

SERVING OLDER ADULTS OF SOUTHEAST WISCONSIN, INC.

May 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

Mon. 8:30 - 12:00
Wed. 1:00 - 4:30

Kelly

Mon. 8:30 - 12:00
Tue. 1:00 - 4:30

McGovern

Mon. 1:00 - 4:30
Tue. 8:30 - 12:00

Washington

Tue. 1:00 - 4:30
Wed. 8:30 - 12:00

Wilson

Mon. 1:00 - 4:30
Tue. 8:30 - 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

May 1-5 - *Washington closed for cleaning.*
May 29 - *Memorial Day (all senior centers closed)*

HOURS

Monday - Friday, 8:30 - 4:30
SOA General Line: 414-704-3343
www.servingolderadults.org

Check out what's inside:

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

Aging Well

TOGETHER

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

SERVING OLDER ADULTS ADMINISTRATION

President/CEO *Cathy Wood*
Chief Financial Officer *Dave Poellmann*
Director of Senior Centers *Miriam Kaja*
Director of Marketing & Development *Chey Thunberg*
Human Resources Manager *Marsha Bukofzer*

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.

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!

ADMINISTRATIVE OFFICE

4420 W Vliet St
Milwaukee, WI 53208
Main: (414) 933-2332

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: *Vacant*
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



About Serving Older Adults

These senior centers are managed by Serving Older Adults of Southeast Wisconsin and funded through Milwaukee County DHHS Aging & Disabilities Services and other generous donors.

Highlighted Events

MAY 2023						
S	M	T	W	T	F	S
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

CLINTON & BERNICE ROSE SENIOR CENTER

Seeds of Love - Fee: \$8

Monday, May 8, 9:00 - 11:00

Mother's love grows here at Clinton Rose. Our hands-on growing flowers activity create memories for a lifetime. **Pre-registration required.**

Deeper Listening to Jazz

Presented by jazz musician & music educator Don Linke

Sponsored by the Jazz Gallery Center for the Arts

Tuesday, May 9, 12:00 - 2:00

Get tips from a jazz professional on how to have a deeper listening experience. Listen and discuss examples from the jazz catalog.

Art-making & Visualization Workshop

Presented by artist & art therapist Cheryl Ray

Sponsored by the Jazz Gallery Center for the Arts

Wednesday, May 10, 12:00 - 2:00

After guided creative imagery and quiet mindfulness, the class will create mandalas with colored pencils on heavy black paper. This art-making activity will be followed with a creative written response.

Mother's Day Brunch

Presented by Eras Senior Network

Thursday, May 11, 9:00 - 11:00

Mother's Day Brunch Buffet at Clinton Rose Center. Drink hot tea and enjoy our talented Roselettes Dance Group, Louis and some poetry. For more information please call 414-263-2255. No fee.

Pre-registration required

KELLY SENIOR CENTER

Scam Prevention

Presented by Max A. Sass & Sons

Wednesday, May 17, 1:00

In the age of technology, more and more seniors are falling prey to scammers wanting to make a quick buck. This information is provided by Mike Scasny, a retired Milwaukee County Sheriff Deputy, who spent over 25 years serving our metro community.

Registration required.

Chronic Pain & Illness Peer Mentorship Group 1st & 3rd Tuesdays, 2:30 - 3:30

Living with chronic pain or illness? Meet others in a similar situation and share stories, tips, and support.

MCGOVERN PARK SENIOR CENTER

(New) Coffee Bar

Monday - Friday, 8:30 - 12:00

Welcome to our new coffee bar. Coffee and friends make the perfect blend.

(New) Senior Wheelers

Mondays & Wednesdays, 9:00 - 10:00

Take a bike ride on the scenic trail at McGovern Park. Let us know if you have a bike that needs repairing. Our bike experts will try to help fix it.

(New) McGovern Chess Club

Tuesdays, 1:00 - 2:00

Interested in playing chess? In this interactive beginners course you will learn the rules of chess, tactics, attack and defense.

WASHINGTON PARK SENIOR CENTER

Washington Park Center Closed for Cleaning

Monday - Friday, May 1 - 5

Dining will be closed. However, stockbox distribution will be Tuesday, May 2, 9:00 - 10:00

Art Show

Thursday, May 25, 10:00 - 12:00

Join our Washington Park participants as they showcase their beautiful artworks; stained glass, drawings, scrapbooking, knitting, crocheting, quilting and woodshop. Enjoy smooth jazz music and hors d'oeuvre while strolling through the lobby.

***** SNEAK PEEK FOR JUNE *****

Black History is American History Program

Tuesday, June 20, Program starts at 12:30

Doors Open at 11:30

Celebrate Juneteenth! Enjoy musical performances and listen to inspiring guest speakers from the community.

WILSON PARK SENIOR CENTER

Take Me Out to the Ball Game Brewers Trip - Fee: \$30

Wednesday, May 10, 12:00

Wilson will be taking a trip to a Brewers game, and taking a stroll through the outfield. Come along and enjoy the game. The fee includes transportation and a Game Day ticket.

Mother's Day Tea Party

Friday, May 12, 10:00

Mothers and daughters dress in your Sunday's best and come enjoy delicious tea. Light refreshments like tea sandwiches will be served.

Place Your Ad Here and Support our Community!

Instantly create and purchase an ad with

AD CREATOR STUDIO



lpicommunities.com/adcreator

NOW ACCEPTING APPLICATIONS

for Seniors ages 62+

Independent and Assisted Living in the Historic Layton Boulevard Neighborhood



All Utilities Included • Free Parking Available
Free Laundry • WIFI For Select Units
Dining Available • Fitness Center
Business Center • Smoke And Pet Free Building
On-Site Beauty Salon • And Much More!

ARE YOU REACHING THE MEMBERS IN YOUR COMMUNITY?

To advertise here visit lpicommunities.com/adcreator

ADT-Monitored Home Security

Get 24-Hour Protection From a Name You Can Trust

- Burglary
- Flood Detection
- Fire Safety
- Carbon Monoxide

ADT Authorized Provider | **SafeStreets** | **833-287-3502**



*income restrictions apply

414-384-3800

2735 W. Greenfield Avenue Milwaukee WI 53215

Professionally managed by Oakbrook Corporation



Humana helps take the mystery out of Medicare Advantage

Humana A more human way to healthcare™

Y0040_GHHJ4H8EN_23_StripAd_C

Call a licensed Humana sales agent



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.lpicommunities.com

Serving Older Adults of SE Wisconsin, Milwaukee, WI.

