

SERVING OLDER ADULTS

OF SOUTHEAST WISCONSIN, INC.

January 2023



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 - 12:30

McGovern: Tuesdays, 8:30 - 12:30

Clinton Rose: Wednesdays, 8:30 - 12:30

Washington: Thursdays, 8:30 - 12:30

Kelly: Thursdays, 8:30 - 12:30

CLOSURES

January 2 - New Years Day (Observed)

January 16 - Martin Luther King Day

HOURS

Monday - Friday, 8:30 - 4:30

SOA General Line: 414-704-3343

www.servingolderadults.org

Check out what's inside

About SOA.....	2
Highlighted Events	3
January Tech Connect.....	5
Clinton Rose Senior Center.....	6-7
Kelly Senior Center.....	8-9
McGovern Senior Center.....	10-11
Washington Senior Center.....	12-14
Wilson Senior Center.....	16-17
Community Resources.....	18
Aging & Disabilities Services.....	19
GEMS.....	20
Community Partners.....	21
Donors.....	22-23

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: Miriam Kaja

Director of Marketing and Development: Chey Thunberg

Human Resources Director: Vacant

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: Vacant

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: Vacant

4500 W Custer Ave, Milwaukee, WI 53218

Main: (414) 527-0990

WASHINGTON PARK SENIOR CENTER

Manager: Diane Chilinski

4420 W Vliet St, Milwaukee, WI 53208

Main: (414) 933-2332

WILSON PARK SENIOR CENTER

Manager: Shannon Downie

2601 W Howard Ave,
Milwaukee, WI 53221

Main: (414) 282-5566



About Serving Older Adults

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

Highlighted Events



Help us celebrate Black History Month.

Washington Park Senior Center
4420 W. Vliet St, Milwaukee, WI
Thursday, February 16, 2023

Doors open at 11:30 am

Program from 12:00-2:00 pm

Join us for a celebration of music and singing as well as guest speakers to inspire us and share historical information.
Don't forget to bring a friend or 2!

NACHO Tuesday - Clinton Rose
Wednesday, January 11, 12:00 - 1:00
Fee: \$5

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

Memories in the Making - Clinton Rose
Sponsored by the Alzheimer's Association
Thursday, January 26, 10:00 - 12:00

According to the Alzheimer's Association, Memories in the Making is a unique art program, introduced in 1988, that allows individuals with Alzheimer's disease and related dementias to express themselves through art and storytelling. Get creative in this class where you will be able to express yourself through art. Supplies are included and **pre-registration is required.**

Craft Supply Rummage Sale - Kelly
January 23 - January 27, all day

Come check out the rummage sale of entirely craft-related items and stock up on fabric, yarn, and more. Fit as much as you can into a bag for a flat fee! Got crafting supplies to unload? Donate them to the sale!

Social Security 101 - Kelly
Wednesday, January 25, 1:00

A representative from the Social Security Administration will stop by to teach you the ins and outs of Social Security. Get your questions answered here!

(New) Blood Pressure Check - McGovern
Presented By Milwaukee Career College
Monday January 2, 19, 10:00

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

Identity Theft - McGovern

Presented by Wisconsin Dept of Consumer Protection
Monday January 9, 12:30

In this presentation you will learn the importance of how to protect yourself from identity theft.

New Year New You - Washington
Presented by Eric Pampuch

January 9th at 12:30pm, \$10 fee

Start your year off right by learning about healthy eating, sample healthy snacks and kick off your fitness routine with a free personal training session included.

Washington Park Travel Club-The Domes
Thursday, January 26, 8:30-11:00
\$5.00 per person

The travel club will be exploring the Mitchell Park Domes. A train tour will be taking place in the main Dome during the time of the visit. There is a limit of 14 people per trip. RSVP to Debbie Goodwin at (414) 933-2332 by Friday 1/20/23 (available as first come first served basis).

Elvis Birthday Party - Wilson
January 6, 12:30

Come and join us in celebrating the king of rock-n-roll. We will have music, classic Elvis snacks, and refreshments. Dance the day away with friends and family during this celebration.

