

# SERVING OLDER ADULTS

OF SOUTHEAST WISCONSIN, INC.

November 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

### 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

### CLOSURES

November 8 - Clinton Rose, McGovern Park, and Washington Park only.

November 24 & 25 - All centers closed.

### HOURS

Monday - Friday, 8:30 - 4:30

SOA General Line: 414-704-3343

[www.servingolderadults.org](http://www.servingolderadults.org)

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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:** Vacant

**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

## **Elder Women's Abuse Education - Kelly**

*Presented by Community Advocates*

**Tuesday, November 1, 1:00**

Learn the lesser-known signs of physical, emotional, and verbal elder abuse— you could save a life.

## **(New) American Red Cross - McGovern**

**Tuesday, November 2, 11:30**

In this presentation you will find out the safest way to heat your home this winter. Everyone who attends may sign up to get a smoke detector installed in your home free of charge.

## **Autumn Festival - Clinton Rose**

*Presented by Anthem*

**Wednesday, November 16, 2022**

Enjoy the beauty of autumn with Anthem sponsored BINGO, fall themed games, treats & music.

**RSVP: (414) 263-2255 OR STOP AT THE FRONT DESK**

## **Better Sleep: Less Stress - Kelly**

*Presented by Synergy HomeCare*

**Thursday, November 17, 2:00**

The popular program is back! Having trouble sleeping? Discuss a variety of causes and ways to work through sleep disturbances.

## **Thanksgiving Gathering - McGovern**

**Friday, November 18, 11:30**

This spiritual gathering is for anyone wishing to share on a spiritual level with joy and love. You will enjoy praise dancing and a message of enlightenment given by Minister Shirley Tribble.

## **National Gingerbread Cookie Day - Wilson**

**Monday, November 21, 1pm**

Stop by the lounge and celebrate this tasty treat.

## **Medicare 101 - Clinton Rose Aging & Disabilities Services**

*Presented by Nina Yang*

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

With the upcoming Medicare Open Enrollment season many older adults have questions about their Medicare plan and benefits. The goal is to provide an objective overview of the parts of Medicare coverage and the options available so people can be informed and know where to turn to for enrollment assistance.

## **Memories in the Making - Clinton Rose**

*Sponsored by the Alzheimer's Association*

**Tuesday, November 22, 10:30 - 12:00**

A unique art program, introduced in 1988, that allows individuals with Alzheimer's disease and related dementias to express themselves through art and storytelling. Supplies are included and pre-registration is required.

## **Thankful for You - Wilson**

**Wednesday, November 23, 10:30**

Enjoy a hot beverage and sweet treats as we discuss what we are thankful for.

## **(New) Having Fun With Art - Washington**

**Thursdays, 12:30-1:30**

This new class is for those who enjoy sketching, doodling, coloring and enjoy art. The class will focus on shapes to start and advance from there. All supplies will be provided. All levels are invited to join.

## **(New) Ballroom Dance - Washington**

**Thursdays, 12:30-2:00 - Fee: \$3.00 per class**

Have you always wanted to learn to ballroom dance.....now is your chance. Join Washington Park Seniors in this instructor lead class that will allow you to learn basic ballroom dance techniques and advance from there. Pre-registration is required.

# Health and Wellness Classes

## **Snacks and Facts**

*Presented by Eric Pampuch*

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—\$5 Fee

## **Kelly Senior Center**

**Thursday, November 10 at 10:15am**

## **McGovern Park Senior Center**

**Tuesday, November 15 at 9:30am**

## **Clinton & Bernice Rose Senior Center**

**Wednesday, December 14 at 10:15am**

## **PALS (Physical Activity for Lifelong Success)**

*Presented by Eric Pampuch*

Join us for a 10 week session, group exercise and lifestyle class taught by our wellness and fitness coordinator.

Pre-Registration is required at each center  
414-263-2255.

## **Clinton & Bernice Rose Senior Center**

**Mondays, Wednesdays, & Fridays**

**12:15 - 1:15 Ongoing - Ends December 9**

## **Wilson Park Senior Center**

**Mondays, Wednesdays, & Fridays**

**10:00 - 11:00 Ongoing - Ends December 9**



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**Mechele Lewis**

**262-278-8708 (TTY: 711)**

Monday – Friday, 8 a.m. – 5 p.m.

[mlewis58@humana.com](mailto:mlewis58@humana.com)



**Ryan Johannsen**

**262-765-6362 (TTY: 711)**

Monday – Friday, 8 a.m. – 5 p.m.

