

SERVING OLDER ADULTS

OF SOUTHEAST WISCONSIN, INC.

October 2022



THE CONNECTION

Bring Your Own Device (BYOD) Day

You've got questions about technology, we've got answers. Each center hosts one-on-one workshops where you can bring your device (phone, iPad, laptop), and your questions, and work with one of our knowledgeable tech trainers. Speak with center staff to schedule an appointment.

Clinton Rose: Tuesdays, 1:00 - 4:00 & Wednesdays, 9:00 - 12:00

Kelly: Mondays, 9:00 - 12:00 & Tuesdays 1:00 - 4:00

McGovern: Mondays, 1:00 - 4:00 & Tuesdays, 9:00 - 12:00

Washington: Mondays, 9:00 - 12:00 & Wednesdays, 1:00 - 4:00

Wilson: Mondays, 1:00 - 4:00 & Tuesdays, 9:00 - 12:00

CLOSURES

No closures

Don't forget to Vote!

HOURS

Monday - Friday, 8:30 - 4:30

SOA General Line: 414-704-3343

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. Speak with center staff to schedule an appointment.

Wilson: Mondays, 8:30 - 10:30

McGovern: Tuesdays, 8:30 - 10:30

Clinton Rose: Wednesdays, 1:30 - 3:30

Washington: Thursdays, 1:30 - 3:30

Kelly: Thursdays, 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's 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 Jr. 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



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

Crockpot Class - McGovern

Presented By Icare

Monday, October 3, 11:15 - 12:00

This class teaches the basics and benefits of using a crockpot and shares more than a dozen recipes. At class time, each attendee will receive a cookbook and a gift. "Days and times are limited, so sign up soon!"

Hearing Screening - Kelly

Monday, October 10th, 1:00 - 4:00

HearingLife South Milwaukee will join us for free, walk-in hearing screenings.

Coffee Talk: Fire Safety - Kelly

Tuesday, October 11th, 1:00

Cudahy Fire Department will discuss fire safety in acknowledgment of National Fire Safety Month.

(New) Holiday Christmas Bows - McGovern

Wednesday, October 12th & 26th, 10:00 - 11:00

Fee: \$6

There is nothing like a holiday bow to get you in the spirit of the season. Handmake your very own bow to use as a tree topper, hang on your front door, or any place that needs a festive sprucing up. Be sure to sign up, space is limited.

Cooking Demonstration with Chef Marvin, "The Unsalted Chef" - Washington

Thursday, October 13th, 12:15 - 1:15

Join us for a healthy cooking demonstration; where you will learn how to make a simple and delicious meal, which are all offered as a reduced sodium option. Chef Marvin provided a recipe so you can make your own version at home. Small samples will be available.

Octoberfest - McGovern

Saturday, October 15th, 10:00 - 2:00

You are invited to join us for some outdoor fun. There will be rock painting, music, dancing, and games. Hot dogs, potato salad, and drinks will be available for a small fee of \$3.00. A free bag of popcorn will be provided with each purchase.

Smore's and Pudgy Pies in the Courtyard - Washington

Monday, October 17th, 12:30 - 1:30

Join us in the courtyard to make a yummy Smore or a Pudgy Pie over an open flame. Listen to some upbeat music.

Crockpot Class - Clinton Rose

Presented by ICARE

Tuesday, October 18th, 12:15-1:15

Learn how to make delicious and nutritious meals while using your crockpot.

Fireside Dinner and Theater performance - Clinton Rose

Presented by The Out & About Travel Committee

Thursday, October 20th, 9:00 - 5:30

Fee: \$115

Get ready to enjoy a musical experience of the popular Broadway musical "Grease". Before enjoying the musical enjoy a three course lunch. Will have a selection of three different meals to choose from which you will decide upon purchase. **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.**

Clinton Rose and McGovern Park Senior Center Fashion Show

Sponsored by All of Us & Inpower

Thursday, October 20th, 12:00 - 2:00

Lights, Camera, Action! Get ready to enjoy a spectacular fashion show hosted by Clinton Rose and McGovern. You won't want to miss this event of the year. There will be entertainment, and light refreshments served. DJ Homer Blow will be spinning the jams all afternoon long and before you leave have your picture taken on the 360 camera. Pre-Registration is required, contact McGovern or Rose.

