend.

## **H.E.A.L: Cooking Demonstration - McGovern**

**Thursday September 1st, 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 the Chef's delicious recipes.

## **Special Event: Urban Ecology Center - Washington**

**Monday, September 19th, 9:45 - 11:15**

Please plan to join us for a tour, informational presentation with the staff of UEC, Coffee and Treat, view various restoration projects and more. Please RSVP to Diane or Debbie by 9/14/22.

## **Special Presentation: Milwaukee Women's Center - Washington**

**Wednesday, 21st, 12:30**

Please join us for a casual presentation and discussion with a representative from the Milwaukee Women's Center. You will learn more about their domestic abuse services, gain information about how to access their programs and be part of a Q & A at the conclusion.

## **Genealogy 101 - Passenger Records - Wilson**

**Wednesday September 7th, 1:00 - 2:00**

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

## **Twig Art Showcase - Wilson**

**Wednesday, September 21st, 10:00 - 10:30**

Come and preview the intricate and versatile art style that is twig art. Meet the dedicated artist who will be teaching a class on how to make your own twig art starting in October

## **Upcoming Rummage Sales:**

**Wilson - October 15th, 8:00 - 2:00**

**Washington - October 22nd, 9:00 - 1:00**

Admission will be \$.50. Tables can be rented for \$20 each (you can get more than one). Contact your center staff for more information or to purchase a table.



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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

## Walk with Ease

**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. This activity is led by Charlotte Lewis.

## Billiards Room

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

Come on in and chase the eight ball around the table. There are always plenty of friendly faces ready for a pool game.

## Open Sewing

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

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

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

## Roselettes Dance Group

**Tuesdays & Thursdays, 9:00 - 10:30**

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

## Wisdom Studies

**Tuesdays, 9:30 - 10:30**

Embark on a spiritual journey with Rev. Clifton Joseph.

## Bingo

*Sponsored by Eras Senior Network & WestCare*

**Wednesdays, 9:00 - 10:00**

Let's get ready to play BINGO! Eras & WestCare will be hosting bingo and providing amazing prizes to the winners. You don't want to miss this amazing opportunity. They will also be sharing resources and answering questions during the bingo games.

## Fitness Center Orientation

*Presented by Eric Pampuch*

**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**

You're invited to join a fabulous group of quilters. Miss Daisy's sewing group specializes in quilting. Miss Daisy's group is a project based group that strictly focuses on group projects. *Some sewing skills required. Please keep in mind open sewing & Miss Daisy's sewing groups are two different groups, if interested in doing both you must pay a total of \$16.00.*

## Clinton Rose Chaplin

*Presented by Prophetess Willie Seward-Fowlkes*

**Tuesday, September 6th & 13th, 12:15 - 1:15**

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

## Snacks and Facts

*Presented by Eric Pampuch*

**Wednesday September 7th, 10:00 - 11:00**

**Fee: \$5**

Learn about healthy alternatives for your favorite snacks and fun facts about why they are so much better for you. Each participant will be able to sample the healthy snacks along the way! *Pre-Registration Required.*

## Movie Watchers Club

**Friday, September 9th, 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.*

## Open House & Masquerade Ball - Clinton Rose

*Sponsored by All of Us and Inpower*

**Saturday, September 10th, 8:30 - 12:30 (Open House), 1:00 - 3:00 (Masquerade Ball)**

Fall in love with all the wonderful things happening at Clinton Rose, bring your family out to enjoy. Activities will be open for seniors 50 and up on this day. In addition at 1:00 pm come in your Masquerade ball gown & black-tie attire or formal evening wear.

*Pre-Registration required. Must have ticket for Ball. Donations appreciated.*

## Morning Blend with Hot Topics

**Mondays, September 12th & 26th, 9:00 - 10:00**

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

## Miss Hollywood's Arts & Music Class

**Mondays, September 12th - 26th, 11:45 - 12:45**

**Fee: \$8**

Get ready to enjoy Fun! Fun! Fun! With the one and only Deborah Lewis. Enjoy crafting and soulful music. *Pre-Registration Required.*

## Ladies of the Rose Monthly Meeting

**Wednesday, September 14th, 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 who may be facing any health care challenges.

