

SERVING OLDER ADULTS OF SOUTHEAST WISCONSIN, INC.

June 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

SOA CLOSURES

Jun. 6 - Staff Training (*all centers closed @ 1:00*)
Jun. 19 - Juneteenth (*all centers & dining sites closed*)
Jun. 26-30 - Wilson closed for annual cleaning

HOURS

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

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Aging Well

TOGETHER

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

SERVING OLDER ADULTS ADMINISTRATION

President/CEO *Cathy Wood*
Chief Financial Officer *Jodi Bauer*
Director of Programs *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) 704-3343

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: *Bob Best*
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

SUMMER

CLINTON & BERNICE ROSE SENIOR CENTER

Father's Day Spirit Week

Presented by Clinton Rose Staff

Monday - Friday, June 12 - 15, 8:30 - 3:30

Come and enjoy a fun filled week with snacks and activities for the fathers. For more information please call 414-263-2255. No fee.

Father's Day Lunch/BBQ

Presented by Eras Senior Network

Thursday, June 15, 12:00 - 2:00

Father's Day Lunch For more information please call 414-263-2255. No fee. **Pre-registration required.**

Juneteenth Program/Black History Celebration

Hosted by Clinton Rose Staff

Friday, June 23, 12:00 - 2:30

Come join us to keep the celebration going. Enjoy food, music, and presentations provided by our very own participants. For more information, please call 414-263-2255. No fee. **Pre-registration required.**

KELLY SENIOR CENTER

Boost Your Brain & Memory

Thursdays, June 8 - July 27, 2:00 - 3:30

This is an 8-week long, evidence-based program that takes a holistic approach to improving brain health. It is intended for adults 55+, who are not diagnosed with dementia, to learn ways that lower the risk of developing it. Register directly through Dementia Care Specialist, Candice: 414-289-5792 or Candice.Legros@Milwaukeecountywi.gov.

World Elder Abuse Awareness Day Resource Fair & Bingo

Presented by Milwaukee County

Thursday, June 15, 9:30 - 11:30

Join us for a resource fair, Scam Singo (Bingo) with prizes, and walk in honor of World Elder Abuse Awareness Day. **No registration required.**

MCGOVERN PARK SENIOR CENTER

Dental Hygiene

Presented by Familia Dental

Wednesday, June 14, 12:30

Oral hygiene is the practice of keeping one's oral cavity clean and free of problems. Oral hygiene be carried out on a regular basis to enable prevention of dental disease and bad breath.

Fathers Day Event

Friday, June 16, 12:30

We would like to honor all of our men who are participants at McGovern Park with a grilled lunch. Happy Fathers Day!

Senior Resource Fair

Friday, June 23, 9:00 - 1:00

You're invited to participate in our Annual Resource Fair. This is going to be an exciting and fun time for local seniors to gather with information.

WASHINGTON PARK SENIOR CENTER

"Black History is American History Every Day"

Tuesday, June 20, Doors open at 11:30,

Program starts at 12:30

Please join us for a very special event. Listen to guest speakers, enjoy music, Youth Praise Dancers performances, and more.

WPSC Annual Summer Rummage - Admission:

\$.50 (children age 12 and under are Free)

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

Indoor rummage sale. Concessions available. Tables are available for \$20 each. For more info., call (414) 933-2332.

(NEW) Ceramics - Fee: \$10

Thursday, June 15 & 29, 9:00 - 10:30

Learn the art of using a slip casting technique. You will be able to pick your mold, choose your colors and make your own creation.

Day Trip to the Zoo - Fee: \$7

Monday, June 26, 9:00 - 2:00

Enjoy fresh air and exercise as you explore the zoo, connect with wildlife, and meet the animals.

WILSON PARK SENIOR CENTER

Milwaukee Zoo Trip - Fee: \$7

Monday, June 12, 9:30

Join us for a wonderful trip down to the Milwaukee County Zoo. Enjoy the sun, entertaining animals and fellowship with friends. **Register by June 5th.**

(NEW) Free Memory Screening

Monday, June 12, 12:30 - 4:00

Are you concerned about your memory? A memory screen is defined as a wellness tool that helps identify possible changes in memory and cognition. This is not a diagnostic tool, but a screen that can provide early detection for dementia. Call or stop by the office to register for a one on one 30 minute screening. **Pre-registration required.**

National Strawberry Shortcake Day

Wednesday, June 14, 1:00

Enjoy one of summertime's favorite desserts. First come first served while supplies last.

Father's Day BBQ

Sponsored by United Healthcare

Friday, June 16, 11:00

Fathers deserve to be celebrated. Enjoy a nice BBQ in their honor complete with games and music.

Pre-registration required. Register by June 9th.

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Mechele Lewis
262-278-8708 (TTY: 711)
Monday – Friday, 8 a.m. – 5 p.m.
mlewis58@humana.com



Ryan Johannsen
262-765-6362 (TTY: 711)
Monday – Friday, 8 a.m. – 5 p.m.
rjohannsen@humana.com



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".

