



SERVING OLDER ADULTS

OF SOUTHEAST WISCONSIN, INC.

December 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

December 16 - All centers close at 12:30 pm for all staff meeting.

December 23, 26, & 30 -
All centers closed.

HOURS

Monday - Friday, 8:30 - 4:30

SOA General Line: 414-704-3343

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: Antresia Smith

Director of Senior Centers: Miriam Kaja

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: Vacant

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

Memories in the Making - Clinton Rose

Sponsored by the Alzheimer's Association

Thursday, December 15th, 10:00 - 12:00

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.

Movement & Music: Parkinson Disease Exercise - Kelly

**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.

(New) Benefits of Cinnamon - McGovern

Monday, December 5, 10:00

Presented By Ann Snowden

Cinnamon is rich in antioxidants and other beneficial compounds. In this presentation you will learn how this healthy spice is good for the body.

AARP Driver Safety Class - Washington

Thursday, December 8, 12:30-4:30

FEE: \$20 for AARP Members & \$25 for Non-Members

Take part in this one day safe driver refresher course, intended for those 50 and better. You will gain valuable information to keep you driving safely and independently as you age. This class will be taught by a trained AARP Volunteer Instructor. To reserve your spot call (414) 933-2332 by 12/4/22.

Beginning Quilting Workshop - Wilson

Tuesday & Thursday January 3,5,10,12

Fee: \$10 - 4 classes

This workshop is designed for those that have sewing experience and want to learn the art of quilting through hands-on instruction. This class will prepare new quilters with the basics they would need to join the upcoming quilting classes.



Join us for Monthly Advisory Meetings

Clinton Rose Advisory Committee Meeting

Tuesday, December 27th, 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 access via zoom please contact the 414-263-2255 for details.

Kelly Advisory Meeting

Wednesday, December 28, 1:00-2:00

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.

McGovern Advisory Meeting

Thursday, December 28, 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.

Washington Advisory Meeting

Tuesday, December 13, 10:00 - 11:00 am

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

Wilson Senior Center Advisory Meeting

Wednesday, December 14, 10:00 - 10:30

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

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Monday – Friday, 8 a.m. – 5 p.m.

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Serving Older Adults of SE Wisconsin, Milwaukee, WI.

A 4C 01-2067



DECEMBER'S TECH CLASSES

Tech Connect for Older Adults

A Program of SOA

Cloud Storage

Kelly Senior Center - Tuesday, December 6th, 11:00-12:15

In this lecture, you'll 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.

Graphic Design Tools

Wilson Park Senior Center - Wednesday, December 7th, 11:00-12:15

Looking for a creative outlet? Try your hand at one or more free, user-friendly, web-based graphic design tools! In this presentation, we'll explore the popular design platform, Canva, and demonstrate how you can get very creative with basic tools like Google Slides. We'll also look at Photoshop Express, the web-based, free version of Photoshop.

Online Health Resources

Wilson Park Senior Center - Monday, December 12th, 9:00-10:15

Kelly Senior Center - Monday, December 12th, 11:00-12:15

Clinton Rose Senior Center - Wednesday, December 14th, 11:00-12:15

Washington Park Senior Center - Thursday, December 15th, 11:00-12:15

McGovern Park Senior Center - Thursday, December 15th, 11:00-12:15

The internet can be an excellent source for learning more about your or a loved one's health. This presentation will introduce you to the topics and tools offered on two reputable websites, MedlinePlus and Mayo Clinic. You'll also learn how to evaluate health-related information online.

Online Health Resources

Wilson Park Senior Center - Monday, December 19th, 11:00-12:15

Washington Park Senior Center - Thursday, December 22nd, 11:00-12:15

Did you know that searching a reputable site like MedlinePlus for medical and health-related issues gives better results than using Google? During this hands-on workshop, you'll learn to use medlineplus.gov. You'll search the site and explore its many sections to read about drugs, watch videos, and access tools.

