

SERVING OLDER ADULTS OF SOUTHEAST WISCONSIN, INC.

February 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 to work with one of our knowledgeable tech trainers. Speak with center staff to schedule an appointment.

Clinton Rose

Tue. 1:00 - 4:00
Wed. 9:00 - 12:00

Kelly

Mon. 9:00 - 12:00
Tue. 1:00 - 4:00

McGovern

Mon. 1:00 - 4:00
Tue. 9:00 - 12:00

Washington

Mon. 9:00 - 12:00
Wed. 1:00 - 4:00

Wilson

Mon. 1:00 - 4:00
Tue. 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.

Clinton Rose

Wed. 8:30 - 12:30

Kelly

Fri. 8:30 - 12:30

McGovern

Tue. 8:30 - 12:30

Washington

Thu. 8:30 - 12:30

Wilson

Mon. 8:30 - 12:30

CLOSURES

February 20 - President's Day

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: Jodi Bauer

Director of Senior Centers: Miriam Kaja

Director of Marketing and Development: Chey Thunberg

Human Resources Manager: Marsha Bukofzer

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: Lynette Weathers

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

WASHINGTON PARK SENIOR CENTER

Manager: Diane Chilinski

4420 W Vliet St, Milwaukee, WI 53208

Main: (414) 933-2332

MCGOVERN PARK SENIOR CENTER

Manager: Angela Wright

4500 W Custer Ave, Milwaukee, WI 53218

Main: (414) 527-0990

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



Black History Celebration — Washington

Coordinated by Bobby Thompson

Thursday, February 16, 12:00-2:00

Doors open at 11:30

There will be music, singing, and guest speakers to inspire us with historical information.

Pelé Watch Party — Wilson

Friday, February 17, 9:00 - 11:00

Watch a documentary about Afro-Brazilian soccer star, Pelé, and his brilliant performance on the field.

The Motown Sound — McGovern

Presented by DJ Jack

Friday, February 17, 12:30

Wear your dancing shoes and get down to the sound of Motown.

Black History Program — Clinton Rose

Hosted by Willie Seward-Fowlkes

Thursday, February 23, 12:00-2:00

Come celebrate with us and enjoy performances about historical Black heroes and pioneers.

African Attire Day — McGovern

Monday, February 27, All Day Event

Celebrate African-American Heritage with fashion and style! Photos will be taken so come dressed to impress.

Valentine's Day Dance — Clinton Rose

Tuesday, February 14, 12:00 - 2:00

You're invited to a Valentine's Day party! Join us for cupcakes and fizzy drinks.

Out & About Travel Committee Meeting

— Clinton Rose

Thursday, February 16, 12:15-1:15

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

Valentine's Day Concert — Kelly

Tuesday, February 14, 2:00

Tarynn and Nick are a jazz piano/singer duo. Friends since high school, they bonded over their love for music and performing. Tarynn has 5 years of vocal training and loves singing any genre of song. Nick has been playing piano for over 12 years and teaches younger students in his free time. They are both so excited to share a Valentine's Day performance complete with love songs and jazz classics.

ADRC Resource Hour — Kelly

Thursday, February 16

Andy Bethke from the Aging and Disability Resource Center will be available to answer any questions you may have. An expert in senior resources, he is sure to be able to help in just about any situation.

(New) American Red Cross — McGovern

Tuesday February 7, 11:30

Find out the safest way to heat your home this winter. Everyone who attends may sign up for a smoke detector installed in their home free of charge.

Cooking Demonstration with Chef Marvin,

"The Unsalted Chef" — Washington

Thursday, February 9, 12:15 - 1:15

Join us for a healthy cooking demonstration and learn how to make a simple and delicious meal, all of which are 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.

Sojourn Bears — Wilson

Tuesdays & Wednesdays, 12:30 - 3:00

Create one-of-a-kind bears that will be delivered to local cancer patients. No sewing experience is needed.

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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.

