

# SERVING OLDER ADULTS OF SOUTHEAST WISCONSIN, INC.

August 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

No Closings

### HOURS

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

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# Aging Well

## TOGETHER

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

### SERVING OLDER ADULTS ADMINISTRATION

President/CEO *Cathy Wood*  
Controller *Jessica Ramsey*  
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, helps 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: *Sheila Carter*  
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

### **(NEW) Friday Day Bingo**

*Hosted by Charlotte Lewis*

**Fridays, August 4, 11, 18 & 25, 12:00 - 1:00**

Spend the afternoon relaxing and playing a few rounds of Bingo with fellow participants.

### **Clinton Rose Rummage Sale**

**Thursday, August 17, 9:00 - 3:00**

Check out Clinton Rose's annual rummage sale. Also, pre-register for a table by August 10 for \$25. **Pre-registration required.**

## KELLY SENIOR CENTER

### **What's 'New' About Growing Old: Insights from the Author of 'Gray Matters'**

**Thursday, August 10, 1:30 - 2:30**

Dr. Lem will share some of the most interesting insights she discovered when writing her book on aging and how she learned from the experts, television shows, and older people themselves. **Registration recommended.**

### **Elvis Tribute: All Shook Up**

*Sponsored by Anthem*

**Thursday, August 31, 1:30 - 3:00**

"Shake Up" the end of Summer with Elvis! Enjoy a professional Elvis impersonator, live music, Elvis-themed games (with a prize for the winner), and 'punny' Elvis snacks! Finish up the afternoon by taking a photo with Elvis himself! **Registration recommended.**

## MCGOVERN PARK SENIOR CENTER

### **Karaoke Day**

*Presented by Mechele Lewis*

**Wednesday, August 9, 12:45**

Welcome all karaoke lovers. Let's get in the mood to sing, laugh, and have some fun together.

### **Carnival at McGovern**

**Friday, August 18, 10:00 - 2:00**

The great weather is perfect for fun and games. For a small contribution, we will have hot buttered corn on the cob, hot dogs, nachos, popcorn and drinks.

### **The Benefits of Turmeric**

*Presented by Annie Snowden*

**Monday, August 21, 10:00**

Turmeric isn't just a kitchen staple. It has many potential health benefits. Explore the many uses of turmeric for a variety of health conditions.

## WASHINGTON PARK SENIOR CENTER

### **Joy Comes in the Morning**

*Presented by Gloria Webster*

**Wednesdays, August 9 & 23, 9:30 - 10:30**

Let's talk about your feelings. This is a safe space to come together and talk about loss, depression, and guidance — and to realize that "joy comes in the morning."

### **Health Equity Lunch & Learn Workshop**

**Thursday, August 17, 11:00 - 1:00**

*Sponsored by The Center For Leadership, Hedly Keith (President and CEO)*

Learn how to advocate for yourself when speaking to doctors. Dr. Zelda Okia, MD will be speaking about diabetes and Evelyn Terry will cover healthy eating. Lunch is provided for free.

**Pre-registration required by Aug 11.**

### **National Toasted Marshmallow Day**

**Wednesday, August 30, 12:30 - 1:30**

Join us in the courtyard to make Pudgie pies and toast marshmallows.

## WILSON PARK SENIOR CENTER

### **National Dog Month**

**Tuesday, August 1**

It's time to celebrate our furry friends. Send your photos and we will pick the cutest dog to win a small prize. **Submissions due: August 20th.**

### **Wilson Fair \*SAVE THE DATE\***

**Thursday, August 24, 1:00**

It's our annual end of the summer party. Enjoy fair foods, art displays, performances by Wilson participants, and so much more! Save the date because you don't want to miss this one.