A 4C 01-2067

Tech Connect for Older Adults

Tech Connect for Older Adults seeks to empower adults 50 and better to understand and utilize the ever-growing world of technology. The benefits of technology for older adults are endless. Whether you are a beginner looking for an introduction to technology or an experienced user with technical questions about your cell phone, tablet, or computer, we are here to help. To sign up for a class, please visit our website, www.servingolderadults.org, and click on "Tech Connect".

AFFORDABLE HOME INTERNET (Lecture)

Wilson Park Senior Center - Monday, May 15, 2:00-3:15

Instructor: Daniel Nowotny

Having home internet can help you save money, look for a job, connect with others, make everyday tasks easier, and much more! Learn about the Affordable Connectivity Program (ACP), a permanent government program that helps qualifying low-income households pay for internet service and connected devices. Depending on your internet plan, the ACP discount may help you get home internet for free!

AFFORDABLE CONNECTIVITY PROGRAM (Workshop)

McGovern Park Senior Center - Monday, May 15, 2:00-3:15

Instructor: Donnei Trigg

In this hands-on workshop, you'll verify your eligibility for the Affordable Connectivity Program (ACP) and apply for the program using the online application! ACP is a permanent, government program that helps qualifying low-income households pay for internet service and connected devices. Depending on your internet plan, the ACP discount may help you get home internet for free! This program replaces the Emergency Broadband Benefit (EBB) program and expands the eligibility requirements so more people are eligible to participate. Once your application is accepted, contact an Internet Service Provider about getting home internet.



✉ TechConnect@Servingolderadults.org

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

**TechConnect for
Older Adults**

A Program of SOA

Clinton & Bernice Rose Senior Center

Morning Blend w/Hot Topics - Fee: \$2 (includes cup of coffee & donut)

Led by Doris Hopkins-Brown

Mondays, May 1, 8, 15 & 22, 9:30 - 10:30

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

Balance and Stretch

Led by Eric Pampuch

Wednesdays, May 3, 10, 17, 24 & 31, 12:30 - 1:00

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

Walk Aerobics

Led by Shiery Horton

Thursdays, May 4, 11, 18, & 25, 9:30 - 10:00

Walk Aerobics is a free walking and fitness program for older adults striving to lead more active lives. The program helps you with overall health.

ADS Outreach

Presented by Milwaukee County Department of Health & Human Services

Thursday, May 4, 10:00 - 2:00

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

Seeds of Love - Fee: \$8

Monday, May 8, 9:00 - 11:00

Mother's love grows here at Clinton Rose. Our hands-on growing flowers activity create memories for a lifetime.

Pre-registration required.

Deeper Listening to Jazz

Presented by jazz musician & music educator Don Linke

Sponsored by the Jazz Gallery Center for the Arts

Tuesday, May 9, 12:00 - 2:00

Get tips from a jazz professional on how to have a deeper listening experience. Listen and discuss examples from the jazz catalog.

Art-making & Visualization Workshop

Presented by artist & art therapist Cheryl Ray

Sponsored by the Jazz Gallery Center for the Arts

Wednesday, May 10, 12:00 - 2:00

After guided creative imagery and quiet mindfulness, the class will create mandalas with colored pencils on heavy black paper. This art-making activity will be followed with a creative written response.

Mother's Day Brunch

Presented by Eras Senior Network

Thursday, May 11, 9:00 - 11:00

Mother's Day Brunch Buffet at Clinton Rose Center. Drink hot tea and enjoy our talented Roseettes Dance Group, Louis and some poetry. For more information please call 414-263-2255. No fee.

Pre-registration required

Movie Watchers Club

Friday, May 12, 9:00 - 11:00

Watch a movie and engage in fun discussions afterwards. *Popcorn and hot dogs are available for purchase.*

Community Outreach Resource Fair

Presented by Connection

Tuesday, May 16, 2023 10:00 - 2:00

Outreach Resource Fair.

Women of the Rose Monthly Meeting

Wednesday, May 17, 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, May 18, 10:15 - 11:15

Learn how to prepare different meals by eliminating loads of sodium while enjoying delicious flavors. Enjoy this cooking demonstration that includes a small sample and recipe card after the demo.

Advisory Committee Meeting

Tuesday, May 23, 10:30 - 11:00

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

My Choice Wisconsin

Presented by Dan Moore

Thursday, May 25, 10:00 - 11:00

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

Out & About Travel Committee Meeting

Thursday, May 25, 12:15 - 1:15

Get ready to start planning trips with the Travel Committee. Let this group sail you away to fun adventures throughout the year.

Memories in the Making

Sponsored by the Alzheimer's Association

Thursday, May 25, 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. **Pre-Registration required.**

Speak Your Mind

Monday - Friday, 8:30 - 4:30

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

Library Area

Mondays - Friday, 8:30 - 3:30

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

Walk With Ease

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

Take an easy walk to R&B music. Lower your blood pressure, blood sugar, and improve your overall health.

Clinton & Bernice Rose Senior Center

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!

Open Sewing - Fee: \$8 (4 weeks)

Mondays, Tuesdays, & Fridays, 9:00 - 3:30

If you enjoy sewing and 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 that open sewing & Miss Daisy's sewing group are two different groups. If interested in doing both, you must pay a total of \$16.00.*

Wisdom Counselor

Presented by Prophetess Willie Seward-Fowlkes

Tuesdays, 12:15 - 1:15

Do you need someone to talk to or pray with you? Mother Fowlkes is available for support.

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.

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. You don't want to miss the excitement. They will also be sharing resources and answering questions.

Senior Striders

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

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



**Make this month count.
Accomplish your goals.
You can do this!**

<p>Monday 9:30-10:30 OG Dance Group Practice 12:00-1:00 Walk With Ease</p>	<p>Tuesday 9:00-10:30 Roselettes Dance Group Practice 10:30-11:30 The Extensions Practice 12:15-1:15 Praise & Worship</p>	<p>Wednesday 9:00-10:00 Bingo 10:00-11:00 Senior Striders Exercise 11:00-1:00 Fitness Center Orientations 12:00-1:00 Walk With Ease 12:30-2:30 Open Jewelry Making Class *</p>
<p>Thursday 9:00-10:15 Roselettes 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</p>	<p>Friday 9:00-11:00 Movie Watchers Club 12:00-1:00 Walk With Ease</p> <p>* Has a fee</p>	<p>Daily 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 Re-gift Shop open</p>

Kelly Senior Center

Who is That Baby?

Photo Submissions: Monday - Friday, May 1 - 5

Guessing: Monday - Friday, May 8 - 12

Submit a baby photo of yourself in the first week of May, and in the second week try to guess who is who!

