

# SERVING OLDER ADULTS OF SOUTHEAST WISCONSIN, INC.

March 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. 9:30 - 11:30

#### Kelly

Fri. 9:30 - 11:30

#### McGovern

Tue. 9:30 - 11:30

#### Washington

Thu. 9:30 - 11:30

#### Wilson

Mon. 9:30 - 11:30

### CLOSURES

Feb. 27-Mar. 3 - Kelly closed for cleaning  
Mar. 7 - All SOA senior centers close at 1:00  
for staff training  
Mar. 13-17 - McGovern closed for cleaning

### HOURS

Monday - Friday, 8:30 - 4:30  
SOA General Line: 414-704-3343  
[www.servingolderadults.org](http://www.servingolderadults.org)

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# Aging Well

## TOGETHER

Serving Older Adults of Southeast Wisconsin's goal is to positively impact the health and well-being of older adults through quality health and wellness programming, continuous learning opportunities, community engagement, and a variety of socialization outlets.

### SERVING OLDER ADULTS ADMINISTRATION

<b>President/CEO</b>	Cathy Wood
<b>Chief Financial Officer</b>	Dave Poellmann
<b>Director of Senior Centers</b>	Miriam Kaja
<b>Director of Marketing &amp; Development</b>	Chey Thunberg
<b>Human Resources Manager</b>	Marsha Bukofzer
<b>Main Office</b>	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.

### 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.

### 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!

### CLINTON & BERNICE ROSE SENIOR CENTER

Manager: Lynette Weathers  
3045 N Dr. Martin Luther King Jr. Dr, Milwaukee, WI 53212  
Main: (414) 263-2255

### KELLY SENIOR CENTER

Manager: Christian Saldivar  
6100 S Lake Dr, Cudahy, WI 53110  
Main: (414) 481-9611

### MCGOVERN PARK SENIOR CENTER

Manager: Angela Wright  
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



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

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

## Fitness Center Orientations

Before using the fitness centers at SOA, sign up for an orientation to learn more about how to use the machines and best safety practices.

**Clinton Rose: Wednesdays, 9:30 & 11:30**

**Kelly: Fridays, 9:30 & 11:30**

**McGovern: Tuesdays, 8:30 & 11:30**

**Washington: Thursdays, 9:30 & 11:30**

**Wilson: Mondays, 9:30 & 11:30**

## Snacks and Facts

Learn about healthy alternatives for your favorite snacks and fun facts about why they are so much better for you. Each participant will be able to sample the healthy snacks along the way! **Registration required.**

**Clinton Rose: Wednesday, March 15, 10:00-10:30**

**Kelly: Friday, March 17, 10:00-11:00**

**McGovern: Tuesday, March 21, 9:30-10:00**

**Washington: Thursday, March 23, 11:00-11:30**

**Wilson: Monday, March 13, 10:30-11:00**

## AARP Tax-Aide

Free income tax preparation and electronic filing. Call the phone number listed for each center to schedule an appointment.

**Clinton Rose, 414-263-2255**

**Mondays, 9:00-10:30**

**McGovern Park, 414-527-0990**

**Mondays & Wednesdays, 9:00-2:30**

**Washington Park, 414-215-0781**

**Thursdays, 9:00-3:30**

**Wilson Park, 414-282-5566**

**Tuesdays, 9:30-2:30**

## CLINTON & BERNICE ROSE SENIOR CENTER

### WestCare Drug Take back

*Presented by Markeda Williams*

**Tuesday, March 7, 11:00 - 1:00**

This event provides a safe, convenient, and responsible means of disposing prescription drugs. While educating about the potential abuse of medications.

### Icare

*Presented by Sophia Heo*

**Wednesday, March 8, 10:00 - 11:00**

Learn how to make balanced healthy decisions. This class will include interactive activities.

### National and International Women's Day

*Presented by Women of The Rose*

**Wednesday, March 15, 12:00 - 2:00**

Join us in celebrating Women's Month by discussing ways to empower all women to be safe and secure.

## KELLY SENIOR CENTER

### Hayat Cares: Diabetes Prevention and Glucose Screenings

*Presented by Hayat Pharmacy*

**Monday, March 6, 2:00 - 3:30**

Learn about how to decrease your risk of diabetes and follow up with a private glucose screening. **Registration recommended.**

## Common Scams & Frauds Targeting Seniors

*Presented by the WI Bureau of Consumer Protection*

**Wednesday, March 8, 10:00**

Come to this very informative presentation to learn about common scams, the warning signs of a scam, and what to do if you fall victim to a scam or fraud.

**Registration recommended.**

## Hearing Screening

*Presented by Hearing Life*

**Monday, March 13, 12:00 - 4:00**

Free hearing screenings available. No appointment needed, walk-ins welcome.

## MCGOVERN PARK SENIOR CENTER

### Medicare Second Enrollment Period

*Presented by Humana*

**Monday, March 6, 12:30**

In this presentation you will learn if you're eligible for a second enrollment.

### Blood Pressure Check

*Presented By Milwaukee Career College*

**Monday March 6 & 20, 10:00**

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

### Community Garden

*Presented by Ground Works*

**Monday, March 20, 12:30**

If you are interested in gardening this year, then you don't want to miss this opportunity to find out what's up and coming for McGovern's garden beds this spring.