EMAIL TIPS AND TRICKS (Workshop)

Kelly Senior Center - Monday, June 5, 10:00-11:15

Instructor: Daniel Nowotny

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.

AFFORDABLE CONNECTIVITY PROGRAM (Workshop)

Wilson Park Senior Center - Tuesday, June 6, 10:00-11:15

Instructor: Daniel Nowotny

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.

SMARTPHONES AT A GLANCE (Lecture)

Kelly Senior Center - Monday, June 26, 10:00-11:15

Instructor: Daniel Nowotny

If you're curious about what smartphones can do and why they've grown so popular, come to this lecture. You'll learn about popular smartphones on the market and some of their pros and cons. We'll also compare and contrast two of the most popular operating systems: Android and Apple's iOS.



✉ TechConnect@Servingolderadults.org

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

**TechConnect for
Older Adults**

A Program of SOA

Clinton & Bernice Rose Senior Center

Walk Aerobics

Led by Shirley Horton

Thursdays, June, 1, 8, 15, 22 & 29, 9:30 - 10:00

Walk Aerobics is a free walking and fitness program for older adults striving to lead more active lives.

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

Led by Doris Hopkins-Brown

Mondays, June 5, 12 & 26, 9:30 - 10:30

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

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

Led by Shirley Gilbert

Tuesdays, June 6 & 13, 12:00 - 1:00

Work those hips with lower body exercises. This class strengthens muscles and increases hip flexibility. Stop in the office or call 414-263-2255.

Stand Up and Move More

Wednesdays, June 7, 14, 21 & 28, 9:00 - 11:00

How much is too much time sitting during the day? Find out and learn strategies in this evidence-based program to Stand Up and Move More!

ADS Outreach

Presented by Milwaukee County DHHS

Thursday, June 8, 10:00 - 12:00

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

Movie Watchers Club

Friday, June 9, 9:00 - 11:00

Come watch a movie, then enjoy having fun discussions afterwards. *Popcorn and hot dogs available for purchase.*

Father's Day Spirit Week

Presented by Clinton Rose Staff

Monday - Friday, June 12 - 15, 8:30 - 3:30

Come and enjoy a fun filled week with snacks and activities for the Fathers. For more information please call 414-263-2255. No fee.

Cooking Demonstration w/Chef Marvin "The Unsalted Chef"

Presented by HEAL (Healthy Eating Active Living)

Thursday, June 15, 10:15 - 11:15

Learn how to prepare delicious and flavorful low-sodium meals. Enjoy a small sample & recipe card after the demo.

Father's Day Lunch/BBQ

Presented by Eras Senior Network

Thursday, June 15, 12:00 - 2:00

Father's Day Lunch For more information please call 414-263-2255. No fee. **Pre-registration required.**

Memories in the Making

Sponsored by the Alzheimer's Association

Thursday, June 22, 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.**



Juneteenth Program/Black History Celebration

Hosted by Clinton Rose Staff

Friday, June 23, 12:00 - 2:30

Come join us to keep the celebration going. Enjoy food, music, and presentations provided by our very own participants. For more information, please call 414-263-2255. No fee. **Pre-registration required.**

Advisory Committee Meeting

Tuesday, June 27, 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.

Speak Your Mind

Monday - Friday, 8:30 - 4:30

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

Library Area

Mondays - Friday, 8:30 - 3:30

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

Walk Easier (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.

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

Wisdom Studies

Tuesdays, 9:30 - 10:30

Embark on a spiritual journey with Rev. Clinton Joseph.

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

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

**“Summertime is always
the best of what might be.”**

— Charles Bowden

<p>Monday 9:30-10:30 Morning Blend 12:00-1:00 Walk Easier</p>	<p>Tuesday 9:00-10:30 Roselettes Dance Group Practice 9:30-10:30 Wisdom Studies 12:15-2:15 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 Easier</p>
<p>Thursday 9:00-10:15 Roselettes Dance Group Practice 12:00-1:00 Walk Aerobics</p> <p>* Has a fee</p>	<p>Friday 9:00-11:00 Movie Watchers Club 12:00-1:00 Walk Easier</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 *</p>

Kelly Senior Center

Gmail Tips & Tricks

Monday, June 5, 10:00 - 11:15

Go beyond sending and receiving email with this hands-on Gmail workshop. Learn how to use features like spellcheck, formatting emails, searching inbox, adding a signature, and attaching files. Includes demonstrations, hands-on practice, and plenty of opportunities to ask questions. Please note that this session will not go over how to sign up for a Gmail address. **Registration required.**

Bingo

Wednesday, June 7, 1:00 - 2:00

Join us for an afternoon of Bingo.

Registration recommended.