Halloween Costume Ball - Kelly

Sponsored by Anthem

Friday, October 28th, 2:00 - 4:00

Dance the afternoon away and show off your best Halloween costume! Look for snacks, a costume contest, and more!

(New) Guitar lessons - Wilson

Thursdays, 12:00 - 1:30

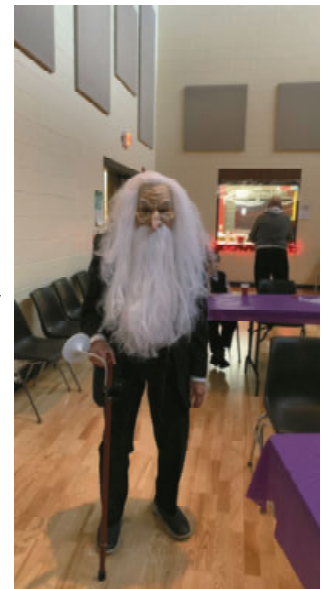
Get guided instruction as you learn the guitar, all skill levels welcomed.

Monster Mash - Wilson

Wednesday, October

31st, 1:00

Welcome to the spookiest party of the year. We will spend the night dancing, singing, and enjoying nice food. Also join us for the costume contest. The winner will be entitled to a small prize. Come and enjoy the night with us.



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Serving Older Adults of SE Wisconsin, Milwaukee, WI.

A 4C 01-2067

October's Tech Programming

Tech Connect for Older Adults

A Program of SOA



Protecting Your Personal Information Online

Clinton Rose Senior Center – Monday, October 10th, 11:00

Washington Park Senior Center – Tuesday, October 11th, 11:00

Kelly Senior Center – Wednesday, October 12th, 11:00

McGovern Park Senior Center – Thursday, October 13th, 11:00

Wilson Park Senior Center – Monday, October 17th, 11:00

This presentation will cover the ins and outs of how to protect your personal information online. We'll cover tips for staying safe in cyberspace, like safe browsing, how to recognize online scams, and when it's OK – or not – to share your personal information online.



Cloud Storage Presentation

Wilson Park Senior Center – Tuesday, October 18th, 11:00

Learn the basics of cloud storage – a technology that lets you store documents, images, and other media files remotely while giving you greater accessibility, reliability, and protection for your important data. We'll discuss what it is, why it's the future of data storage, and demonstrate a few of the most popular services currently available to consumers.



Staying Safe Online

Washington Park Senior Center – Tuesday, October 18th, 11:00

Wilson Park Senior Center – Thursday, October 20th, 11:00

This hands-on workshop reviews important tips for keeping your personal information safe while enjoying the benefits of the internet. Learn how to recognize suspicious emails and what to do when confronted with online scams.

Sign-up with your center staff or visit:

✉ TechConnect@Servingolderadults.org

🌐 <https://servingolderadults.org/tech-connect/>



Clinton & Bernice Rose Senior Center

Open Sewing

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

Fee: \$8 (4 weeks)

Join our open sewing room! 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, with a total of \$16.00 for both.

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.

Miss Daisy's Sewing Group

Thursdays, 8:30 - 3:30

Fee: \$8

Join a fabulous group of quilters. Miss Daisy's group 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, with a total of \$16 for both.*

Pals (Physical Activity for Lifelong Success)

Presented by Eric Pampuch

Monday, Wednesday, & Fridays, 12:00 - 1:00

Join us for a 10 week session group exercise and lifestyle class taught by our wellness and fitness. Pre-Registration is required 414-263-2255.

Wisdom Counselor

Presented by Prophetess Willie Seward-Fowlkes

Tuesday - Thursday, between 10:00 - 3:00

Do you need someone to talk with you or pray with you? Mother Fowlkes is here to talk to today.