### **Tristan Crist Magic Show (TRAVEL)**

**Suggested Contribution: \$65**

**Tuesday, August 29, 12:00**

Get ready to be mystified and amazed! This show has all the thrills of a Vegas magic performance. **Please register by August 21.**



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**Mechele Lewis**

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

Monday – Friday, 8 a.m. – 5 p.m.  
[mlewis58@humana.com](mailto:mlewis58@humana.com)



**Ryan Johannsen**

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

Monday – Friday, 8 a.m. – 5 p.m.  
[rjohannsen@humana.com](mailto:rjohannsen@humana.com)



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

Serving Older Adults of SE Wisconsin, Milwaukee, WI.

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# 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](http://www.servingolderadults.org), and click on "Tech Connect".

## SMARTPHONE CAMERA USES BEYOND PHOTOGRAPHY

**Clinton Rose Senior Center - Wednesday, August 9, 12:00-1:15**

**Kelly Senior Center - Tuesday, August 15, 12:30-1:45**

**McGovern Park Senior Center - Wednesday, August 16, 1:00-2:15**

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

**Wilson Park Senior Center - Wednesday, August 16, 10:00-11:15**

Join us to learn about additional ways you can use your smartphone's camera beyond taking photos! We'll explore a variety of fun and useful features made possible by apps, such as scanning QR codes, translating text, measuring objects, and using augmented reality. We'll also cover considerations for choosing apps, and reviewing their privacy and data practices.

## FREE STREAMING WITH TUBI

**Clinton Rose Senior Center - Wednesday, August 30, 12:00-1:15**

**Kelly Senior Center - Tuesday, August 29, 12:30-1:45**

**McGovern Park Senior Center - Wednesday, August 23, 1:00-2:15**

**Washington Park Senior Center - Thursday, August 24, 10:00-11:15**

**Wilson Park Senior Center - Wednesday, August 30, 10:00-11:15**

Tubi is a popular free online streaming service and app that offers thousands of movies and TV shows. During this hands-on workshop, you'll learn how to sign up for a Tubi account. You'll also learn how to search for and save movies and TV shows. Bring your device (Smartphone or Tablet) and we will install the app and sign you up during class.

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

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

**Tech Connect for  
Older Adults**

A Program of SOA

# Clinton & Bernice Rose Senior Center

## Movie Watchers Club

**Friday, August 4, 9:00 - 11:00**

Come watch a movie, then engage in fun discussions afterwards. *Popcorn and hot dogs will be available for purchase.*

## (NEW) Friday Day Bingo

*Hosted by Charlotte Lewis*

**Fridays, August 4, 11, 18 & 25, 12:00 - 1:00**

Spend the afternoon relaxing and playing a few rounds of Bingo with fellow participants.

## WestCare Resource Fair

**Saturday, August 5, 9:00 - 2:00**

Bring your family and friends for this information resource fair. There will be food, art, entertainment, and a raffle.

## ADS Outreach

*Presented by MKE Co. DHHS Aging & Disability Services*

**Tuesday, August 15, 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.

## Clinton Rose Rummage Sale

**Thursday, August 17, 9:00 - 3:00**

Check out Clinton Rose's annual rummage sale. Also, pre-register for a table by August 10 for \$25.

**Pre-registration required**

## Cooking Demonstration w/Chef Marvin

**"The Unsalted Chef"**

*Presented by HEAL (Healthy Eating Active Living)*

**Thursday, August 24, 10:15 - 11:15**

Learn how to prepare delicious, low-sodium meals. Receive a small sample & recipe card afterwards.

## Advisory Committee Meeting

**Tuesday, August 29, 10:30**

Find out what's going on at the center and SOA. Join this amazing committee and be heard. 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, August 31, 10:00 - 12:00**

This program 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.**

## Morning Blend w/Hot Topics -

**Suggested Contribution: \$2**

**(includes cup of coffee & donut)**

*Led by Doris Hopkins-Brown*

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

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

## Speak Your Mind

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

Tell us what's on your mind or maybe you just want to sit and talk with your fellow participants.

## Library Area

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

Get lost in a great book in our peaceful library area.

## 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, 8:30 - 4:30**

Come chase the eight ball around the table. There are always friendly faces ready for a pool game.