Medicare Consultation Appointments

Thursday, June 8, 9:00 - 11:00

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

Pre-Planning Breakfast

Presented by Max A. Sass & Sons

Thursday, June 8, 10:00 - 11:00

Learn all the basics about cremation and burial planning. This "user-friendly" experience includes materials that help explain the options for services, veteran benefits, cemetery fees, the legality of cremation, the next of kin law, and more. A light breakfast will be provided.

Registration required.

Boost Your Brain & Memory

Thursdays, June 8 - July 27, 2:00 - 3:30

This is an 8-week long, evidence-based program that takes a holistic approach to improving brain health. It is intended for adults 55+, who are not diagnosed with dementia, to learn ways that lower the risk of developing it. Register directly through Dementia Care Specialist, Candice: 414-289-5792 or Candice.Legros@Milwaukeecountywi.gov.

Hands-Only CPR

Presented by Cudahy Fire Department

Friday, June 9, 10:00 - 11:00

Put yourself in a position to potentially save a life by learning hands-only CPR. **Registration required.**

Home Improvement Law

Presented by The Wisconsin Bureau of Consumer Protection

Wednesday, June 14, 10:00 - 11:00

Protect yourself by understanding consumer protection laws before signing any home improvement contract. Get tips on hiring a contractor, contractor requirements, and required contract provisions. **Registration recommended.**

World Elder Abuse Awareness Day Resource Fair & Bingo

Presented by Milwaukee County

Thursday, June 15, 9:30 - 11:30

Join us for a resource fair, Scam Singo (Bingo) with prizes, and walk in honor of World Elder Abuse Awareness Day.

No registration required.

Card Making Class - Fee: \$5.00

Tuesday, June 20, 11:00 - 3:00

Make two beautiful greeting cards to take home! Supplies and instructions will be provided. Homemade door prizes for each participant! **Registration required.**

Bingo

Sponsored by Williamstown Bay

Tuesday, June 20, 1:00 - 2:00

Join us for an afternoon of Bingo.

Registration recommendation.

Father's Day Cookies

Sponsored by The Waters

Wednesday, June 21, As Supplies Last

Celebrate Father's Day by stopping by the lobby for the ultimate comfort food: cookies and milk. Walk-ins welcome.

Smartphones at a Glance

Monday, June 26, 10:00 - 11:15

Curious about what smartphones can do? Learn about popular smartphones on the market and their pros and cons. We'll also compare and contrast operating systems, Android and Apple's iOS. **Registration recommended.**

Toenail Trimmers, LLC Appointments - Fee: \$31.00

Tuesday, June 27, 9:00 - 4:30

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

Aging & Disability Resource Center Information Table

Wednesday, June 28, 10:00 - 12:00

Andy Bethke of the ADRC will be available to answer any questions you might have about the resources available to older adults. Walk-ins welcome.

Seasonal Tiered Tray Making: "Bee Happy"

Wednesday, June 28, 10:00 - 11:30

Decorate your own tiered tray with seasonal papercrafting! All supplies are included and an instructor will be available to help. No experience necessary—extremely beginner friendly. **Registration required.**

Advisory Meeting

Wednesday, June 28, 1:00 - 1:30

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.

Sip & Spruce: 4th of July

Sponsored by Badger Hospice

Friday, June 30, 10:00 - 11:00

Spruce up with a fresh coat of nail polish before July 4th, all while sipping festive mocktails! Please note: no nail trimming will be available. 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.

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. Walk-ins welcome.

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 (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.

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. 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.

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.

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. Walk-ins welcome.



<p>Monday 8:45 Morning Exercise 10:00 Tai Chi 12:30 Mahjong 12:30 Parkinson's Exercise 1:00 Dominoes 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>

Healthy Eating Active Living: Cooking Demonstration

Presented by Chef Marvin

Thursday, June 1, 12:00 - 1:30

Join Chef Marvin as he demonstrates how to cook up a healthy recipe with items from your stockbox. You will enjoy a sample of the Chef's delicious recipes.

Blood Pressure Check

Presented by Milwaukee Career College

Monday, June 5 & 26, 10:00

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

Art Workshop Class

Presented by Linda Hoffman

Tuesday, June 6 & 13, 9:30 - 11:00

In this class you will use liquid watercolors and art paper for making frames and beautiful note cards.

Dental Hygiene

Presented by Familia Dental

Wednesday, June 14, 12:30

Oral hygiene is the practice of keeping one's oral cavity clean and free of problems. Oral hygiene be carried out on a regular basis to enable prevention of dental disease and bad breath. All those who attend this presentation will receive a toothbrush and toothpaste.

Fathers Day Event

Friday, June 16, 12:30

We would like to honor all of our men who are participants at McGovern Park with a grilled lunch. Happy Fathers Day!

Memory Screening

Presented by Department of Aging

Thursday, June 22, 9:00 - 12:00

As we get older, it is important to recognize any changes we may experience, especially in relation to our memory. This is not a diagnostic but a screen that can provide early detection for dementia. This screening will be on a first come first serve basis.