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FEBRUARY'S TECH CLASSES



PROTECTING YOUR PERSONAL INFORMATION

Clinton Rose Senior Center, Monday, February 7th, 1:00-2:15 pm

This 75-minute presentation will cover the ins and outs of how to protect your personal information online. We'll cover tips for staying safe in cyberspace, like creating strong passwords, managing spam, how to recognize email and text scams, and when it's OK – or not – to share your personal information online. Prerequisites: None

FREE YOUR PHOTOS

Wilson Park Senior Center, Computer Lab

Tuesdays and Thursdays beginning February 7 through March 9, 1:30-2:45 pm

Come to this 5-week course with the digital photos you want to back-up, share, and print! You'll learn to use Google Photos, a Cloud-based platform that allows you to organize and access your pictures across devices. You'll also explore websites for printing and making the most of your pictures by turning them into scrapbooks, calendars, and more! This course is ideal for anyone who has already taken Smartphone Photography. There are two 75-minute sessions each week. Prerequisites: You must have an email address that you use.

CLOUD STORAGE

Clinton Rose Senior Center, Tuesday, February 21, 1:30-2:45 pm

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.

✉ TechConnect@Servingolderadults.org

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

**Tech Connect for
Older Adults**

A Program of SOA

Clinton & Bernice Rose Senior Center

Citizen Action of Wisconsin Wednesday, February 1, 10:00 - 11:00

Presented Brandon Williford

Citizen Action is powered by people. Citizen Action is one of the oldest and most respected organizing groups in our state. The organization is committed to achieving social, economic, health, and environmental justice.

MCDA Outreach

Presented by Milwaukee County Department of Health & Human Services

Thursday, February 2, 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.

AARP Tax-Aide

Mondays, February 6, 13, 20, & 27 9:00 - 10:30

Presented AARP FOUNDATION

Free Income Tax Preparation & Electronic Filing. Federal & Wisconsin + Homestead IRS Certified Tax Counselors. Appointment Only By Calling 414-263-2255

Morning Blend with Hot Topics—Fee: \$2 (includes cup of coffee & donut)

This group is led by Doris Hopkins-Brown

Mondays, February 6 & 20, 10:00 - 11:00

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

Intro to Senior Twerk—Fee: \$12/person per month

Led Shirley Gilbert

Tuesday, February 7 & 21, 12:00 - 1:00

Get ready ladies to work those hips doing lower body exercises. The benefits of this class is it strengthens muscles and increases hip flexibility. If you are interested, stop in the office or call 414-263-2255.

Pre-Registration starts Feb 1st.

Wisdom Counselor

Presented by Prophetess Willie Seward-Fowlkes

Tuesdays, 12:00 - 1:30

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

Balance and Stretch

Led by Eric Pampuch

Wednesday, February 8, 12:30 - 1:30

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

Movie Watchers Club

Friday, February 10, 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.*

Valentine's Day Dance

Tuesday, February 14, 12:00 - 2:00

You're invited to a Valentine's Day party! Join us for cupcakes and fizzy drinks.

Women of the Rose Monthly Meeting

Wednesday, February 15, 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, February 16, 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.

Out & About Travel Committee Meeting

Thursday, February 16, 12:15 - 1:15

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

Mardi Gras Fat Tuesday

Hosted by Eras Freda Wright

Tuesday, February 21, 12:00 - 2:30

Did you miss last year's Fat Tuesday Mardi Gras? Well it's back! Grab your beads and put on a mask. Mardi Gras is here and partying is the task!

Black History Program

Hosted by Willie Seward-Fowlkes

Thursday, February 23, 12:00 - 2:00

Come celebrate with us and enjoy performances about historical Black heroes and pioneers.

Memories in the Making

Sponsored by the Alzheimer's Association

Thursday, February 23, 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, February 23, 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.

Advisory Committee Meeting

Tuesday, February 28, 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 center at 414-263-2255 for details.