[rjohannsen@humana.com](mailto:rjohannsen@humana.com)



For ad info. call 1-800-950-9952 • [www.ipicommunities.com](http://www.ipicommunities.com)

Serving Older Adults of SE Wisconsin, Milwaukee, WI.

A 4C 01-2067

# NOVEMBER'S TECH CLASSES



## HOW TO CHOOSE A NEW COMPUTER

Wilson Park Senior Center, Monday, November 14th, 11:00

Kelly Senior Center, Tuesday, November 15th, 11:00

Looking for a new computer? This informational session addresses some of the most common questions surrounding how to choose a new computer: Where to start? What's a reliable brand? How much should you budget? What technical specifications? We will also cover operating systems and compare alternatives to the traditional computer, e.g. tablets and Chromebooks.

## ONLINE SHOPPING

Washington Park Senior Center, Monday, November 14th, 11:00

McGovern Park Senior Center, Tuesday, November 15th, 11:00

Clinton Rose Senior Center, Wednesday, November 16th, 11:00

Online shopping lets you buy products on the internet from your computer and have them shipped to your home or anywhere! Online stores often have larger inventories and lower prices, so you can quickly find the best deal. This lecture will provide a general introduction to shopping online using the popular website Amazon.com. You'll learn how to search for products, make comparisons, and add items to an online shopping cart.

## SHOPPING ON AMAZON

Washington Park Senior Center, Monday, November 21st, 11:00

McGovern Park Senior Center, Tuesday, November 22nd, 11:00

Clinton Rose Senior Center, Wednesday, November 23rd, 11:00

This hands-on workshop will provide a general introduction to shopping on the popular website Amazon.com. You'll learn how to search for products, compare prices, and evaluate product reviews. You'll also learn about Amazon's shipping options, as well as its app for your smartphone and/or tablet.

✉ [TechConnect@Servingolderadults.org](mailto:TechConnect@Servingolderadults.org)

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

**Tech Connect for  
Older Adults**

A Program of SOA



# Clinton & Bernice Rose Senior Center

## Movie Watchers

**Friday, November 4 10:00-11:30**

Come and enjoy watching a movie, after the movie enjoy a fun conversation about the movie. Popcorn and hot dogs available for purchase. This club is led by Yvonne Thomas.

## Veterans Day Breakfast

*Sponsored by Graceland Cemetery*

**Monday, November 7, 9:30 - 11:00**

We appreciate the values and the leadership of our Veterans. We want to celebrate our Veterans with a delicious breakfast at Clinton Rose. Veterans only! Pre-registration is required 414-263-2255

## PALS (Physical Activity for Lifelong Success)

*Presented by Eric Pampuch*

**Monday, Wednesday, & Friday,**

**November 7 - December 9, 12:00-1:00**

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

## Miss Hollywood's Arts & Music Class

*Presented by Deborah Lewis*

**Monday, November 7 - 28, 11:45 - 12:45**

Get ready to enjoy Fun! Fun! Fun! With the one and only Deborah Lewis. Enjoy crafting and soulful music.

*Pre-Registration Required Fee:\$ 8*

## Clinton Rose & Danceworks

*Presented by Danceworks and Eras*

**Tuesday, November 7 - 29, 10:00 - 11:00**

Get ready to enjoy fun Dancing with awesome movement with our young ones. Pre-Registration Required

## Wisdom Counselor

*Presented by Prophetess Willie Seward-Fowlkes*

**Tuesday through Thursday,**

**November 8 - 29, 12:00 to 1:00**

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

## Veterans Drive

*Sponsored by Milwaukee Homeless Veterans Initiative*

**Thursday, November 10, 10:30 - 12:00**

Milwaukee Homeless Veterans Initiative's mission is to help homeless and at-risk veterans with their unique programs. Clinton Rose and MHVI want to invite all Veterans to obtain information on benefits, housing, healthcare, food, clothes, etc.

## WestCare Health Services

*Presented by Felicia Ferguson*

**Tuesday, November 15, 12:00-1:00**

## Legal Action

*Presented by Matthew Hayes*

**Wednesday, November 9, 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.

## Crockpot Class

*Presented by ICARE*

**Tuesday, November 12, 12:15-1:15**

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

## Morning Blend with Hot Topics

**Monday, November 14 & 28, 9:00 - 10:00**

**Fee: \$3 (includes a 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

## Ladies of the Rose Monthly Meeting

**Wednesday, November 16, 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.

## Autumn Festival

*Presented by Anthem*

**Wednesday, November 16, 1:00-3:00**

Enjoy the beauty of autumn with Anthem sponsored BINGO, fall themed games, treats & music.