Bingo

Sponsored by Harbour Village

Wednesday, May 3, 1:00 - 2:00

Join us for an afternoon of Bingo!

Registration recommended.

Landlord/Tenant Rights

Presented by The Bureau of Consumer Protection

Wednesday, May 10, 10:00

Many Wisconsin residents live in rental housing. As a landlord or tenant in Wisconsin, it is important to understand your rights and responsibilities. As part of the presentation, landlord and tenant resources will be available. **Registration required.**

Medicare Consultations

Thursday, May 11, 9:00 - 11:00

Meet with a Medicare expert to get your questions answered in an objective, one-on-one appointment.

Appointment required, contact Deanna.

Women's Club: Mother's Day

Monday, May 15, 1:30

Join the Women's Club for tea and cake in appreciation of mothers, aunts, sisters, friends, and the other ladies that do so much for us all. You do not have to be a member of the Women's Club to attend.

Registration required.

Card Making Class - Fee: \$5

Tuesday, May 16, 11:00

The card makers are back! Learn to make two beautiful greeting cards and take them home afterwards! Supplies and instructions will be provided. Homemade door prizes for each participant!

Registration required.

Bingo

Sponsored by Villa St. Francis

Tuesday, May 16, 1:00

Join us for an afternoon of Bingo!

Registration recommended.

Scam Prevention

Presented by Max A. Sass & Sons

Wednesday, May 17, 1:00

In the age of technology, more and more seniors are falling prey to scammers wanting to make a quick buck. This information is provided by Mike Scasny, a retired Milwaukee County Sheriff Deputy, who spent over 25 years serving our metro community.

Registration required.

Kelly Advisory Meeting

Wednesday, May 24, 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.

Dentures and Dental Implants

Presented by Britely Dentures and Implants

Thursday, May 25, 1:00

What happens after a diagnosis of periodontal disease beyond saving natural teeth? How advanced are dentures and dental implants today? Attend this 20 minute presentation and 20 minute FAQ for all the information that is out there about different implant options.

Volunteer Meetup

Friday, May 26, 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.

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.

Tai Chi Practice Session

Mondays, 10:00 - 11:00

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. Now meeting in the South Building. Walk-ins welcome.

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 (April - June)

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. **Registration required.**

Ceramics Studio - Fee: \$20 (April - June)

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 perform seated and standing postures. Using a chair can help make various movements more accessible and comfortable. For all levels. Walk-ins welcome.

Chronic Pain and Illness Peer Mentorship Group

1st & 3rd Tuesdays, 2:30 - 3:30

Living with chronic pain or illness? Meet others in a similar situation and share stories, tips, and support.

Kelly Senior Center

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.

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.**

Line Dancing

Wednesdays, 11:00 - 12:00

Some line dancing experience is required. Dance away your Wednesday mornings with our experienced volunteer instructor. Walk-ins welcome.

Open Art Studio

Wednesdays, 10:00 - 12:00

Join the fun and get assistance with painting and drawing from experienced artists. Open to all skill levels. 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.

Nature Walk

Thursdays, 9:00

Dress for the weather and wear your walking shoes to join our walking group for a hike through beautiful Warnimont Park. The group meets in the lobby.



May Days

Lovebugs fill the air.
Butterflies are everywhere!
Hummingbirds zip
and zoom without care.

May days grow hot.
Sometimes there's a breeze,
and sometimes there's not.
Most days I spend dreaming
in my favorite spot.

As mayflies and dragonflies
slink and scat away,
I dawdle and linger,
right here I will stay,
in the very merry month of May.

- Kiesha Shepard

<p>Monday 8:45 Morning Exercise 10:00 Tai Chi 12:30 Parkinson's Exercise 1:00 Dartball 1:00 Dominoes 1:00 Mahjong 1:00 Quilting *</p>	<p>Tuesday 8:30 Morning Fitness 9:00 Ceramics * 9:00 Quilting * 10:00 Chair Yoga 10:30 Acoustic Meetup 2:30 Chronic Illness Group</p>	<p>Wednesday 9:30 TOPS 10:00 Art Studio 10:00 Sheepshead 11:00 Line Dancing 12:30 Canasta 1:00 Dominoes 1:00 Quilting *</p>
<p>Thursday 8:30 Morning Fitness 9:00 Ceramics * 9:00 Knit & Crochet 9:00 Nature Walk 10:00 Sheepshead 12:30 Canasta * These activities have a fee</p>	<p>Friday 8:45 Morning Exercise 9:30 Bridge 9:30 Fitness Center Orientation 11:30 Fitness Center Orientation 12:00 Balance & Stretch 1:00 Cribbage</p>	<p>Daily 8:30-10:30 Social Club 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 11:00-11:30 Lunch</p>

McGovern Park Senior Center

Blood Pressure Check

Presented by Milwaukee Career College

Monday, May 1, & 15, 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, May 4, 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.

Is Your Plate Heart Healthy?

Presented by Humana

Wednesday, May 10, 12:30

In this presentation you will learn the reasons and the benefits of adding color to your plate.

Mother's Day Sip & Paint

Friday, May 11, 12:30

This Mother's Day we are having a sip and paint event. Listen to soft music and friendly conversation while painting your canvas.

Please sign up for this event.

MyPlate Nutrition Class

Presented by Hunger Task Force.

Friday, May 12, 12:30

In this presentation you will learn the difference between bad fats and healthy fats. Each class includes a cooking component or food samples. All participants will leave with a handout that summarizes the nutrition information.

Reviving Our Garden Beds

Presented by Ground Works

Saturday, May 13, 9:00 - 4:00

If you are interested in gardening, please help us get our garden beds cleaned and ready. If you would like to plant tomatoes, greens, or seeds of your choice, please contact McGovern Park Senior Center.

Hands Only CPR Class

Presented by The Milwaukee Fire Department

Thursday, May 17, 11:30

In this class you will learn how to administer CPR in case of an emergency. CPR can possibly double or triple chances of survival. Please sign up to attend this class. There will not be any certificates given for this class.

(New) Coffee Bar

Monday - Friday, 8:30 - 12:00

Welcome to our new coffee bar. We've got just what you need. Coffee and friends that make the perfect blend.

Billiards

Monday - Friday, 8:30 - 4:30

Want to shoot pool? There are always plenty of friendly faces ready for a game.

TOPS

Mondays, 9:00 - 10:00

Taking off pounds sensibly is just right for you if you want to effectively shed those unwanted pounds. Best of all you'll learn health options from supportive TOPS members.

Dance For Fun & Fitness

Every Monday & Wednesday, 10:00 - 11:00

Every Friday, 11:30 - 12:30

Shake up your fitness routine with line-dancing. This workout is something you are sure to enjoy.