Big Band Concert and Dance - Wilson
Monday, January 9, 1:30

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

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Mechele Lewis

262-278-8708 (TTY: 711)

Monday – Friday, 8 a.m. – 5 p.m.

mlewis58@humana.com



Ryan Johannsen

262-765-6362 (TTY: 711)

Monday – Friday, 8 a.m. – 5 p.m.

rjohannsen@humana.com



For ad info. call 1-800-950-9952 • www.ipicommunities.com

Serving Older Adults of SE Wisconsin, Milwaukee, WI.

A 4C 01-2067

January Tech Programming

Tech Connect for Older Adults

A Program of SOA

 **Beyond the Basics** – Do more with email, free Google tools, and other useful online tools for entertainment, health, and creativity!

Dates: Mondays and Wednesdays beginning January 9 through March 22

Location: Washington Park Senior Center, Computer Lab

Time: 1:00–2:15 PM


This 10-week course with two 75-minute sessions per week, is a browser-based course that teaches how to use the internet as an everyday resource. You'll learn how the internet can help you accomplish everyday tasks, stay organized, find entertainment, and be creative. You'll improve your research skills; explore more Gmail features; use Google Drive and Docs; make playlists on YouTube; and more! This course is a good opportunity to expand your internet savvy and make the most out of tech. **Prerequisites:** You must have a Gmail address that you use and be comfortable downloading apps and navigating the internet. To get the most out of this course, you should also be willing to open a Gmail account if you don't already have one.

 **Smartphone Photography** – New to taking pictures with your smartphone? Come learn the possibilities!

Dates: Tuesday January 10, 2023 Time: 9:30–10:45 AM

Location: Kelly Senior Center

Interested in learning more about your smartphone camera? Come to this 75-minute seminar to explore your smartphone's camera and features like recording video, adding filters to pictures, and using your camera's timer! We'll also go over basic tips for taking good selfies, selecting backgrounds, and using optimal lighting. This presentation will cover Android and iPhone. **Prerequisites:** You must have a Smartphone that you can access.

 **Google Photos** – Learn to use the popular photo sharing and cloud storage platform to back-up your photos and create albums.

Dates: Tuesday January 24, 2023 Time: 1:30–2:45 PM

Location: Wilson Park Senior Center

This is a 75-minute, hands-on workshop explores some of the basic features of the Google Photos app and will walk you through the steps of backing up your photos on your smartphone or mobile device to Google Photos. You'll also learn how to create an album and share it. **Prerequisites:** You must have a Gmail address that you use

Sign-up with your center staff or visit:

 TechConnect@Servingolderadults.org

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



Clinton & Bernice Rose Senior Center

Molina Healthcare Bingo

Sponsored by Alex

Wednesday, January 4, 12:00 - 1:30

Molina Healthcare was founded 40 years ago on the belief that everyone deserves quality healthcare. Come out to Clinton Rose for a good day of bingo with Molina Healthcare.

Morning Blend with Hot Topics

Mondays, January 9 & 23, 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.

Intro to Senior Twerk

Led by Shirley Gilbert

Tuesday, January 10 & 24, 10:30-11:30

Fee: \$12 per person per month

Get ready ladies to work those hips doing lower body exercises. The benefits of this class are to strengthen muscles and increase hip flexibility. If you are interested, stop in the office, or call 414-263-2255. Pre-Registration starts January 5. You won't want to miss this exciting class.

Wisdom Counselor

Presented by Prophetess Willie Seward-Fowlkes

Tuesday, January 10, 17, 24, & 31, 12:00 - 1:00

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

My Choice Wisconsin

Presented by Dan Moore

Mondays, January 11, 10:00 - 11:00

My Choice Wisconsin is a manageable care organization with a passion for putting people first.

NACHO Tuesday

Wednesday, January 11, 12:00 - 1:00

Fee: \$5

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

Balance and Stretch

Wednesday January 11, 12:30 - 1:00

This class led by Eric Pampuch

This class teaches appropriate strengthening for all levels and improves your balance.

Movie Watchers Club

Friday, January 13, 9:00 - 11:00

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

Women of the Rose Monthly Meeting

Wednesday, January 18, 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.