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 - 3:30

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

Clinton & Bernice Rose Senior Center

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 - 3:30

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

Computer Lab

Monday - Friday, 8:30 - 3:30

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!

PALS (Physical Activity For Lifelong Success)

Presented by Eric Pampuch, SOA Health & Wellness Coordinator

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 - 3:30

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 classes, 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

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—Fee: \$8

Thursdays, 12:00 - 2:00

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 classes, 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 Tuesday	Wednesday 9:00–10:00 Bingo 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 9:00–11:00 Movie Watchers Club 11:00–12:00 Walk with Ease	Daily 8:30–3:30 Fitness Center 8:30–4:30 Speak Your Mind 8:30–3:30 Billiards Area (This includes pool games, cards, chess, checkers & dominoes) 8:30–3:30 Library Area 8:30–3:30 Computer Lab 8:30–3:30 Open Sewing** 10:00–3:00 Rose Regift Shop open * These activities have a fee

Kelly Senior Center

Bingo

Sponsored by Molina Healthcare

Wednesday, February 1, 1:00

Join us for an afternoon of Bingo!

Valentine's Day Concert

Tuesday, February 14, 2:00

Tarynn and Nick are a jazz piano/singer duo. Friends since high school, they bonded over their love for music and performing. Tarynn has 5 years of vocal training and loves singing any genre of song. Nick has been playing piano for over 12 years and teaches younger students in his free time. They are both so excited to share a Valentine's Day performance complete with love songs and jazz classics.

7 Days / 7 Tips to a Healthier You

Presented by Synergy Home Care

Wednesday, February 15, 1:00

Wellness isn't a fad! Simple daily changes can help relieve risks of bigger medical and life issues. Come and learn a few!

Toe Nail Trimmers, LLC Appointments— Fee: \$31

By Appointment Only

Thursday, February 16, 9:00 - 1:00

Toe Nail Trimmers, LLC will be taking appointments at Kelly for toenail trimming and foot care. See the front desk for how to make an appointment.

ADRC Resource Hour

Thursday, February 16

Andy Bethke from the Aging and Disability Resource Center will be available to answer any questions you may have. An expert in senior resources, he is sure to be able to help in just about any situation.

Bingo

Sponsored by Williamstown Bay

Tuesday, February 21, 1:00

Join us for an afternoon of Bingo!

Heart Healthy with Howard Village

Presented by Howard Village

Wednesday, February 22, 10:00

Learn heart healthy tips from Howard Village experts. Blood pressure checks included.

Kelly Advisory Meeting

Wednesday, February 22, 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, 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.**

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.



Kelly Senior Center

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.**

Continuing Beginner Line Dancing Wednesdays, 11:00 - 12:00

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

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.

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 10:00 Tai Chi 1:00 Dartball 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 Continuing Line Dancing 1:00 Dominoes 1:00 Quilting * 1:30 Absolute Beginner Line Dancing
Thursday 9:00 Ceramics * 9:00 Knit & Crochet 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

(New) Blood Pressure Check

Presented By Milwaukee Career College

Monday, February 6 & 27, 10:00

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

Healthy Eating Active Living:

Cooking Demonstration

Presented by Chef Marvin

Thursday, February 2, 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—Fee: \$12

Presented By The Wright Touch

Friday, February 6, 13 & 27, 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 relax and enjoy. Only five participants per class may participate.

Pre-registration is required.

(New) American Red Cross

Tuesday, February 7, 11:30

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

(New) Valentine's Day Bow Making Class—Fee:\$6

Presented By Ann Snowden

Thursday, February 9, 10:00

In this class you will learn how to make a beautiful bow using the fabric of your choice. Please see the display table for the material you will need to purchase for your class.

Black History Program

The Motown Sound

Presented by DJ Jack

Friday, February 17, 12:30

With an eight hundred dollar loan from his family, Berry Gordy Jr. founded Tamla Records on January 12, 1959, and added the Motown label later that year. He became one the most successful black owned businesses and one of the most influential and independent record companies in American history. Join us as we dance to the music of the Motown sounds. Don't forget to dress to impress.