**RSVP: (414) 263-2255 OR STOP AT THE FRONT DESK**

## Out & About Travel Committee Meeting

**Thursday, November 17 12:15 - 1:15**

Did you miss traveling this year due to the pandemic? Well get ready to start planning the 2023 trips with the travel committee. Let this group sail you away to fun adventures in the upcoming new year.

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

*Presented by HEAL (Healthy Eating 5432 Active Living)*

**Thursday, November 17, 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.

## Memories in the Making

*Sponsored by the Alzheimer's Association*

**Tuesday, November 17, 10:30 - 12:00**

A unique art program, introduced in 1988, that allows individuals with Alzheimer's disease and related dementias to express themselves through art and storytelling. Supplies are included and pre-registration required.

## Oneida Casinos & Shopping

*Presented by The Out & About Travel Committee*

**Thursday, November 18, 9:00 - 6:00**

**Fee:\$35**

**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.**

## Aging & Disabilities Services

*Presented by Nina Yang*

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

With the upcoming Medicare Open Enrollment season many older adults have questions about their Medicare plan and benefits. The goal is to provide an objective overview of the parts of Medicare coverage and the options available so people can be informed and know where to turn to for enrollment assistance.

## Cooking Demonstrations W/ YMCA

*Presented by Michelle Rimer, RDN*

**Tuesday, November 22, 12:00 - 1:00**

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

# Clinton & Bernice Rose Senior Center

## Advisory Committee Meeting

**Tuesday, November 29, 10:30-11:30**

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 to access via Zoom please contact the center at 414-263-2255 for details.

## 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.*

## Speak Your Mind

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

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

## Library Area

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

Enjoy a peaceful area where you can get lost in a great book.

## OG Dance Group

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

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

## Walk with Ease

**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.

## Computer Lab

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

Need access to the internet or maybe you just need access to a computer. Our computer lab is here for all of our participants.

## 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

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

*Sponsored by Eras Senior Network & WestCare*

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.

## Senior Striders

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

Enjoy the benefits of exercising while sitting. This exercise class will help seniors with limited mobility improve their flexibility, strengthen their bodies and improve circulation. This class is led by *Evelyn Merriett*.

## 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 - Fee: \$8

**Thursdays, 8:30 - 3:30**

You're invited to join a fabulous group of quilters. Miss Daisy's sewing group specializes in quilting and 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.*

<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 1:00 - 4:00: Bring Your Own Device (BOYD) Day	<b>Wednesday</b> 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**
<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

## **Elder Women's Abuse Education**

*Presented by Community Advocates*

**Tuesday, November 1, 1:00**

Learn the lesser-known signs of physical, emotional, and verbal elder abuse – you could save a life.

## **Kelly Bingo**

*Sponsored by Molina Healthcare*

**Wednesday, November 2, 1:00**

Join us for an afternoon of Bingo.

## **Nutrition Seminar: The DASH Diet**

**Friday, November 4, 10:00**

Learn about the DASH diet to lower hypertension.

## **Reding, Writing, and Understanding for Better Clarity**

**Monday, November 7, 9:30 - 11:00**

Ever wonder why what you just said so clearly wasn't understood? Ever wonder how to read something and find out what's really going on? This 6 week class will share with you some secrets on how to communicate more clearly and hear what's really being said.

## **Card Making Class - Fee: \$5**

**Tuesday, November 8, 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.

## **Coffee Talk: Healthy Living for Your Brain & Body**

**Tuesday, November 8, 1:00**

Learn about research in the area of diet, exercise, cognitive activity and social engagement and learn how to incorporate these recommendations into a plan for healthy aging.

## **Movie Matinee: Slumdog Millionaire**

**Wednesday, November 9, 1:00**

Grab some friends and join us for a movie! This month's film is Slumdog Millionaire.

## **2023 Anthem Plan Benefits Seminar**

**Wednesday, November 9, 12:00-1:30 pm**

Special event to find answers to your Medicare questions.

## **Veterans Day**

*Sponsored by Allay Home and Hospice*

**Friday, November 11, 1:00**

Come and be recognized for your service to our country. We will have a pinning ceremony, a moment of silence, and special guest Bob Darrow, formerly stationed at the Nike Missile Defense Base that would become Kelly Senior Center, will talk about the military history of the building.

## **Cooking Demonstration**

**Tuesday, November 15, 11:30**

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

## **Bingo**

*Sponsored by Williamstown Bay*

**Tuesday, November 15, 1:00**

Join us for an afternoon of Bingo.