(New) Senior Wheelers

Mondays & Wednesdays, 9:00 - 10:00

Come take a bike ride on the scenic trail at McGovern Park. Let us know if you have a bike that needs repairing. Our bike experts will try to help fix it.

Walking Group

Mondays & Wednesdays 9:00 - 10:00

Social support is a key factor in sticking with an exercise program, and a walking group can provide the motivation you need to stay active.

(NEW) Billiard for Beginners

**Every Monday, Wednesday, Friday,
10:00 - 11:00**

In this class you will learn how to hold the pool stick correctly, the science and feel of aiming, and how to hit the cue ball properly.

Upper Body Exercise

Mondays & Fridays 11:00 - 11:20

This is an upper body chair workout using hand weights.

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 will 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!

McGovern Park Senior Center

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 today's workout a try.

(New) McGovern Chess Club

Tuesdays, 1:00 - 2:00

Interested in playing chess? In this interactive beginners course you will learn the rules of chess, tactics, attack and defense.

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.

Advisory Meeting

Thursday, April 20, 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, May 18, 12:30

Book title: "Just As I Am"

Author: Cicely Tyson

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

Bible Study

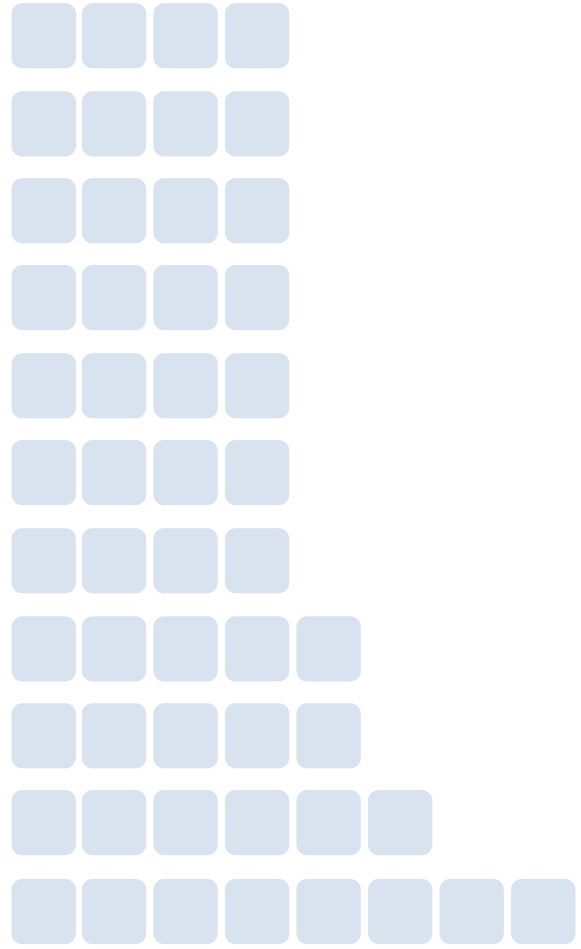
Every 1, 2, & 4, Friday of the month, 10:00

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

(New) Beginners Dance For Fun & Fitness

Every Friday, 11:30

This class is for those who would like to learn the steps to line dancing in a small group setting.



How many words can you create with the following letters:

I M R E M A L O

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

Washington Park Senior Center

Art Show

Thursday, May 25, 10:00 - 12:00

Join our Washington Park participants as they showcase their beautiful artwork. Enjoy smooth jazz music and hors d'oeuvre while strolling through the lobby.

Bocce Ball

Wednesdays, 10:00 - 11:00

Join your fellow Washington Park participants for this friendly outdoor game and get some exercise too. Takes place on the west lawn of WPSC. Weather permitting.

My Plate Nutrition Class

Tuesdays, 12:00 - 12:30

Erin Breggeman, Community Dietitian at Hunger Task Force, will be teaching a 12-week nutrition class that covers different nutrition topics. There will be taste tests, handouts, and recipes.

Aging & Disability Services (ADS) Outreach

Presented by Milwaukee County Department of Health & Human Services

Tuesday, May 2, 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.

Advisory Meeting

Tuesday, May 8, 10:00 - 11:00

Find out what's happening at Washington Park Senior Center and SOA. All participants are encouraged to attend.

MATC Dietetic Technician Presentation

Wednesday, May 10, 11:00 - 12:00

Join a presentation on nutrition from students in the Dietetic Technician program at MATC. The students will be sharing information about healthy eating.

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

Thursday, May 11, 11:30 - 12:30

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

Travel Club, Indoor MINI Rummage

Wednesday, May 19, 10:00 - 12:00

The Travel Club will have a mini rummage sale in the lobby. Check them out if you are looking for treasures.

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.

Open Sew

Mondays, 9:00 - 11:00

Learn basic sewing skills and how to mend clothes. Bring your projects and creative ideas. All levels are welcome.

Knitting and Crochet

Mondays, 9:00 - 11:00

Learn how to knit or crochet at your own pace. Please bring your own basic supplies (we do have some to share). Pick up new skills or share project ideas with others.

Chair Arthritis

Mondays, 10:00 - 11:00

Get fit while sitting and exercising at your own pace. These special exercises can help reduce joint pain and improve overall flexibility.

Balance and Stretch

Mondays, 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!

Billiards

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

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

Learn to play pool with an instructor or work on your skills individually. WPSC has a wonderful billiards room with several tables to use.

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 is equipped to help you get in shape. A health and wellness coordinator is available to give an orientation and discuss your personal fitness goals.

Washington Park Chit-Chat Club

Monday - Friday, 8:30 - 4:00

Join your fellow participants in the lobby for friendly chats. Coffee and snacks are available for purchase in gift shop.

Table Tennis (Ping Pong)

Monday - Friday, 1:00 - 4:00

Come play a friendly game of table tennis. It's a fun way to get daily exercise and increase eye-hand coordination.

Woodshop - Fee: \$25/month

Monday - Friday, 9:00 - 3:00

Our woodshop is equipped to help you complete your next project. New participants must attend an orientation prior to registration. Sign up for an orientation in the office.

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.

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. All interest and skill levels are welcome!

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 game of chess. All levels are welcome.

Welcome Home!

The Woods of Cedar Village
Gov't-Subsidized Senior Apartments

3311 W. College Ave.
Franklin, WI 53221

Tel: (414) 761-0244

Email: woods@cedarvillagehousing.com
Website: www.cedarvillagehousing.com

Newly Renovated Apartments & Common Areas!