## Computer Lab

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

Do you need access to the internet? Or maybe you just need access to a computer. Our computer lab is available for all 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 other sewing enthusiasts, then our open sewing room is the place for you. You must have a sewing room orientation before joining the fun. *Please keep in mind Open Sewing & Miss Daisy's Sewing 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.

## 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.



# Clinton & Bernice Rose Senior Center

## Soulful Coloring

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

If you love coloring and listening to music, then this is the perfect class for you!

## 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.

## Walk Aerobics

*Led by Shirley Horton*

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

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

## Miss Daisy's Sewing Group -

**Suggested Contribution: \$8**

**Thursdays, 12:00 - 2:00**

You're invited to join a fabulous group of quilters who specialize in quilting. Miss Daisy's Group is a project-based group that strictly focuses on group projects. *Please keep in mind Open Sewing & Miss Daisy's Sewing are two different groups. If you are interested in doing both, the suggested contribution is \$16.00.*

August days are hot and still,  
Not a breath on house or hill,  
Not a breath on height or plain,  
Weary travelers cry for rain;  
But the children quickly find  
A shady place quite to their mind;  
And there all quietly they stay,  
Until the sun has gone away, —  
August is too hot for play!

- Annette Wynne



<p><b>Monday</b> 9:30-10:30 Morning Blend 12:00-1:00 Walk With Ease</p>	<p><b>Tuesday</b> 9:00-10:30 Roselettes Dance Group Practice 9:30-10:30 Wisdom Studies 12:15-2:15 Praise &amp; Worship</p>	<p><b>Wednesday</b> 9:00-10:00 Bingo 10:00-11:00 Senior Striders 11:00-12:00 Walk With Ease</p>
<p><b>Thursday</b> 9:00-10:30 Roselettes Dance Group Practice 12:00-1:00 Walk Aerobics</p> <p>* Has a suggested contribution</p>	<p><b>Friday</b> 9:00-11:00 Movie Watchers Club 12:00-1:00 Walk With Ease</p>	<p><b>Daily</b> 8:30-3:30 Fitness Center 8:30-4:30 Speak Your Mind 8:30-3:30 Billiards Area (includes: pool games, cards, chess, checkers &amp; dominoes) 8:30-3:30 Library Area 8:30-3:30 Computer Lab 10:00-3:30 Open Sewing *</p>

# Kelly Senior Center

## **Seasonal Tiered Tray Making**

**Wednesdays, August 2 & 30, 10:00 - 11:30**

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

## **Bingo**

*Sponsored by Allay Home & Hospice*

**Wednesday, August 2, 1:00**

Join us for an afternoon of Bingo!

**Registration recommended.**

## **Medication Reviews**

**Thursday, August 3, 8:30 - 11:00**

Dr. Pamela Miller, pharmacist, will be available to view your medications and search for any possible interactions, issues, or recommendations. Contact Deanna to make an appointment.

## **Book Clearance**

**Tuesday, August 8, 9:00 - 11:00**

Kelly is clearing out a few of its extra books. Stop by and pick up a new book for National Book Lovers Day on August 9th. Walk-ins welcome.

## **Medicare Consultation Appointments**

**Thursday, August 10, 9:00 - 11:00**

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

## **What's 'New' About Growing Old:**

**Insights from the Author of 'Gray Matters'**

**Thursday, August 10, 1:30 - 2:30**

Dr. Lem will share some insights she discovered when writing her book on aging, and how she learned from the experts, books and television shows, and older people themselves. **Registration recommended.**

## **Card Making Class - Suggested Contribution: \$5**

**Tuesday, August 15, 11:00 - 3:00**

Learn to make two beautiful greeting cards and take them home afterwards! Supplies and instructions will be provided. Participants will receive a homemade door prize! **Registration required.**

## **Common Scams & Fraud**

*Presented by The WI Bureau of Consumer Protection*

**Wednesday, August 16, 10:00 - 11:00**

Discuss the details of common scams that target seniors, the warning signs of a scam, and what to do if you or someone you know falls victim to a scam or fraud. **Registration recommended.**

## **Toenail Trimmers, LLC Appointments**

**Thursday, August 17, 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.

## **Women's Club: Uber & Lyft for Seniors**

**Monday, August 21, 1:30 - 2:30**

Get a tutorial from our own Debbie Dietzel, Uber and Lyft driver, about how to use these helpful services even if you don't have a smartphone.