Senior Resource Fair

Friday, June 23, 9:00 - 1:00

McGovern Park Senior Center would like to invite you to participate in our Annual Resource Fair on Friday June 23, 9:00 - 2:00. This is going to be an exciting and fun time to help provide local seniors with information and resources that they possibly may not know about.

Healthy Eating Active Living: Cooking Demonstration

Presented by Chef Marvin

Thursday, June 1, 12:00 - 1:30

Join Chef Marvin as he demonstrates how to cook up a healthy recipe with items from your stockbox. You will enjoy a sample of the Chef's delicious recipes.

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

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

11:30 - 12:30, Friday, 10:00 - 11:00

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

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.

Billiard for Beginners

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 Wednesdays & 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.

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.

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, June 15, 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, June 15, 12:30

Book title: "Straight Shooter"

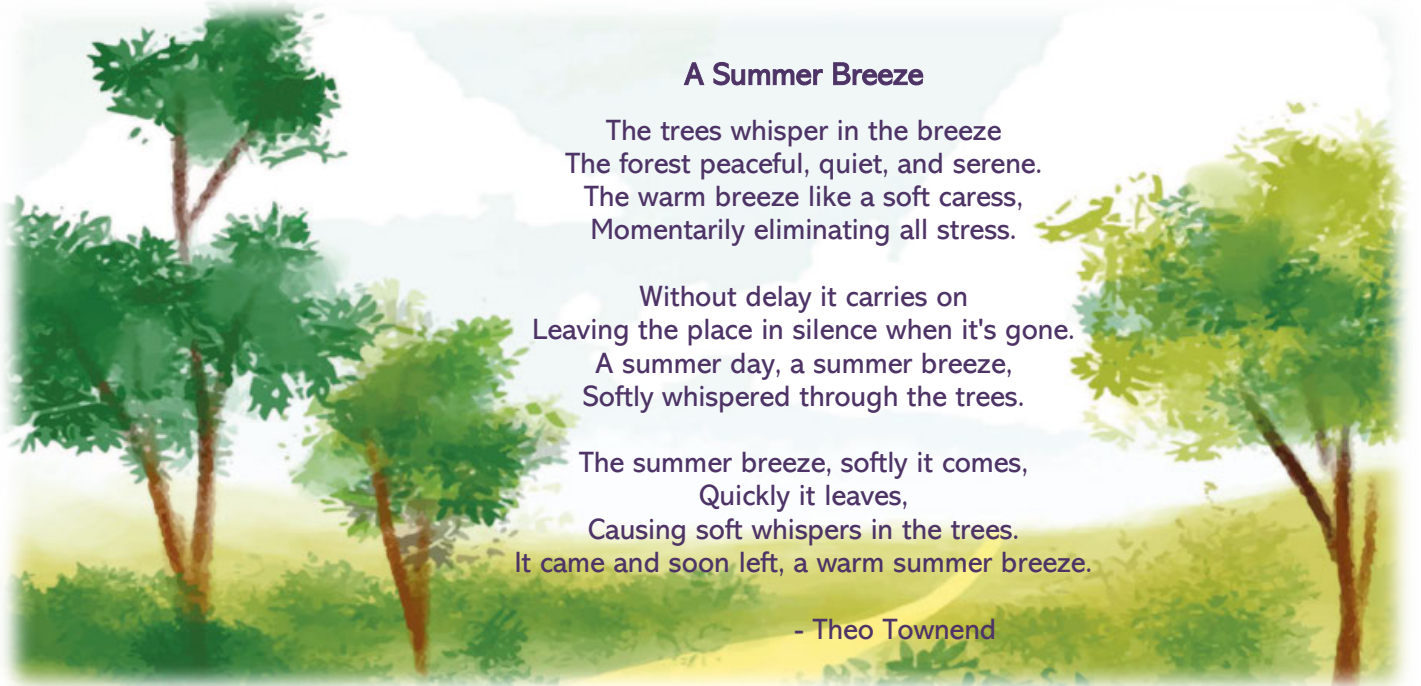
Author: Steve A Smith

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.



A Summer Breeze

The trees whisper in the breeze
The forest peaceful, quiet, and serene.
The warm breeze like a soft caress,
Momentarily eliminating all stress.

Without delay it carries on
Leaving the place in silence when it's gone.
A summer day, a summer breeze,
Softly whispered through the trees.

The summer breeze, softly it comes,
Quickly it leaves,
Causing soft whispers in the trees.
It came and soon left, a warm summer breeze.

- Theo Townend

<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 Coffee Bar 8:30 Computer Lab 9:00-1:00 Re-Gift Shop</p>

Washington Park Senior Center

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

Thursday, June 8, 11:30 - 12:30

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

Root Beer Float Day

Wednesday, June 14, 12:30 - 1:30

Join us in the courtyard to enjoy a National favorite as we celebrate "Root Beer Float Day."