## **How to Choose a New Computer**

**Tuesday, November 15, 11:00**

Looking for a new computer? This informational session addresses some of the most common questions surrounding how to choose a new computer: Where to start? What's a reliable brand? How much should you budget? What technical specifications? We will also cover operating systems and compare alternatives to the traditional computer, e.g. tablets and Chromebooks.

## **Better Sleep: Less Stress**

*Presented by Synergy HomeCare*

**Thursday, November 17, 2:00**

The popular program is back! Having trouble sleeping? Discuss a variety of causes and ways to work through sleep disturbances.

## **Kelly Advisory Meeting**

**Wednesday, November 23, 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.

## **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, 9:00 - 10:00**

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. This month, Tai Chi will meet only on the 21st and 28th.

## **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.



# Kelly Senior Center

## 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.

## 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.

## 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.

## 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.

<b>Monday</b> 8:45 Morning Exercise 1:00 Dominoes 1:00 Wii Bowling 1:00 Quilting * 1:00 Mahjong	<b>Tuesday</b> 9:00 Ceramics * 9:00 Quilting * 10:00 Chair Yoga 10:30 Acoustic Meetup 1:00 Dartball	<b>Wednesday</b> 10:00 Sheepshead 10:00 Art Studio 1:00 Dominoes 1:00 Wii Bowling 1:00 Quilting *
<b>Thursday</b> 9:00 Knit & Crochet 9:00 Ceramics * 9:00 Nature Walk 10:00 Sheepshead 12:00 Stretch & Balance 1:00 Quilting *	<b>Friday</b> 8:45 Morning Exercise 9:30 Bridge	<b>Daily</b> Fitness Center Computer Lab Tabletop Games Billiards 11:00 - 12:00 Lunch * Has a cost

# McGovern Park Senior Center

## **(New) American Red Cross Tuesday November 2, 11:30**

In this presentation you will find out the safest way to heat your home this winter. Everyone who attends may sign up to get a smoke detector installed in your home free of charge.

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

**Thursday, November 3, 12:00 - 1:30**

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

## **(New) Blood Pressure Check Monday, November 7 & Tuesday 29 9:30 - 10:30**

High blood pressure usually has no warning signs or symptoms. You are welcome to stop in to have your blood pressure checked.

## **(New) The Benefits Of Sage Wednesday, November 9, 10:00**

Sage is good for more than just cooking. Come learn all the healthy benefits that sage has to offer.

## **(New) Canning Tomatoes Tuesday, November 15, 11:15**

In this presentation you will learn the Dos and Don'ts about canning tomatoes.

## **(New) Christmas Flower Pens Wednesday, November 16, 10:00**

In this class you will learn how to make a beautiful Christmas flower, cup, and pen set. Be sure to ask where you can purchase supplies for this project at a very reasonable price.

## **Advisory Meeting Thursday, November 17, 9:00 - 10:00**

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

## **Bingo Thursday, November 17, 12:30 - 2:00**

Calling all bingo lovers. You will have a chance to win household items and other exciting prizes. Come join the fun. Be the first to yell, Bingo!

## **(New) Book Club Thursday, November 17, 12:30 - 2:30**

The title for November's book will be: The Silent Twins  
Author: Margie Wallace  
You may purchase this or check your local library.

## **Thanksgiving Gathering Friday, November 18, 11:30**

This spiritual gathering is for anyone wishing to share on a spiritual level with joy and love. You will enjoy praise dancing and a message of enlightenment given by Minister Shirley Tribble.

## **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. This class is growing at a high rate. Space is limited, please sign up soon.

## **Upper Body Exercise Mondays & Fridays, 11:00 - 11:30**

This class 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 addictive 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**

Basic 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.

### **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 skills and ideas are welcome.

## **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 1:00 - 4:00: Bring Your Own Device (BOYD) Day	<b>Tuesday</b> 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 Metalsmithing 11:00 Sheepshead 11:30 Phase10 Card Game	<b>Wednesday</b> 8:30 Quilting 8:30 Open Crafts 10:00 Dance For Fun And Fitness 1:00 Fabric Journal Covering
<b>Thursday</b> 9:00 Advisory Meeting (every 3rd Thursday) 10:00 Exercise For Seniors 11:00 Sheepshead 11:30 Phase 10	<b>Friday</b> 10:00 Dance For Fun And Fitness 10:00 Bible Study (every 1st, 2nd, and 4th Friday) 10:00 Dance For Fun And Fitness 11:00 Upper Body Exercise	<b>Daily</b> 8:30 Exercise Workout Videos 8:30 Billiards 8:30 Fitness Center 8:30 Coffee Crew 8:30 Computer Lab 9:00 - 1:00 Re-Gift Shop 11:00 - 12:00 Lunch



# Washington Park Senior Center

## Billiards Tournament

**Wednesday, November 9 and**

**Wednesday November 16, 11:30**

Come and watch your favorite players compete.