Cooking Demonstration w/ Chef Marvin "The Unsalted Chef"

Presented by HEAL (Healthy Eating Active Living)

Thursday, January 19, 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 Department of Health & Human Services

Tuesday, January 24, 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, January 24, 10:30 - 11:00

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

Memories in the Making

Sponsored by the Alzheimer's Association

Thursday, January 26, 10:00 - 12:00

According to the Alzheimer's Association, Memories in the Making is a unique art program, introduced in 1988, that allows individuals with Alzheimer's disease and related dementias to express themselves through art and storytelling. Get creative in this class where you will be able to express yourself through art. Supplies are included and **pre-registration is required.**

Cooking Demonstrations w/ YMCA

Presented by Michelle Rimer, RDN

Thursday, January 26, 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

Blues Night Out

Hosted by CW

Friday, January 27, 12:00 pm to 3:00 pm

Fee: \$10

Come out and open your listening ears to some old days of Blues music and get your feet ready for the dance floor. Bright light, blues music and appetizers.

Spots are limited & Pre-Registration Required

Speak Your Mind

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.

Library Area

Mondays - Friday, 8:30 - 4:30

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

Walk with Ease (Time change)

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

Take an easy walk while listening to R&B music. Walking will improve your overall health, lower your blood pressure and blood sugar.

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.

Clinton & Bernice Rose Senior Center

Computer Lab

Monday - Friday, 8:30 - 4:30

Do you need access to the internet? Or maybe you just need access to a computer. Our computer lab is here for all of our participants!

Open Sewing

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

Fee: \$8 (4 weeks)

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

Roselettes Dance Group

Tuesdays & Thursdays, 9:00 - 10:30

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

Clinton Rose & Danceworks

Presented by Danceworks and Eras

Tuesday, 10:00 - 11:00

Get ready to enjoy fun dancing and awesome movement with our young ones.

Pre-Registration Required

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

Wednesdays, 10:00 - 11:00

This class is led by Evelyn Merriett

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

Monday 9:30-10:30 OG Dance Group Practice 11:00-12:00 Walk with Ease	Tuesday 9:00-10:30 Roselette Dance Group Practice 10:30-11:30 The Extensions Practice 12:15-1:15 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 (This includes pool games, 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

Bingo

Sponsored by Villa St. Francis

Wednesday, January 4, 1:00

Join us for an afternoon of Bingo!

Fitness 3-2-1 with Paul Warloski

Tuesday, January 10, 1:00

When clients ask about the best way to build fitness and lose weight, the answer is building healthy habits that you can sustain. That means having a plan that gets the most of your limited time and energy. With a few hours a week in the gym or outside, you can start to reach your fitness goals. In this presentation, Paul Warloski will share the current research and practice about getting fit and losing weight.

Medication Reviews

Tuesday, January 17, 9:00

Pharmacist Pamela Miller will look at your medications and check for inconsistencies or interactions at no charge. Make an appointment at the front desk!

Bingo

Sponsored by Williamstown Bay

Tuesday, January 17, 1:00

Join us for an afternoon of Bingo!

Introduction to Leatherworking - Fee: \$5

Wednesday, January 18, 1:00

Hobbyist Deanna VanOyen will teach you how to rivet, finish edges, and install a buckle. Walk away with a leather bracelet you made yourself! All materials and leather are included.

Craft Supply Rummage Sale

January 23 - January 27, all day

Come check out the rummage sale of entirely craft-related items and stock up on fabric, yarn, and more. Fit as much as you can into a bag for a flat fee! Got crafting supplies to unload? Donate them to the sale!

Social Security 101

Wednesday, January 26, 1:00

A representative from the Social Security Administration will stop by to teach you the ins and outs of Social Security. Get your questions answered here!

Kelly Advisory Meeting

Wednesday, January 25, 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.

Movement & Music: Parkinson Disease Exercise

Presented by Wisconsin Parkinson Association

Mondays 12:30 - 1:30

Manage your Parkinson's symptoms and improve the quality of your daily life while having fun! This class incorporates stretches, strength training, posture, balance and walking drills, as well as vocal exercises.