## WASHINGTON PARK SENIOR CENTER

### Common Scams & Frauds Targeting Seniors

*Presented by the WI Bureau of Consumer Protection*

**Monday, March 13, 12:30 - 1:30**

Come to this very informative presentation to learn about common scams, the warning signs of a scam, and what to do if you fall victim to a scam or fraud. This event is free to attend.

### Hands Only CPR Training

**Wednesday, March 15, 12:30 - 1:30**

The Milwaukee Fire Department will provide information and training in CPR. This session will provide training only and no CPR certifications will be issued at the conclusion.

## WILSON PARK SENIOR CENTER

### Feline Photo Wall

**Starting March 1st**

In honor of your fuzzy companion, bring in photos of your cat for a chance to win the cutest cat award. All photos will be posted to show appreciation for our feline friends. **Photos must be submitted by March 20. Voting will take place between March 22 - 28.**

### Safety in the Community

*Sponsored by Max A. Sass and Sons*

**Wednesday, March 22, 10:30 - 11:30**

Receive tips on how to stay safe while venturing out into the community.

### Get your rummage table TODAY! - Fee: \$20

Claim your spot in our Spring Rummage on April 22.



## Place Your Ad Here and Support our Community!

Instantly create and purchase an ad with

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## NOW ACCEPTING APPLICATIONS

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**Mechele Lewis**

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

Monday – Friday, 8 a.m. – 5 p.m.

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



**Ryan Johannsen**

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

Monday – Friday, 8 a.m. – 5 p.m.

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



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

Serving Older Adults of SE Wisconsin, Milwaukee, WI.

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# MARCH TECH CLASSES

## Tech Connect for Older Adults

A Program of SOA

### Staying Safe Online

**McGovern Park Senior Center - Tuesday, March 7, 1:30-2:45 pm**

Learn how to protect your personal information online while doing research, using email, and more. This 75-minute hands-on workshop reviews important tips for keeping your personal information safe while enjoying the benefits of the internet. Learn how to recognize suspicious emails and what to do when confronted with online scams.

Prerequisites: None

### Gmail Tips and Tricks

**McGovern Park Senior Center - Tuesday, March 14, 1:30-2:45 pm**

Email is an essential job search and workforce skill. Learn more about using Gmail features! Go beyond sending and receiving with this hands-on workshop about Gmail features! This workshop will cover important features like spellcheck, formatting emails, searching your inbox, adding a signature, and attaching files. The session will combine demonstration and hands-on practice, so that you'll have plenty of opportunities to ask questions and try out these features. Please note that this session will not go over how to sign up for a Gmail address.

Prerequisite: You must have a Gmail address and should be comfortable sending and receiving emails.

### eBay and PayPal

**Kelly Senior Center - Tuesday, March 21, 2:00-3:15 pm**

This lecture will cover the basics so you can shop and pay with confidence. This 75-minute lecture provides an overview of the popular auction website eBay and the pioneer online payment service PayPal. You'll learn the basics of buying and selling on eBay, as well as some important concepts, like seller feedback scores. This lecture will also present a basic overview of some of PayPal's most popular features.

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

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



# Clinton & Bernice Rose Senior Center

## **Aging & Disability Services (ADS) Outreach**

*Presented by Milwaukee County Department of Health & Human Services*

**Thursday, March 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**

*Presented by AARP FOUNDATION*

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

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)**

*Led by Doris Hopkins-Brown*

**Mondays, March 6, & 20, 10:00 - 11:00**

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

## **WestCare Drug Take back**

*Presented by Markeda Williams*

**Tuesday, March 7, 11:00 - 1:00**

WestCare is hosting their annual Drug Take Back at Clinton Rose. This event provides a safe, convenient, and responsible means of disposing of prescription drugs, while also educating the general public about the potential for abuse of medications.

## **Icare**

*Presented by Sophia Heo*

**Wednesday, March 8, 10:00 - 11:00**

Icare wants to help you navigate lifestyles with the importance of balanced healthy decisions. This class will offer new learning opportunities and interactive activities to bring joy and happiness to those who attend.

## **National and International Women's Day**

*Presented by Women of The Rose*

**Wednesday, March 15, 12:00 - 2:00**

Join us as we gather and have words of encouragement about technology and discuss ways to help the senior women of society, and empower all women to be safe, protected, and secure.

## **CHASE Bank**

*Presented by Jerry Johnson*

**Thursday, March 9, & 23, 10:00 - 11:00**

Do you have a frequent question like, How do I protect myself from fraud? How do I lock my card? And why is it important to close my browser at the end of an online banking session? Chase Bank is here to answer some of these questions.

## **Movie Watchers Club**

**Friday, March 10, 9:00 - 11:00**

Come and enjoy the movie of the month. Stay after to talk about the movie over a light snack. *Popcorn and hot dogs available for purchase.*

## **Snacks and Facts - Fee: \$5 Registration**

**Wednesday, March 15, 10:00 - 10:30**

Learn about healthy alternatives for your favorite snacks and fun facts about why they are so much better for you. Each participant will be able to sample the healthy snacks along the way! **Registration required.**

## **Saint Patrick's Day Bingo**

*Hosted by Eras Senior Network*

**Wednesday, March 15, 9:00 - 11:30**

Come out and play bingo and win some great prizes with Eras Senior Network and celebrate St. Patrick's Day.