**Registration recommended.**

## **Bingo**

*Sponsored by Right at Home*

**Tuesday, August 22, 1:00 - 2:00**

Join us for an afternoon of Bingo.

**Registration recommended.**

## **ADS Outreach**

*Presented by MKE Co. DHHS Aging & Disability Services*

**Wednesday, August 23, 10:00 - 2:00**

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

## **Advisory Meeting**

**Wednesday, August 23, 1:00**

Get the inside scoop on upcoming events and make your voice heard! Share your ideas for the future of Kelly Senior Center. Walk-ins welcome.

## **Awakening the Sage Within**

**Wednesdays, August 23 - Sept 27, 2:30 - 4:00**

Learn about life review, forgiveness, and embracing mortality in this non-religious but spirituality-building 6-week class based on the work of Rabbi Zalman Schachter-Shalomi. **Registration required.**

## **Movie Screening of "Paul Blart: Mall Cop"**

**Wednesday, August 30, 1:00 - 3:00**

Join us for a screening of this action-comedy. This film is rated PG. Walk-ins welcome.

## **Elvis Tribute: All Shook Up**

*Sponsored by Anthem*

**Thursday, August 31, 1:30 - 3:00**

"Shake Up" the end of Summer with Elvis! Enjoy a professional Elvis impersonator, live music, Elvis-themed games (with a prize for the winner), and 'punny' Elvis snacks! Finish up the afternoon by taking a photo with Elvis himself!

**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. Walk-ins welcome.

## **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 - Suggested Contribution: \$20**  
**(July - September) Monday - Friday, 1:00 - 4:30**  
 Learn new techniques and patterns to plan or finish your 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 artful objects for your home and garden. Suggested contribution includes use of the kiln.  
**Registration required.**

**Adaptive Chair Yoga**  
**Tuesdays, 10:00 - 11:00**  
 Use a chair as a prop to help make various postures and movements more 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**  
 Reach your weight-loss goals by getting the tools, information, support, and accountability needed to be successful. Join Cudahy Chapter 33's weekly meetings. Enjoy the camaraderie while learning how to live a healthy lifestyle. **Registration required.**

**Line Dancing**  
**Wednesdays, 11:00 - 12:00**  
 Dance away your Wednesday mornings with our experienced volunteer instructor. Some line dancing experience is required. 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 for a hike through beautiful Warnimont Park. The group meets in the lobby. Walk-ins welcome.

<p><b>Monday</b>            8:45 Morning Exercise            10:00 Tai Chi            12:30 Mahjong            12:30 Parkinson's Exercise            1:00 Dartball            1:00 Dominoes            1:00 Quilting *</p>	<p><b>Tuesday</b>            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><b>Wednesday</b>            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><b>Thursday</b>            8:30 Morning Fitness            9:00 Ceramics *            9:00 Knit &amp; Crochet            9:00 Nature Walk            10:00 Sheepshead            12:30 Canasta</p> <p>* Has a suggested contribution</p>	<p><b>Friday</b>            8:45 Morning Exercise            9:30 Bridge            9:30 Fitness Center Orientation            11:30 Fitness Center Orientation            12:00 Balance &amp; Stretch            1:00 Cribbage</p>	<p><b>Daily</b>            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

## **Stand Up & Move More**

*Presented by Eric Pampuch*

**Tuesdays, 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!

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

*Presented by Chef Marvin*

**Thursday, August 3, 12:00 - 1:30**

Watch Chef Marvin demonstrate how to prepare a healthy dish using items from your stockbox. Enjoy a delicious sample afterwards.