## Cooking Demonstration with Chef Marvin, "The Unsalted Chef" - Thurs., November 10, 12:15-1:15

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

## Veteran's Day Event

**Friday, November 11, 9:00-10:15**

*This event is sponsored by HUMANA*

All Washington Park Veterans and their families are invited to attend this special recognition ceremony. A continental breakfast will be served.

## Advisory Meeting - Tuesday, November 15th 10:00 - 11:00 am (note change of date due to voting)

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

## Aging & Disability Services (ADS) Outreach

**Friday, November 18, 9:30**

Meet with Outreach Social Worker, Andrew Bethke for up-to-date information about a wide variety of community resources available for seniors in Milwaukee County.

## A Harvest Gathering Event

**Monday, November 21, 11:30 - 1:00**

*Sponsored by American Republic Insurance Services (Aline Torbey)*

Join us for a Harvest Gathering in the Main Hall. A fall lunch including chili, assorted rolls, desserts, and apple cider will be served. All are welcome to attend.

## Billiards

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

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

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

## Yoga - Mondays, 9:00 - 10:00

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

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

## Chair Arthritis - Mondays, 10:00 - 11:00

Come out and get fit; while sitting and exercise at your own pace. These special exercises can help reduce joint pain and improve overall flexibility.

## 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. Coffee and snacks are available in the gift shop for purchase during this time.

## Table Tennis (Ping Pong)

**Monday-Friday, 1:00 - 4:00**

Join your fellow Washington Park Seniors for a game of table tennis. This is not only fun, but is also a great way to get exercise, increase eye hand coordination and sharpen your skills.

## 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/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. New games will include Spades and Biz Whist. Let the games begin!

## Chess - 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.

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# Washington Daily Schedule

## 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.

## Phase 10

**Wednesdays, 12:30 - 2:00**

Join your friends for Phase 10 cards.

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

**Fee: \$20 (October-December)**

Join this fun group and bring your creativity. Quilting instruction and support is provided by our knowledgeable leader.

## Shuffleboard (New/returning)

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

Shuffleboard is back at Washington Park Senior Center. Join in on this WPSC favorite, get some exercise and have lots of fun. All levels are welcome.

## Matinee at Washington

**Wednesdays, 12:30**

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 handouts 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.

## (New) Ballroom Dance

**Thursdays, 12:30 - 2:00 - Fee: \$4.00 per class**

Join us in this Instructor lead class that will allow you to learn basic ballroom dance techniques and advance from there. Pre-registration is required.

## (New) Having Fun With Art

**Thursdays, 12:30 - 1:30**

This new class is for those who enjoy sketching, doodling, coloring and enjoy art. The class will focus on shapes to start and advance from there. All supplies will be provided. All levels are invited to join.

**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 and will allow you to increase your endurance, reduce stress, increase lung capacity.....and have fun!!!

**Bingo - Fridays, 12:30 - 1:45 (dining room)**

*On 11/4/22 ICARE will be sponsoring a special crockpot presentation and providing prizes for Bingo.*

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 - Friday, 9:00-11:00**

**Fee: \$25.00 for (October-December)**

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

**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.

<b>Monday</b> 9:00 - 10:00 *Yoga 9:00 - 10:00 Billiards (lessons) 10:00 - 11:00 Chair Arthritis Exercise 10:30 - 11:30 Hand weights	<b>Tuesday</b> 9:00 - 10:00 Walking (Group) 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	<b>Wednesday</b> 9:00 - 12:30 *Quilting 9:30 - 10:30 Shuffleboard 10:30 - 11:30 Hand weights 12:30 - Movie Matinee 12:30 - 2:00 Phase 10
<b>Thursday</b> 10:00 - 11:00 Silver Steppers 10:30 - 11:30 Bible Study 9:00 - 10:00 Zumba 12:30 - 1:30 Having Fun w/ Art 12:30 - 2:00 Ballroom Dancing  *Has a fee and requires pre-registration	<b>Friday</b> 9:00 - 11:00 *Stained Glass 9:00 - 3:00 *Piano 9:00 - 11:00 Tennis 9:00 - 9:45 Walking in Place 10:30 - 11:30 Hand weights 12:30 - 1:45 Bingo	<b>Daily - Open 8:30 - 4:00</b> 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 1:00 - 4:00 Table Tennis





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# Wilson Park Senior Center

## **Karaoke & Koffee**

**Friday, November 11, 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.

## **Veterans Celebration - Big Band show**

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

Come honor our veterans and enjoy the classic sounds of a big band show.