Miss Hollywood's Arts & Music Class

Mondays, October 3rd - 28th, 11:45 - 12:45

Fee: \$8

Get ready to enjoy Fun! Fun! Fun! Enjoy crafting and soulful music. *Pre-Registration Required*

Intro to Senior Twerk Class

Tuesdays, October 4th & 25th, 12:00 - 1:00

Fee: \$6 per session or \$12 per month

Come and have a great time while learning some hip movement and having fun. This class is fun exercise and exciting. Sign up today! This class is for women only! Sorry Fellas!

MATC-Occupational Therapy Program

Presented by Eric Pampuch

Wednesday, October 5th & October 12th, 9:00 - 11:00

Check-out all that MATC Occupational program has to offer there will be falls prevention screenings, and resources.

Movie Watchers Club

Friday, October 7th, 9:00 - 11:00

Come and enjoy watching a movie, after the movie enjoy a fun conversation about the movie.

Morning Blend with Hot Topics

Mondays, October 10th & 24th, 9:00 - 10:00

Fee: \$3 (includes cup of coffee & donut)

Here's your chance to discuss today's hot topics with a group of your peers. This group is led by Doris Hopkins-Brown. Pre-Registration Required

Legal Action

Presented by Matthew Hayes

Tuesday, October 11th, 12:00 - 1:00

This is a part 2 presentation on how to make out individual living wills with Matthew Hayes of Legal Action of Wisconsin.

Ladies of the Rose Monthly Meeting

Wednesday, October 12th, 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.

Vision Health

Presented by Vision Forward

Thursday, October 13th, 12:00 - 1:00

Clinton Rose's Family Reunion

Thursday, October 13th, 12:00 - 2:00

It's time to celebrate Clinton Rose's family reunion. A reunion is a coming together that strengthens the bond of family and reminds us of the gift of belonging. A time to see each other and the new faces all around us and find reflections of ourselves in hearts.

Intro to Ballroom Dancing

Friday, October 14th & 28th, 10:00 - 11:00

Fee: \$6 per session or \$12 per month

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

Crockpot Class

Presented by ICARE

Tuesday, October 18th, 12:15 - 1:15

Learn how to make delicious and nutritious meals while using your crockpot.

Out & About Travel Committee Meeting

Wednesday, October 19th, 12:15 - 1:15

Did you miss traveling this year due to the pandemic? Let this group sail you away to fun adventures in the upcoming new year.

Fireside Dinner and Theater performance

Presented by The Out & About Travel Committee

Thursday, October 20th, 9:00 - 5:30

Fee: \$115

Get ready to enjoy a musical experience of the popular Broadway musical "Grease". Before enjoying the musical enjoy a three course lunch. Will have a selection of three different meals to choose from which you will decide upon purchase. **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.**

Clinton & Bernice Rose Senior Center

Cooking Demonstration w/ Chef Marvin "The Unsalted Chef"

Presented by HEAL (Healthy Eating Active Living)

Thursday, October 20th, 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 Rose and McGovern Park Senior Center Fashion Show

Sponsored by All of Us & Inpower

Thursday, October 20th, 12:00 - 2:00

Lights, Camera, Action! Get ready to enjoy a spectacular fashion show hosted by Clinton Rose and McGovern. You won't want to miss this event of the year. There will be entertainment, and light refreshments served. DJ Homer Blow will be spinning the jams all afternoon long and before you leave have your picture taken on the 360 camera. Pre-Registration is required, contact McGovern or Rose.

Advisory Committee Meeting

Tuesday, October 25th, 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 like access via zoom please contact the 414-263-2255 for details.

MCDA Outreach

Presented by Milwaukee County Department of Health & Human Services

Tuesday, October 25th, 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, October 27th, 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.

Clinton Rose's Fall Festival / Costume party.

Presented by Anthem

Thursday, October 27, 11:30 - 2:30

It's that time of the year to dress up in your favorite costume of your choice. Also, come and let's play some falls games like BINGO, paint a pumpkin and enter yourself into a costume contest and enter to win a prizes for best costume.

Cooking Demonstrations W/ YMCA

Presented by Michelle Rimer, RDN

Thursday, October 27th, 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

Skin Care and Make up tips

Presented by Shirley Gilbert

Friday, October 28th, 12:00 - 1:00

Get ready ladies to look fabulous and learn some skincare and make up tips and tricks along the way.

