

SERVING OLDER ADULTS OF SOUTHEAST WISCONSIN, INC.

July 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

Jul. 4 - 4th of July (*all centers & dining sites closed*)
Jul. 24-28 - Clinton Rose 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*

SUGGESTED CONTRIBUTIONS FOR CLASSES

Some classes are listed with a suggested contribution amount. Your generous contribution, no matter how large or small, help ensure programs can continue as our funding only covers a portion of the costs. Please 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, Inc. 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

Highlighted Events



CLINTON & BERNICE ROSE SENIOR CENTER

Golden Corral & Shopping at Pleasant Prairie - Trip Cost: \$35

Traveling Club Committee

Wednesday, July 26, 9:00 - 5:00

Join us for a trip to Golden Corral in Kenosha to enjoy tasty food and great socialization. Then head to Pleasant Prairie for an afternoon of shopping. You are responsible for your own meal payment. Fee includes transportation only.

Deadline to sign up: July 14.

Clinton Rose Neighborhood Outdoor Cleanup Thursday, July 6, 9:30 - 11:00

Gather your family and friends to help clean up and support our community. There will be some tools to be loaned out. Contact 414-263-2255 for details.

Soulful Coloring

Wednesdays, 10:00 - 11:00

Love coloring and listening to Music? Come out and join the class.

KELLY SENIOR CENTER

Saxophone in the Park

Sponsored by United Health Care

Friday, July 7, 1:00 - 2:00; Music: 1:30 - 2:00

Enjoy the afternoon in Kelly's beautiful courtyard with yard games and ice cream while listening to some jazz standards and oldies performed by saxophonist Larry VanOyen.

Registration recommended.

Medicare Consultation Appointments

Thursday, July 13, 9:00 - 11:00

Meet with a Medicare expert to get your questions answered. See Deanna to make an appointment.

Olbrich Botanical Gardens & Butterfly Exhibit - Trip Cost: \$55

Wednesday, July 19th

Depart: 8:00am, Return: 3:30pm

Stroll through the lush gardens at Olbrich Botanical Gardens and see the Blooming Butterflies exhibit.

Please register by July 5th.

MCGOVERN PARK SENIOR CENTER

Movie at McGovern

Fridays, July 7 & 21, 12:45

Relax and enjoy a movie with McGovern. There will be refreshments for purchase.

(NEW) Hair & Beauty Services

Presented by Locks of Love Hair Salon

Monday, July 10, 12:30

Hair professionals will present information about products that nurture and strengthen hair without the harsh chemicals. Enjoy photos of their work. Locks of love will also have a raffle for some lucky participant to win a prize.

Rummage Sale

Saturday, July 22, 10:00 - 2:00

Join us for the McGovern Park rummage sale. You are sure to find something you will like or need.

WASHINGTON PARK SENIOR CENTER

(NEW) Stand Up & Move More

Mondays, July 10, 17, 24 & 31, 9:30 - 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!

(NEW) Ceramics -

Suggested Contribution: \$10

Thursday, July 13 & 27, 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.

National Hot Fudge Sundae Day

Tuesday, July 25, 12:15 - 1:15

Join us in the courtyard to enjoy a national favorite treat as we celebrate "Hot Fudge Sundae Day."

WILSON PARK SENIOR CENTER

Lake Geneva Boat Tour! - Trip Cost: \$75

Friday, July 21, 11:00

Cruise on the Lake Geneva with friends. Enjoy music and lunch all on the water. Sign Up today. Spots are limited. **Please register by July 15.**

Shalom Zoo Experience - Trip Cost: \$25

Monday, July 31, 11:00

Experience one of the largest petting zoos in the country. Take a golf cart through the miles and miles of wilderness while you take in some of your favorite animals. **Please register by July 20.**

(NEW) Beginning Crochet -

Suggested Contribution: \$10

Tuesdays, 1:00 - 2:00

Try your hand at crocheting. Beginning stitches will help you learn the basics. Materials are included.

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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".