✉ TechConnect@Servingolderadults.org

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



Clinton & Bernice Rose Senior Center

Holiday Toy Drive

Presented by The Out & About Travel Committee

Now until December 8th, if interested, call 414-263-2255. Join the Out & About Travel committee this holiday season by donating new, unwrapped toys for local children of all ages. The drop off donations at Clinton Rose, 3045 N Doctor M.L.K. Jr Dr Milwaukee, WI 53212. This year toys will be donated to House of Peace.

Morning Blend with Hot Topics

Mondays, December 5th & 19th, 10:00 - 11:00

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

NACHO Tuesday - Fee: \$5

Tuesday, December 6th, 12:00 - 1:00

Enjoy cheesy and delicious crunchy nachos with spicy peppers. All proceeds go to support the senior center.

Movie Watchers Club

Led by Yvonne Thomas

Friday, December 9th, 9:00 - 11:00

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

Clinton Rose Holiday Spirit Week

Monday, December 12th, to Friday, December 16th

Come and enjoy a week full of fun fun fun activities!

Monday - Cozy Pajama Day

Tuesday - Let's See Who Has a Secret Day

Wednesday - Dress to Impress Day

Thursday - U-G-L-Y Sweater Day

Friday - Hot Chocolate & Marshmallow Day

Pre-Registration Required on some event

Miss Daisy Sewing Group Christmas Celebration

Tuesday, December 13th, 12:00 - 2:00

Our lovely ladies in the sewing room are hosting a Christmas party, there will be delicious refreshments, drawings, and much more.

Please call for more information. **Pre-Registration is required.**

Snacks and Facts - Fee: \$5

Presented by Eric Pampuch

Wednesday, December 14th, 10:00 - 11:00

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

Memories in the Making

Sponsored by the Alzheimer's Association

Thursday, December 15th, 10:00 - 12:00

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.**

Christmas Holiday Drive Through

Sponsored by Eras Senior Network

Thursday, December 15th - 1:00 - 3:00

Drive on down to Clinton Rose to join this year's 2nd annual holiday drive through in partnership with Eras Senior Network. Enjoy the spread of holiday cheer and holiday swag. Only 2 families per vehicle and 1 person per household will be served. Walk ups are welcome!

This event will run until all supplies are gone!!!

Miss Hollywood's Arts & Music Banquet

Tuesday, December 20th, 12:30 - 2:00 - Fee: \$2

Join us at Clinton Rose as we welcome artists from Miss Hollywood's art class! Let's bring cheer and enjoy some live music, snacks and admire some work. **Pre-registration is required.**

Women of the Rose Monthly Meeting

Wednesday, December 21st 12:00 - 1:00

Cooking Demonstration w/ Chef Marvin "The Unsalted Chef"

Presented by HEAL (Healthy Eating Active Living)

Thursday, December 22nd, 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.

MCDA Outreach

Presented by Milwaukee County Aging & Disability Services

Tuesday, December 27th, 10:30-12:30

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

Advisory Committee Meeting

Tuesday, December 27th, 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 access via zoom please contact the 414-263-2255 for details.

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.

Speak Your Mind/Lobby Hangout

Monday - Friday, 8:30 - 4:30

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.

Billiards Room

Monday - Friday, 8:30 - 4:30

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

Library Area - Mondays - Friday, 8:30 - 4:30

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

Clinton & Bernice Rose Senior Center

Computer Lab—Monday - Friday, 8:30 - 4:30

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

Miss Hollywood's Arts & Music Class

Instructed by Deborah Lewis

Mondays 11:45 - 12:45 - Fee: \$8

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

Pals (Physical Activity For Lifelong Success)

Instructed by Eric Pampuch, SOA Health & Wellness Coord.

Mondays, Wednesdays, & Fridays - 12:00 - 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. Work out at your own pace.