Advisory Meeting

Thursday, February 16, 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.

Book Club

Thursday, February 16, 12:30 - 2:30

The book title for February is: "Just As I Am"

Author: Cicely Tyson

You may purchase this book or check your local library.

Black History

African Attire Day

Monday, February 27, All Day Event

Let's celebrate African American Heritage with fashion and style. Photos will be taken so come dressed to impress.

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, & 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 addicting and fun. If you like Gin Rummy then you are sure to like Phase 10. We hope you will join us.

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

**1st, 2nd & 4th Friday of the 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 Park Senior Center



Monday 9:00 TOPS 10:00 Tai Chi (Video) 10:00 Dance For Fun and Fitness 11:00 Upper Body Exercise 12:00–2:30 Phase 10 1:00–4:00: Bring Your Own Device (BOYD) Day	Tuesday 8:30 Lapidary 8:30–12:00 Fitness and Nutrition 8:30 Personal Training 9:00–9:30 Balance and Stretch 9:00–12:00: Bring Your Own Device (BOYD) Day 10:00 Exercise For Seniors 11:00 Metalsmithing 11:00 Sheepshead	Wednesday 8:30 Quilting 8:30 Open Crafts 10:00 Dance For Fun And Fitness
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, February 7, 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.

Advisory Meeting

Tuesday, February 14, 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.

Cooking Demonstration with Chef Marvin, "The Unsalted Chef"

Thursday, February 9, 12:15 - 1:15

Join us for a healthy cooking demonstration and learn how to make a simple and delicious meal, all of which are 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.

Black History Month Celebration

Coordinated by Bobby Thompson

Thursday, February 16, 12:00 - 2:00

Doors open at 11:30

Join us for a celebration of music and singing, as well as guest speakers to inspire us, and share historical information. Bring along a friend or 2!

Billiards

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

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

Tournament Practice held on Wednesdays at 12:00.

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—Fee: \$6 per class (pay by the month)

Mondays, 9:00 - 10:00

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.

(NEW) Open Sew

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.

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.

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—Fee: \$25 per month

Monday - Friday, 9:00 - 3:00

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.

Gospel Choir

Tuesdays, 10:00 - 11:00

Lift every voice and sing!! Come join the WPSC Gospel Choir and sing songs of praise and worship.

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Washington Park Senior Center

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.

Phase 10

Wednesdays, 12:30 - 2:00

Join your friends for Phase 10 cards.

Quilting—Fee: \$20 (January - March)

Wednesdays, 9:00 - 12:30

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.

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—

Fee: \$4 per class (pay by the month)

Thursdays, 12:30 - 1:45

Join us in this instructor-led 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—Fee: \$25 (January - March)

Friday, 9:00 - 11:00

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

Piano—Fee: \$8 per week (pay month to month)

Fridays, 9:00 - 3:00

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 9:00v11:00 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	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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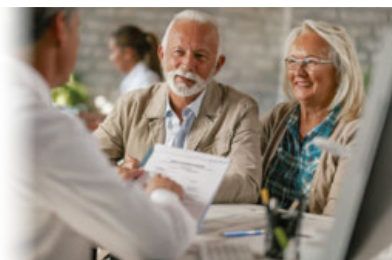
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Wilson Park Senior Center

Spring Forest Qigong

Wednesdays, 10:30 - 11:30, Starting February 2

Spring Forest Qigong is a powerful practice that promotes the healing flow of energy throughout the mind, body, and spirit. No experience is needed to fully participate in these exercises.

Movies and Popcorn

Fridays, 1:00

Do you love romance? Celebrate the month of love with these romantic movies. Complete with popcorn and coffee.