Bed Bugs Awareness

Presented by Brenda & Jeffery Hardy of Pest 2 Rest

Thursday, June 15, 12:30 - 1:30

Gain knowledge about Bed Bugs... a pest no one wants to learn about the hard way. This presentation will help you identify & treat Bed Bugs!

"Black History is American History Every Day"

Tuesday, June 20, Doors open at 11:30, Program starts at 12:30

Please join us for a very special event. Listen to guest speakers, enjoy music, Youth Praise Dancers performances, and more.

WPSC Annual Summer Rummage - Admission: \$.50 (children age 12 and under are Free)

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

Indoor rummage sale. Concessions available. Tables are available for \$20 each. For more info., call (414)933-2332.

(NEW) Ceramics - Fee: \$10

Thursday, June 15 & 29, 9:00 - 10:30

Learn the art of using a slip casting technique. You will be able to pick your mold, choose your colors and make your own creation.

Day Trip to the Zoo - Fee: \$7

Monday, June 26, 9:00 - 2:00

Enjoy fresh air and exercise as you explore the zoo, connect with wildlife, and meet the animals.

June Birthday Celebration

Wednesday, June 28, 12:00 - 12:45

Join us as we celebrate June birthdays with music, dancing, and refreshments.

Open Gardening

Monday - Thursday, 9:00 - 11:00

If you love working outside, beautifying the courtyard and green spaces, then join us for a fun and relaxing time.

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 topics. There will be taste tests, handouts, and recipes.

Aging & Disability Services (ADS) Outreach

Presented by Milwaukee County DHHS

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

Get up-to-date information about a wide array of resources and community-based services.

Advisory Meeting

Tuesday, June 13, 10:00 - 11:00

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

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

Reduce joint pain and improve overall flexibility while sitting and exercising at your own pace.

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

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

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!

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Washington Park Senior Center

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, 12:00- 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.

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.

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.

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.

Horseshoe League

Thursdays, 9:00 - 11:00

Come join us for a fun outdoor game. Weather permitting

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.

<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>



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Wilson Park Senior Center

Third Quarter Class Registration Begins Thursday, June 1, 8:30

Claim your spot in the 3rd quarter classes. Class information available at the front desk.

Milwaukee Public Museum Trip - Fee: \$5 Thursday, June 1, 9:30

Come on down and see the Milwaukee Public Museum before they make the big move. Come and see classic exhibits before they go!

National Doughnut Day - Fee: 50¢ Friday, June 2

Celebrate the culinary masterpiece of the doughnut and honor the Salvation Army Lassies. The Salvation Army Lassies are the women who served doughnuts to soldiers during WWI. Stop by the lounge and get yours while supplies last!

Stand Up and Move More Fridays, June 2, 9, 16 & 23, 10:00 - 12:00

How much is too much time sitting during the day? Find out and learn strategies in this evidence-based program to Stand Up and Move More!

Hands Only CPR Training Tuesday, June 6, 10:00 - 11:30

Wilson Senior Center is hosting an informational CPR training. This is not a certification class. Our goal is to provide our participants with information that can be helpful to them.

Big Band Concert & Dance Monday, June 12, 1:30

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

Milwaukee Zoo Trip - Fee: \$7 Monday, June 12, 9:30

Join us for a wonderful trip down to the Milwaukee County Zoo. Enjoy the sun, entertaining animals and fellowship with friends. **Please register by June 5th.**

(NEW) Free Memory Screening Monday, June 12, 12:30 - 4:00

Are you concerned about your memory? A memory screen is defined as a wellness tool that helps identify possible changes in memory and cognition. This is not a diagnostic tool, but a screen that can provide early detection for dementia. Call or stop by the office to register for a one on one 30 minute screening. **Pre-registration required.**

Meetings w/Medicare Monday & Friday, June 12 & 23, 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.

Bingo Tuesday, June 13, 1:00

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

National Strawberry Shortcake Day Wednesday, June 14, 1:00

Enjoy one of summertime's favorite desserts. First come first served while supplies last.

Father's Day BBQ Sponsored by United Healthcare Friday, June 16, 11:00

Fathers deserve to be celebrated. Enjoy a nice BBQ in their honor complete with games and music. **Pre-registration required. Register by June 9th.**

Coin and Stamp Collectors Group Tuesday, June 20, 11:00 - 12:00

Share some of your treasured collections with other enthusiasts.

Wilson Senior Center Advisory Meeting Wednesday, June 21, 10:00 - 10:30

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

Book Club Wednesday, June 28, 10:15

Book: "The Plague of Doves" by Louise Erdrich. A copy is available at Zablocki Library the first week of each month.