Open Sewing—Fee: \$8 (4 weeks)

Mondays, Tuesdays, & Fridays, 9:00 - 4:30

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

Roselettes Dance Group - Tuesdays & Thursdays, 9:00 - 10:30

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

Wisdom Studies

Instructed by Rev Clifton Joseph

Tuesdays, 9:30 - 10:30

Embark on a spiritual journey with Rev. Clifton Joseph

Clinton Rose & Danceworks

Presented by Danceworks and Eras

Tuesdays, 10:00 - 11:00

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

Sewing Class

Instructed by Jamie Gardner

Tuesdays, 12:00, Fee: \$15 (4 weeks)

Are you interested in learning how to sew? Sign up for this beginner class today. Please call the center for more information.

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.

Senior Striders

Instructed by Evelyn Merriett

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.

Miss Daisy's Sewing Group

Thursdays, 12:00 - 2:00

Fee: \$8

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

Wisdom Counselor

Presented by Prophetess Willie Seward-Fowlkes

Tuesdays-Thursdays 9:30-3:00 excludes Tuesdays between 12:15-1:15(due to Praise & Worship)

Do you need someone to talk with you or pray with you? Mother Fowlkes provides love and comfort to everyone's lives she touches. She is here to help support you!

Monday 9:30-10:30 OG Dance Group Practice 11:00-12:00 Walk with Ease 11:45-12:45 Miss Hollywood's Art & Music Class	Tuesday 9:00-10:30 Roselette Dance Group practice 9:30-10:30 Wisdom Studies with Rev Clifton Joseph 10:30-11:30 The Extensions Practice 12:00-1:00 Praise & Worship 2nd & 4th Tuesday 1:00-4:00 Bring You Own Device (BYOD) 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 Exercise 11:00-1:00 pm Fitness Center Orientations 11:00-12:00- Walk with Ease 12:30-2:30 Open Jewelry Making Class **
Thursday 9:00-10:15 Roselette Dance Group Practice 9:30-10:00 Walk Aerobics 12:00-3:00 Miss Daisy 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 1st & 3rd 11:00-12:00- Walk with Ease 12:00-2:00- Movie Watchers Club	Daily 8:30-4:30 Fitness Center 8:30-4:30 Speak your mind 8:30-4:30 Billiards Area (Includes pool, cards, chess, checkers & dominoes) 8:30-4:30 Library Area 8:30-4:30 Computer Lab 8:30-4:30 Open Sewing** 10:00-3:00 Rose Regift Shop open ** These activities have a fee

Kelly Senior Center

Injury Management and Balance Screening

Thursday, December 1, 9:00 - 11:00

UWM physical therapy students will be providing free balance screenings at Kelly.

Senior Planet: Cloud Storage

Tuesday, December 6, 11:00

In this lecture, you'll 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.

French Cooking

Tuesday, December 6, 1:00 - 3:00

Fee: \$5

Authentic French cooking doesn't have to be expensive or difficult. Learn how from Miriam Kaja in this six-part series. This month's topic is doughs and batters. (Registration required.) This class is identical to the class on December 8th.

Kelly Bingo

Sponsored by Badger Hospice

Wednesday, December 7, 1:00

Join us for an afternoon of Bingo!

Caring for Your Feet

Presented by Toe Nail Trimmers, LLC

Wednesday, December 7, 3:00

Learn what happens to our feet as we age, how to best take care of them, and why we should!

French Cooking

Thursday, December 8, 1:00 - 3:00

Fee: \$5

Authentic French cooking doesn't have to be expensive or difficult. Learn how from Miriam Kaja in this six-part series. This month's topic is doughs and batters. (Registration required.) This class is identical to the class on December 6th.

Nutrition Seminar

Friday, December 9, 10:00

Learn a variety of things you can do to lower your sodium intake.

Holiday Concert at Kelly

Friday, December 9, 2:00

Put on your Sunday best and come to Kelly to hear the talented Cudahy High School orchestra perform a special holiday concert just for us! Afterwards, satisfy that sweet tooth with some festive desserts. Meet a surprise guest...