February 3 - Always Be My Maybe

February 10 - Runaway Bride

February 17 - When Harry Met Sally

February 24 - Five Feet Apart

Band Concert and Valentine's Day Dance

Monday, February 13, 1:30

Come and enjoy the classic sounds of a big band show. Spread love and kindness while showing off your best dance moves. There will also be light refreshments.

(NEW) Valentine's Bingo

Sponsored by Molina

Tuesday, February 14, 1:00

All Bingo lovers are welcomed to join the fun with a chance to win praiseworthy prizes.

Sojourn Bears

Tuesdays & Wednesdays, 12:30 - 3:00

Create one-of-a-kind bears that will be delivered to local cancer patients. No sewing experience is needed.

Beginning German—Fee: \$10

Tuesdays, 1:00

Learn the basics of the German language and culture.

Armchair Travel: Berlin, Germany

Sponsored by Britley

Thursday, February 9, 1:00

Come and join us for a taste of Berlin! Explore the culture using dance, food, language and a virtual trip through the city. Call the center to register by Feb. 3.

Advanced German—Fee: \$10

Thursdays, 9:15

Build upon your current German knowledge.

Karaoke & Koffee

Friday, February 10, 10:00

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

Wilson Senior Center Advisory Meeting

Wednesday, February 15, 10:00 - 10:30

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

Pelé Watch Party

Friday, February 17, 9:00 - 11:00

In celebration of Black History Month, we will highlight the professional career of Afro-Brazilian soccer star, Pelé. In this documentary, we will explore the ups and downs of his performance on the field as a brilliant playmaker.

Guided Art Studio

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

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

Stained Glass Studio—Fee: \$25

Tuesdays & Thursdays, 9:00 - 4:00

Create beautiful glass artwork 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.

Quilting Classes—Fee: \$25

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

Tuesday 1:00-3:00

Thursday 9:30 -11:30

Friday 9:00-11:30

Paper-Crafting—Fee: \$15

Tuesdays, 9:00 - 11:00

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

Cornhole League—Fee: \$10

Tuesdays, 1:00 - 3:00

Bring your favorite lawn game indoors with the Cornhole League. Spend time with your friends and show off your bean bag tossing skills.

Tap Dance—Fee: \$40

Thursdays, Advanced, 9:00; Intermediate, 9:45; Beginners, 10:30

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

Open Sew Classes—Fee: \$20

Tuesday 9:00 - 12:00

Wednesday 1:00-3:00

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

Book Club

Wednesday, February 22, 10:15

This month's book is "West With Giraffes" by Lynda Rutledge. A copy is available at Zablocki Library the first week of each month. Meet with book club participants for lively discussions.

Chess

Tuesdays, 9:00 - 11:00

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

Guitar Jam

Fridays, 9:30 - 12:00

Jam with folks who love to play guitar; all levels welcome to join in on the fun.

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.

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

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

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—Fee: \$25 per month**Monday - Friday, 9:00 - 3:00****(Subject to change if hosts are unavailable)**

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—Fee: \$12**Mondays, 10:30 - 12:15**

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.

Coin and Stamp Collectors Group**Tuesday, February 21, 11:00 - 12:00**

Share some of your treasured collections with other enthusiasts.

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.

Calling All Train Enthusiasts!

Wilson is looking to revamp our Model Railroad Club. Stop by the office to see how you can be a part of the unique opportunity to share your passion and enjoy Wilson's model railroad.

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 1:30 Big Band Dance (2nd)	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 1:00 Bingo (2nd)	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 (Last of month) 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 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 1:00 Guitar Lessons 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* 9:00 Guitar Jam Session 9:15 Morning Exercise 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/Pre-registration Required (Classes have a start and end time) **Pre-registration required

Community Resources

Senior Dining

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

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

Stockbox

A Stockbox is a box of healthy foods that Hunger Task Force provides to low-income seniors free of charge. **PICK-UP NOW INDOORS!**