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

Mondays, 9:00 - 2:00 (June 5 - August 7)

Tuesdays, 9:00 - 12:00 (June 13 - July 25)

Wednesdays, 12:00 - 3:00 (June 7 - July 26)

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

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

Tuesdays, 1:00 - 2:00

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

Woodcarvers and Burners

Wednesdays, 8:30 - 11:30

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

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 (June 1 - August 10)

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.

Beginning Guitar

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

June 2 - Rocky

June 9 - Monty Python and the Holy Grail

June 16 - Stand By Me

June 23 - Jaws

Come and enjoy a movie and popcorn!

Patio Revitalization - HELP NEEDED

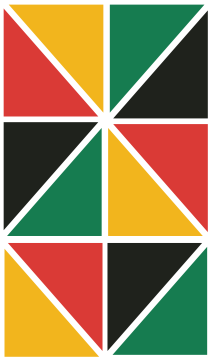
Wilson will be revamping our patio area the last week of June and we need your help! You can support this project in way of donating items such as plants, flowers, bulbs, large pots/planters and garden decor. If you like to get your hands dirty and are willing to help with planting, potting, painting or other tasks please stop by the office for more information.

Outdoor Yoga

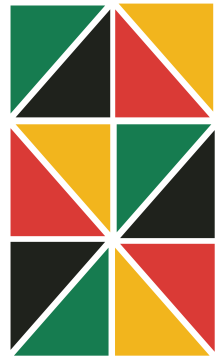
Soak up the sunshine and learn new moves in this pop up outdoor yoga class. Call into the Wilson Senior Center, so we can put you on our list and keep you informed with the details.

Calling All Plant Lovers! The Solarium Club is looking for plant enthusiasts willing to assist in the upkeep, watering and care of the plants for the enjoyment of all. No experience necessary. Stop by the office for more information.

<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 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>10:30 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>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>9:45 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>



JUNETEENTH



Celebrate With Us!

Clinton & Bernice Rose Senior Center

Washington Park Senior Center

Juneteenth Program/ Black History Celebration

Hosted by Clinton Rose Staff

Friday, June 23, 12:00 - 2:30

Keep the celebration going. Enjoy food, music, and presentations provided by our very own participants. For more information, please call 414-263-2255. No fee.

Pre-registration required.

"Black History is American History Every Day"

Tuesday, June 20,

Doors open at 11:30

Program starts at 12:30

Please join us for a very special event. Listen to guest speakers, enjoy music, Youth Praise Dancers performances, and more.




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- Burglary
- Fire Safety
- Flood Detection
- Carbon Monoxide



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

2023 Spring and Summer Guided Tours for Older Adults

Milwaukee County Aging & Disabilities Services is sponsoring free guided tours of the Mitchell Park Domes, Boerner Botanical Gardens and Wehr Nature Center this spring and summer for older adults (60+).

Mitchell Park Domes

Thursdays 9-10:30 a.m.
April 13, 20 and 27
May 4, 11, 18 and 25
June 15, 22 and 29
July 6, 13, 20 and 27
August 17, 24 and 31
September 7

Boerner Botanical Gardens

Fridays 10-11:30 a.m.
June 9 and 23
July 7 and 21
August 4 and 18

Wehr Nature Center

Mondays 1-2:00 p.m.
June 12 and 26
July 10 and 24
August 7 and 21



SIGN UP FOR A TOUR

To reserve your spot contact Vincenza Doyne at **(414) 289-5818** or **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.



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

We Are In This Together

Pride Month takes place during the month of June and is dedicated to supporting LGBTQ voices. This nationwide celebration brings together members of the LGBTQ community and their allies in recognizing the progress and accomplishments of the LGBTQ movement.

Pride Month began after the Stonewall riots, a series of gay liberation protests in 1969, and has since spread outside of the United States. Today, celebrations include pride parades, picnics, parties, workshops, symposia and concerts.

Pride Month events attract millions of attendees from around the world. The purpose of the commemorative month is to recognize the impact that LGBTQ individuals have had on history locally, nationally, and internationally. Federal and local policies and practices continue to work towards removing barriers that create

inequity for LGBTQ individuals. Encouraging greater acceptance and support, including those who are or are perceived to be LGBTQ, will make communities, schools, and other settings a better and safer place for all.



Community Resources



Senior Dining

We are open for in-person dining at all five centers. There is a suggested \$3 donation for 60+ and \$8 cost for guests under 60. A reservation by 11:00am 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

Advisory Committee Meetings

This is a great opportunity to get involved in your senior center. Help us plan, provide feedback on existing and new programs, hear updates, stay informed, and ask questions.