**Pre-registration is required by walk-in or by calling 414-263-2255!**

## **Cooking Demonstration w/ Chef Marvin**

**"The Unsalted Chef"**

*Presented by HEAL (Healthy Eating Active Living)*

**Thursday, March 16, 2023**

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, March 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.

## **Memories in the Making**

*Sponsored by the Alzheimer's Association*

**Thursday, March 23, 10:00 - 12:00**

Memories in the Making is a unique program for 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.

## **Advisory Committee Meeting**

**Tuesday, March 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 just 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.

## **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.



# Clinton & Bernice Rose Senior Center

## 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!

## 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 Group are two different groups. If you are 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.

## Wisdom Counselor

*Presented by Prophetess Willie Seward-Fowlkes*

**Tuesday, Wednesday, Thursday, March 12:15- 1:15**

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

## Balance and Stretch

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

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.

## 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

*This class is led by Evelyn Merriett*

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

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

## Miss Daisy's Sewing Group - 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 and focuses on group projects. *Some sewing skills required. Please keep in mind Open Sewing & Miss Daisy's Sewing Group are two different groups. If you are interested in doing both you must pay a total of \$16.00.*

*"Luck is what happens  
when preparation meets  
opportunity."*

- Seneca



<b>Monday</b> 9:30-10:30 OG Dance Group Practice 11:00-12:00 Walk With Ease	<b>Tuesday</b> 9:00-10:30 Roselettes Dance Group Practice 10:30-11:30 The Extensions Practice 12:15-1:15 Praise & Worship	<b>Wednesday</b> 9:00-10:00 Bingo 9:30 Fitness Center Orientation 10:00-11:00 Senior Striders Exercise 11:00-12:00 Walk With Ease 11:30 Fitness Center Orientation 12:15-1:15 Praise & Worship 12:30-2:30 Open Jewelry Making Class *
<b>Thursday</b> 9:00-10:15 Roselette Dance Group Practice 12:00-1:00 Walk Aerobics 12:00-2:00 Miss Daisy Sewing Group* 12:15-1:15 Out & About Travel Committee Meeting led by Jackie Trice every 3rd Thursday of the Month 12:15-1:15 Praise & Worship	<b>Friday</b> 9:00-11:00 Movie Watchers Club 11:00-12:00 Walk With Ease	<b>Daily</b> 8:30-3:30 Fitness Center 8:30-4:30 Speak Your Mind 8:30-3:30 Billiards Area (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  * Has a fee

# Kelly Senior Center

## **Hayat Cares: Diabetes Prevention and Glucose Screenings**

*Presented by Hayat Pharmacy*

**Monday, March 6, 2:00 - 3:30**

Learn about how to decrease your risk of diabetes and follow up with a private glucose screening.

**Registration recommended.**

## **Common Scams & Frauds Targeting Seniors**

*Presented by the WI Bureau of Consumer Protection*

**Wednesday, March 8, 10:00**

Come to this very informative presentation to learn about common scams, the warning signs of a scam, and what to do if you fall victim to a scam or fraud.

**Registration recommended.**

## **Shoe Fitting**

*Presented by Toenail Trimmers, LLC*

**Thursday, March 9, 3:00**

Learn how to find properly fitted shoes as your feet change and get information on caring for your feet and nails. Come with questions and get some answers! The presentation will be given by Mary Kowalke, RN, certified in foot and nail care. Door prizes!

**Registration recommended.**

## **Garden Club Planning Meeting**

**Friday, March 10, 10:00**

Interested in helping with Kelly's gardens or perhaps claiming a raised planter for the year? Join the Gardening Club and let's strategize about the year ahead. Walk-ins welcome.

## **Travel Club Planning Meeting**

**Friday, March 10, 1:00**

The hiatus is over! Join the Kelly Travel Club and help us get trips back up and running at Kelly. Walk-ins welcome.

## **Hearing Screening**

*Presented by Hearing Life*

**Monday, March 13, 12:00 - 4:00**

Free hearing screenings available. No appointment needed, walk-ins welcome.

## **Intro to Zentangle**

**Wednesday, March 15, 1:00**

Zentangle is an American method for drawing, which not only promotes concentration and creativity but at the same time increases personal well-being. Zentangle was invented by a monk named Rick Roberts and an artist named Maria Thomas. Give it a try! No experience needed. **Registration required.**

## **St. Patrick's Day Sip and Spruce**

*Sponsored by Badger Hospice*

**Wednesday, March 15, 2:00**

This is the reschedule of "Sip and Spruce" from December. Come and get your nails painted and filed in time for St. Patrick's Day, while sipping on a mocktail or two! This is a casual group event. **Registration required.**

## **St. Patrick's Day Bingo**

*Sponsored by Humana*

**Thursday, March 16, 1:00**

Celebrate St. Patrick's Day with a bonus Bingo day! In keeping with the theme, mint ice cream will be served.