Quilting - Fee: \$20 (January - March)

Monday - Friday, 1:00 - 4:30

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. **Pre-registration required.**

Ceramics Studio - Fee: \$20 (January - March)

Tuesdays & Thursdays, 9:00 - 12:00

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. **Pre-registration required.**

Kelly Senior Center

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 - Fee: \$30 (January - March)

Wednesdays, 9:00 - 12:00

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! **Pre-registration required.**

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.

Continuing Beginner Line Dancing

Wednesdays, 10:00 - 11:00

Only the most basic of line dancing experience is required! Dance your Wednesday mornings away with our experienced volunteer instructor.

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.

Balance and Stretch

Fridays, 12:00 - 12:30

This class led by Eric Pampuch

This class teaches appropriate strengthening for all levels and improves your balance.

Monday 8:45 Morning Exercise 1:00 Dartaball 1:00 Dominoes 1:00 Mahjong 1:00 Quilting *	Tuesday 9:00 Ceramics * 9:00 Quilting * 10:00 Chair Yoga 10:30 Acoustic Meetup	Wednesday 10:00 Art Studio 10:00 Sheepshead 11:00 Line Dancing 1:00 Dominoes 1:00 Quilting*
Thursday 9:00 Knit & Crochet 9:00 Ceramics * 9:00 Nature Walk 10:00 Sheepshead	Friday 8:45 Morning Exercise 9:30 Bridge 12:00 Balance & Stretch	Daily 8:30-4:30 Billiards 8:30-4:30 Computer Lab 8:30-4:30 Fitness Center 8:30-4:30 Library 8:30-4:30 Tabletop Games 11:00-12:00 Lunch

McGovern Park Senior Center

Healthy Eating Active Living: Cooking Demonstration

Thursday, January 5, 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.

Identity Theft

*Presented by Wisconsin Department of
Consumer Protection*

Monday January 9, 12:30

In this presentation you will learn the importance of how to protect yourself from identity theft.

(New) Chair Massage

Presented By The Wright Touch

Friday, January 13, 12:30 Fee: \$12.00

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.**

(New) Blood Pressure Check

Presented By Milwaukee Career College

Monday, January 9 & 23, 10:00

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

Advisory Meeting

Thursday, January 19, 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, January 19, 12:30

Win prizes playing bingo with your peers.

Book Club

Thursday, January 19, 12:30 - 2:30

The title for January's book will be:

Take My Hand

Author: Dolen Perkins- Valdez

You may purchase this book or check your local library.

(New) Valentine's Day Bow Making Class

Presented By Ann Snowden

Wednesday, January 25, 10:00

In this class you will learn how to make a beautiful bow using the fabric of your choice.

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.

Dance For Fun and Fitness

Monday, Wednesday, and Friday, 10:00 - 11:00 11:30-12:30

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

Upper Body Exercise

Mondays & Fridays, 11:00 - 11:30

This is an upper body chair workout using dumbbells.

Phase 10 Card Game

Mondays & Thursdays, 12:00 - 2:30

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

Balance and Stretch

Tuesdays, 9:00-9:30

This class led by Eric Pampuch

This class teaches appropriate strengthening for all levels and improves your balance.

Exercises For Seniors

Tuesdays & Thursdays, 10:00 - 11:00

Exercise helps people lose weight and lower the risk of some diseases including high blood pressure, diabetes, and obesity. Give this workout class a try with our experienced instructor and get results.

Quilting

Wednesdays, 8:30 - 4:00

This is a group of people who love quilting and sharing their individual expertise.

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) 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

Aging & Disability Services (ADS) Outreach

Tuesday, January 3, 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.

New Year New You

Presented by Eric Pampuch

January 9th at 12:30pm, \$10 fee

Start your year off right by learning about healthy eating, sample healthy snacks and kick off your fitness routine with a free personal training session included.

Advisory Meeting

Tuesday, January 10, 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.

National Popcorn Day

Thursday, January 19

Who loves popcorn? Join us in the lobby as we make popcorn to celebrate this yummy snack that happens to have its own special day. We will have a variety of flavors available. Please join in on the fun.

Billiards Practice - Wednesday, January 25, 12:00

Practice for Billiards Tournament.