## Intro to Ballroom Dancing

**Friday, September 16th & 30th, 10:00 - 11:00**

**Fee: \$6 per session**

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

# Clinton & Bernice Rose Senior Center

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

*Presented by HEAL (Healthy Eating Active Living)*

**Thursday, September 15th, 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.

## Memories in the Making

*Sponsored by the Alzheimer's Association*

**Thursday, September 22th, 10:30 - 12:00**

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, September 22th, 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.

## Out & About Travel Committee Meeting

**Thursday, September 22nd, 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.

## Pappadeaux Seafood Kitchen and Shopping

*Presented by The Out & About Travel Committee*

**Friday, September 23rd, 9:00 - 5:30**

**Fee:\$35**

Join us on a trip to the famous Pappadeaux Seafood where you can enjoy delicious seafood and more. Then head to a local shopping mall, so you can shop until you drop. **Deadline September 9th, 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.**

## Advisory Committee Meeting

**Tuesday, September 27th, 10:30 - 11:00**

Learn about everything going on at Clinton Rose Senior Center and at the Milwaukee County Department of Health & Human Services Aging & Disability Services. Have your voice heard and enjoy being a part of this amazing committee. If you would like access via Zoom, please contact 414-263-2255 for details.

## DHHS Division on Aging

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

**Tuesday, September 27th, 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.

## Wellness Coordinator Schedule

**Wellness Consults** - Available by Appointment

**Snacks & Facts** - September 7th, 10:00 - 11:00

**Balance & Stretch** - September 7th, 14th, 21st, & 28th, 12:15 - 12:45

**Personal Training** - Available by Appointment

<b>Monday</b> 9:30-10:30: OG Dance group practice 11:00-12:00: Walk with Ease Exercise 11:45 - 12:45 Miss Hollywood's Arts & Music Class	<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 12:30 - 4:30: Bring Your Own Device (BOYD) Day	<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**
<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  ** These activities have a fee

# Kelly Senior Center

## **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.

## **Dartball**

**Tuesdays, 1:00**

**Pre-registration required.**

Dartball is back! Join the dartball league for some healthy competition!

## **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.

## **Line Dancing**

**Wednesdays, 11:00**

This class is for absolute beginners, no experience needed! Come learn some fun, simple steps.



## **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.

## **Trivia Hour**

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

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

## **Medicare Consultations**

**Thursday, September 8th, 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, September 9th, 10:00**

Learn how to shop, prepare food, and cook for better blood pressure management.



# Kelly Senior Center

## Snacks and Facts

**Friday, September 9th, 10:30**

**Fee: \$5**

Learn about healthy alternatives for your favorite snacks and fun facts about why they are so much better for you. Each participant will be able to sample the healthy snacks along the way!

## Balance and Stretch

**Friday, September 9th, 23rd, and 30th, 12:00**

Strengthening and cardio get all the attention but flexibility and balance are the two most-overlooked components of fitness. Prevent injuries and falls with this free class!

## Grandparent's Day

**Friday, September 9th, 4:00 - 6:00**

Happy Grandparent's Day! Bring your grandkids (or nieces and nephews!) for an evening of food, fun and special guests.

## Caregiver Workshop

**Saturday, September 10th, 11:00**

In this free 60-minute workshop, learn communication and support strategies that improve the health care and caregiving for older adults.

## Coffee Talk: Poet Pat Carney

**Tuesday, September 13th, 1:00**

Local poet Pat Carney will share some of her poetry and talk about the art of writing.

## Introduction to Leatherworking

**Thursday, September 15th, 1:00**

**Fee: \$12**

Join a hobby leatherworker for an absolute beginner introduction to leatherworking and walk away with a bag you made yourself.