## **Wilson Senior Center Advisory Meeting**

**Wednesday, November 19, 10:00 - 10:30**

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

## **National Gingerbread Cookie Day**

**Monday, November 21, 1pm**

Stop by the lounge and celebrate this tasty treat.

## **Thankful for You**

**Wednesday, November 23, 10:30**

Enjoy a hot beverage and sweet treats as we discuss what we are thankful for.

## **Book Club**

**Wednesday, November 23, 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**

**Fridays, 9:30 - 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.

## **Ukulele**

**Thursdays, 1:30 - 2:30**

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

## **Movie and Popcorn**

**Fridays, 1:00**

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

**November 4 - The Kindness of Strangers**

**November 11 - City Slickers**

**November 18 - The Natural**

## **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 & Wednesdays, 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!

### Guitar Lessons

**Thursdays, 12:00 - 1:30**

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

### 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.

### 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.

### 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.



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<b>Monday</b> 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	<b>Tuesday</b> 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 Beginning German* 1:00 Quilting*	<b>Wednesday</b> 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
<b>Thursday</b> 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	<b>Friday</b> 8:45 Ceramic Studio* 9:00 Weaving* 9:00 Mahjong 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	<b>Daily</b> 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  *Fee/Pre-registration 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. PICK-UP NOW INDOORS!

Clinton Rose Senior Center	Thursday, November 3, 9:00 - 10:30
Washington Senior Center	Tuesday, November 1, 9:30 - 10:30
Kelly Senior Center	Thursday, November 17, 12:30 - 1:30
Wilson Senior Center	Tuesday, November 22, 10:00 - 11:00
McGovern Senior Center	Thursday, November 28, 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, November 15, 10:00 - 11:00
McGovern Senior Center	Thursday, November 17, 9:00 - 10:00
Wilson Senior Center	Wednesday, November 19, 10:00 - 10:30
Kelly Senior Center	Wednesday, November 23, 1:00 - 2:00
Clinton Rose Senior Center	Tuesday, November 29, 10:30 - 11:30



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## **We can help.**

Our Aging & Disability Resource Center can help connect you with the resources you need as you care for your loved one.

**Milwaukee County Aging & Disabilities Services** provides a single point of access to services for older adults and individuals with disabilities. We offer a wide range of programs and services to meet the diverse needs of our community including: Long Term Care, Dementia Care, Meals on Wheels, Adult Protective Services, Information & Assistance, Benefits Specialists, Senior Centers, Wellness Programs, Senior Dining, Transportation and more.

**Call the ADRC at (414) 289-6874 to learn more.**



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



1220 West Vliet Street, Suite 300 | Milwaukee, WI 53205 | (414) 289-6874 | [county.milwaukee.gov/aging](http://county.milwaukee.gov/aging)



**Serving Older Adults thanks you for your service and sacrifice.  
Please join us to honor all those who have served:**

**WASHINGTON PARK SENIOR CENTER**

Friday, November 11, 9:00-10:15

This event is sponsored by HUMANA. All Washington Park Veterans and their families are invited to attend this special recognition ceremony. A continental breakfast will be served.

**WILSON PARK SENIOR CENTER**

Monday, November 14, 1:00

This event is sponsored by Molina. Come honor our Veterans and enjoy the classic sounds of a big band show. Refreshments will be served.

**KELLY SENIOR CENTER**

Friday, November 11th, 1:00

This event is sponsored by Allay Home and Hospice. Come and be recognized for your service to our country. We will have a pinning ceremony, a moment of silence, and special guest Bob Darrow, formerly stationed at the Nike Missile Defense Base that would become Kelly Senior Center, will talk about the military history of the building. Reception to follow.

**CLINTON AND BERNICE ROSE SENIOR CENTER**

Monday, November 7th, 9:30-10:30

This event is sponsored by Graceland Cemetery. Breakfast for Veterans!

Thursday, November 10th, 12:00-2:00

This event is sponsored by Milwaukee Homeless Veterans Initiative. Gifts and supply distribution to Veterans.

**MCGOVERN PARK SENIOR CENTER**

Friday, November 11th, 12:30

McGovern will honor Veterans in a celebration of storytelling. All Veterans and friends of Veterans are invited to share in fellowship over light refreshments and meaningful reflection. Let us thank you for your service.