Monday 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	Tuesday 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 1:00 - 4:00: Bring Your Own Device (BOYD) Day	Wednesday 9:00-10:00: Bingo 9:00 - 12:00: Bring Your Own Device (BOYD) Day 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**
Thursday 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.	Friday 10:00-11:00: Gospel Choir Practice 1st & 3rd 11:00-12:00: Walk with Ease 12:00-2:00: Movie Watchers Club	Daily 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

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 (October - December)

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 (October - December)

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 (October - December)

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.

Sports History

Tuesday, October 4th, 10:00

Our sports historian is back for another talk! This time, the subject is the history of the Packers.

Card Making Class

Tuesday, October 11th, 12:00

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.

Kelly Bingo

Sponsored by Harbour Village

Wednesday, October 5th, 1:00

Join us for an afternoon of Bingo, sponsored by Harbour Village.

Kelly Senior Center

Snacks and Facts

October 6th, 10:15

\$5 Fee

Pre-registration Required

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!

Hearing Screening

Monday, October 10th, 1:00 - 4:00

HearingLife South Milwaukee will join us for free, walk-in hearing screenings.

Coffee Talk: Fire Safety

Tuesday, October 11th, 1:00

Cudahy Fire Department will discuss fire safety in acknowledgment of National Fire Safety Month.

Movie Matinee

Wednesday, October 12th, 1:00 - 3:00

Enjoy a movie with friends. This month's movie is Pride and Prejudice (2005).

Medicare Consultations

Thursday, October 13th, 9:30 - 11:30 by appointment

Free, private Medicare consultations with a benefits specialist. Reserve your 30 minute appointment at the front desk. This is the last round of appointments for the year.

Nutrition Seminar

Friday, October 14th, 10:00

Learn about Heart Healthy Eating.

Women's Club

Monday, October 17th, 12:30

Mark Baden, Channel 12's chief meteorologist, will teach you how to stay safe in extreme weather! All are welcome - you don't have to be a member of Women's Club.

Bingo

Sponsored by Williamstown Bay

Tuesday, October 18th, 1:00

Medicare 101

Wednesday, October 19th, 1:00

Join us for this free and objective presentation on the basics of Medicare. Enrollment assistance and individual counseling will be available afterward.

Kelly Advisory Meeting

Wednesday, October 26th, 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.

Halloween Costume Ball

Sponsored by Anthem

Friday, October 28th, 2:00 - 4:00

BINGO, costume contest, cookie exchange, dancing and more!



Monday 8:45 Morning Exercise 9:00 - 12:00: Bring Your Own Device (BOYD) Day 9:00 Tai Chi Practice 1:00 Dominoes 1:00 Wii Bowling	Tuesday 9:00 Ceramics * 10:00 Chair Yoga 1:00 - 4:00: Bring Your Own Device (BOYD) Day	Wednesday 10:00 Sheepshead 10:00 Art Studio 1:00 Dominoes 1:00 Wii Bowling 1:00 Quilt & Sew *
Thursday 9:00 Knit & Crochet 9:00 Ceramics * 9:00 Nature Walk 10:00 Sheepshead 10:30 Shuffleboard 1:00 Quilt & Sew *	Friday 8:45 Morning Exercise 10:00 Bridge 1:00 Trivia Hour	Daily Fitness Center Computer Lab Tabletop Games Billiards * Has a cost

McGovern Park Senior Center

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.

Crockpot Class

Presented By Icare

Monday, October 3, 11:15 - 12:00

This class teaches the basics and benefits of using a crockpot and shares more than a dozen recipes. At class time, each attendee will receive a cookbook and a gift. "Days and times are limited, so sign up soon!"

Healthy Eating Active Living: Cooking Demonstration

Thursday, October 6th, 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.

(New) Holiday Christmas Bows

Wednesday, October 12th & 26th, 10:00 - 11:00

Fee: \$6

There is nothing like a holiday bow to get you in the spirit of the season. Handmake your very own bow to use as a tree topper, hang on your front door, or any place that needs a festive sprucing up. Be sure to sign up, space is limited.