## Macros. Vitamins. Minerals.

**Friday September 16th, 23rd, and 30th, 10:15**

**Fee: \$10 for 3 classes**

Protein, carbohydrates, fats, vitamins and minerals. What do they do in the body? In this class you will find out what you're eating and how you can use these nutrients to assist in your journey to better wellness over 3 separate classes.

## Women's Club

**Monday, September 19th, 1:30**

Artist Juliet will share her art and her artistic process.

## Cooking Demo

**Tuesday, September 20th, 10:00**

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

## Bingo

**Tuesday, September 20th, 1:00**

*Sponsored by Williamstown Bay*

## Card Making Class

**Friday, September 23rd, 12:00**

**Fee: \$5**

Join our dedicated card makers to learn new techniques and walk away with two cards you made yourself! There are also two handmade door prizes at every class.

## Flu Shot Clinic

**Friday, September 23rd, 9:00 - 1:00**

It's that time of year again. Stop by for a drive-thru flu shot clinic in the Kelly parking lot, administered by the Cudahy Health Department.

## Kelly Advisory Meeting

**Wednesday, September 28th, 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.

## Wellness Coordinator Schedule

**Wellness Consults** - Available by Appointment, 8:30 - 10:30

**Snacks & Facts** - September 2nd, 10:15 - 11:00

**Balance & Stretch** - September 9th, 16th, 23rd 12:15 - 12:45

**Personal Training** - Available by Appointment

**Macros, Vitamins, & Minerals** - September 9th, 16th, & 23rd, 10:15 - 11:00

<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

## Billiards

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

If you want to improve your skills or enjoy shooting around, join this group of players.

## 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 - 11:30**

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.

## Lapidary

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

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

## 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.

## Yoga

**Tuesdays, 11:15 - 12:30**

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

## 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.

## (New) Knitting and Crochet Class

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

If you are just getting started or brushing up on your skills, this class may be perfect for you.

## Battling Dangerous Belly Fat

*Presented by Humana*

**Wednesday, September 7th, 11:15**

Learn what your waistline may say about your health, the potential risk it may pose, and what you can do to shed those unwanted love handles.

## Medicare 101

*Presented By Humana*

**Wednesday September 21, 11:00**

Learn the basics of Medicare, how it works, when to sign up, and when it starts. If you have any questions about Medicare now is the time to get the answers you have been waiting for.

## Domestic Violence Against Senior Citizens

*Presented By Milwaukee Women's Center*

**Wednesday September 14, 11:15**

Learn what is the most vulnerable population for physical, emotional, financial, and sexual abuse. Be enlightened why abuse may go unreported. Free snacks are available for those who attend.

## H.E.A.L: Cooking Demonstration

**Thursday September 1st, 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 the Chef's delicious recipes.

## Advisory Meeting

**Thursday, September 15th, 9:00 - 10:00**

Learn 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.

## Book Club

**Thursday September 15th, 12:30 - 2:30**

The book title for September will be *King Of The Blues*. Be sure to check your local library for this book.

## Wellness Coordinator Schedule

**Wellness Consults** - Available by Appointment, 8:30 - 10:30

**Snacks & Facts** - September 27th, 9:00 - 10:00

**Balance & Stretch** - September 6th, 13th, 20th, & 27th, 12:15 - 12:45

**Personal Training** - Available by Appointment

**Macros, Vitamins, & Minerals** - September 6th, 13th, & 20th, 9:00 - 10:00

# McGovern Daily Schedule

<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 Sheephead 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 Sheephead 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)

## Fall Rummage Sales

Wilson - October 15th, 8:00 - 2:00

Washington - October 22nd, 9:00 - 1:00

Admission will be \$.50. Tables can be rented for \$20 each (you can get more than one).

Contact your center staff for more information or to purchase a table.



# Washington Park Senior Center

## **Special Event: Urban Ecology Center**

**Monday, September 19th, 9:45 - 11:15**

Please plan to join us for a tour, informational presentation with the staff of UEC, Coffee and treat, view various restoration projects and more. Please RSVP to Diane or Debbie by 9/14/22.