## **Blood Pressure Check**

*Presented by Milwaukee Career College*

**Mondays, August 7 & 21, 10:00**

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

## **Golden Path Home Health Care Services**

*Presented by Barbara Golden*

**Monday, August 7, 12:30**

Golden Path provides lifestyle services for the entire family. This highly trained team can customize plans to help you live independently in your own home. Free initial assessment for those who qualify.

## **Karaoke Day**

*Presented by Mechele Lewis*

**Wednesday, August 9, 12:45**

Welcome all karaoke lovers. Let's get in the mood to sing, laugh, and have some fun together.

## **Memory Screening**

*Presented by MKE Co. DHHS Aging & Disability Services*

**Thursday, August 11, 9:00 - 12:00**

Back by popular demand! As we age, it is important to recognize any changes we experience relating to our memory. This is not a diagnostic but a screening that can provide early detection for dementia. This screening will be on a first come first come basis.

## **Hair & Beauty Services**

*Presented by Locks of Love Beauty Salon*

**Monday, August 14, 12:30**

A specialized hair stylist will demonstrate how to style and nourish hair with special products that keep it shiny and healthy.

## **Advisory Meeting**

**Thursday, August 17, 9:00**

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, August 17, 12:30**

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

## **(New) Carnival at McGovern**

**Friday, August 18, 10:00 - 2:00**

Everyone loves a good carnival! The great weather is perfect for fun and games. For a small contribution, we will have hot buttered corn on the cob, hot dogs, nachos, popcorn and drinks.

## **(New) The Benefits of Turmeric**

*Presented by Annie Snowden*

**Monday, August 21, 10:00**

Turmeric is known for its vibrant color and unique flavor. It also has many health benefits. Learn how to use it for a variety of health conditions.

## **Milwaukee County Transit System**

**Wednesday, August 23, 10:00**

This presentation will cover route changes, schedule adjustments, and route detours due to construction. Those who attend the presentation will take a free bus ride on the Milwaukee County bus.

## **Dental Hygiene**

*Presented by Familia Dental*

**Friday, August 25, 12:30**

Oral Hygiene is the practice of keeping one's oral cavity clean and free of problems. Please join this presentation and receive free oral care essentials.

## **TOPS**

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

Taking off pounds sensibly can help you effectively shed those unwanted pounds. Best of all you'll learn health options from supportive TOPS members.

## **Billiards**

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

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

## **Billiard for Beginners**

**Mondays & Wednesdays, 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.

## **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.

## **Dance for Fun & Fitness**

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

**11:30-12:30, Fridays, 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.

# McGovern Park Senior Center

## 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.

## 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

*Presented by Harold Turner*

**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

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

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



### HOW TO PLAY:

Fill-in the circles with a 4-letter word, using the letters from the word:

**CARNIVAL**

○	○	○	○
○	○	○	○
○	○	○	○
○	○	○	○
○	○	○	○
○	○	○	○
○	○	○	○

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



# Washington Park Senior Center

## **Boost Your Brain & Memory**

**Starts August 3, Thursdays, 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.

## **Health Equity Lunch & Learn Workshop**

*Sponsored by The Center For Leadership, Hedy Keith (President and CEO)*

**Thursday, August 17, 11:00 - 1:00**

Learn how to advocate for yourself when speaking to doctors. Dr. Zelda Okia, MD will be speaking about diabetes and Evelyn Terry will cover healthy eating. Lunch is provided for free.

**Pre-registration required by Aug 11.**

## **Joy Comes in the Morning**

*Presented by Gloria Webster*

**Wednesdays, August 9 & 23, 9:30 - 10:30**

Let's talk about your feelings. This is a safe space to talk about loss, depression, and guidance — and to realize that “joy comes in the morning.”

## **Travel Club, Indoor Mini Rummage Sale**

**Wednesday, August 23, 10:00 - 2:00**

The Travel Club will have a mini rummage sale in the lobby. Check them out for treasures!