**Registration required.**

## **Snacks and Facts - Fee: \$5 Registration**

**Friday, March 17, 10:00 - 11:00**

Learn about healthy alternatives for your favorite snacks and fun facts about why they are so much better for you. Each participant will be able to sample the healthy snacks along the way! **Registration required.**

## **Women's Club**

**Monday, March 20, 1:30**

This month's speaker is Kelly participant Doug "Turtle" Tadeyeske, an expert on turtles, tortoises, and terrapin! Come learn about these amazing creatures and hear stories about Doug's time tagging turtles in the Galapagos Islands. You do not have to be a member of the Women's Club to attend, but registration for the event is required.

## **Bingo**

*Sponsored by Williamstown Bay*

**Tuesday, March 21, 1:00**

Join us for an afternoon of Bingo!

**Registration required.**

## **Senior Planet: eBay and PayPal**

**Tuesday, March 21, 2:00**

This 75-minute lecture provides an overview of the popular auction website eBay and the pioneer online payment service PayPal. You'll learn the basics of buying and selling on eBay, as well as some important concepts, like seller feedback scores. This lecture will also present a basic overview of some of PayPal's most popular features. **Registration required.**

## **Kelly Advisory Meeting**

**Wednesday, March 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. Walk-ins welcome.

## **Volunteer Meetup**

**Friday, March 24, 1:00**

Do you volunteer at Kelly? Come connect with other volunteers who share your interests. This is also a good opportunity if you've considered volunteering at Kelly but aren't sure where to start! Walk-ins welcome.

## **Spring Cleaning: Downsizing for Seniors**

**Monday, March 27, 1:00**

Do you have too much stuff? Are you looking to downsize but don't know where to start? Realtors Annie Jurczyk and Lisa Haynes are here to help you learn how. Celebrate spring with a cleaner home!

**Registration required.**

## **Falls Prevention**

*Presented by Synergy HomeCare*

**Wednesday, March 29, 1:00**

Discover easy ways to reduce the risk of falls in this presentation by Synergy HomeCare.

**Registration recommended.**

## **Morning Exercise**

**Mondays & 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.



# Kelly Senior Center

## **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. Walk-ins welcome.

## **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. Walk-ins welcome.

## **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. Walk-ins welcome.

## **Sewing Class - Fee: \$30 (January - March)**

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

Learn the basics of sewing in our new 3-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 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. Walk-ins welcome.

## **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. Walk-ins welcome.

## **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. Walk-ins welcome.



<b>Monday</b> 8:45 Morning Exercise 1:00 Dartball 1:00 Dominoes 1:00 Mahjong 1:00 Quilting *	<b>Tuesday</b> 9:00 Ceramics * 9:00 Quilting * 10:00 Chair Yoga 10:30 Acoustic Meetup	<b>Wednesday</b> 10:00 Art Studio 10:00 Sheephead 11:00 Continuing Line Dancing 1:00 Dominoes 1:00 Quilting *
<b>Thursday</b> 9:00 Ceramics * 9:00 Knit & Crochet 10:00 Sheephead  * Has a fee	<b>Friday</b> 8:45 Morning Exercise 9:30 Bridge 9:30 Fitness Center Orientation 11:30 Fitness Center Orientation 12:00 Balance & Stretch	<b>Daily</b> 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

# McGovern Park Senior Center

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

*Presented by Chef Marvin*

**Thursday, March 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.

## **Medicare Second Enrollment Period**

*Presented by Humana*

**Monday, March 6, 12:30**

In this presentation you will learn if you're eligible for a second enrollment.

## **Blood Pressure Check**

*Presented By Milwaukee Career College*

**Monday, March 6 & 20, 10:00**

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

## **St. Patrick's Day**

**Friday, March 17, All day event**

Don't forget to wear green. Everyone will get to enjoy something sweet from the leprechauns.

## **Community Garden**

*Presented by Ground Works*

**Monday, March 20, 12:30**

If you are interested in gardening this year, then you don't want to miss this opportunity to find out what's up and coming for McGovern's garden beds this spring.

## **Snacks and Facts - Fee: \$5 Registration**

**Tuesday, March 21, 9:30 - 10:00**

Learn about healthy alternatives for your favorite snacks and fun facts about why they are so much better for you. Each participant will be able to sample the healthy snacks along the way!

**Registration required.**

## **Bingo**

*Presented by Molina Healthcare*

**Wednesday, March 22, 12:30**

You are invited to play Bingo with your peers. Have fun and win exciting prizes.

## **Advisory Meeting**

**Thursday, March 23, 9:00 - 10:00**

Learn what's happening with the organization and McGovern Park Senior Center. This is a time to ask questions and voice your concerns.

## **Book Club**

**Thursday March 23, 12:30**

Book title: "Where The Crawdads Sing"

Author: Delia Owens

You may purchase this book or check your local library for a copy.

## **National Chip and Dip Day**

*Sponsored by Humana*

**Thursday, March 23, 11:00**

National Chips and Dip are the perfect combination of celebration and snack food to share on this unofficial holiday.

## **Fitness Center**

**Monday - Friday, 8:30 - 4:30**

The fitness center is open daily. You may use the exercise equipment free of charge.