SMARTPHONE PHOTOGRAPHY

Clinton Rose Senior Center - Tuesday, July 11, 10:00 - 11:15

Kelly Senior Center - Tuesday, July 18, 12:30 - 1:45

McGovern Park Senior Center - Wednesday, July 12, 1:00 - 2:15

Washington Park Senior Center - Thursday, July 20, 10:00 - 11:15

Wilson Park Senior Center - Wednesday, July 19, 10:00 - 11:15

Interested in learning more about your smartphone camera? Come to this lecture to explore your smartphone's camera and some features like recording video, adding filters to pictures, and using your camera's timer! We will also go over some basic tips for taking good selfies, selecting backgrounds, and using optimal lighting. This presentation will cover Android and iPhone. Bring your phone, and following the class you can take photos and we will create a collage of our pictures.

DRONES

Kelly Senior Center - Tuesday, July 25, 12:30 - 1:45

McGovern Park Senior Center - Wednesday, July 26, 1:00 - 2:15

Wilson Park Senior Center - Wednesday, July 26, 10:00 - 11:15

Clinton Rose Senior Center - Tuesday, August 1, 10:00 - 11:15

Washington Park Senior Center - Thursday, August 3, 10:00 - 11:15

You've probably heard about drones. This lecture will cover the basics about drones: what they are, who uses them and why. We'll also touch on some of the exciting new ways drones are being used. For example, delivering books and popcorn via Amazon Prime Air or delivering much needed medicine to remote areas of Africa. There will be a drone available for class members to test fly.

 TechConnect@Servingolderadults.org

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

**Tech Connect for
Older Adults**

A Program of SOA

Clinton & Bernice Rose Senior Center

Golden Corral & Shopping at Pleasant Prairie - Trip Cost: \$35

Traveling Club Committee

Wednesday, July 26, 9:00 - 5:00

Take a trip to Golden Corral in Kenosha. Then enjoy an afternoon of shopping in Pleasant Prairie. You are responsible for your own meal payment. Fee includes transportation only. **Deadline to sign up: July 14**

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

Led by Doris Hopkins-Brown

Mondays, July 3, 10, 17, 24, & 31, 9:30 - 10:30

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

Stand Up & Move More

Wednesdays, July 5, 12, 19, & 26, 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!

Clinton Rose Neighborhood Outdoor Cleanup

Thursday, July 6, 9:30 - 11:00

Gather your family and friends to help clean up and support our community. There will be some tools to be loaned out. Contact 414-263-2255 for details.

Walk Aerobics

Led by Shirley Horton

Thursdays, July 6, 13, 20, 27, 9:30 - 10:00

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

ADS Outreach

Presented by MKE Co. DHHS Aging & Disability Services

Thursday, July 6, 10:00 - 12:00

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

My Choice

Presented by Dan Moore

Tuesday, July 11 & Monday, July 24

10:00 - 11:00

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

Movie Watchers Club

Friday, July 14, 9:00 - 11:00

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

Cooking Demonstration w/Chef Marvin "The Unsalted Chef"

Presented by HEAL (Healthy Eating Active Living)

Thursday, July 20, 10:15 - 11:15

Learn how to prepare different low-sodium meals. Enjoy this cooking demonstration and enjoy a small sample & recipe card after the demo.

Advisory Committee Meeting

Tuesday, July 25, 10:30 - 11:00

Learn about what's going on at Clinton Rose Senior Center and SOA. Have your voice heard while being part of this amazing committee. If you would like access via Zoom please contact 414-263-2255 for details.

Memories in the Making

Sponsored by the Alzheimer's Association

Thursday, July 27, 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

Share what's on your mind with fellow participants.

Library Area

Mondays - Friday

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

Billiards Room

Monday - Friday

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

Computer Lab

Monday - Friday

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 - Suggested Contribution: \$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 and Miss Daisy's sewing groups are two different groups. If interested in doing both, the suggested contribution is \$16.00.*

Wisdom Studies

Led by Clifton Joseph

Tuesdays, 9:30 - 10:30

Embark on a spiritual journey.

Clinton & Bernice Rose Senior Center

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.

Soulful Coloring

Wednesdays, 10:00 - 11:00

Love coloring and listening to music? Come out and join the class.