Senior Planet: Online Health Resources

Monday, December 12, 12:00

Did you know that searching a reputable site like MedlinePlus for medical and health-related issues gives better results than using Google? During this hands-on workshop, you'll learn to use medlineplus.gov. You'll search the site and explore its many sections to read about drugs, watch videos, and access tools.

Women's Club

Monday, December 19, 1:30

Join the ladies of the Women's Club for their December meeting.

Bingo

Sponsored by Williamstown Bay

Tuesday, December 20, 1:00

Join us for an afternoon of Bingo!

ADRC Resource Hour

Wednesday, December 21, 10:00

Andy Bethke from the ADRC will be available to answer any questions you may have about resources for seniors.

Sip and Spruce

Sponsored by Badger Hospice

Thursday, December 22, 1:00

Want to look your best for your holiday plans? Just a few days before the holidays is a perfect time to sip mocktails in a casual atmosphere and have someone else file and paint your nails for free! Enjoy holiday cookies as well!

Kelly Advisory Meeting

Wednesday, December 28, 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.

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.



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

McGovern Park Senior Center

Healthy Eating Active Living:

Cooking Demonstration

Thursday, December 1, 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) Chair Massage

Friday, December 2, 12:30

Presented By The Wright Touch

Applied through your clothes while sitting in a chair, this (10 minute) massage of your neck, shoulders and back will be something for you to enjoy. Only five participants per-class may participate.

Pre-registration is required

Fee: \$12.00

(New) Benefits of Cinnamon

Monday, December 5, 10:00

Presented By Ann Snowden

Cinnamon is rich in antioxidants and other beneficial compounds. In this presentation you will learn how this healthy spice is good for the body.

(New) Molina Healthcare

Monday, December 5, 10:00

Molina will provide information on your healthcare needs and questions. Be sure to stop at the Molina information table.

(New) Candy Christmas Tree—Fee: \$6

Wednesday, December 7, 14, 10:00

Everyone knows that candy is for eating, but candy can be lots of fun to use for craft projects too. Join this class and have fun making your own Candy Tree. You will need to purchase supplies for this class. Visit the project table to pick up your supply list.

(New) Inspirational Christmas Message

Thursday, December 8, 12:00

Presented By Leon Davis

Join us for an inspirational message that is sure to warm your heart.

Ugly Christmas Sweater Day

Monday, December 12, 8:30-1:00

The best ugly Christmas Sweater will win a \$10 gift card. Make sure your sweater is the ugliest.

Advisory Meeting

Thursday, December 15, 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, December 15, 12:30

Win prizes playing bingo with your peers.

Book Club

Thursday, December 15, 12:30 - 2:30

The title for December's book will be: Take My Hand

Author: Dolen Perkins- Valdez

You may purchase this book or check your local library.

Christmas Party At McGovern

Friday, December 16, 12:30

It's that time of year when we gather together to celebrate Christmas. There will be: food, music, dancing, prizes, and a visit from Santa and his elves. This event is full to capacity.

(New) Blood Pressure Check

Monday December 19, 10:00

Presented By Milwaukee Career College

Having your blood pressure checked regularly can help you keep it at a healthy level.

Dance For Fun and Fitness

Monday, Wednesday, and Friday, 10:00 - 11:00

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

TOPS

Mondays, 9:00 - 10:00

Take Off Pounds Sensibly is just right for you if you are interested in shedding your COVID pounds or if you simply want to safely and effectively lose unwanted pounds. Best of all, learn health options from supportive TOPS members.

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.

Upper Body Exercise

Mondays & Fridays, 11:00 - 11:30

This is an upper body chair workout using dumbbells.

Phase 10 Card Game

Mondays & Thursdays, 12:00 - 2:30

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

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.

Metalsmithing

Tuesdays

11:00 - 3:00

Metalsmithing uses wire and sheets of metal to create jewelry.

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.

Bible Study

Every 1, 2, and 4, Friday of each month

10:00 - 11:00

If you are interested in spiritual growth, why not join this group. They will welcome you with a warm heart and answer any questions you may have.