## **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.

## **Lapidary**

**Tuesdays, 8:30 - 4:30**

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

## **Balance and Stretch**

**Tuesdays, 9:00—9:30**

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!

## **Exercise 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 instructors and get results.

## **Open Crafts**

**Wednesdays, 8:30 - 4:30**

This is a group of crafters who love quilting, sewing, knitting and sharing their individual expertise with one another.

## **Bible Study**

**Every 1st, 2nd, & 4th, Friday of the month.**

If you are interested in spiritual growth, you will enjoy this study group.



# McGovern Park Senior Center

U N T A J C U X V E P B P T P H L T  
 E U G Q P A X U R A I N L R M T C U  
 G W X F P T J E N D A E C O V M Z L  
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 BUNNY  
 BUTTERFLIES

CATERPILLAR  
 DAFFODIL  
 EASTER  
 FLOWERS

GARDEN  
 GRASS  
 LADYBUG  
 RAIN

RAINBOW  
 ROBIN  
 TULIPS  
 UMBRELLA

<b>Monday</b> 9:00 TOPS 10:00 Tai Chi (Video) 10:00 Dance For Fun & Fitness 11:00 Upper Body Exercise 1:00–4:00 Bring Your Own Device (BOYD) Day	<b>Tuesday</b> 8:30 Lapidary 8:30–12:00 Fitness & Nutrition 8:30 Personal Training 8:30 Fitness Center Orientation 9:00–9:30 Balance & Stretch 9:00–12:00 Bring Your Own Device (BOYD) Day 10:00 Exercise For Seniors 11:00 Metalsmithing 11:00 Sheephead 11:30 Fitness Center Orientation	<b>Wednesday</b> 8:30 Quilting 8:30 Open Crafts 10:00 Dance For Fun & Fitness
<b>Thursday</b> 9:00 Advisory Meeting (every 3rd Thursday) 10:00 Exercise For Seniors 11:00 Sheephead 11:30 Phase 10	<b>Friday</b> 10:00 Dance For Fun & Fitness 10:00 Bible Study (every 1st, 2nd, & 4th Friday) 11:00 Upper Body Exercise	<b>Daily</b> 8:30 Exercise Workout Videos 8:30 Billiards 8:30 Fitness Center 8:30 Coffee Crew 8:30 Computer Lab 9:00–1:00 Re-Gift Shop 11:00–12:00 Lunch



# Washington Park Senior Center

## **(NEW) Balance and Stretch**

**Mondays, Starting March 6, 12:30 - 1:00**

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!

## **Aging & Disability Services (ADS) Outreach**

*Presented by Milwaukee County Department of Health & Human Services*

**Tuesday, March 7, 9:30 - 10:30**

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.

## **Travel Club, Indoor MINI Rummage**

**Wednesday, March 8, 10:00 - 12:00**

The Washington Park Travel Club will host a mini rummage sale in the front lobby to raise money for their club. If you are looking for some treasures, check them out.

## **Cooking Demonstration w/Chef Marvin, "The Unsalted Chef"**

**Thursday, March 9, 12:15 - 1:15**

Learn how to make a simple, delicious, and sodium-reduced meal. Recipe and samples will be available.

## **AARP Tax-Aide**

*Presented by AARP Foundation*

**Thursday, March 2, 9, 16, 23 & 30, 9:00 - 3:30**

Free income tax preparation & electronic filing. Federal & Wisconsin + Homestead IRS certified tax counselors.

**Appointment Only By Calling 414 -215-0781.**

## **Common Scams & Frauds Targeting Seniors**

*Presented by the WI Bureau of Consumer Protection*

**Monday, March 13, 12:30 - 1:30**

Come to this very informative presentation to learn about common scams, the warning signs of a scam and what to do if you fall victim to a scam or fraud. This event is free to attend.

## **Advisory Meeting**

**Tuesday, March 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.

## **Hands Only CPR Training**

**Wednesday, March 15, 12:30 - 1:30**

The Milwaukee Fire Department will provide information and training in CPR. This session will provide training only and no CPR certifications will be issued at the conclusion.

## **Wear Green Day, in honor of St. Patrick's Day**

**Friday, March 17**

As they say, "On St. Patrick's Day we are all a little Irish." Please join in on the FUN and wear GREEN to the center on St. Patty's Day!!!

## **Snacks and Facts - Fee: \$5 Registration**

**Thursday, March 23, 11:00 - 11:30**

Learn about healthy alternatives for your favorite snacks and fun facts about why they are so much better for you. Each participant will be able to sample the healthy snacks along the way! **Registration required.**

## **Yoga - Fee: \$6/class (pay by the month)**

**Mondays, 9:00 - 10:00**

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

## **Chair Arthritis**

**Mondays, 10:00 - 11:00**

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

## **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.

## **Knitting and Crochet**

**Mondays, 9:00 - 11:00**

Learn how to knit or crochet and meet others who love to work on their own projects. Please bring your own basic supplies (we do have some to share). Pick up new skills or share project ideas with others. All levels are welcome.

## **Billiards**

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

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

**Tournament Practice held on Wednesdays at 12:00**

**Tournament: Wednesday, March 29, 11:30 - 2:30**

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?