## **National Toasted Marshmallow Day**

**Wednesday, August 30, 12:30 - 1:30**

Join us in the courtyard to make Pudgie pies and toast marshmallows.

## **Cooking Demonstration w/Chef Marvin, “The Unsalted Chef”**

**Thursday, August 10, 11:30 - 12:30**

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

## **August Birthday Celebration**

**Wednesday, August 30, 12:30 - 1:30.**

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

## **Open Gardening**

**Monday - Thursday, 9:00 - 11:00**

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

## **ADS Outreach**

*Presented by MKE Co. DHHS Aging & Disability Services*

**Monday, August 1, 9:30 - 10:30**

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

## **Advisory Meeting**

**Tuesday, August 8, 10:00**

Find out what's happening and share your ideas. 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.

## **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).

## **Chair Arthritis**

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

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

## **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.

## **Table Tennis (Ping Pong)**

**Monday - Friday, 1:00 - 4:00**

Playing a friendly game is a fun way to get daily exercise and increase eye-hand coordination.

## **Woodshop - Suggested Contribution: \$25/mo.**

**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.

## **Guitar/Stringed Instruments**

**Tuesdays, 10:00 - 11:00**

Open jam session. All stringed instruments and singers are welcome and encouraged!

## **Scrapbooking**

**Tuesdays, 10:30 - 1:30**

Get creative by designing one-of-a-kind pages. All skill levels are welcome!

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# Washington Park Senior Center

## 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 and into shape with this upbeat line dance class while grooving to fun tunes.

## Bocce Ball

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

Enjoy a game of bocce ball outside on the west lawn. 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 techniques and then advance from there.

## Having Fun w/Art

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

Do you love to sketch, doodle, or color? 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.

## 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><b>Monday</b>            9:00-10:00 Yoga *            9:00-10:00 Billiards (lessons)            9:00-11:00 Knitting &amp; 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 &amp; Stretch</p>	<p><b>Tuesday</b>            10:00-1:00 Chess            10:00-11:00 Gospel Choir            10:00-11:00 Stringed Instruments/            Vocals            10:00-11:00 Silver Steppers            10:30-1:30 Scrapbooking            12:00-2:00 Game Day</p>	<p><b>Wednesday</b>            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><b>Thursday</b>            9:00-10:00 Zumba            10:00-11:00 Silver Steppers            10:30-11:30 Bible Study            12:30-1:30 Having Fun w/Art            12:30-1:45 Ballroom Dancing *</p> <p>* Has a suggested contribution &amp; requires pre-registration</p>	<p><b>Friday</b>            9:00-11:00 Stained Glass *            9:00-3:00 Piano *            9:00-11:00 Tennis            10:30-11:30 Hand Weights            12:30-1:45 Bingo</p>	<p><b>Daily</b>            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

## **National Dog Month Tuesday, August 1**

It's time to celebrate our furry friends. Send your photos and we will pick the cutest dog to win a small prize. **Submissions are due by August 20th.**

## **Root Beer Float Day Monday, August 7, 1:00**

Stop by and have a classic root beer float in celebration of "Root Beer Float Day."

## **Bingo Tuesday, August 8, 1:00**

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

## **Lazy Day Hangout Thursday, August 10, 10:30**

Sometimes it's good to be lazy. Join us for a slow day on the patio complete with music and light refreshments.

## **Big Band Concert & Dance Monday, August 14, 1:30**

Show off your best dance moves at this classic big band show.

## **Coin & Stamp Collectors Group Tuesday, August 15, 11:00 - 12:00**

Share some of your treasured collections with other enthusiasts.

## **Wilson Senior Center Advisory Meeting Wednesday, August 16, 10:00 - 10:30**

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

## **Tristan Crist Magic Show (TRAVEL) Suggested Contribution: \$65 Tuesday, August 29, 12:00**

Get ready to be mystified and amazed! This show has all the thrills of a Vegas magic performance.