414.892.9199
https://goodlandhomebuyers.com

GOOD LAND HOME BUYERS

- no commissions
- no showings
- no cleaning
- no repairs

LOCAL PROFESSIONALS WITH A FAIR OFFER ON YOUR HOUSE TODAY.

WE'RE HIRING!

AD SALES EXECUTIVES

BE YOURSELF. BRING YOUR PASSION. WORK WITH PURPOSE.



- Paid training
- Some travel
- Work-life balance
- Full-Time with benefits
- Serve your community

Contact us at careers@4lpi.com or www.4lpi.com/careers

LET'S GROW YOUR BUSINESS

Advertise in our Newsletter!

CONTACT ME
Alex Nicholas

anicholas@lpicommunities.com

(800) 950-9952 x2538

At TMG, Wisconsin's 1st IRIS Consultant Agency, **self-direction is all we do.**

En TMG, la 1ª agencia consultora IRIS de Wisconsin, **autodirección es todo lo que hacemos.**



tmg
Let's clear the path ahead.

tmgwisconsin.com
(844) 864-8987

Local. Experienced. Resourceful. • Local. Experimentada. Ingeniosa.

Ask your Aging and Disability Resource Center about your long-term care options.
Pregunte en su Centro de Recursos para el Envejecimiento y la Discapacidad acerca de sus opciones de cuidados a largo plazo.

Woodland Ridge

Independent Senior Communities close to shopping & entertainment, with 24-hour emergency maintenance, heat included* & weekly shopping bus!



Hill Crest* 55+ Crest View* 55+ High Grove 62+

One & two bedroom apartment homes
For a tour, please call
414-541-3333
3900 S. Prairie Hill Lane, Greenfield

Professionally Managed by Horizon Management Services
www.horizonseniorhousing.com
*income restrictions may apply

NEVER MISS OUR NEWSLETTER!

SUBSCRIBE

Have our newsletter emailed to you.



Visit www.mycommunityonline.com

Saturday, May 20th 10am - 4pm

Milwaukee County Sports Complex
6000 W. Ryan Road, Franklin, WI

Receive an extra raffle ticket for the gift card drawings with this ad!
One offer per person.

For more expo info visit:
FamilyGenerationsExpo.com



AARP Wisconsin SPONSOR

Free Admission!

Variety of Exhibitors!

Free Health Screenings!

Free Educational Seminars!

Hourly Drawings for \$100 Visa Gift Cards!



Washington Park Senior Center

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

Play this very popular and fun game with WPSC friends.

Quilting - Fee: \$20 (April - June)

Wednesdays, 9:00 - 12:30

Bring your creativity! Quilting support is provided by our knowledgeable leader.

Shuffleboard

Wednesdays, 9:30 - 10:30

Join this WPSC favorite! Get some exercise and have lots of fun. All levels are welcome.

Matinee at Washington

Wednesdays, 12:30

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

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 w/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.

Stained Glass - Fee: \$25 (April - June)

Friday, 9:00 - 11:00

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

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?

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!

***SAVE THE DATE**

Washington Park Center Closed for Annual Cleaning Monday - Friday, May 1 - 5

Dining will be closed. However, stockbox distribution will be Tuesday, May 2, 9:00 - 10:00

Gardening Club

Starts in the month of May, 9:00 - 11:00

Do you enjoy the outdoors or getting your hands dirty? Join us in planting a garden in our courtyard.

Black History is American History Program Tuesday, June 20, Program starts at 12:30 Doors Open at 11:30

Celebrate Juneteenth! Enjoy musical performances and listen to inspiring guest speakers from the community.

Summer Rummage

Saturday, June 24, 8:00 - 2:00

From trash to treasure! Don't miss this great opportunity to find a bargain or make a buck. Reserve your spot today. \$20 for each table. See Diane or Debbie for details.

<p>Monday 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</p>	<p>Tuesday 10:00-1:00 Chess 10:00-11:00 Gospel Choir 10:00-11:00 Stringed Instruments/ Vocals 10:00-11:00 Silver Steppers 10:30-1:30 Scrapbooking 11:30-2:00 Game Day</p>	<p>Wednesday 9:00-12:30 Quilting * 9:30-10:30 Shuffleboard 10:00-11:00 Bocce Ball 10:30-11:30 Hand Weights 12:30 Movie Matinee 12:30-2:00 Phase 10</p>
<p>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 12:30-1:45 Ballroom Dancing *</p> <p>* Has a fee & requires pre-registration</p>	<p>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</p>	<p>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</p>



Peace
Of Mind

Funeral and Cremation Services

414.453.1562

Robert Prostek - owner
5325 W. Greenfield Ave.

BUNZEL'S OLD FASHIONED MEAT MARKET

Fresh Custom Cut Choice Meats
Party Trays • Catering
Thank You For Supporting
A Family Tradition

9015 W. Burleigh 873-7960
www.bunzelmeats.com

WE'RE HIRING!

AD SALES EXECUTIVES



BE YOURSELF.
BRING YOUR PASSION.
WORK WITH PURPOSE.



- Paid training
- Some travel
- Work-life balance
- Full-Time with benefits
- Serve your community

Contact us at
careers@4lpi.com or
www.4lpi.com/careers

LET'S GROW YOUR BUSINESS

Advertise in our Newsletter!

CONTACT ME
Alex Nicholas

anicholas@picommunities.com

(800) 950-9952 x2538

SUPPORT OUR
ADVERTISERS!



Let us care for your aging parent so you can
spend more time with them, **enjoying life.**

RECEIVE FIRST MONTH'S RENT FREE!

(414) 908-4228 | RRoeglin@capricommunities.com

1500 W Sonata Dr, Milw
wilsoncommonswi.com

WILSON COMMONS

a capri community

INDEPENDENT LIVING | ASSISTED LIVING

**Assisted living only. Restrictions apply.*



Concerned about Medicare fraud? Give us a call...

PROTECT your
personal information

DETECT suspected
fraud, abuse, or errors

REPORT suspicious claims
or activities

Toll-free Helpline:
888-818-2611

www.smpwi.org

WisconsinSeniorMedicarePatrol



Preventing Medicare Fraud



My Choice Wisconsin
is a managed care organization that
serves government-funded programs
to seniors and adults with disabilities
in over 50 Wisconsin counties.

Visit us today:
mychoicewi.org/LPI
1-800-963-0035

For more information on your long-term care
options, contact your local ADRC.

DHS Approved 4/22/2021

This project was supported, in part by grant number 90MPPG0041-01-00, from the U.S. Administration
for Community Living, Department of Health and Human Services, Washington, D.C. 20201.