Washington Park Travel Club-The Domes

Thursday, January 26, 8:30-11:00

\$5.00 per person

The travel club will be exploring the Mitchell Park Domes. A train tour will be taking place in the main Dome during the time of the visit. There is a limit of 14 people per trip. RSVP to Debbie Goodwin at (414) 933-2332 by Friday 1/20/23 (available as first come first served basis).

Cooking Demonstration with Chef Marvin, "The Unsalted Chef" - Thursday, January 12, 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.

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. WPSC has a wonderful billiards room and several tables to use. Why not sharpen your skills in the new year!!!

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.

Open Sew (NEW)

Mondays 9:00-11:00

Would you like to learn basic sewing skills, mend your clothing and take part in this fun and informative class/activity. Please bring your projects and creative ideas. All levels are welcome to attend.

(NEW) Knitting and Crochet - Mondays 9:00-11:00

Do you have an interest in learning how to knit or crochet; or gather with others who love to work on their own projects. Please bring your own basic supplies (we do have some to share) as you learn a new skill or share project ideas with others if you already know how to knit or crochet. All levels are welcome to attend.

Fitness Center

Monday - Friday, 8:30-4:00

The new year is a perfect time to get in shape and take your health seriously. WPSC has an open fitness center that offers all your basic exercise equipment to get you on track to a healthier you in 2023. In addition, we have a Health and Wellness Coordinator who can work with you to provide a general orientation on the equipment or discuss your personal fitness related questions.

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

Monday - Friday 8:30-4:00

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.

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Washington Daily Schedule

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.

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.

National Hot Chocolate Day

Tuesday, January 31

Please join us in the lobby as we celebrate National Hot Chocolate Day.....who doesn't love this yummy hot drink on a cold Wisconsin day!!!

Quilting

Wednesdays, 9:00 - 12:30

Fee: \$20 (January - March)

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

(New/Returning) Shuffleboard

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.

Phase 10

Wednesdays, 12:30 - 2:00

Join your friends for Phase 10 cards.

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.

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 (January - March)

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) 9:00-11:00 Knitting and Crochet 9:00-11:00 Open Sew 10:00-11:00 Chair Arthritis Exercise 10:30-11:30 Hand weights	Tuesday 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 9:00-10:00 Zumba 10:00-11:00 Silver Steppers 10:30-11:30 Bible Study 12:30-1:30 Having Fun w/Art 12:30-2:00 Ballroom Dancing* * Has a fee and requires pre-registration	Friday 9:00-11:00 Stained Glass * 9:00-3:00 Piano * 9:00-11:00 Tennis 10:30-11:30 Hand Weights 12:30-1:45 Bingo	Daily Fitness Center Walking Group 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

Elvis Birthday Party

Friday, January 6, 12:30

Come and join us in celebrating the king of rock-n-roll. We will have music, classic Elvis snacks, and refreshments. Dance the day away with friends and family during this celebration.

Movie and Popcorn

Fridays, 1:00

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

January 6 - Rescued by Ruby

January 13 - Troll

January 20 - Where The Crawdads Sing

January 27 - Fatherhood

Big Band Concert and Dance

Monday, January 9, 1:30

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

Beginning Quilting Workshop - January 3,5,10,12

Tuesday & Thursday 12:30 - 3:00 Fee: \$10

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.

Karaoke & Koffee - Friday, January 13, 10:00

What's your favorite song? Come and join us in singing our favorites. Light refreshments and coffee will be provided.

Beginning German

Tuesdays, starting January 10, 1:00 Fee: \$10

Learn the basics of the German language and culture.

Advanced German

Thursdays, starting January 12, 9:15 Fee: \$10

Build upon your current German knowledge.

Wilson Senior Center Advisory Meeting

Wednesday, January 18, 10:00 - 10:30

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

MCDA Outreach

Presented by Milwaukee County DHHS

Wednesday, January 18, 10:00 - 12:00

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.

Winter Tour Through Mitchell Domes

Thursday, January 19, 8:30 - 11:00

Fee: \$5

Join us on a winter wonderland guided tour through the domes. Explore the beautiful winter flora and fauna with new and old friends. Register with the office by January 11th. Price includes transportation and admission

Book Club - Wednesday, January 25, 10:15

The book to read this month is- *The Lincoln Highway* by Amar Towles. 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 & meet up to discuss what you thought of it.