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 Metalsmithing 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 11:00 - 12:00 Lunch



Washington Park Senior Center

A Celebration of Christmas

Tuesday, December 20, 11:30-1:30

Join us for a lovely holiday lunch, prepared by a special group of volunteers; with a musical celebration and sing along of all your holiday favorites. This event is free to attend. Please join us for this truly special Christmas celebration.

Letter Writing From "Santa"

Daily, during the month of December (front lobby)

Join us in writing letters from Santa to children who have dropped their letters in the mailbox at Community Spirit Park. The letters are sure to warm the hearts of the children who will receive them. All supplies are provided....all you will need is some Christmas spirit and legible handwriting.

Aging & Disability Services (ADS) Outreach

Tuesday, December 6, 9:30-10:30

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.

Washington Park Travel Club-Trip to Gurnee Mills

December 5 and December 8, 9:00-5:00

\$15.00 per person

Are you looking to do some Holiday Shopping and have a fun filled day trip.....join the Washington Park Travel Club for an exciting and festive shopping experience. Lunch will be on your own (the cost is not included in the trip fee). There is a limit of 14 people per trip. RSVP to Debbie Goodwin at (414) 933-2332 by 12/1 (available as first come first served basis).

Cooking Demonstration with Chef Marvin, "The Unsalted Chef" - Thursday, December 8, 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.

AARP Driver Safety Class

Thursday, December 8, 12:30-4:30

FEE: \$20 for AARP Members & \$25 for Non-Members

Take part in this one day safe driver refresher course, intended for those 50 and better. You will gain valuable information to keep you driving safely and independently as you age. This class will be taught by a trained AARP Volunteer Instructor. To reserve your spot call (414) 933-2332 by 12/4/22.

A VERY Special Christmas BINGO

Friday, December 9, 12:30-1:30

Please join us for a festive BINGO event, where we will have soft Christmas music playing, holiday snacks and an ALL Christmas themed prize lineup. This is sure to be a fun and festive gathering....don't miss it!!

Advisory Meeting

Tuesday, December 13, 10:00 - 11:00 am

Learn more about what's happening with SOA, Washington Park Senior Center and Milwaukee County Aging Services. We encourage all participants 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 (pay by the month)

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!

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Washington Daily Schedule

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.

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) Detroit Style Ballroom Dance

Thursdays, 12:30 - 1:45

Fee: \$4.00 per class (pay by the month)

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

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)

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.

Tennis

Fridays, 9:00 - 11:00

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 Exerdse 10:30 - 11:30 Hand weights	Tuesday 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	Wednesday 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
Thursday 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 Danding *Has a fee and requires pre-registration	Friday 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	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 1:00 - 4:00 Table Tennis



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Wilson Park Senior Center

Santa Letter Writing Gatherings *NEW* **December 1 - 16, 9:00-4:00**

Every year, millions of children write letters to Santa. Let's make a local child's holiday bright by writing a response to his or her letter to Santa. All you need to bring is your holiday cheer! Letters, templates, stationery and treats will be provided. Stop by the North Pole Table and respond to one or more of the letters in your spare time.

Deck the Halls *NEW* **Thursday, December 1, 9-3**

Help bring the joy of the season to life by assisting us with putting up Wilson's holiday decorations. Share laughs and create memories as we decorate, listen to music, sip on cocoa and nibble on sweets.

Memory Lane **Monday, December 5th 9:00**

Revisit the joys of the holiday season while you write down a fond memory of your holiday's past. Memories will be posted in the center for everyone to enjoy.

Send Joy This Season **Tuesday December 8, 9:00**

Create a one of a kind handmade card to send to someone special this holiday season.

Holiday Cookie Bake Off **Thursday, December 8, 12:30pm**

Do you have a favorite holiday cookie you like to bake? Put your recipe to the test! Bring in your best batch and let your fellow participants choose their favorite! The judging will take place during Wilson's Holiday Recorder ensemble Concert.