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

Serving Older Adults of SE Wisconsin, Milwaukee, WI.

C 4C 01-2067

Wilson Park Senior Center

Big Band Concert

Monday, May 8, 1:30

Spread love and kindness while showing off your best dance moves. There will also be light refreshments.

Bingo

Tuesday, May 9, 1:00

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

Take Me Out to the Ball Game Brewers Trip - Fee: \$30

Wednesday, May 10, 12:00

Wilson will be taking a trip to a Brewers game, and taking a stroll through the outfield. Come along and enjoy the game. The fee includes transportation and a Game Day ticket.

Karaoke & Koffee

Friday, May 14, 10:00

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

Mother's Day Tea Party

Friday, May 12, 10:00

Mothers and daughters dress in your Sunday's best and come enjoy delicious tea. Light refreshments like tea sandwiches will be served.

Meetings w/Medicare

Monday & Friday, May 15 & 26, 9:30

Do you have questions about Medicare? Are you interested in learning more about Medicare and how it can benefit you? Please visit the center on one of the mentioned dates for more information.

Coin and Stamp Collectors Group

Tuesday, May 16, 11:00 - 12:00

Share some of your treasured collections with other enthusiasts.

Wilson Senior Center Advisory Meeting

Wednesday, May 17, 10:00 - 10:30

Hear updates, stay informed and ask questions. You may attend in person or virtually.

Book Club

Wednesday, May 31, 10:15

Book: "Little Faith" by Nicholas Butler. A copy is available at Zablocki Library the first week of each month.

Guided Art Studio - Fee: \$25 (April 4- June 29)

Tuesdays & Thursdays, 9:00 - 3:15

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

Stained Glass Studio - Fee: \$25 (April 4- June 29)

Tuesdays & Thursdays, 9:00 - 4:00

Create beautiful glass projects. Beginner classes are offered upon demand. Contact the office to sign up.

Paper-Crafting - Fee: \$15 (April 4- June 27)

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.

Weaving-Intermediate - Fee: \$15 (April 6 - June 30) Thursdays & Fridays, 9:00 - 2:00

This program is designed for experienced weavers. Stop by the office to ask about beginner's level.

Summer Open Sew Classes - Fee: \$20/class (9 weeks)

Mondays, 11:00 - 1:00 (April 3 - June 26)

Tuesdays, 9:00 - 12:00 (April 4 - June 27)

Wednesdays, 1:00 - 3:00 (April 5 - June 28)

Learn new techniques while bonding with others. There are 3 classes. Choose one or take them all!

Hot/Fused Glass - Fee: \$25

Mondays, 9:00 - 12:00 (April 3- June 26)

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

(April 5- June 28)

Create beautiful works of art by applying various glass fusion techniques.

Ceramics Studio - Fee: \$25 (April 3 - June 30)

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

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

Intermediate Line Dance (April 3- June 26)

Mondays, 10:30 - 12:15

Kick up your heels and get into shape with line dancing.

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.

Cornhole League - Fee: \$10

Tuesdays, 1:00 - 3:00

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

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 your next masterpiece using tools and materials in our woodshop. All skill levels are welcome.

Spring Forest Qigong

Wednesdays, 10:15 - 11:00

This practice promotes the flow of energy throughout the mind, body, and spirit. No experience needed.

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.

Wilson Park Senior Center

Gentle Yoga

Wednesdays, 2:00

Yoga is safe for all ages and body types. This low impact exercise can be adapted to improve fitness.

Advanced German - Fee: \$10

Thursdays, 9:15

Build upon your current German knowledge.

Tap Dance - Fee: \$40 (March 30 - 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.

Guitar Lessons

Thursdays, 12:00 - 1:30

Get guided instructions as you learn how to play the guitar. All skill levels are welcome.

Recorder Ensemble

Thursdays, 1:00 - 2:30

Join the musical adventure as you share your love of music and the unique sounds of woodwind instruments.

Guitar Jam

Fridays, 9:30 - 12:00

Jam with folks who love to play guitar. All levels are welcome to join the fun.

Movies & Popcorn

Fridays, 1:00

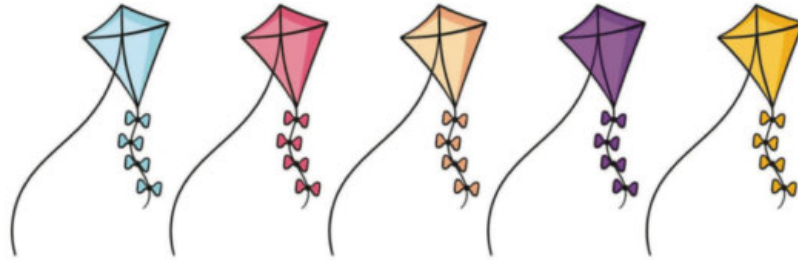
May 5 - Mermaids

May 12 - The King's Man

May 19 - Otherhood

May 26 - The Count of Monte Cristo

Come and enjoy a movie and popcorn!



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

2023 Senior Health and Fitness Day

Wednesday, May 31st

GET UP AND MOVE!



Join us at any of our five Senior Centers to enjoy exercise classes, line dancing, cooking demonstrations, health screenings, door prizes at each session and more!

Clinton Rose Senior Center
 3045 N Dr Martin Luther King Jr Drive
 (414) 263-2255
 9:30 Fitness and Nutrition Apps
 11:00 Walk with Ease
 12:30 Learn About Fall Prevention

Washington Park Senior Center
 4420 W Vliet Street
 (414) 933-2332
 9:00 Healthy Cooking Demo
 10:00 Urban Pole Walking Demonstration
 10:30 Hand-weights Class

Kelly Senior Center
 6100 S Lake Drive
 (414) 481-9611
 10:00 Balance & Stretch
 11:00 Line Dancing
 12:30 Healthy Cooking Demonstration

Wilson Park Senior Center
 2601 W Howard Avenue
 (414) 282-5566
 9:15 Morning Exercise
 10:30 Foot Care Presentation
 12:00 Snacks and Facts

McGovern Park Senior Center
 4500 W Custer Avenue
 (414) 527-0990
 10:00 Dance for Fun and Fitness
 11:00 Healthy Food Options w/ Nutritionist
 12:30 Learn about Evidence-based Programs

Blood Pressure screenings offered at all five centers.
 These are FREE classes for adults 50 and better.
 Call your local center for more details.



The support you need when you need it.

Dedicated to our healing ministry, Franciscan Villa offers many safe living options, including Assisted Living, Memory Care, Skilled Nursing and Rehab. For tours or to learn more, visit CHILivingCommunities.org or call 414.570.5474.