## **Special Presentation: Milwaukee Women's Center**

**Wednesday, 21st, 12:30**

Please join us for a casual presentation and discussion with a representative from the Milwaukee Women's Center. You will learn more about their domestic abuse services, gain information about how to access their programs and be part of a Q&A at the conclusion.

## **Special Feature: National Coffee Day**

During the month of September, in honor of National Coffee Day, we will feature a variety of taste testing, a free coffee day (date TBA), and learn about the roasting and brewing process. Please watch for details.

## **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.

**Tournament Practice**

**Wednesdays, 12:00**

**Tournament**

**Wednesday, November 9th & 16th, 11:30**

## **Yoga**

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

**Fee: \$6.00 per class (payment is made monthly)**

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

## **Chair Arthritis**

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

Come out and get fit, while sitting and exercising at your own pace. These special exercises can help reduce joint pain.

## **Hand Weights (Note Change of Time)**

**Mondays, Wednesdays, & Fridays, 10:30 - 11:30**

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.

## **Wii Bowling**

**Monday - Friday, 9:00 - 1:00**

Wii Bowling is a great way to get moving, while having fun with others in the lobby of Washington Park.

## **Walking Group**

**Tuesdays, 9:00 - 10:00**

Get your steps in! Walking is a great way to stay in shape, while chatting with others. Have no weather worries when you walk inside the Washington Park Senior Center.

## **Guitar/Stringed Instruments**

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

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

## **Scrapbooking**

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

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

## **Gospel Choir**

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

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

## **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 (Note Change of Location: Shuffleboard Room)**

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

Join the Washington Park Chess Players for a friendly, but sometimes intense, game of chess. All levels are welcome to join in.

## **Advisory Meeting**

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

Learn more about what's happening within SOA, Washington Park Senior Center and Milwaukee County Aging & Disability 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.

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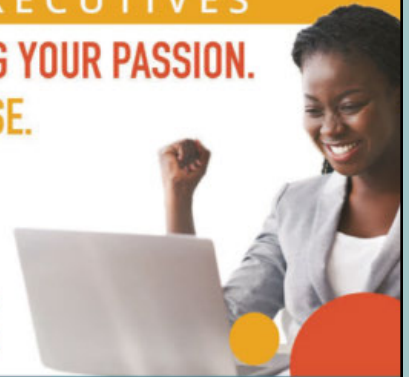


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# Washington Daily Schedule

## 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.

## Matinee at Washington

**Wednesday, 12:15**

Join us for a movie of the week! Each week we will feature something different, from comedies, thrillers, old time favorites, holiday special features and more. We will have refreshments available for purchase in the gift shop before the start of each show.

## Zumba for Seniors

**Thursdays, 9:00 - 10:00**

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

## Cooking Demonstration with Chef Marvin

**Thursday, September 8th, 12:15**

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

## Bingo

**Fridays, 12:30 - 1:45 (Note change of time)**

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!

**Please Note: Stain Glass will resume in October.**

## Move Your Way

*An Extension of Hand Weights*

**Fridays, 9:00 - 9:45 (Note change of time)**

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 to play the piano with individual instruction. Time slots for piano lessons are now available, and the time slots fill up quickly, so come to the office to reserve one. All skill levels are welcome.

## Tennis

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

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

## Wellness Coordinator Schedule

**Wellness Consults** - Available by Appointment, 8:30 - 10:30

**Snacks & Facts** - September 1st, 10:15 - 11:00

**Balance & Stretch** - September 8th, 15th, 22nd, 12:30 - 1:00

**Personal Training** - Available by Appointment

**Macros, Vitamins, & Minerals** - September 8th, 15th, & 22nd, 10:15 - 11:00

<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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# Wilson Park Senior Center

## **Get your rummage sale table!**

**Fee \$20.00**

Claim your spot in our Fall Rummage being held on October 15th, 9:00 - 2:00.