Holiday Recorder Ensemble Concert **Thursday, December 8, 1pm**

Join us in a holiday celebration performed by Wilson's Recorder Ensemble! Sip on Cocoa or Coffee and Judge our Holiday Cookie Bake Off!

Tappin' Through The Snow **Thursday, December 8, 10:00**

Join us for a winter tap show of the season. Wilson's tap group will put on a beautiful holiday filled performance to wow participants. Please bring yourself and families to enjoy this performance.

Karaoke & Koffee - Holiday style! **Friday, December 9, 10:00**

Do you have a favorite holiday song? 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.

Holiday Jingle with Big Band **Monday December 12, 1:30pm**

Celebrate this joyful time of year together as you enjoy a musical performance, sip cocoa and indulge your sweet tooth.

Bingo All the Way *NEW* **Sponsored by Molina**

Tuesday, December 13, 1pm

No Holiday would be complete with a festive game of bingo and a chance to win praise worthy prizes.

Wilson Senior Center Advisory Meeting **Wednesday, December 14, 10:00 - 10:30**

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

Holiday Ukulele Concert **Thursday, December 15, 1pm**

Bring your family and friends to our beautiful holiday Ukulele Concert. Come and enjoy your favorite holiday songs played on the classic Ukulele.

Book Club **Wednesday, December 21st, 10:15**

The book to read this month is- House Rules by Jodi Picoult. 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.

Kwanzaa: A Celebration of the Ancestors **Thursday, December 29, 12:30pm**

One of the most important parts of Kwanzaa is the celebration of the ancestors. So we are inviting all of the participants to bring photos of those who have moved on and honor their memories. Each of these pictures will be put up on a bulletin board for the remainder of Kwanzaa

Advent Calendar - Starting December 1

Count your way down to Christmas by making festive advent calendars

Trivia and Coffee - Tuesday, December 4, 10:30

Show off your seasonal knowledge with a game of holiday trivia.

Wilson's Elf Parker is on the move! *NEW*

Parker is known for his shenanigans. If you spot him, be sure to stop by the office to let us know what he's up to and claim your "sweet" reward.

Reindeer Games **Tuesdays, 9:00 - 12:00**

Join in on the fun as you work your way through festive games.

Chess - Tuesdays, 9:00 - 11:00

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

Holiday Movie Bonanza

Fridays, 1:00

Come enjoy some holiday classics as you sip on cocoa and munch on treats.

December 2 - A Christmas Prince

December 9 - The Claus Family

December 16 - The Noel Diary

December 30 - Holiday Rush

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.

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.

Plastic Canvas - Thursdays, 9:00

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

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.

Knit and Crochet

Wednesdays, 10:30 - 12:00

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

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.

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.

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 Beginning 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 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	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 *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. There is a suggested donation \$3 for those 60+ and an \$8 cost for guests under 60. A reservation by 11 a.m. 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 INDOORS!

Clinton Rose Senior Center	Thursday, December 1, 9:00 - 10:30
Washington Senior Center	Tuesday, December 6, 9:30 - 10:30
Kelly Senior Center	Thursday, December 22, 12:30 - 1:30
Wilson Senior Center	Tuesday, December 27, 10:00 - 11:00
McGovern Senior Center	Thursday, December 29, 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, December 13, 10:00 - 11:00
Wilson Senior Center	Wednesday, December 14, 10:00 - 10:30
Clinton Rose Senior Center	Tuesday, December 27, 10:30 - 11:30
Kelly Senior Center	Wednesday, December 28, 1:00 - 2:00
McGovern Senior Center	Thursday, December 28, 9:00 - 10:00



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Why Does SOA Ask for Donations and What Does That Money Get Spent On?

We recently received questions about why SOA asks participants, businesses, foundations, and others in the community for financial support when we receive funding from Milwaukee County DHHS Aging and Disability Services. Many also wonder how donations are used.