## **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**

Our fitness center offers all the basic exercise equipment to help you get in shape. The Health and Wellness Coordinator is available to provide a fitness orientation and 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 friends 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/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.

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# 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. 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.

## Game Day

**Tuesdays, 11:30 - 2:00**

Play a variety of card and board games with friends. New games will include Spades and Biz Whist.

## 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 Washington Park friends for this very popular, and fun game.

## 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.

## Matinee at Washington

**Wednesdays, 12:30**

Each week will feature a different movie genre. Refreshments are available for purchase in the gift shop.

## 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.

## 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.

## Detroit Style Ballroom Dance - Fee: \$4/class (pay by the month)

**Thursdays, 12:30 - 1:45**

This instructor-led class will start with basic ballroom dance techniques, and then advance from there.

## Having Fun With Art

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

Do you love to sketch, doodle, or color? The class will start with shapes 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. 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/week (pay month to month)

**Fridays, 9:00 - 3:00**

Learn to play the piano with individual instruction. Time slots for lessons fill up quickly. Come to the office to reserve a spot. 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!

<b>Monday</b> 9:00-10:00 Yoga * 9:00-10:00 Billiards (lessons) 9:00-11:00 Knitting & Crochet 9:00-11:00 Open Sew 10:00-11:00 Chair Arthritis Exercise 10:30-11:30 Hand Weights 12:30-1:00 Balance & Stretch	<b>Tuesday</b> 10:00-1:00 Chess 10:00-11:00 Gospel Choir 10:00-11:00 Stringed Instruments/ Vocals 10:00-11:00 Silver Steppers 10:30-1:30 Scrapbooking 11:30-2:00 Game Day	<b>Wednesday</b> 9:00-12:30 Quilting * 9:30-10:30 Shuffleboard 10:30-11:30 Hand Weights 12:30 Movie Matinee 12:30-2:00 Phase 10
<b>Thursday</b> 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 12:30-1:45 Ballroom Dancing *  * Has a fee & requires pre-registration	<b>Friday</b> 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	<b>Daily</b> Fitness Center Walking Group Library Computer Lab Chit-Chat Club 9:00-3:00 Billiards 9:00-3:00 Woodshop * 1:00-4:00 Table Tennis





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# Wilson Park Senior Center

## **Second Quarter Class Registration Begins Wednesday, March 1, 8:30**

Claim your spot in the 2nd quarter classes. Class information available at the front desk.

## **Feline Photo Wall Starting March 1st**

In honor of your fuzzy companion, bring in photos of your cat for a chance to win the cutest cat award. All photos will be posted to show appreciation for our feline friends.

**Photos must be submitted by March 20. Voting will take place between March 22 - 28.**

## **Movies and Popcorn Fridays, 1:00**

Come and enjoy a movie and popcorn!

**March 3 - Ma Rainey's Black Bottom**

**March 10 - The Good Nurse**

**March 17 - The Kindergarten Teacher**

**March 24 - Grease**

**March 31 - The Old Guard**

## **Seniors Helping Seniors**

*Sponsored by Right at Home*

**Wednesday, March 8, 10:15**

Come learn about opportunities to help older adults in the community.

## **Karaoke & Koffee**

**Friday, March 10, 10:00**

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

## **Beginning Quilting - Fee: \$10**

**March 10 - March 31, 12:30 - 3:00**

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.

## **Snacks and Facts - Fee: \$5 Registration**

**Monday, March 13, 10:30 - 11:00**

Learn about healthy alternatives for your favorite snacks and fun facts about why they are so much better for you. Each participant will be able to sample the healthy snacks along the way! **Registration required.**

## **Big Band Concert**

**Monday, March 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.

## **Bingo**

**Tuesday, March 14, 1:00**

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

## **Wilson Senior Center Advisory Meeting**

**Wednesday, March 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.

## **St. Patty's Day Treat**

**Friday, March 17**

Show off your festive green attire and stop by the office for a treat.

## **Tap Dance - Fee: \$40**

**March 16 - May 18**

**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.

## **Coin and Stamp Collectors Group**

**Tuesday, March 21, 11:00 - 12:00**

Share some of your treasured collections with other enthusiasts.

## **Safety in the Community**

*Sponsored by Max A Sass and Sons*

**Wednesday, March 22, 10:30 - 11:30**

Receive tips on how to stay safe while venturing out into the community.

## **Book Club**

**Wednesday, March 29, 10:15**

This month's book is "Miss Peregrine's Home For Peculiar Children" by Riggs Ranson. A copy is available at Zablocki Library the first week of each month. Meet with book club participants for lively discussions.

## **Manicure Party**

**Friday, March 31, 10:15**

Come and join us for a relaxing manicure. Leave donning your favorite Color Sheet nails and patterns. **Pre-Registration required. Please register by March 25.**

## **Wood Shop - Fee: \$25/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.

## **Low Impact Aerobics**

**Mondays & Thursdays, 1:00 - 2:00**

Enjoy a good workout without stressing out your joints.

## **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.

## **Open Sew Classes - Fee: \$20**

**Tuesdays, 9:00 - 12:00; Wednesdays, 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.

## **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.

## **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.

# Wilson Park Senior Center

## Beginning German - Fee: \$10

**Tuesdays, 1:00**

Learn the basics of the German language and culture.