**Please register by August 21.**

## **Wilson Fair \* SAVE THE DATE \* Thursday, August 24, 1:00**

It's our annual end of the summer party. Enjoy fair foods, art displays, performances by Wilson participants, and so much more!

## **Book Club Wednesday, August 30, 10:15**

Book: "Rocket Man" by Robert Kurson. A copy is available at Zablocki Library the first week of each month.

## **Boost Your Brain & Memory 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.

**Summer Open Sew Classes -  
Suggested Contribution: \$20/class (9 weeks)  
(June 5 - Aug 28) Mondays, 9:00 - 2:00**  
Learn new techniques while bonding with others.

**Wood Shop - Suggested Contribution: \$25/mo.  
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.

**Hot/Fused Glass -  
Suggested Contribution: \$25  
(July - September)  
Mondays & Wednesdays, 9:00 - 4:00**  
Create beautiful works of art utilizing various glass fusion techniques.

**Low Impact Aerobics  
Mondays & Thursdays, 1:00 - 2:00**  
Enjoy a good workout without putting stress on 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.

**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**  
Play 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.

# Wilson Park Senior Center

## 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 scripture.

## 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

August 4 - To Catch a Thief

August 11 - Yours, Mine and Ours

August 18 - A Beautiful Mind

August 25 - A Song is Born

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.

“August is the slow, gentle month that stretches out the longest across the span of a year. It yawns and lingers on with the light in its palms.”

— Victoria Erickson

<p><b>Monday</b></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><b>Tuesday</b></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 &amp; Stamp (3rd)</p> <p>11:30 Guided Art Studio *</p> <p>12:30 Sojourn Bear Group</p> <p>1:00 Beginner Crochet</p> <p>1:00 Cornhole</p> <p>1:00 Bingo (2nd)</p>	<p><b>Wednesday</b></p> <p>8:45 Ceramic Studio *</p> <p>9:00 Wood Carving &amp; 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 &amp; 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><b>Thursday</b></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><b>Friday</b></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 &amp; Koffee (2nd)</p> <p>12:30 Bridge</p> <p>1:00 Movie &amp; Popcorn</p>	<p><b>Daily</b></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 suggested contribution/ pre-registration required (Classes have a start and end time)</p> <p>**Pre-registration required</p>



## Do you want to support your senior center and the vast array of fun programming offered?

Did you know that our county contract only covers 63% of the cost to keep the centers open? The chart shows a breakdown of the funding for the centers. All contributions towards programming are appreciated and make a difference; no donation is too small as many small donations add up to make a BIG difference! Please consider being a part of that difference.

Words can't express how VERY grateful we are to those of you who have supported SOA with a financial gift this year. The smiles on the faces of your fellow participants show what an impact you are making. Our vision is a community where every older adult is connected to the resources they need, and the opportunities that interest them, throughout the entire aging process. Will you join us in working towards that vision?

### 2023 PROJECTED REVENUE



■ Gap to Cover Full Year 2023 Expenses

- Milwaukee County Contract
- Corporations
- Activities and Trip Income
- Gift Shop Income
- Foundation Grants
- Individuals
- Rental Income
- Special Events/Misc Income

**Ways to Donate:** - Visit [www.servingolderadults.org](http://www.servingolderadults.org)  
 - Text GIVE2SOA to 53555  
 - Drop off at an SOA senior center

**-OR- Mail to:**

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



## The support you need when you need it.

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



IRIS Consultant Agency (ICA)



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

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

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

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# Dementia Care Specialist Programs

## Boost Your Brain & Memory Program

The Boost Your Brain & Memory Program is a 8-week evidenced based program that takes a holistic approach to improving brain health. This program was designed for adults 55 and older and is an eight week program meeting once a week for one hour. This program focuses on the concept of cognitive research through: physical activity, emotional health, intellectual activity, nutrition, spiritual activity and social engagement.

## Dementia Caregiver Support Group

Monthly virtual caregiver support group for those caring for a loved one with dementia. This support group meets the 3rd Wednesday of the month from 1pm-2pm.