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 -

Suggested Contribution: \$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 group is a project-based group that strictly focuses on group projects. *Some sewing skills required. Please keep in mind open sewing and Miss Daisy's sewing groups are two different groups. If interested in doing both, the suggested contribution is \$16.00.*



“I'd like to be remembered as a person who wanted to be free and wanted other people to also be free.”

- Rosa Parks

<p>Monday 9:30-10:30 Morning Blend 12:00-1:00 Walk With Ease</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 11:00-12:00 Walk With Ease</p>
<p>Thursday 9:00-10:30 Roselettes Dance Group Practice 12:00-1:00 Walk Aerobics</p> <p>* Has a suggested contribution</p>	<p>Friday 9:00-11:00 Movie Watchers Club 12:00-1:00 Walk With Ease</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 10:00-3:30 Open Sewing *</p>

Kelly Senior Center

Bingo

Sponsored by Capri Communities

Wednesday, July 5, 1:00 - 2:00

Join us for an afternoon of Bingo.

Registration recommended.

Stand Up & Move More

Fridays, July 7, 14, 21 & 28, 9:30 - 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!

Registration required.

Saxophone in the Park

Sponsored by United Health Care

Friday, July 7, 1:00 - 2:00; Music: 1:30 - 2:00

Enjoy the afternoon in Kelly's beautiful courtyard with yard games and ice cream while listening to some jazz standards and oldies performed by saxophonist Larry VanOyen. **Registration recommended.**

Room Naming

July 10 - 14

The programming rooms at Kelly need new names! Stop by the front desk to make your suggestions.

Medicare Consultation Appointments

Thursday, July 13, 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.

Women's Club

Sponsored by Synergy Home Care

Monday, July 17, 1:30 - 2:30

Back by popular demand, it's Christmas in July! Join the women's club for some holiday singing in the middle of summer. **Registration recommended.**

Card-Making Class - Suggested Contribution: \$5

Tuesday, July 18, 11:00 - 3:00

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

Registration required.

Bingo

Tuesday, July 18, 1:00 - 2:00

Join us for Bingo. **Registration recommended.**

Olbrich Botanical Gardens & Butterfly Exhibit - Trip Cost: \$55

Wednesday, July 19th

Depart: 8:00am, Return: 3:30pm

See one of Madison's most popular attractions—Olbrich Gardens. Stroll through the lush gardens and see the Blooming Butterflies exhibit featuring up to 19 different species of free flying butterflies.

Please register by July 5th.

Advisory Meeting

Wednesday, July 26, 1:00 - 1:30

Find out what's happening and share your ideas for the future of Kelly Senior Center. 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. Walk-ins welcome.

Tai Chi Practice Session

Mondays, 10:00 - 11:00

Tai Chi is a slow-motion, meditative exercise. This is a guided practice time for Tai Chi practitioners at all levels. 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 - Suggested Contribution: \$20

(July - September)

Monday - Friday, 1:00 - 4:30

Learn new techniques and patterns to plan your next sewing projects. Volunteer instructors are available to help participants on their own machines and train them on shared equipment. **Registration required.**

Morning Fitness

Tuesdays & Thursdays, 8:30 - 9:30

Start your day with video fitness with a great group of people! Walk-ins welcome.

Ceramics Studio - Suggested Contribution: \$20

(July - September)

Tuesdays & Thursdays, 9:00 - 12:00

Use ceramic molds, paints and glazes to create art for your home or garden. Contribution includes use of the kiln. **Registration required.**

Adaptive Chair Yoga

Tuesdays, 10:00 - 11:00

Use a chair to perform seated and standing yoga postures. Using a chair can help make 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.

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

Reach your weight-loss goals with the tools, support and information provided by TOPS at Cudahy Chapter 33's weekly meetings. Former and current members are welcome. **Registration required.**

Line Dancing

Wednesdays, 11:00 - 12:00

Some line dancing experience is required. Dance away your Wednesday mornings with an 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. Join our group for a hike through Warnimont Park. The group meets in the lobby. Walk-ins welcome.