How To Care For Your House Plants

Thursday, October 13th, 11:30

In this presentation you will gain knowledge about how to fertilize your house plants using eggshells.

Octoberfest

Saturday, October 15th, 10:00 - 2:00

You are invited to join us for some outdoor fun. There will be rock painting, music, dancing, and games. Hot dogs, potato salad, and drinks will be available for a small fee of \$3.00. A free bag of popcorn will be provided with each purchase.

Advisory Meeting

Thursday, October 20th, 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.

Bingo

Thursday October 20th, 12:30 - 2:00

Calling all bingo lovers. You will have a chance to win some useful household items and a few other prizes. Come and see if you will be the first to yell, Bingo!

Book Club

Thursday October 20th, 12:30 - 2:30

This month's book is "Finding Me" by Viola Davis.

Seniors Vote Counts

Presented By WI Senior Advocates

Wednesday, October 26th, 11:15

You will hear some very important information about why and how your vote as a senior is very essential to the election and your future.

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.

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.

Lapidary

Tuesdays, 8:30 - 4:00

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

Metalsmithing

Tuesdays, 11:00 - 3:00

Metalsmithing uses wire and sheets of metal to create jewelry.

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 individual expertise.

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.

Intro To Drawing And Painting

Thursdays, 9:00 - 11:00

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

McGovern Daily Schedule

Monday 9:00 TOPS 10:00 Tai Chi (Video) 10:00 Dance For Fun and Fitness 11:00 Upper Body Exercise 1:00 - 4:00: Bring Your Own Device (BOYD) Day	Tuesday 8:30 Lapidary 8:30 Fitness and Nutrition 8:30 Questions About Exercise 8:30 Personal Training 9:00 - 12:00: Bring Your Own Device (BOYD) Day 10:00 Exercise For Seniors 11:00 Metal Smithing 11:00 Sheepshead 11:30 Phase10 Card Game	Wednesday 8:30 Quilting 8:30 Open Crafts 10:00 Dance For Fun And Fitness 1:00 Fabric Journal Covering
Thursday 9:00 Advisory Meeting (every 3rd Thursday) 10:00 Exercise For Seniors 11:00 Sheepshead 11:30 Phase 10	Friday 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	Daily 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, 8:00 - 2:00

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

Salvation Army Clothing Drive **The week of October 10th**

Bins for drop off at the front lobby.

Cooking Demonstration with Chef Marvin, "The Unsalted Chef"

Thursday, October 13th, 12:15 - 1:15

Join us for a healthy cooking demonstration; where you will learn how to make a simple and delicious meal, which are all offered as a reduced sodium option. Chef Marvin provided a recipe so you can make your own version at home. Small samples will be available.

Smore's and Pudgy Pies in the Courtyard

Monday, October 17th, 12:30 - 1:30

Join us in the courtyard to make a yummy Smore or a Pudgy Pie over an open flame. Listen to some upbeat music.

WASHINGTON PARK FALL RUMMAGE SALE,

Saturday October 22nd, 8:00 - 2:00.

Admission \$0.50.

Table rental still available (\$20).

Whether you are looking to sell your items, or search for treasures this is the sale for you. There will be antiques, craft supplies, jewelry, household, handmade items, concessions and more!

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: Wednesday, Now through November 2nd, 12:00

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

Advisory Meeting

Tuesday, October 11th, 10:00 - 11:00

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

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

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.

Banana Gram

Mondays - Fridays, 12:30 - 2:00

Join in on the fun and play this very exciting game of WORDS.

Washington Park Resale Gift Shop

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

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 no weather worries when you walk inside the Washington Park Senior Center.

Guitar/String Instruments & Vocalists

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

Tuesday, 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.

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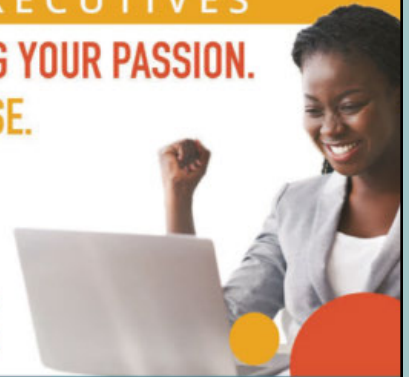


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Serving Older Adults of SE Wisconsin, Milwaukee, WI.