Before we answer those questions, we want to share some **WONDERFUL NEWS**. We are very excited to announce that this year, thanks to the generosity of SOA's Board of Directors, every dollar donated between now and December 31st will be matched dollar-for-dollar up to \$15,000! How fantastic is that? This match will double the impact of every donation received before the end of the year!

Our funding: SOA is an independent non-profit organization that Milwaukee County hires to manage five senior centers, including five meal programs. SOA's two contracts from Milwaukee County, which we are VERY grateful for, pay approximately 67% of our total cost to operate the senior centers.

Another 10.3% is raised through fees paid by participants, gift shop sales, and rentals of building space. It is so inspiring to highlight that the remaining costs are funded through donations and grants from individuals, nonprofit organizations, foundations, and corporations who believe in the work SOA is doing to serve seniors and build a strong community of persons age 50 and better.

We are so lucky to have donors that are committed to you, our participants, and believe in the SOA team.

Inflation: The County contracts to manage the senior centers and meal sites have remained at the same level for many years. As you can imagine, costs for employee health insurance, property and liability insurance, program and building supplies, salaries, and services such as an annual audit, telephones, printing, computer support, garbage pickup, and internet continue to increase. Without donations and grants, we could not absorb these increased costs each year.

Greater Impact: Over the past four years, SOA has substantially increased the depth and breadth of our programming and the number of people served. The centers are busy! The related costs for these additional programs and services are covered by donations and grants.

Grants: To help maintain and enhance the programming offered, we write grant applications throughout the year, requesting funding from local foundations and companies. We are proud to share that SOA has received \$516,252 in grant funding over the last 2 years. Our need to fundraise is the same as other nonprofits, including County funded organizations, such as the Milwaukee Public Museum, the Mitchell Park Domes, Boerner Botanical Gardens, and the Milwaukee County Zoo. They all request donations and private funding, as well as charge entrance fees, to help them sustain their operations.

Thank You! We are beyond grateful for your support throughout the year. Your participation in fundraising events such as rummage sales, bake sales, our partnership program, resource fairs, center gift shops, and our year-end campaign makes a huge difference! Without you, we would not be able to keep the center doors open, the bills paid, and our fees low, so that our numerous fun and impactful programs are accessible to all people, regardless of income or ability to pay. Our caring, hard-working staff, volunteers, and participants appreciate you!

Please join us in ensuring innovative and vital programs, opportunities, and services for adults 50 and better continue in our community by making a gift today.

LET'S AGE WELL TOGETHER!

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 & Kate Hannah



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 November 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.

\$100,000 and above			
Bader Philanthropies, Inc.		Every Day Good Foundation	
\$50,000 - \$99,999 The Greater Milwaukee Foundation's Norman and Lucy Cohn Family Fund	\$2,000 - \$4,999 Anonymous (2) Mindy & Steve Anderson Jami Burrell Jordan & Renee Luhr Milwaukee Irish Fest Foundation, Inc.	Humana Dennis Lech Stephanie & Paul Mares Roy & Lynn Meythaler Sarah Pawlak Mike & Sally Radka Realty Executives Integrity/ Bruce's Team Daniel & Nicole Renouard Robertson Ryan & Associates David & Melissa Stauber	Bart Kocha & Carol Marefka Neil & Cristel Moecker Tim & Katie Moersfelder John Lapinski & Helena Pycior James Paull Charles Rush Jim & Connie Ritchhart Freddie Roby Cynthia Sheridan Althea Stover Rick Tsao Sandra Underwood Wisconsin Literacy Curtis Washington Tom & Cathy Wood Charles Woodward & Kate Hannah
\$10,000 - \$49,999 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 RRF Foundation for Aging United Way of Greater Milwaukee & Waukesha	\$1,000 - \$1,999 Anonymous (1) AARP Preston Alvadj Pat Dunn Kimberly Stefl My Choice Wisconsin	\$250 - \$499 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 Michael Kremski	
\$5,000 - \$9,999 Direct Supply Francie Luke Silverman Foundation Geneva Capital Management Marjorie L. Christiansen Foundation James Sheridan	\$500 - \$999 Anonymous (1) Bridgette & Kevin Frommell Connections Jacqueline Fryer Sylvia Gear Lynne Grages & Paul Neymeyer Michael Hoff Lazarus Jackson		