Washington Senior Center	Friday, February 3, 10:00 - 11:00
Clinton Rose Senior Center	Thursday, February 2, 11:00 - 12:30
Wilson Senior Center	Tuesday, February 14, 10:00 - 11:00
Kelly Senior Center	Thursday, February 16, 12:30 - 1:30
McGovern Senior Center	Thursday, February 23, 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, February 14, 10:00 - 11:00
Wilson Senior Center	Wednesday, February 15, 10:00 - 10:30
McGovern Senior Center	Thursday, February 16, 9:00 - 10:00
Clinton Rose Senior Center	Tuesday, February 28, 10:30 - 11:00
Kelly Senior Center	Wednesday, February 22, 1:00



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Celebrating **Black History Month**

February is dedicated as Black History Month, a tribute to the generations of Blacks who struggled with adversity to achieve equal rights in American society. It is also a time to acknowledge and honor notable Black figures in other parts of the world who made an impact on mainstream cultures throughout history. Black voices lead many battles against injustices and inequality, which have emboldened other marginalized groups to find their own voices. In addition, many Black figures continue to inspire people across the globe to bring change in their communities and to strive for excellence in their individual aspirations. This month is focused on highlighting the contributions made by Black heroes, pioneers, and communities.



The origins of this month-long observance began in the summer of 1915 when Carter G. Woodson participated in the 50th anniversary celebration of emancipation held in Chicago. Woodson joined other exhibitors in showing displays that highlighted the progress of Blacks after slavery ended. The success of the event inspired him to form an organization that promoted studies on Black life and history. He founded "The Journal of Negro History" and launched Negro History Week, which sought to inform and popularize knowledge about Black Americans.

Over time, there was a movement to expand Black history into mainstream education in order to advance social change and transform race relations. This fueled a demand to consume Black culture through literature, art, and music. Black History Month received official recognition in the United States during the mid-1970s, and has since then been observed abroad in countries, such as Canada, Ireland, and the United Kingdom. Events are held to honor past and present Black figures, and feature cultural performances as well as special guest speakers.



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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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 January 2022 - December 2022. We made every attempt to recognize all donors. If your name was missed, please contact us at 414-933-2332 ext. 1009 or email Development@servingolderadults.org.

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Doris Hopkins-Brown
Diane Jandrom
Stephanie Mares

Network for Good
Lynne Grages & Paul Neymeyr
James Paull
Sarah Pawlak
Mike Prudhom
Mike & Sally Radka
Althea Stover
Lawrence Taylor
Rick Tsao
Dr. Sandra Underwood
Phyllis Veerhaalen
Wisconsin Literacy, Inc



Our GEMs (Give Every Month). You Help Us Shine!

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

Teri & Karl Kodrich
Stephanie Mares
Lynne Grages & Paul Neymeyr
Mike Prudhom
Tom & Cathy Wood

Partners to \$249

Mojahida Ahmad
Theodore & Mariane Allen
Bell Allison
Annie Anderson
Gloria Anderson
Sharon Anderson
Ernice Austin
Pauline Austin-Withers
Autumn Leaves of Franklin
Mary Ann Bagemehl

Paul & Nancy Baniel
Linda Barikmo
Margaret Barnes
Mary Batzler & Michael Jaeger
Christine I Beck
Jan Behnke
Jean Bennett
Raymond Berg
Aivars Bergmanis
Bernie Beutner
Sorenson
Carolyn Blackwood

Yvonne A. Block
Susan Bock
Patricia Boettcher
Jim & Holli Bohn
Pat Bolden
Melissa Bougneit
Elouise Bradley
Cynthia Brown
James Brown
Katie Brown
Frank & Patricia Bruce III
Phyllis Bruneau
Wayman Buchanan

Susan Buhler
AseraCare Hospice
Carol Bzdawka
Alton Campbell
Joe & Bonnie Campbell
Marie Campos
Robert Carroll
Sheila Carter
Wendy Cetera
Chapel Garden Apartments
Valsa Cherian