**Call your local center for additional information.**



# Community Partners

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



**Marjorie L. Christiansen  
Foundation**



ACLU  
Active Healthy Living  
Aetna  
Aggies Bakery  
Allay Home and Hospice  
Alzheimer's Association  
America Republic Insurance Service  
American Red Cross  
Aurora St. Luke's Southshore  
Autumn Leaves  
Badger Hospice  
Bread Smith  
Capri Community  
CarePatrol  
Caring Senior Services  
CHI Living  
Cornerstone  
Cudahy Family Library  
Cudahy Fire Department  
Cudahy Place Senior Living  
Cudahy School District  
Cudahy Health Department  
Einstein Bagels  
Empire Beauty School  
Groundcorp  
Groundworks MKE  
Harbour Village

Hear Wisconsin  
Historic 41 Business Association  
Howard Village  
Humana  
Hunger Task Force  
Hayat Pharmacy  
iCare  
Impower  
Islamic Da'Wah & Muslim Community Center  
Love Thy Neighbor  
Martin Drive Neighborhood Assoc.  
MATC  
Milwaukee County Sherriff Department  
Milwaukee County Parks  
Milwaukee Police Department  
Milwaukee Public Schools  
Milwaukee Steppers & Boppers  
Milwaukee Veterans and Homeless Initiative  
Milwaukee Women's Center  
Miracle Home Health of Wisconsin  
Molina Healthcare  
NAACP  
Neuropath Wellness  
Northside Side Community  
Development Cooperation

Park People  
Pete's Supermarket  
Pick N Save/Metro Market  
Safe and Sound  
Salvation Army  
Senior Helpers  
Sorenson  
Soul to the Polls  
Southeastern Wisconsin Deaf Senior Citizens  
St. Croix Hospice  
Syngery Homecare  
The Power of Change  
University of WI-Madison  
Urban Ecology Center  
VA  
Villa St. Francis  
Walgreens  
Westcare  
Wildarts-Lincoln Middle School  
Williamstown Bay  
Wilson Commons  
Wisconsin Health Literacy  
Wisconsin Institute on Aging  
Wisconsin Parkinson Association  
YMCA Milwaukee

## 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  
Roxann Tolliver  
Tom & Cathy Wood  
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 October 2021 - September 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).

<b>\$100,000 and above</b>			
Bader Philanthropies, Inc.		Every Day Good Foundation	
<b>\$50,000 - \$99,999</b> The Greater Milwaukee Foundation's Norman and Lucy Cohn Family Fund	<b>\$2,000 - \$4,999</b> Anonymous (2) Mindy & Steve Anderson Jami Burrell Eras Senior Network Jordan & Renee Luhr	Roy & Lynn Meythaler Mike & Sally Radka Realty Executives Integrity/ Bruce's Team Daniel & Nicole Renouard Robertson Ryan & Associates David & Melissa Stauber Rick Tsao Wisconsin Talking Book & Braille Library YMCA of Metropolitan Milwaukee	Jacqueline Ketten Michael Kremski Bart Kocha & Carol Marefka Neil & Cristel Moecker Tim & Katie Moersfelder Lynne Grages & Paul Neymeyr John Lapinski & Helena Pycior James Paull Sarah Pawlak Charles Rush Jim & Connie Ritchhart Freddie Roby Cynthia Sheridan Althea Stover Sandra Underwood Curtis Washington Tom & Cathy Wood Charles Woodward & Kate Hannah
<b>\$10,000 - \$49,999</b> Anthem Blue Cross and Blue Shield Patrick & Anna M. Cudahy Fund Judith Gardetto Forest County Potawatomi Foundation The Greater Milwaukee Foundation's Wendy & Ron Sager Charitable Fund United Way of Greater Milwaukee & Waukesha	<b>\$1,000 - \$1,999</b> Anonymous (1) AARP Pat Dunn Kimberly Stefl My Choice Wisconsin	<b>\$250 - \$499</b> AETNA Medicare Solutions Paul & Nancy Baniel Matt & Jodi Bauer Patricia Buente Marsha & Paul Bukofzer Don & Christine Gardner Gregory & Jill Gardetto Peter & Judith Gerasopoulos Colleen Grundy HearingLife Linda Heintz Doris Hopkins-Brown Diane Jandrom James & Cheryl Hempel	
<b>\$5,000 - \$9,999</b> Direct Supply Francie Luke Silverman Foundation Geneva Capital Management Marjorie L. Christiansen Foundation James Sheridan	<b>\$500 - \$999</b> Anonymous (1) Bridgette & Kevin Frommell CHI Living Communities Connections Cornerstone Caregiving Jacqueline Fryer Sylvia Gear Michael Hoff Inpower Solutions Lazarus Jackson Humana Dennis Lech Stephanie & Paul Mares		