Clinton Rose	Tue., June 27, 10:30 - 11:00
Kelly	Wed., June 28, 1:00 - 2:00
McGovern Park	Thu., June 15, 9:00 - 10:00
Washington Park	Tue., June 13, 10:00 - 11:00
Wilson Park	Wed., June 21, 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	Thu., June 8, 11:00 - 12:00
Kelly	Thu., June 22, 12:30 - 1:30
McGovern Park	Thu., June 29, 12:00 - 1:00
Washington Park	Tue., June 6, 9:30 - 10:30
Wilson Park	Tue., June 20, 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 May 2022 - April 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

\$10,000 - \$49,999

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

\$5,000 - \$9,999

John & Janice Gardetto
Francie Luke Silverman Foundation

\$2,000 - \$4,999

Anonymous (1)
Mindy & Steve Anderson
Heartland Properties, Inc.
Jordan & Renee Luhr
Milwaukee Irish Fest Foundation, Inc.

Pieper Electric, Inc.

\$1,000 - \$1,999

AARP Wisconsin
Harvinder Ahuja
Preston Alvadj
Bridgette & Kevin Frommell
Inpower Solutions
Stephanie & Paul Mares
Milwaukee Downtown Business Improvement District #21
My Choice Wisconsin
James Sheridan
David & Melissa Stauber
Kimberly Stefl
We Energies Foundation
Susan Zimmer

\$500 - \$999

Connections
James & Cheryl Hempel
Sherry Kulhanek
John C. Lapinski
Dennis Lech
Roy & Lynn Meythaler
Milwaukee County DHHS
ADS

Realty Executives Integrity/
Bruce's Team
Daniel & Nicole Renouard
Robertson Ryan & Associates
Cynthia Sheridan
Rick Tsao
Phyllis Veerhaalen
YMCA of Metropolitan Milwaukee

\$250 - \$499

Anonymous (1)
AETNA Medicare Solutions
Frank Brindza
Tom & Cheri Briscoe
Patricia Buente
Marsha & Paul Bukofzer
Jo Cross
Pat Ehlert
Don & Christine Gardner
J. Misorski & P. Garrity
Sylvia Gear
Greater Wisconsin Agency
On Aging Resources
Hayat Pharmacy
HearingLife
Desmond Jenkins

Mr. K
Bart Kocha & Carol Marefka
Walter & Katie McCoy
Tim & Katie Moersfelder
Legal Action of Wisconsin-Senior Law
Stephanie Mares
Lynne Grages & Paul Neymeyr
Thomas Piotrowski
Mike Prudhom
Mike & Sally Radka
Round-ups
Jo Ann Rucker
Sylvester Rucker
Lawrence Taylor
Wisconsin Literacy, Inc
Wisconsin Talking Book & Braille Library