## Woodcarvers and Burners

**Wednesdays, 8:30 - 11:30**

Create new projects with other woodcarvers and/or wood burners who share the passion. Tools and materials are available to get you started. All skill levels are welcome.

## Spring Forest Qigong

**Wednesdays, 10:30 - 11:30**

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.

## 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.

## 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.

## Advanced German - Fee: \$10

**Thursdays, 9:15**

Build upon your current German knowledge.

## Guitar Lessons

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

Get guided instruction as you learn the guitar. All skill levels are welcome.

## 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.

## Guitar Jam

**Fridays, 9:30 - 12:00**

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

## SNEAK PEEK FOR APRIL

**\*\*\* SAVE THE DATE \*\*\***

**Spring Rummage - Admission: \$.50**

**Saturday, April 22, 9:00 - 2:00**

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

**Get your rummage table TODAY! - Fee: \$20**

Claim your spot in our Spring Rummage on April 22.

**CALLING ALL BAKERS!!!**

Baked good donations are needed for the rummage sale.

Stop by the front desk to register your best desserts.

Proceeds from the baked goods directly benefit the senior center. All donations can be dropped off on Friday April 21.

<b>Monday</b> 8:45 Ceramic Studio * 9:00 Scrabble 9:00 Hot/Fused Glass * 9:00 Quilting * 9:15 Morning Exercise 10:00-10:30 Balance & Stretch 10:30 Intermediate Line Dancing * 11:00 Open Sew * 12:00 Sheepshead 1:00 Low Impact Aerobics 1:30 Big Band Dance (2nd)	<b>Tuesday</b> 9:00 Paper Crafting * 9:00 Stained Glass Studio * 9:00 Open Sew * 9:00 Chess 10:00 Garden Club (2nd/4th) 11:00 Coin & Stamp (3 <sup>rd</sup> ) 11:30 Guided Art Studio * 12:30 Sojourn Bear Group 1:00 Beginning German * 1:00 Quilting * 1:00 Cornhole 1:00 Bingo (2nd)	<b>Wednesday</b> 8:45 Ceramic Studio * 9:00 Wood Carving & Burning 9:00 Scrabble 9:00 Hot/Fused Glass * 9:15 Morning Exercise 10:00 Advisory Meeting (3 <sup>rd</sup> ) 10:00 Book Club (Last of month) 10:00 Knit & Crochet 10:15 Spring Forest Qigong 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
<b>Thursday</b> 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	<b>Friday</b> 8:45 Ceramic Studio * 9:00 Weaving * 9:00 Mahjong 9:00 Open Glass Studio * 9:00 Scrabble 9:00 Quilting * 9:00 Guitar Jam Session 9:15 Morning Exercise 10:00 Karaoke & Koffee (2 <sup>nd</sup> ) 12:30 Bridge 1:00 Movie & Popcorn	<b>Daily</b> 8:30 Fitness Center, Billiards, Library, Computer Lab, Walking Group 9:00-3:00 Wood Shop * 10:00-2:00 ReGift Shop 11:00-12:00 Lunch  * Has a fee/pre-registration Required (Classes have a start and end time)  **Pre-registration required



# Community Resources

## Senior Dining

We are now open for in-person dining at all five centers. There is a suggested donation \$3 for 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.

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

## Stockbox

A Stockbox is a box of healthy foods that Hunger Task Force provides to low-income seniors free of charge. Contact a senior center for more information.

Clinton Rose Senior Center	Thursday, March 2, 11:00 - 12:00
Kelly Senior Center	Thursday, March 23, 12:30 - 1:30
McGovern Senior Center	Thursday, March 30, 12:00 - 1:00
Washington Senior Center	Tuesday, March 7, 10:00 - 11:00
Wilson Senior Center	Tuesday, March 21, 10:00 - 11:00



## Exceptional senior living.

For tours,  
call 414.570.5474.

3601 South Chicago Avenue  
South Milwaukee, Wisconsin

Assisted Living  
Memory Care  
Skilled Nursing  
Rehabilitation  
[HomelsHere.org](http://HomelsHere.org)



IRIS Consultant Agency (ICA)



To learn more about your long-term care options,  
please contact your Aging and Disability Resource Center:  
<https://www.dhs.wisconsin.gov/adrc/index.htm>

We support you to live your best life at home, in your community and at work.

Call toll-free: 844-520-1712  
Email: [connections@lsswis.org](mailto:connections@lsswis.org)

## LET'S GROW YOUR BUSINESS Advertise in our Newsletter!

CONTACT ME Alex Nicholas

[anicholas@lpicommunities.com](mailto:anicholas@lpicommunities.com) • (800) 950-9952 x2538



## Independent Living

Housing Authority of the City of Milwaukee

Visit [waitlist.hacm.org](http://waitlist.hacm.org) for  
more information about our  
affordable housing options.



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

Serving Older Adults of SE Wisconsin, Milwaukee, WI.