B 4C 01-2067

Washington Daily Schedule

Silver Steppers

Tuesdays & Thursdays, 10:00 - 11:00

Get moving in 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 (October - December)

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

Wednesdays, 12:30

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.

Bible Study

Thursdays, 10:30 - 11:30

Enjoy a short lesson and some good conversation, along with hand outs you can take home.

Zumba for Seniors

Thursdays, 9:00 - 10:00

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

Walking In Place

Fridays, 9:00 - 9:45

Looking to get in shape by WALKING then join the Walking In Place class. This group class will follow a CD. We are bringing back an old time favorite pre-pandemic this class was a big hit. Walking in place will allow you to increase your endurance, reduce stress, increase lung capacity and have fun!

Bingo

Fridays, 12:30 - 1:45

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!

Stained Glass (starting back up on 10/14/22)

Fridays, 9:00 - 11:00

Fee: \$25.00

Create beautiful projects, with guided instruction, from a highly experienced and creative instructor.

Piano

Fridays, 9:00 - 3:00 (By appointment)

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!

Monday 9:00 - 10:00 *Yoga 9:00 - 10:00 Billiards (lessons) 10:00 - 11:00 Chair Arthritis Exercise 10:30 - 11:30 Hand weights	Tuesday 9:00 - 10:00 Walking 10:00 - 1:00 Chess 10:00 - 11:00 Gospel Choir 10:00 - 11:00 Stringed Instruments/vocals 10:00 - 11:00 Silver Steppers 10:30 - 1:30 Scrapbooking 11:30 - 2:00 Game Day	Wednesday 9:00 - 12:30 *Quilting 10:00 - 11:00 Bocce Ball 10:30 - 11:30 Hand weights 12:35 - end of movie Matinee Movie
Thursday 10:00 - 11:00 Silver Steppers 10:30 - 11:30 Bible Study 9:00 - 10:00 Zumba	Friday 9:00 - 11:00 *Stained Glass 9:00 - 3:00 *Piano 9:00 - 11:00 Tennis 10:00 - 10:30 Move Your Way 10:30 - 11:30 Hand weights 12:30 - 1:45 Bingo	Daily - Open 8:30 - 4:00 Fitness Center Library Computer Lab Chit Chat Club (lobby) Wii Bowling 9:00 - 1:00 Gift Shop 9:00 - 3:00 Billiards 9:00 - 3:00 *Woodshop *Has a fee and requires pre-registration



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DHS Approved 4/22/2021

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



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Wilson Park Senior Center

Pals (Physical Activity for lifelong success)

Presented by Eric Pampuch

Monday, Wednesday, & Fridays, 12:00 - 1:00

Join us for a 10 week session group exercise and lifestyle class taught by our wellness and fitness. Pre-Registration is required 414-282-5566.

Halloween Candy Drive

Please donate before the 14th of October

Wilson Senior Center will be participating in a Trunk or Treat event for neighborhood kids. This is a family fun event where the kids can dress up and collect candy in a safe environment. Please help us put smiles on their faces by donating a bag of candy for us to share.

Calling all Bakers

Needed by Friday, October 14th

Baked good donations are needed for the rummage sale. Please stop by the front desk and register your best desserts.

Karaoke & Koffee

Friday, October 14th, 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.

Rummage **SAVE THE DATE**

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

Admission. \$.50 Shop with us and find your next hidden gem. Food and drink will be available for purchase.

Big Band Concert and Dance

Monday, October 17th, 1:30

Come and enjoy the classic sounds of a big band show. You can highlight your favorite dance moves or just sit and enjoy the music.

Wilson Senior Center Advisory Meeting

Wednesday, October 19th, 10:00 - 10:30

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

Book Club

Wednesday, October 26th, 10:15

The book to read this month is- The Choice by Nicholas Sparks. Book is available for pick up from the Zablocki Library the first week of each month. Join in by reading the chosen book of the month and meet up to discuss what you thought of it

Guitar Jam

Friday 10:00-12:00

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

Cornhole League

Tuesdays, 1:00, (October - December)

Cost: \$10 for 13 Weeks

Bring your favorite lawn game indoors with the cornhole league. Spend time with your friends, and show off your bean bag tossing skills.