Partners to \$249

Mahasin Abdullah Susan Abraham Hayat Pharmacy Mojahida Ahmad Cleo Alexander Theodore & Mariane Allen Bell Allison Michelle Allison Alfred & Jacquelyn Anderson Annie Anderson Gloria Anderson Rebecca & Dennis Anderson Sharon Anderson Delores Andrew Mary Ard AseraCare Hospice Louise Au Ernice Austin & Lindsey Casurra Pauline Austin-Withers Tom Buchand 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 Maria Bingham Carolyn Blackwood Joyce Blanks Yvonne A. Block 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 Barbara Budish Susan Buhler Paul Bunge Laurie Burns Melissa Bychinski Carol Bzdawka Chris Call Delores Cameron Alton Campbell Joe & Bonnie Campbell Marsha Canser Robert Carroll Carolyn Carter Sheila Carter Dawn Case Anthony Cebal Mark Cebulski Wendy Cetera	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 Jaquelyn Tolbert Eugene Dee & Barbara Uquillas Patricia & Herman Delmenhhorst David & Linda Demarias Luana Dembiec Anton & Sonja Devcic Linda & Patrick Devitt	Debbie Dietzel Joan Dimoff David Dollak Jan Doser Anna Drubecky Nancy Dudek Kay Duggan K Dyble Thompson 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 Mark Foster Raquel Franzen Robert & Judith Free Rosemarie Fridrick Jean Fromm Richard & Joan Gaeth
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Partners to \$249

Pamela Galasinski	Vertaree Jenkins	Bonnie McAuly	Allay Home and Hospice	UWM Doctor of Physical Therapy Program
Mary Galien	Joanne Joers	Leanne Mcride	Carol Renier	Gary Kubacki & Marianne Staszak
Janie Gardener	Apollonia & Raymond Johann	Walter & Katie McCoy	Geraldine Renner	John & Eileen Stewart
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Diane Groszkiewicz	Barbara Kogutkiewicz	Mary O'Leary-Michalski	Kenneth & Carol Roth	Barbara Toles
Colleen Grundy	Janet Kolanchek	Pepe Oulanian	Roger & Celine Rothenmaier	Roaxann Tolliver
Irene Guenther	David and Alice Konkel	Janet Pape	Round-ups	TOPS 0033
William Hable	Richard & Regina Koronkowski	Paper Craft Group	Sylvester Rucker	TOPS Members
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Minnie Harmon	Kenneth Kroll	Melvin Perry	Eleanor Ryan	Tzu Chi Foundation
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Ronald & Betty Hayes	Carl Lacy	Diane Piedt	Robert & Caroline Sanderson	Phyllis Verhaalen
Mary Heinzl	Alexander & Sharon Rae Landergott Durka	Autumn Leaves of Franklin	Jimmy Sandson	Alice Voith
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Shirley Horton	Mark & Carol Loomis	Joyce Radtke	Adele Shaw	Michael & Jean Weber
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Audrey Jansen	Kathy Mallett		Louis & Henrietta Smith	Pearl Woodard-Hainey
Del Januchowski	Susan Marsolek		Rene Smith	Angela Woods-George Felder
Theresa Jemison	Jewel Martin		Marie Sobiech	Steve Woods
Lue Jemison-Spivey	Francisco & Elizabeth Martorell		The Solarium Club	Ronald & Ivy Yeneske
Stephin Jenk	Tiffany Mosby		Donald & Joyce Soltis	Arsalos & Dawn Zakian
Ertone Jenkins	Mark Mason		Barbara Sottile	Patrick Ziegenhorn
	Ed Matichek			Robert Zingara
	P. Matlock			

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!