D 4C 01-2067

## 2023 WINTER TOURS at the Mitchell Park Domes

Milwaukee County Aging and Disabilities Services is sponsoring free guided tours of the Mitchell Park Horticulture Conservatory (The Domes) this winter for older adults (60+). During the tours, participants will spend one hour with the Park Naturalist, touring all three domes and observing what is currently in bloom. The Park Naturalist will select several points of interest to showcase plants and trees with uniquely interesting features. Participants will have an additional 30 minutes at the end of the guided tour to visit the gift shop or revisit a dome of choice.

### TOUR DATES

Thursday, Feb 23, 9am-10:30am  
Thursday, Mar 2, 9am-10:30am  
Thursday, Mar 9, 9am-10:30am  
Thursday, Mar 16, 9am-10:30am  
Thursday, Mar 23, 9am-10:30am



See the  
TRAIN  
THEMED  
Show Dome

### SIGN UP FOR A TOUR

To reserve your spot contact Vincenza Doyne at **(414) 289-5818** or **[vincenza.doyne@milwaukeecountywi.gov](mailto:vincenza.doyne@milwaukeecountywi.gov)**. Reservations will be made on a first come first serve basis, with limited available spots. Reservations must be made at least one week in advance of the tour date.

### TRANSPORTATION AND ACCESSIBILITY

The Domes can be accessed by the MCTS Purple and Route 18. Those enrolled in Milwaukee County Older Adult Transportation Service can also take First Transit vans to get to the Domes. If arriving by car, the main entrance for the Domes can be accessed via Layton Blvd. Parking is free. All exhibits at the Domes are ADA accessible.

For information on other program offerings visit:  
[county.milwaukee.gov/dhhs](http://county.milwaukee.gov/dhhs)



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



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

"Let thy food be thy medicine," said Hippocrates. The expression still rings true as food is the fuel that provides nutrition to the body. National Nutrition Month was created in 1973 by the Academy of Nutrition and Dietetics and is celebrated in March. The campaign stressed the importance of a balanced diet and exercise. Making informed food choices and maintaining a physically active routine helps keep a body healthy.

## 6 Ways to a Healthier Body

1



### Move Your Body

Nutrition goes beyond food. Make exercise a daily habit. Go for long walks or pick up a new hobby that requires physical movement, such as: woodworking and photography.

4



### Electrolytes

Drinking water has many health benefits but it can be a challenge to meet the recommended daily intake. Include beverages that contain electrolytes.

2



### Be Inspired

The internet contains a vast amount of resources with recipes to suit any palette and dietary needs. Watch video tutorials on Youtube or follow step-by-step instructions from a food blogger.

5



### Food vs. Supplements

Try to obtain vitamins and minerals by eating foods that contain them instead of taking a supplement. However, if the food is unavailable then a supplement is a good alternative.

3



### Meet With a Dietician

A dietician can personalize a meal plan and exercise routine to fit your lifestyle. Ask your doctor to refer you to a dietician or check out your local community center for resources.

6



### Stay on the Outside

Many processed foods are displayed in the center aisles of the store. Shopping on the perimeter is where you'll find healthy options like fruits and seafood.



# Community Partners

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



Marjorie L. Christiansen  
Foundation



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

Hear Wisconsin  
Historic 41 Business Association  
Howard Village  
Humana  
Hunger Task Force  
Hayat Pharmacy  
iCare  
Impower  
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Love Thy Neighbor  
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MATC  
Milwaukee County Sheriff Department  
Milwaukee County Parks  
Milwaukee Police Department  
Milwaukee Public Schools  
Milwaukee Steppers & Boppers  
Milwaukee Veterans and Homeless Initiative  
Milwaukee Women's Center  
Miracle Home Health of Wisconsin  
Molina Healthcare  
NAACP  
NeuroPath Wellness  
Northside Side Community Development Cooperation

Park People  
Pete's Supermarket  
Pick N Save/Metro Market  
Safe and Sound  
Salvation Army  
Senior Helpers  
Sorenson  
Soul to the Polls  
Southeastern Wisconsin Deaf Senior Citizens  
St. Croix Hospice  
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The Power of Change  
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VA  
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Walgreens  
Westcare  
Wildarts-Lincoln Middle School  
Williamstown Bay  
Wilson Commons  
Wisconsin Health Literacy  
Wisconsin Institute on Aging  
Wisconsin Parkinson Association  
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 February 2022 - January 2023. We made every attempt to recognize all donors. If your name was missed, please contact us at 414-933-2332 ext. 1009 or email [Development@servingolderadults.org](mailto:Development@servingolderadults.org).

## \$100,000 and above

### Bader Philanthropies

### Every Day Good Foundation

#### \$50,000 - \$99,999

The Greater Milwaukee Foundation's Norman and Lucy Cohn Family Fund

#### \$10,000 - \$49,999

Anthem Blue Cross and Blue Shield  
Patrick & Anna M. Cudahy Fund  
Forest County Potawatomi Foundation  
General Mills  
RRF Foundation for Aging  
United Way of Greater Milwaukee & Waukesha

#### \$5,000 - \$9,999

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Milwaukee Irish Fest Foundation, Inc.  
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Rick Tsao  
Dr. Sandra Underwood  
Phyllis Veerhaalen  
Wisconsin Literacy, Inc



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

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Mark & Kellie Foster  
Bridgette Frommell  
John & Janice Gardetto

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

## Partners to \$249

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## 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!