CONNECTIONS

YOUR VISION. YOUR PATH. YOUR PARTNER.

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

LET'S GROW YOUR BUSINESS

Advertise in our Newsletter!

CONTACT ME Alex Nicholas

anicholas@lpicommunities.com • (800) 950-9952 x2538



Independent Living

Housing Authority of the City of Milwaukee

Visit waitlist.hacm.org for more information about our affordable housing options.





Older Americans Month is celebrated every May to honor contributions of older Americans. This year's theme of *Aging Unbound* is an opportunity “to explore a wide range of aging experiences and to promote the importance of enjoying independence and fulfillment by paving our own paths as we age.”

Milwaukee County is proud to celebrate Older Americans Month. We believe that living life to the fullest is important at any age and are committed to helping older adults connect to programs to enhance their quality of life. To learn more, call the ADRC at (414) 289-6874 or visit county.milwaukee.gov/aging.



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

Aging Unbound

This May, join us as we recognize the 60th anniversary of Older Americans Month and challenge the narrative on aging. This year's theme, *Aging Unbound*, offers an opportunity to explore a wide range of aging experiences and to promote the importance of enjoying independence and fulfillment by paving our own paths as we age. Here are some ways we can all participate:

Embrace the opportunity to change. Find a new passion, go on an adventure, and push boundaries by not letting age define your limits. Invite creativity and purpose into your life by trying new activities in your community to bring in more growth, joy, and energy.

Explore the rewards of growing older. With age comes knowledge, which provides insight and confidence to understand and experience the world more deeply. Continue to grow that knowledge through reading, listening, classes, and creative activities.

Stay engaged in your community. Everyone benefits when everyone is connected and involved. Stay active by volunteering, working, mentoring, participating in social clubs, and taking part in activities at your local senior center or elsewhere in the community.

Form relationships. As an essential ingredient of well-being, relationships can enhance your quality of life by introducing new ideas and unique perspectives. Invest time with people to discover deeper connections with family, friends, and community members.

Community Resources



Advisory Committee Meetings

This is a great opportunity to get involved in your senior center. Hear updates, stay informed, and ask questions.

Clinton Rose	Tue., May 23, 10:30 - 11:00
Kelly	Wed., May 24, 1:00 - 2:00
McGovern Park	Thu., May 18, 9:00 - 10:00
Washington Park	Tue., May 9, 10:00 - 11:00
Wilson Park	Wed., May 17, 10:00 - 10:30

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	414-263-2255
Kelly	414-481-9611
McGovern Park	414-527-0990
Washington Park	414-933-2332
Wilson Park	414-282-3284

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	Thu., May 4, 11:00 - 12:00
Kelly	Thu., May 18, 12:30 - 1:30
McGovern Park	Thu., May 25, 12:00 - 1:00
Washington Park	Tue., May 2, 9:30 - 10:30
Wilson Park	Tue., May 16, 10:00 - 11:00

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.



Marjorie L. Christiansen Foundation



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

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

Park People
 Pete's Supermarket
 Pick N Save/Metro Market
 Safe and Sound
 Salvation Army
 Senior Helpers
 Sorenson
 Soul to the Polls
 Southeastern Wisconsin Deaf Senior Citizens
 St. Croix Hospice
 Syngery Homecare
 The Power of Change
 University of WI-Madison
 Urban Ecology Center
 VA
 Villa St. Francis
 Walgreens
 Westcare
 Wildcats-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 April 2022 - March 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.

\$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

Heartland Properties, Inc.
Jordan & Renee Luhr
Milwaukee Irish Fest Foundation, Inc.
Pieper Electric, Inc.

Dennis Lech
Roy & Lynn Meythaler
Realty Executives Integrity/
Bruce's Team
Daniel & Nicole Renouard
Robertson Ryan & Associates
Cynthia Sheridan
Rick Tsao

Stephanie Mares
Lynne Grages & Paul Neymeyr
James Paull
Thomas Piotrowski
Mike Prudhom
Mike & Sally Radka
Jo Ann Rucker
Sylvester Rucker
Althea Stover
Lawrence Taylor
Phyllis Veerhaalen
Wisconsin Literacy, Inc

\$10,000 - \$49,999

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

\$1,000 - \$1,999

AARP Wisconsin
Harvinder Ahuja
Preston Alvadj
Bridgette & Kevin Frommell
Inpower Solutions
Stephanie & Paul Mares
My Choice Wisconsin
James Sheridan
David & Melissa Stauber
Kimberly Stefl
We Energies Foundation
Susan Zimmer

\$250 - \$499

Anonymous (2)
AETNA Medicare Solutions
Frank Brindza
Tom & Cheri Briscoe
Patricia Buente
Marsha & Paul Bukofzer
Jo Cross
Pat Ehlert
Don & Christine Gardner
Sylvia Gear
Hayat Pharmacy
HearingLife
Linda Heintz
Diane Jandrom
Desmond Jenkins
Mr. K
Bart Kocha & Carol Marefka

\$5,000 - \$9,999

Anonymous (1)
Francie Luke Silverman Foundation

\$500 - \$999

Anonymous (1)
Connections
James & Cheryl Hempel
Michael Hoff
Humana
Sherry Kulhanek
John C. Lapinski

\$2,000 - \$4,999

Anonymous (1)
Mindy & Steve Anderson
Geneva Capital Management



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

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

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

What is a GEM?

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

How do I become a GEM?