Chess

Tuesdays, 9:00 - 11:00

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

Scrabble

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

Put your vocabulary skills to the test and enjoy the company of other word connoisseurs.

Movie and Popcorn

Fridays, 1:00

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

Ukulele

Thursdays, 1:30 - 2:30

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

Plastic Canvas

Thursdays, 9:00

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

Ceramics Studio

Mondays, Wednesdays, & Fridays, 8:45 - 4:00, (October - December)

Fee: \$25/13 Weeks

Join us in using your creativity to hand mold pieces of clay into works of art. Fee includes use of the kiln.

Hot/Fused Glass

Mondays, 9:00 - 12:00, (October - December)

Wednesdays, 9:00 - 12:00; 1:00 - 4:00

Fee: \$25/13 Weeks

Create beautiful works of art utilizing various glass fusion techniques.

Intermediate Line Dance

Mondays, 10:30 - 12:15, (October - December)

Fee: \$12/13 Weeks

Kick up your heels and get into shape.

Wood Shop

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

Fee: \$25/Month

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

Morning Exercise

Mondays, Wednesdays, & Fridays, 9:15 - 10:00

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

Sheepshead

Mondays & Wednesday, 12:00 - 3:00

Join fellow players for this spirited game.

Low Impact Aerobics

Mondays & Thursdays, 1:00 - 2:00

Enjoy a good overall workout without stressing out your joints.

Guided Art Studio

Tuesdays & Thursdays, 9:00 - 3:15, (October - December)

Fee: \$25/13 Weeks

Work on your own creative projects, with support as needed from an extremely talented artist.

Stained Glass

Tuesdays & Thursdays, 9:00 - 4:00, (October - December)

Fee: \$25/13 Weeks

Create beautiful projects using patterns or your own designs.

Paper-Crafting

Tuesdays, 9:00 - 11:00, (October - December)

Fee: \$10/13 Weeks

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

Knit and Crochet

Wednesdays, 10:30 - 12:00

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

Weaving-Intermediate

Thursdays & Fridays, 9:00 - 2:00, (October - December)

Fee: \$15/13 Weeks

Join the fun as you create one of a kind creations. This program is designed for experienced weavers. If you are interested in learning how to weave from a beginners level, stop by the office and let us know!

Tap Dance

Thursdays, Advances, 9:00; Intermediate, 9:45; Beginners, 10:30, (October - December)

Excluding November 24 and December 22

Fee: \$36/9 Weeks

Three sessions of continuing tap instruction are available. Come tap your way to fitness and fun!

Guitar lessons

Thursdays, 12:00 - 1:30

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

Garden Club

2nd & 4th Tuesday, 10:00

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

Woodcarvers 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 using their hands. All skill levels are welcomed, tools and materials are available to get you started.

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.