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

Marie Abbott	Devonna Eubanks	Rayfield Johnson	Pamela Miller	Ron & Renee	Beth Waschow
Mojahida Ahmad	Anne Fagan	Jo D. Joiner	Milwaukee Health	Scherr	Georgette Watkins
Allay Home & Hospice	Janet M. Falk	Lola Jones	Services, Inc.	James & Barbara	Diane M. Weber
Theodore & Mariane Allen	Kenneth Fekete	Cindy Juds	Milwaukee Rehabilitation Hospital	Schroeder	William B. Welsh
American Republic Insurance Services	Sharron Fitak	Debra Jupka	Stephen & Celia Misovy	Brad & Amy Schultz	James Williams
Gloria Anderson	Vera F. Ford	Joan Kadow	Molina Healthcare	Dennis Schwab	Gerald & Mary Williquette
Anonymous (3)	Mary Ann Fortin	Judith Kaiser	Stephanie Momon	Larry & Darlene Schwartz	Tim Willmes
Ernice Austin	Mark & Kellie Foster	Jeanne & John Kennedy	Curtisthene Montgomery	Carol Scott	Larry Winfield
Mary Ann Bagemehl	Freda Fowlkes-Bell	Jacquelyn Ketten	Harry & Rosanne Moore	Rozanne Screven	Cathy & Tom Wood
Paul & Nancy Baniel	Robert & Judith Free	James Kimble	Johnnie Mooror	Barbara Semons	Judith & Winton Wood
Linda Barikmo	Rosemarie Fridrick	Kathryn Kobelinski	Sharon Morris	Marge Senger	Steve Woods
Mary Batzler & Michael Jaeger	Froedtert Hospital	Trina Koch	O. Morris	Dorothy Severson	Angela Woods & George Felder
Christine I Beck	Jacqueline Fryer	Teri & Karl Kodrich	Tiffany Mosby	Frank Sloan	Charles Woodward & Kate Hannah
Jan Behnke	Richard & Joan Gaeth	Barbara Kogutkiewicz	Donald Mueller	Paulette Smith	Angelia Young
Jean Bennett	Pamela Galasinski	Edward & Kathaleen Kosanke	Ms. W. Nash	Barbara Sottile	Dawn Zakian
Raymond Berg	Mary Galien	Edward Krueger & Carla Staab	Mary Neitzel	Alice & David Steuck Konkel	Anna Zdrubecky
Aivars Bergmanis	Ruth Gaura	Thomas & Mary Kurth	Network for Good	John & Eileen Stewart	
Bonita Biba	Brett & Rosie Gelinskey	Alexander & Sharon Rae	John & Peggy Niemer	Ted Stiller	
Sorenson	Matt Glaske	Landergott Durka	Norma Nonneman	Alice Stokes	
Carolyn Blackwood	Marsha Godfrey	Mel Larsen	Niedra North	Sandy Stoller	
Susan Bock	Rita Gorman	Robert Larson	Herb Olson	Sandy Stoller	
Patricia Boettcher	Mary Ellen Graby	LeafGuard	Osher Lifelong Learning Institute at UWM	Carol Stolpa	
Jim & Holli Bohn	Mae Gray	Diane Lembck	Marlene Ostrowski	Althea Stover	
Pat Bolden	Jan Gray	Charlotte Lewis	Alvia Papara	Janet M. Strom	
Frank & Patricia Bruce III	The Greenbergs	Deborah Lewis	Janet Pape	Chuck & Nikki Sunn	
Phyllis Bruneau	Michael Gronitz	Renate Liedtke	Paper Craft Group	Jeffrey Sweetland & Margaret Murphy	
Wayman Buchanan	Nancy Guerin	Maxine Lijewski	Ouida Paris	Gerri & Thomas Taylor	
Susan Buhler	Rita Gutowski	Allan & Diane Lindsay	Charlotte Patterson	Jan & Tim Tessler	
Alton Campbell	Crystal H.	Jill Littlefield	Katherine Peoples	Mary Tetzlaff	
Marie Campos	David Haase	Michael Loew	Physical Therapy of Milwaukee	The Milwaukee Boppers & Steppers	
Robert Carroll	William Hable & Jane Tanner	Mark & Carol Loomis	Autumn Leaves of Franklin	Yvonne Thomas	
Valsa Cherian	Joyce Hailstock	Jennifer Lopeman	John Podsedly	Ed & Judy Thomas	
Diane Chilinski	Chapel Garden Apartments	Tom & Edwardine Magnus	Profit For Your Tours	Janet Thompson	
Jason Christ	Nancy Hallberg	Yvonne Mahoney	Joyce Radtke	Virginia Thurow	
Moira Conley	James Hansen	Stephen & Mary Maier	Stephen & Susan Ragatz	Vicki Tiedeman	
Ann Cook	Diane Harley	Peter & Dorothy Majchrzak	Jean Rehse	Shirley Tiedjen	
Albert Cooper	Minnie Harmon	Kathy Mallett	Sue Reinhard	Thomas Tillam	
Lynn Crawford	Nancy Harwood	Jon Maresh	Geraldine Renner	Margaret Todd	
Patricia Cronce	Ronald & Betty Hayes	Mary Marks	Lotie Rieden	Joanne Toman	
James Drake	Diane Hellrung	Susan Marsolek	Michele Rinka	TOPS 0033	
Alvin Czysh	Cleophas Henderson	Jewel Martin	Rachel Ritchhart	TOPS Members	
Ken & Barb Czysz	Lenore Hernandez	Ed Matichek	Willie Rogers	Barbara Torgerson	
Debra	Home Sweet Home Greater Milwaukee	James Matkey	Roselettes Dance Group	Connie Trapp	
Eugene Dee & Barbara Uquillas	Doris Hopkins-Brown	Frances May	Kenneth & Carol Roth	Jacquelyn Trice	
Luana Dembiec	Donna Horrigan	Gloria Mays	Judy	Mary Tschannen	
John Destefanis	Shirley Horton	Fulsom	Eleanor Ryan	Andrea Urbaniak	
Anton & Sonja Devcic	Dennis & Cynthia Horzewski	Bonnie McAuly	Diane Rychlinski	UWM Doctor of Physical Therapy Program	
Nancy & Joseph Di Giacinto	Richmond Izard	Thomas McCallum	Jimmie Sanders	John Valenti	
Marge (Mögen) Diekow	Callie Jackson	Jeannine McFadden	Caroline & Robert Sanderson	Vernestine Varnado	
Dennis Dillon	Julie Jacobson	Lynn Medlin	Jimmy Sandson	Judy & Elroy Vesely	
Kelsey & Gurvir Dosanjh	Thomas Janczak	Ruby Meeks	Ray Saron	JeanV	
Margaret Drake	Del Januchowski	Evelyn Merriett	Stuart & Gayle Schenk	Barbara Walter	
Kay Duggan	TJ	Neal & Dianne Michel		Carolyn Ward	
Fannie Edwards	Vertaree Jenkins	Jerry & Mary Ellen Mikulay			
Pat Ehlert	Ertone Jenkins				
Eva Eiseman	Stephen Jerde				
Dianne Ertel	Verna Johnson				
	Lynne Johnson				

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!

Full Name: _____

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.

thank
you!

FOR OFFICE USE ONLY

Date Received: ____/____/____ Receipt# _____

Location: _____ Init: _____