"Fireworks"

A dazzling display
An exploding array

A dashing light
Flashing in night

Colors lashing
Beautiful smashing

Elegant shining
Audible whining

Your fireworks array
Makes the night bright as day

- Anonymous

<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 * Has a suggested contribution</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

Healthy Eating Active Living: Cooking Demonstration

Presented by Chef Marvin

Thursday, July 6, 12:00-1:30

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

Movie at McGovern Fridays, July 7 & 21, 12:45

Relax and enjoy a movie with McGovern. We will have refreshments for you to purchase.

Blood Pressure Check

Presented by Milwaukee Career College

Mondays, July 10 & 24, 10:00

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

(NEW) Hair & Beauty Services

Presented by Locks of Love Hair Salon

Monday, July 10, 12:30

Hair professionals will present information about products that nurture and strengthen hair without the harsh chemicals. Enjoy photos of their work. Locks of love will also have a raffle for some lucky participant to win a prize.

Boost Your Brain & Memory Starts July 11, Tuesdays, 12:15 - 1:45

This 8 week class is an evidence-based program that takes a holistic approach to improving brain health. This program is intended for people who are not diagnosed with dementia, to learn ways they can lower their risk of developing dementia.

Stand up & Move More

Presented by Eric Pampuch

**Tuesdays, July 11, 18, 25 & August 1,
9:30-11:00**

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

Ice Cream Social

Wednesday, July 12, 12:00

Happy Ice Cream Day. Join us for scoops of fun on this national Ice Cream Day

Pest 2 Rest

Monday, July 17, 12:30

In this presentation you will learn how to get rid of unwanted pests in your home. You don't want to miss how you can keep your home bug-free.

Advisory Meeting

Thursday, July 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.

Bingo

Thursday, July 20, 12:30

Are you ready to play bingo? You will have a chance to win exciting prizes sponsored by Safe and Sound.

Rummage Sale

McGovern Park Senior Center

Saturday, July 22, 10:00 - 2:00

Join us for the McGovern Park rummage sale. You are sure to find something you will like or need.

Coffee Bar

Monday - Friday, 8:30 - 12:00

Welcome to our 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

**Mondays & Wednesdays, 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.

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

Mondays, Wednesdays, & Fridays, 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. We hope you will join us.

Balance & 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

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

AMERICA
 BARBECUE
 DECORATIONS
 FAMILY
 FIREWORKS
 FLAG
 FRIENDS
 HAMBURGER
 INDEPENDENCE
 PATRIOTS
 PINWHEEL
 POPSICLE
 SPARKLERS
 STARS
 STREAMERS
 WATERMELON

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 & Quilting

Wednesdays, 8:30 - 4:30

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

Bible Study

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

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

<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 12:30 Bingo (every 3rd Thursday)</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 11:00-12:00 Lunch</p>

Washington Park Senior Center

(NEW) Stand Up & Move More

Mondays, July 10, 17, 24 & 31, 9:30 - 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!

National Hot Fudge Sundae Day

Tuesday, July 25, 12:15 - 1:15

Come join us in the courtyard to enjoy a national favorite treat as we celebrate "Hot Fudge Sundae Day."

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

Thursday, July 13, 11:30 - 12:30

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

Bed Bugs Awareness

Presented by Brenda & Jeffery Hardy of Pest 2 Rest

Wednesday, July 19, 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!

(NEW) Ceramics - Suggested Contribution: \$10

Thursday, July 13 & 27, 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.

Hawaiian Luau & July Birthday Celebration

Sponsored by Anthem

Thursday, July 20, 12:30 - 2:30

Join us for refreshments, dancing, games, and more. Please come dressed in tropical attire.

Open Gardening

Monday - Thursday, 9:00 - 11:00

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

Aging & Disability Services (ADS) Outreach

Presented by Milwaukee County DHHS

Monday, July 10, 9:30 - 10:30

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

Advisory Meeting

Tuesday, July 11, 10:00 - 11:00

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

Yoga - Suggested Contribution: \$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 & 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 & 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 - Suggested Contribution: \$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!

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

This outdoor game takes place on the west lawn of WPSC. Weather permitting.