## **Wood Shop**

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

**Fee: \$25/month**

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



## **Morning Exercise**

**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.

## **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, 10:30 - 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**

**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.

## **Genealogy 101 - Passenger Records**

**Wednesday September 7th, 1:00 - 2:00**

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

## **Garden Club**

**Tuesday, September 13th & 27th, 10:00**

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



**Genealogy 101 - Naturalization Records**  
**September 28th, 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**

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, September 20th, 11:00 - 12:00**

Share some of your treasured collections with other enthusiasts.

**Wilson Senior Center Advisory Meeting**  
**Wednesday, September 21st, 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.

**Registration for fourth quarter classes begins**  
**September 1st. 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

**Karaoke & Koffee**  
**Wednesday, September 9th, 10:00**

Do you have a song in your heart? Come and sing it with us. Enjoy some light refreshments and good music. Everyone is welcome to choose their own song and sing it with all their heart.

**Twig Art Showcase**  
**Wednesday, September 21st, 10:00 - 10:30**

Come and preview the intricate and versatile art style that is twig art. Meet the dedicated artist who will be teaching a class on how to make your own twig art starting in October.

**Wellness Coordinator Schedule**

**Wellness Consults** - Available by Appointment,  
8:30 - 10:30

**Balance & Stretch** - September 12th, 19th, 26th,  
11:15 - 11:45

**Personal Training** - Available by Appointment

**Macros, Vitamins, & Minerals** - September  
12th, 19th, & 26th, 10:15 - 10:45



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<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 Mahjong 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

## Community Resources

### Senior Dining

We are now open for in-person dining at all five centers. 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, Sept. 1st, 9:00 - 10:30
Washington Senior Center	Tuesday, Sept. 6th, 9:30 - 10:30
Kelly Senior Center	Thursday, Sept. 15th, 12:30 - 1:30
Wilson Senior center	Tuesday, Sept. 20th, 10:00 - 11:00
McGovern Senior Center	Thursday, Sept. 29th, 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, Sept. 13th, 10:00 - 11:00
McGovern Senior Center	Thursday, Sept. 15th, 9:00 - 10:00
Wilson Senior center	Wednesday, Sept. 21st, 10:00 - 10:30
Kelly Senior Center	Wednesday, Sept. 28th, 1:00 - 2:00
Clinton Rose Senior Center	Thursday, Sept. 27th, 10:30 - 11:30



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Virtual Presentation

[county.milwaukee.gov/aging/Medicare101](https://county.milwaukee.gov/aging/Medicare101)

**Thursday, September 22, 10:00-11:00am**

Grobschmidt Senior Center

2424 15th Ave., South Milwaukee

**Wednesday, September 28, 1:30-2:30pm**

VMP Healthcare & Community Living

3023 S. 84th St., West Allis

**Friday, October 14, 10:00-11:00am**

Cudahy Rec Center

2915 E. Ramsey Ave., Cudahy

**Wednesday, October 19, 1:00-2:00pm**

Kelly Senior Center

6100 S. Lake Shore Drive, Cudahy

**Thursday, October 20, 10:00-11:00am**

Milwaukee Public Library - Good Hope Branch

7715 W. Good Hope Rd., Milwaukee

**Monday, November 14, 1:00-2:00pm**

Brown Deer Public Library

4301 W. Brown Deer Rd., Brown Deer

For complete details and links to the virtual events visit :

[county.milwaukee.gov/aging/Medicare101](https://county.milwaukee.gov/aging/Medicare101)

For more information or to request accommodations call (414) 289-6436



These presentations are supported through a State Health Insurance Program grant provided by the WI Department of Health Services from the U.S. Department of Health and Human Services - Administration for Community Living.

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# Community Partners

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



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## Our GEMs (Give Every Month) You Help us shine!



Anonymous (1)  
Pat Ehlert  
Bridgette Frommell  
John & Janice Gardetto

Lynne Grages & Paul Neymeyr  
Stephanie Mares  
Mike Prudhom  
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 June 2021 - August 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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# 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!