Guided Art Studio (January - March)

Tuesdays & Thursdays, 9:00 - 3:15 Fee: \$25

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

Quilting Classes, Fee: \$25 per class (10 Weeks)

Sharpen your quilting skills as the instructor guides you through new techniques that you can apply to your next masterpiece. Each class provides a unique experience. There are four classes to choose from: Choose one or take them all!

Monday 9:00-11:00; January 23 - March 27

Tuesday 1:00-3:00; January 17 - March 21

Thursday 9:30 -11:30; January 19 - March 23

Friday 9:00-11:30; January 20 - March 24

Stained Glass Studio (January - March)

Tuesdays & Thursdays, 9:00 - 4:00, Fee: \$25

Create beautiful glass projects using patterns or your own designs. Beginner classes are offered upon demand. If you are looking to start your creative glass journey from a beginning level, contact the office to be put on the list for the next class.

Paper-Crafting (January - March)

Tuesdays, 9:00 - 11:00 Fee: \$15

Have access to collective rubber stamps and equipment that you can use to create one of a kind paper projects.

Cornhole League (January - March)

Tuesdays, 1:00 - 3:00 Fee: \$10

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

Weaving-Intermediate (January - March)

Thursdays & Fridays, 9:00 - 2:00 Fee: \$15

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

Tap Dance

Thursdays, Advanced, 9:00; Intermediate, 9:45;

Beginners, 10:30, Fee: \$40

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

Open Sew, Fee: \$20 per class (10 Weeks)

Tuesday 9:00 - 12:00; January 17 - March 28

Wednesday 1:00-3:00; January 18 - March

Come on down and enjoy our open sew classes. Learn new techniques and fellowship with other participants. Each class provides a unique experience. There are three sessions to choose from: Choose one or take them all!

Hot/Fused Glass Fee: \$25

Mondays, 9:00 - 12:00, (January-March)

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

Create beautiful works of art utilizing various glass fusion techniques.

Ceramics Studio

Mondays, Wednesdays, & Fridays, 8:45 - 4:00,

(January - March) Fee: \$25

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

Chess - Tuesdays, 9:00 - 11:00

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

Guitar Jam Fridays, 9:00 - 12:00

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

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

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

Plastic Canvas - Thursdays, 9:00

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

Guitar lessons - Thursdays, 12:00 - 1:30

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

Recorder Ensemble - Thursdays, 1:00-2:30

Join in on a musical adventure as you share your love of music and the unique sounds from these woodwind instruments.

Ukulele - Thursdays, 1:30 - 2:30

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

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.

Intermediate Line Dance**Mondays, 10:30 - 12:15, (January - March) Fee: \$12**

Kick up your heels and get into shape.

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 & Stamp (3 rd) 11:30 Guided Art Studio* 12:30 Sojourn Bear Group 1:00 Beginning German* 1:00 Quilting* 1:00 Cornhole	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 (3 rd) 10:00 Book Club (4 th) 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 (2 nd) 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* 9:00 Quilting* 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 1:30 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 9:00 Guitar Jam Session 10:00 Karaoke & Koffee (2 nd) 12:30 Bridge 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/Preregistration Required (Classes have a start and end time) **Pre-registration required

Community Resources

Senior Dining

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

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

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, January 10, 10:00 - 11:00
Wilson Senior Center	Wednesday, January 18, 10:00 - 10:30
McGovern Senior Center	Thursday, January 19, 9:00 - 10:00
Clinton Rose Senior Center	Tuesday, January 24, 10:30 - 11:30
Kelly Senior Center	Wednesday, January 25, 1:00 - 2:00

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!

Washington Senior Center	Tuesday, January 3, 9:30 - 10:30
Clinton Rose Senior Center	Thursday, January 5, 9:00 - 10:30
Wilson Senior Center	Tuesday, January 17, 10:00 - 11:00
Kelly Senior Center	Thursday, January 19, 12:30 - 1:30
McGovern Senior Center	Thursday, January 26, 12:00 - 1:00

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

How do I become a GEM?