CHI Living Communities - Franciscan Villa
Jason Christ
Nina Coleman
Moir Conley
Albert Cooper
Salvatore Corrao
Lynn Crawford
James Drake
Alvin Czysh
Ken & Barb Czysz
Luana Dembiec
John Destefanis

Anton & Sonja Devcic
Nancy & Joseph Di Giacinto
Debbie Dietzel
Joan Dimoff
Kelsey and Gurvir Dosanjh
Margaret Drake
Nancy Dudek
Kay Duggan
Fannie Edwards
Pat Ehlert
Eisha Endeley

Partners to \$249

Dianne Ertel	Vevette Hill-	Mechele Lewis	Pepe Oulanian	Keith Smith	Diane M. Weber
Devonna Eubanks	Nwagbaraocha	Mae Liddell	Alvia Papara	Louis & Henrietta	Michael & Jean
Anne Fagan	Home Sweet	Renate Liedtke	Paper Craft Group	Smith	Weber
Janet M. Falk	Home Greater	Maxine Lijewski	Ouida Paris	Barbara Sottile	Ben Welsh
Kenneth Fekete	Milwaukee	Allan and Diane	Anita Patterson	Lee Sprengel	William B. Welsh
George Felder	Donna Horrigan	Lindsay	Charlotte	Gary Kubacki &	Linda White
Bill Fellow	Shirley Horton	Jacqueline Lipsey	Patterson	Marianne	David Wilkerson
Marcus & Eliauna	Dennis & Cynthia	Jill Littlefield	Katherine Peoples	Staszak	James Williams
Finch	Horzewski	Michael Loew	Melvin Perry	Alice & David	Gerald & Mary
Sharron Fitak	Richmond Izard	Mark & Carol	Diane Piedt	Steuck Konkell	Williquette
Vera F. Ford	Esma Jackson	Loomis	Pamela Plath	John & Eileen	Tim Willmes
Mark & Kellie	Julie Jacobson	Jennifer Lopeman	John Podsedly	Stewart	Larry Winfield
Foster	Joyce Jakimczyk	Alice Love	Lorine Porter	Ted Stiller	Wisconsin Talking
Freda Fowlkes-Bell	Thomas Janczak	Christine Luther-	Kelly & Keir Powell	Alice Stokes	Book and Braille
Robert & Judith	Audrey Jansen	Matel	Louise Prihola	Sandy Stoller	Library
Free	Lue Jemison-	Tom & Edwardine	Profit For Your	Carol Stolpa	Cathy & Tom
Rosemarie Fridrick	Spivey	Magnus	Tours	Janet M. Strom	Wood
Jacqueline Fryer	Stephin Jenk	Yvonne Mahoney	Joyce Radtke	Jeffrey Sweetland	Judith & Winton
Richard & Joan	Ertone Jenkins	Stephen & Mary	Stephen & Susan	& Margaret	Wood
Gaeth	Vertaree Jenkins	Maier	Ragatz	Murphy	Pearl Woodard-
Pamela Galasinski	Apollonia &	Peter & Dorothy	Glenn & Bethina	Anonymous	Hainey
Mary Galien	Raymond Johann	Majchrzak	Ray	Gerri & Thomas	Angela Woods &
Janie Gardener	Barbara Johnson	Darrel Malek	Lois & Henry Redic	Taylor	George Felder
Jerro Gardener	Bessie Johnson	Kathy Mallett	Jean Rehse	Jessica Tenhove	Steve Woods
John & Janice	Lynne Johnson	Jon Maresh	Sue Reinhard	Jan & Tim Tessler	Charles Woodward
Gardetto	Rayfield Johnson	Mary Marks	Allay Home and	Mary Tetzlaff	& Kate Hannah
Ruth Gaura	Tony Johnson	Susan Marsolek	Hospice	The Milwaukee	Angelia Young
Brett & Rosie	Verna Johnson	Jewel Martin	Geraldine Renner	Boppers &	Dawn Zakian