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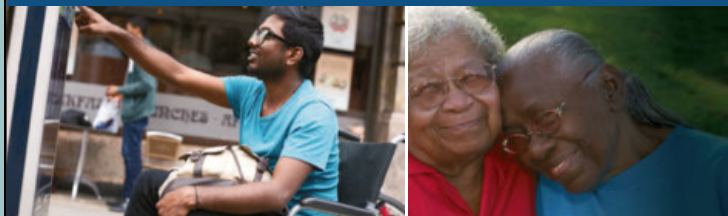
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Monday 8:45 Ceramic Studio* 9:00 Scrabble 9:00 Hot/Fused Glass* 9:00 Quilting* 9:15 Morning Exercise 10:30 Intermediate Line Dancing* 11:00 Open Sew* 12:00 Sheepshead 1:00 Low Impact Aerobics	Tuesday 9:00 Paper Crafting* 9:00 Stained Glass Studio* 9:00 Open Sew* 9:00 Chess 10:00 Garden Club (2nd/4th)) 11:00 Coin and Stamp (3rd) 11:30 Guided Art Studio* 12:30 Sojourn Bear Group 1:00 Beg. German* 1:00 Quilting*	Wednesday 8:45 Ceramic Studio* 9:00 Wood Carving & Burning 9:00 Scrabble 9:00 Hot/ Fused Glass* 9:15 Morning Exercise 10:00 Advisory Meeting (3rd) 10:00 Book Club (4th) 10:00 Knit & Crochet 10:30 Hot/Fused Glass* 12:00 Open Sew* 12:00 Sheepshead 12:30 Sojourn Bear Group 1:00 Model Railroad 1:00 Fused Glass* 1:00 Genealogy Help Desk (2nd) 1:00 Quilting* 2:00 Gentle Yoga
Thursday 9:00 Weaving* 9:00 Adv. Beg. Tap Dance* 9:00 Plastic Canvas 9:00 Stained Glass* 9:15 Adv. German* 9:30 Quilting* 9:45 Int. / Adv. Tap Dance* 10:30 Beg. Tap Dance* 11:30 Guided Art Studio 12:30 Dartball* 1:00 Low Impact Aerobics 1:00 Model Railroad 1:00 Recorder Group 1:30 Ukulele	Friday 8:45 Ceramic Studio* 9:00 Weaving* 9:00 Mah Jong 9:00 Open Glass Studio* 9:00 Scrabble 9:00 Quilting* 9:15 Morning Exercise 10:00 Guitar Jam Session 10:00 Karaoke & Koffee (2nd) 11:00 Gentle Yoga 12:30 Bridge 1:00 Buddhist Meditation* 1:00 Movie & Popcorn	Daily 8:30 Fitness Center, Billiards, Library, Computer Lab, Walking Group 9:00 - 3:00 Wood Shop * 10:00 - 2:00 ReGift Shop 11:00 - 12:00 Lunch (curside)* *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, October 6th, 9:00 - 10:30
Washington Senior Center	Tuesday, October 4th, 9:30 - 10:30
Kelly Senior Center	Thursday, October 20th, 12:30 - 1:30
Wilson Senior center	Tuesday, October 18th, 10:00 - 11:00
McGovern Senior Center	Thursday, October 27th, 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, October 11th, 10:00 - 11:00
McGovern Senior Center	Thursday, October 20th, 9:00 - 10:00
Wilson Senior center	Wednesday, October 19th, 10:00 - 10:30
Kelly Senior Center	Wednesday, October 26th, 1:00 - 2:00
Clinton Rose Senior Center	Thursday, October 25th, 10:30 - 11:30



Medicare 101

Join us this fall for a series of free and objective presentations on the basics of Medicare.

- Understand the A,B,C, and D of Medicare
- Special Topic Areas Covered by Experts
- Learn how to enroll & free enrollment assistance
- No Sales
- No Insurance
- Individual Medicare counseling available after each presentation

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

Monday, November 21, 10:00-11:00am

Clinton Rose Senior Center
3045 N. Dr. Martin Luther King Dr.

For complete details and links to the virtual events visit :

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.



You're invited

2023 Anthem Plan Benefits Seminar

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

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marcos.hernandez@wellpoint.com

Washington Park Senior Center
4420 W Vliet St, Milwaukee, WI
register at anthem-rsvp.com
10/10/22, 12:00 PM - 1:30 PM

Wilson Park Senior Center
2601 W Howard Ave, Milwaukee, WI
register at anthem-rsvp.com
10/24/22, 12:00 PM - 1:30 PM

Kelly Senior Center
6100 S Lake Dr, Cudahy, WI
register at anthem-rsvp.com
11/09/22, 12:00 PM - 1:30 PM

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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Lynne Grages & Paul Neymeyr
Stephanie Mares
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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 September 2021 - October 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.

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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 |
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MY DONATION:

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

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

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

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

Street Address _____

City, State, Zip Code _____

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☐ I/We wish to remain anonymous

Donation ☐ in honor of ☐ in memory of

Payment Method

☐ One time donation ☐ Monthly

Cash _____ Check # _____
(Please Make Check Payable to SOA)

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Exp. Date _____ CVV# _____

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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!