You can set up a recurring donation by visiting our website - www.servingolderadults.org/donate - and selecting "Donation - Recurring" under Donation Type. Your credit card will be charged on the same date every month as the original charge.

You can also send a check or set-up a recurring bill payment on your bank account and have your bank send payment to:

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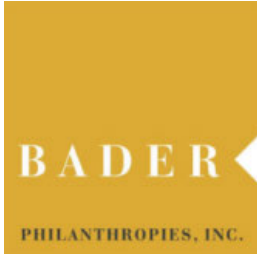
Your payment can be changed or stopped at any time by contacting us via email at development@servingolderadults.org or by calling 414-933-2332 x1009.

Why should I become a GEM?

- **You can set it and forget it!** Your donation is made automatically. You will receive an email each time your donation goes through and an end of the year donation summary for tax purposes.
- **Be part of an exclusive community of GEMs.** You will be recognized in a special section of our donor listings in *The Connection* monthly magazine as well as on the donation board at your local senior center.
- **Make a larger impact.** By giving monthly, you are spreading your financial support throughout the year and helping to ensure that SOA has the ongoing resources needed to fulfill our mission.
- **Plant the seed for organizational growth.** Your monthly gifts will help us plan and allow SOA to set more concrete and predictable budgets for all the things we plan in the short term as well as set goals for the future. It also allows us to focus on programming and services and save time on fundraising activities.

Community Partners

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



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YMCA Milwaukee

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 December 2021 - November 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			
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Our GEMs (Give Every Month). You Help Us Shine!

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Bridgette Frommell
John & Janice Gardetto

Lynne Grages & Paul Neymeyer
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Tom & Cathy Wood

Partners to \$249

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DONATION FORM

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

Please use my donation at:

- | | |
|-----------------------------------------------------|--------------------------------------------------------|
| <input type="checkbox"/> Agency-wide | <input type="checkbox"/> McGovern Park Senior Center |
| <input type="checkbox"/> Clinton Rose Senior Center | <input type="checkbox"/> Washington Park Senior Center |
| <input type="checkbox"/> Kelly Senior Center | <input type="checkbox"/> Wilson Park Senior Center |

MY DONATION:

- | | |
|--------------------------------------------|-----------------------------------------------|
| <input type="checkbox"/> \$25 - Supporter | <input type="checkbox"/> \$500 - Advocate |
| <input type="checkbox"/> \$50 - Associate | <input type="checkbox"/> \$1,000 - Connector |
| <input type="checkbox"/> \$100 - Friend | <input type="checkbox"/> \$5,000 - Benefactor |
| <input type="checkbox"/> \$250 - Companion | <input type="checkbox"/> \$10,000 - Champion |
| <input type="checkbox"/> Other: _____ | <input type="checkbox"/> Become a *GEM: _____ |

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

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

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

Street Address _____

City, State, Zip Code _____

Email Address _____

☐ I/We wish to remain anonymous

Donation ☐ in honor of ☐ in memory of

Payment Method

☐ One time donation ☐ Monthly

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

Credit Card Number: _____

Exp. Date _____ CVV# _____

Signature _____

Telephone: _____

Please charge my credit card for my one-time donation of
\$ _____

Please charge my card \$ _____

Per: Month Quarter _____ Number of Times

For a Total Donation of \$ _____



Let's age well together!

Our Partnership Program allows you to partner with SOA to help fulfill our vision of a community where every adult 50 and better will be connected to the resources they need and the opportunities that interest them, throughout the entire aging process.

The Partnership Program gives you the opportunity to place your donation with the center you value, with a center that needs help, or where the need is the greatest.

Please consider partnering with SOA by tearing and filling out this form, and returning it to the front desk of your senior center, or mail to:

SOA Partnership Program
4420 W Vliet St
Milwaukee Wi, 53208

See our Partner pages for a complete list of partners.

Donors will be recognized each month on the Partnership pages of *The Connection*. Acknowledgement boards at each senior center will list contributors who donated to that specific center and those who contributed to wherever it is most needed at SOA.

thank
you!