Phase 10

Wednesdays, 12:30 - 2:00

Phase 10 is an exciting and challenging card game. We hope you will join us.

Quilting - Suggested Contribution: \$20

(July - September), 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.

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 -

Suggested Contribution: \$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 - Suggested Contribution: \$25

(July - September), 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)

Play Bingo with easy slide cards. Who is ready to win?

Piano - Suggested Contribution: \$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 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 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 suggested contribution & 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

Boost Your Brain & Memory

Starts July 10, Mondays, 12:15 - 1:45

This 8 week class is an evidence-based program that takes a holistic approach to improving brain health. This program is intended for people who are not diagnosed with dementia, to learn ways they can lower their risk of developing dementia.

Big Band Concert & Dance

Monday, July 10, 1:30

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

Bingo

Tuesday, July 11, 1:00

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

National Ice Cream Day -

Suggested Contribution: \$.50

Friday, July 14, 12:00

Stop by and purchase a scoop of your favorite ice cream to celebrate Ice Cream Day!

Meetings w/Medicare

Friday, July 14 & Monday, July 17, 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 & Stamp Collectors Group

Tuesday, July 18, 11:00 - 12:00

Share some of your treasured collections with other enthusiasts.

Wilson Senior Center Advisory Meeting

Wednesday, July 19, 10:00 - 10:30

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

Lake Geneva Boat Tour! - Trip Cost: \$75

Friday, July 21, 11:00

Cruise on the Lake Geneva with friends. Enjoy music and lunch all on the water. Sign Up today. Spots are limited. **Please register by July 15.**

International Self Care Day! -

Suggested Contribution: \$5

Monday, July 24, 10:30

Self-care is very important. We will wear face masks, enjoy chair yoga, and share tips on how to better care for yourself at home. **Please register by July 20.**

Book Club

Wednesday, July 26, 10:15

Book: "The Return of George Washington" by Edward J Larson. A copy is available at Zablocki Library the first week of each month.

Shalom Zoo Experience - Trip Cost: \$25

Monday, July 31, 11:00

Experience one of the largest petting zoos in the country. Take a golf cart through the miles and miles of wilderness while you take in some of your favorite animals. **Please register by July 20.**

(NEW) Bible Study

Wednesdays, 10:15 - 11:15;

Thursdays, 1:30 - 2:30

Come join us as we dig deeper into the word and learn more about the bible.

Summer Open Sew Classes -

Suggested Contribution: \$20/class (9 weeks)

Mondays, 9:00 - 2:00 (June 5 - July 31)

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 - Suggested Contribution: \$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.

Paper-crafting - Suggested Contribution: \$15

Tuesdays, 9:00 - 11:00

Join this group and stamp on to create one-of-a-kind projects.

Garden Club

2nd & 4th Tuesday, 10:00

Calling all garden lovers. There will be discussions, demonstrations, presentations and more!

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.

Guided Art Studio - Suggested Contribution: \$25

Tuesday & Thursday, 9:00 - 3:15

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

Stained Glass - Suggested Contribution: \$25

Tuesdays & Thursdays, 9:00 - 4:00

Create projects using patterns or your own designs.

(NEW) Beginning Crochet -

Suggested Contribution: \$10

Tuesdays, 1:00 - 2:00

Try your hand at crocheting. Beginning stitches will help you learn the basics. Materials are included.

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 & Burners

Wednesdays, 8:30 - 11:30

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

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.

Tap Dance - Suggested Contribution: \$40 (June 8 - 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.

Weaving-Intermediate - Suggested Contribution: \$15 Thursday & Friday, 9:00 - 2:00

The weaving group is back at it again. If you are an experienced weaver please join us to work on a project of your choosing.