## Partners to \$249

Anonymous (40) Mahasin Abdullah Susan Abraham Delinda Acevedo Mojahida Ahmad Cleo Alexander Allay Home and Hospice Theodore & Mariane Allen Bell Allison Michelle Allison Alzheimer's Association Alfred & Jacquelyn Anderson Annie Anderson Gloria Anderson Rebecca & Dennis Anderson Sharon Anderson Delores Andrew Mary Ard AseraCare Hospice Louise Au Ernice Austin & Linddsey Casurra Pauline Austin-Withers	Autumn Leaves of Franklin Jean Badura Joseph Bailen Linda Bansemer Linda Barikmo Margaret Barnes Anne Basting Mary Batzler & Michael Jaeger Donnette Beaudoin Jean Bennett Raymond Berg Richard & Inez Berghofer Colleen Bettini & Dan Laake Bernie Beutner Bonita Biba Carolyn Blackwood Joyce Blanks Yvonne A. Block Board on Aging and Long Term Care Holli Bohn Pat Bolden Susan Bond Melissa Bougneit	Elouise Bradley Frank Brindza Tom & Cheri Briscoe Carolyn Brown Cynthia Brown James Brown Katie Brown Thomas & Shirley Browne Frank & Patricia Bruce III Frank Bruce IV Phyllis Bruneau Wayman Buchanan Tom Buchand Barbara Budish Susan Buhler Paul Bunge Laurie Burns Melissa Bychinski Carol Bzdawka Chris Call Delores Cameron Alton Campbell Joe & Bonnie Campbell Marie Campos Marsha Canser Robert Carroll	Carolyn Carter Sheila Carter Dawn Case Anthony Cebal Mark Cebulski Wendy Cetera Chapel Garden Apartments Ken & Nona Chase Mercedes Chavez Valsa Cherian Diane Chilinski Susan Chovanec Jason Christ Nina Coleman Cynthia Cone John Conley Susan Cook Salvatore Corrao Lynn Crawford Diane Czerniak Alvin Czysh Philip Dallman Jerry & Arlene Davey Patricia Davidson Eugene Dee & Barbara Uquillas	Patricia & Herman Delmenhorst David & Linda Demarias Luana Dembiec Anton & Sonja Devcic Linda & Patrick Devitt Debbie Dietzel Joan Dimoff David Dollak Jan Doser Anna Drubecky Nancy Dudek Day Duggan Pat Ehlert Eisha Endeley Dianne Ertel Lona Eubanks Anne Fagan Janet Falk Kenneth Fekete George Felder Bill Fellow Marcus & Eliauna Finch Sharron Fitak Vickie Flocker Dr. James Flowers & Ms. Sheila Flowers
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## Partners to \$249

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Raquel Franzen	Theresa Jemison	Bonnie McAuly	Paul Reuteler	Lawrence Taylor
Robert & Judith Free	Lue Jemison-Spivey	Leanne McBride	Shirley Reynolds	Jessica Tenhove
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Bridgette and Kevin	Vertaree Jenkins	Sarah McCullum	Michele Rinka	Thierfelder
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Goodman	Janet Kolancheck	Mary Neitzel	Michael & Janette	UWM Doctor of
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Irene Guenther	Kowowski	Audrey Norman	Sanderson	VMP Healthcare &
William Hable	Lucille Kozelek	Niedra North	Jimmy Sandson	Community Living
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Hesselgrave	Mae Liddell	Diane Piedt	Simonson	David Wilkerson
Kathleen Hill	Jacqueline Lispey	Jan Pipia	Frank Sloan	James Williams
Kitty Hill	Jill Littlefield	Terri Pittman	Gene Smars	Gerald & Mary
Vevette Hill-	Michael Loew	Pamela Plath	Judith Smith	Williquette
Nwagbaraocha	Mark & Carol Loomis	Muriel Plichta	Keith Smith	Larry Winfield
Staci Hinton	Jennifer Lopeman	John Podsedly	Louis & Henrietta	Judith Wirth
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Shirley Horton	Dain Maddox	Carol Powers	Marie Sobiech	Patricia Wisniewski
Dennis & Cynthia	Tom and Edwardine	Louise Prihola	Donald & Joyce Soltis	Judith & Winton Wood
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Leo Huisman	Peter & Dorothy	Michael R Prudhom	Barbara Sottile	Felder
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Jamnik	Mark Mason	Susan Reinhard	Jeffrey Sweetland &	
Audrey Jansen	Ed Matichok	Carol Renier	Margaret Murphy	



# 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!