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

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

Serving Older Adults
Attn: Development
4420 W Vliet St
Milwaukee, WI 53208

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

Partners to \$249

Anonymous (1)	Kay Duggan	TJ	Thomas McCallum	LeafGuard	Vernestine
Marie Abbott	Fannie Edwards	Lue Jemison-	Lefonzia McCrory	Ray Saron	Varnado
Mojahida Ahmad	Pat Ehlert	Spivey	Jeanine	Kathy Schauer	Judy & Elroy
Allay Home & Hospice	Eva Eiseman	Vertaree Jenkins	McFadden	Stuart & Gayle	Vesely
Theodore & Mariane Allen	Dianne Ertel	Ertone Jenkins	Lynn Medlin	Schenk	JeanV
Annie Anderson	Devonna Eubanks	Verna Johnson	Ruby Meeks	Ron & Renee	Barbara Walter
Gloria Anderson	Anne Fagan	Lynne Johnson	Evelyn Merriett	Scherr	Carolyn Ward
Ernice Austin	Janet M. Falk	Rayfield Johnson	Neal & Dianne	James & Barbara	Beth Waschow
Autumn Leaves of Franklin	Kenneth Fekete	Jo D. Joiner	Michel	Schroeder	Georgette Watkins
Mary Ann	Sharron Fitak	Lola Jones	Jerry & Mary Ellen	Brad & Amy	Diane M. Weber
Bagemehl	Vera F. Ford	Cindy Juds	Mikulay	Schultz	William B. Welsh
Paul & Nancy	Mark & Kellie	Judy	Pamela Miller	Dennis Schwab	James Williams
Baniel	Foster	Debra Jupka	Milwaukee Health Services, Inc.	Larry & Darlene	Gerald & Mary
Linda Barikmo	Freda Fowlkes-	Joan Kadow	Stephen & Celia	Schwartz	Williquette
Margaret Barnes	Bell	Judith Kaiser	Misovy	Carol Scott	Tim Wilmes
Mary Batzler & Michael Jaeger	Robert & Judith	Jeanne & John	Stephanie Momon	Rozanne Screven	Larry Winfield
Christine I. Beck	Free	Kennedy	Curtisthene	Barbara Semons	Wisconsin Talking
Jan Behnke	Rosemarie	Jacquelyn Ketten	Montgomery	Marge Senger	Book & Braille
Jean Bennett	Fridrick	James Kimble	Harry & Rosanne	Dorothy Severson	Library
Raymond Berg	Jacqueline Fryer	Kathryn	Moore	Frank Sloan	Cathy & Tom
Aivars Bergmanis	Richard & Joan	Kobelinski	Johnnie Moorer	Louis & Henrietta	Wood
Bonita Biba	Gaeth	Trina Koch	Sharon Morris	Smith	Judith & Winton
Sorenson	Pamela Galasinski	Teri & Karl	O. Morris	Paulette Smith	Wood
Carolyn	Mary Galien	Kodrich	Tiffany Mosby	Barbara Sottile	Steve Woods
Blackwood	Jerro Gardener	Barbara	Donald Mueller	Lee Sprengel	Angela Woods & George Felder
Yvonne A. Block	Janie Gardener	Kogutkiewicz	Ms. W. Nash	Gary Kubacki & Marianne	Charles Woodward
Susan Bock	Ruth Gaura	Edward & Kathaleen	Mary Neitzel	Staszak	& Kate Hannah
Patricia Boettcher	Brett & Rosie	Kosanke	Network for Good	Alice & David	Angelia Young
Jim & Holli Bohn	Gelinsky	Lucille Kozelek	John & Peggy	Steuck Konkel	Dawn Zakian
Pat Bolden	Virgil George	Edward Krueger	Niemer	John & Eileen	Anna Zdrubeky
Frank & Patricia	Matt Glaske	& Carla Staab	Norma Nonneman	Stewart	
Bruce III	Marsha Godfrey	Thomas & Mary	Niedra North	Ted Stiller	
Phyllis Bruneau	Estelle Gooder	Kurth	Herb Olson	Alice Stokes	
Wayman	Rita Gorman	Alexander & Sharon Rae	Osher Lifelong	Sandy Stoller	
Buchanan	Mary Ellen Graby	Landergott	Learning	Carol Stolpa	
Susan Buhler	Mae Gray	Durka	Institute at UWM	Janet M. Strom	
Alton Campbell	Jan Gray	Mel Larsen	Marlene Ostrowski	Jeffrey Sweetland	
Marie Campos	The Greenbergs	Robert Larson	Alvia Papara	& Margaret	
Robert Carroll	Michael Gronitz	Diane Lembck	Janet Pape	Murphy	
Chapel Garden	Nancy Guerin	Charlotte Lewis	Paper Craft Group	Gerri & Thomas	
Apartments	Rita Gutowski	Deborah Lewis	Ouida Paris	Taylor	
Valsa Cherian	Crystal H	Renate Liedtke	Charlotte	Jan & Tim Tessler	
Diane Chilinski	David Haase	Maxine Lijewski	Patterson	Mary Tetzlaff	
Jason Christ	William Hable & Jane Tanner	Allan & Diane	Katherine Peoples	The Milwaukee	
Moira Conley	Joyce Hailstock	Lindsay	John Podsedly	Boppers & Steppers	
Ann Cook	Nancy Hallberg	Jill Littlefield	Profit For Your	Yvonne Thomas	
Albert Cooper	James Hansen	Michael Loew	Tours	Ed & Judy Thomas	
Lynn Crawford	Diane Harley	Mark & Carol	Joyce Radtke	Janet Thompson	
James Drake	Minnie Harmon	Loomis	Stephen & Susan	Virginia Thurow	
Alvin Czysh	Nancy Harwood	Jennifer Lopeman	Ragatz	Vicki Tiedeman	
Ken & Barb Czyns	Diane Hellrung	Tom & Edwardine	Jean Rehse	Shirley Tiedjen	
Debra	Cleophas	Magnus	Sue Reinhard	Thomas Tillam	
Eugene Dee & Barbara Uquillas	Henderson	Yvonne Mahoney	Geraldine Renner	Margaret Todd	
Luana Dembiec	Lenore Hernandez	Stephen & Mary	Lotie Rieden	Joanne Toman	
John Destefanis	Home Sweet	Maier	Michele Rinka	TOPS 0033	
Anton & Sonja	Home Greater	Peter & Dorothy	Rachel Ritchhart	TOPS Members	
Devic	Milwaukee	Majchrzak	Willie Rogers	Barbara	
Nancy & Joseph	Doris Hopkins-	Kathy Mallett	Roselettes Dance	Torgerson	
Di Giacinto	Brown	Jon Maresh	Group	Connie Trapp	
Marge (Mëgen)	Donna Horrigan	Mary Marks	Kenneth & Carol	Jacquelyn Trice	
Diekow	Shirley Horton	Susan Marsolek	Roth	Mary Tschannen	
Kelsey & Gurvir	Dennis & Cynthia	Jewel Martin	Lorraine Russell	Andrea Urbaniak	
Dosanjh	Horzewski	Ed Matichuk	Eleanor Ryan	UWM Doctor of	
Margaret Drake	Richmond Izard	James Matkey	Diane Rychlinski	Physical Therapy	
	Callie Jackson	Gloria Mays	Jimmie Sanders	Program	
	Julie Jacobson	Fulsom	Caroline & Robert	John Valenti	
	Thomas Janczak	Bonnie McAuly	Sanderson		
	Del Januchowski		Jimmy Sandson		

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 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 Partnership pages for a complete list of partners.

Donors will be recognized each month on the Partnership pages of "The Connection" and in our annual report.

FOR OFFICE USE ONLY

Date Received: ____/____/____ Receipt# _____

Location: _____ Init: _____