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

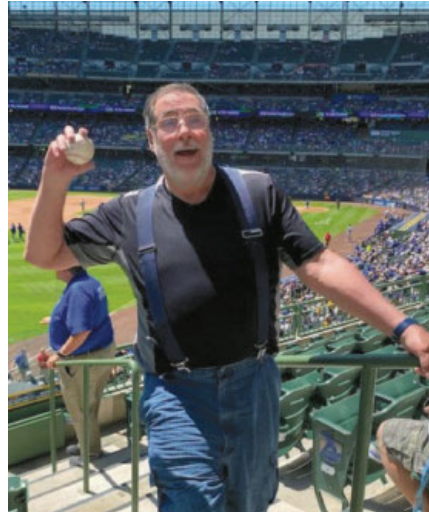
**July 7 - Jerry Maguire
July 14 - Wedding Season
July 21 - Uncharted
July 28 - Five Feet Apart**

Come and enjoy a movie and popcorn!

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.



Take Me Out to the Ball Game

On May 10, a group of participants from Wilson Park Senior Center took a trip to watch a Brewers game, and also had the chance to stroll along the outfield.

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



Time Flies When We're Having Fun!

We're halfway through the year already. Here are snapshots of various events at SOA centers. Time really does fly when we're having fun!



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“The Future’s So Bright, I Gotta Wear Shades”

July is known as Ultraviolet Safety Month. During this time, health organizations spread awareness about the importance of protecting our eyes and skin from the side effects of UV rays, and the connection between over exposure to UV light and cancers. Officials try to educate the public about different methods of protecting oneself from these harsh rays.

Prolonged exposure to UV rays that can come from natural or artificial sources can cause most skin cancers, including melanoma, basal cell, and squamous cell cancers. People who get too much UV light rays can also develop a weakened immune system. Vaccines will start to be less effective, and the body has a harder time fighting off infections that occur. The following are different methods of protecting oneself from harmful UV rays and ways to help minimize the risk of sun exposure.



Choose the Right Sunscreen

The U.S. FDA (Food and Drug Administration) recommends a sunscreen with a sun protection factor (SPF) that is at least 15.



Cover Up

If you are going to be out in the sun, wear proper clothing such as pants, long sleeved shirts, a hat, and sunglasses.



Stay in the Shade

Midday is when the sun is at it’s most intense. Stay in a shaded area from 10 am to 4pm to help protect your skin.

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., July 25, 10:30 - 11:00
Kelly	Wed., July 26, 1:00 - 2:00
McGovern Park	Thu., July 20, 9:00 - 10:00
Washington Park	Tue., July 11, 10:00 - 11:00
Wilson Park	Wed., July 19, 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., July 6, 11:00 - 12:00
Kelly	Thu., July 20, 12:30 - 1:30
McGovern Park	Thu., July 27, 12:00 - 1:00
Washington Park	Mon., July 10, 9:30 - 10:30
Wilson Park	Tue., July 18, 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.



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Cudahy School District
Cudahy Health Department
Einstein Bagels
Empire Beauty School
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Groundworks MKE
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Milwaukee Veterans and Homeless Initiative
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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
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University of WI-Madison
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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 June 2022 - May 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
General Mills
RRF Foundation for Aging

\$5,000 - \$9,999

Anonymous (1)
Direct Supply

\$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
James Sheridan
David & Melissa Stauber
Kimberly Stefl
We Energies Foundation
Susan Zimmer

\$500 - \$999

James & Cheryl Hempel
Sherry Kulhanek
John C. Lapinski
Dennis Lech
Stephanie Mares
Roy & Lynn Meythaler
Daniel & Nicole Renouard
Robertson Ryan & Associates

Cynthia Sheridan
Rick Tsao
YMCA of Metropolitan Milwaukee

\$250 - \$499

Anonymous (1)
AETNA Medicare Solutions
Frank Brindza
Tom & Cheri Briscoe
Marsha & Paul Bukofzer
Jo Cross
Don & Christine Gardner
J. Misorski & P. Garrity
Sylvia Gear
HearingLife
Desmond Jenkins
Mr. K
Bart Kocha & Carol Marefka
Walter & Katie McCoy
Tim & Katie Moersfelder
Lynne Grages & Paul Nymeyr
Thomas Piotrowski
Mike Prudhom
Mike & Sally Radka

Jo Ann Rucker
Althea Stover
Lawrence Taylor
Yvonne Thomas
Phyllis Veerhaalen
Wisconsin Literacy, Inc



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

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

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

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: _____ |

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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: _____