Gelinsky	Jo D. Joiner	Mark Mason	Lotie Rieden	Steppers	Anna Zdrubecky
Virgil George	Gloria Jones	Ed Matichek	Michele Rinka	Yvonne Thomas	
Ceotrid Gilbert	Yaasmeen Joseph	James Matkey	Rachel Ritchhart	Bobby Thompson	
Emma Gilbert	Cindy Juds	Bonnie McAuly	Dennis Robinson	Janet Thompson	
Matt Glaske	Debra Jupka	Thomas McCallum	Florine Robinson	Virginia Thurow	
Jim Glembin	Joan Kadow	Walter & Katie	Larry Robinson	Vicki Tiedeman	
Marsha Godfrey	Judith Kaiser	McCoy	Freddie Roby	Thomas Tillam	
Loretta	Jeanne & John	Lefonzia McCrory	William Roepke	TJ	
Golimowski &	Kennedy	Sarah McCullum	Willie Rogers	Margaret Todd	
Janel Semon	Philip Kenner	Jeannine	Roselettes Dance	TOPS 0033	
Estelle Gooder	Jacquelyn Ketten	McFadden	Group	TOPS Members	
Rita Gorman	James Kimble	Lynn Medlin	Judith Roth	Barbara Torgerson	
Mary Ellen Graby	Kathryn Kobelinski	Ruby Meeks	Sylvester Rucker	Connie Trapp	
King Brandon	Trina Koch	Evelyn Merriett	Bonnie Ruel	Isiah Trice	
Gragam	Teri and Karl	Neal & Dianne	Michael & Janette	Jacquelyn Trice	
Mae Gray	Kodrich	Michel	Rupinski	Mary Tschannen	
The Greenbergs	Barbara	Jerry & Mary Ellen	Lorraine Russell	Suzanne Turner	
Philemon Griffin	Kogutkiewicz	Mikulay	Eleanor Ryan	Andrea Urbaniak	
Michael Gronitz	Richard & Regina	Stephen & Celia	Susan Ryan	James & Doris	
Colleen Grundy	Koronowski	Misovy	Diane Rychlinski	Utsey	
Irene Guenther	Edward and	Stephanie Momon	Caroline & Robert	UWM Doctor of	
Nancy Guerin	Kathaleen	Curtisthene	Sanderson	Physical Therapy	
Rita Gutowski	Kosanke	Montgomery	Jimmy Sandson	Program	
David Haase	Stan Kostka	Harry & Rosanne	Kathy Schauer	John Valenti	
William Hable &	Lucille Kozelek	Moore	Stuart & Gayle	Vernestine	
Jane Tanner	Cynthia Kroll	Johnnie Moorer	Schenk	Varnado	
Joyce Hailstock	Kenneth Kroll	Bettye Morgan	Ron & Renee	Judy & Elroy	
Nancy Hallberg	Edward Krueger &	O. Morris	Scherr	Vesely	
James Hansen	Carla Staab	Sharon Morris	Judy Schiefen	Jean Vitran	
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Minnie Harmon	Kurth	Jaunita Mozell-	Schroeder	Community	
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Diane Hellrung	Durka	Susan Nelson	Schwartz	Barbara Walter	
Cleophas	Mel Larsen	John & Peggy	Carol Scott	Chaunsey Walton	
Henderson	Roberta Larson	Niemer	Rozanne Screven	Carolyn Ward	
Mae Henry	LeafGuard	Niedra North	Barbara Semons	Shirley Warren	
Lenore Hernandez	Willie Lee	Osher Lifelong	Marge Senger	Beth Waschow	
Theresa Herron	Mildred Lenyard	Learning Institute	Adele Shaw	Curtis Washington	
Kathleen Hill	Charlotte Lewis	at UWM	Zelma Simmons	Georgette Watkins	
	Deborah Lewis	Marlene Ostrowski	Frank Sloan	Corine Watson	

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!