## DICE Approach Consultations

The DICE Approach is intended to help caregivers better understand behavioral and psychological symptoms of dementia which will create a better quality of life for all affected by the disease.

## Music & Memory Program

The Wisconsin Music & Memory Program is part of the national Music & Memory program designed to help people with Alzheimer's and related dementias, find renewed meaning and connection in their lives through the gift of personalized music.

## Milwaukee County Memory Cafés & SPARK! Programs

Social engagement programs for those living with early to mid-stage memory loss and their care partners. Please visit our website for a complete list of Memory Cafés and SPARK! Programs in Milwaukee County.

## Savvy Caregiver Workshops

Savvy Caregiver is a 6-week workshop for family caregivers of a person with dementia. Savvy Caregiver helps family caregivers acquire and strengthen knowledge, skills and attitudes to empower them to be more intentional, strategic and responsive in their care role. Gain knowledge to manage daily care, skills to adjust your approach and confidence to set and achieve caregiving goals.

## TimeSlips

TimeSlips is a evidence-based program is a creative storytelling program for those with memory loss. The TimeSlips movement brings meaning to later life through creative engagement. Gain access to their Creativity Center and or a Caregiver Creativity Kit.

## Virtual Dementia Tour

Experience the effects of aging and dementia and gain a better understanding of the challenges facing those with dementia. Virtual Dementia Tours allow you to experience the reality of living with dementia while attempting to perform basic daily tasks.

Join our [Dementia Friendly Milwaukee County E-Newsletter](#), to learn about the dementia friendly efforts happening in Milwaukee county and stay up to date on important updates, resources and programs in the dementia and caregiver community. Visit [county.milwaukee.gov/aging/dementia](http://county.milwaukee.gov/aging/dementia) to subscribe.

For more information:

**(414) 289-6259 or [DCS@milwaukeecountywi.gov](mailto:DCS@milwaukeecountywi.gov)**



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





# National Senior Citizens Day

In 1988, President Ronald Reagan proclaimed August 21st as National Senior Citizens Day to raise awareness about issues that affect older adults and their quality of life. Today, many older adults remain active in their communities, and also continue to work past retirement. Improved healthcare has increased productivity of older citizens, allowing them to be more active than ever before. According to the U.S. Census Bureau, approximately 78 million people aged 65 and older will reside in America by 2035. This figure will surpass the number of the population under the age of 18 for the first time in the nation's history.

National Senior Citizens Day recognizes the contributions of the senior population and how they impact communities across the country. For example, many older adults serve as positive role models to the younger generation, and their volunteer work helps the daily operations of various organizations run smoothly. By signing the Proclamation 5847 bill, Reagan stated, "We can best demonstrate our gratitude and esteem by making sure that our communities are good places in which to mature and grow older — places in which older people can participate to the fullest and can find the encouragement, acceptance, assistance, and services they need to continue to lead lives of independence and dignity."



## 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., August 22, 10:30
Kelly	Wed., August 23, 1:00
McGovern Park	Thu., August 17, 9:00
Washington Park	Tue., August 8, 10:00
Wilson Park	Wed., August 16, 10:00

### 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	Tue., August 15, 11:00 - 12:00
Kelly	Thu., August 17, 12:30 - 1:30
McGovern Park	Thu., August 31, 12:00 - 1:00
Washington Park	Tue., August 1, 9:30 - 10:30
Wilson Park	Tue., August 15, 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 July 2022 - June 2023. We made every attempt to recognize all donors. If your name was missed, please contact us at 414-933-2332 ext. 1009 or email [Development@servingolderadults.org](mailto:Development@servingolderadults.org).

## \$100,000 and above

Bader Philanthropies

Every Day Good Foundation

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

Greater Milwaukee Foundation

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

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.  
James Sheridan

### \$1,000 - \$1,999

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

### \$500 - \$999

Anonymous (1)  
AETNA Medicare Solutions  
Marsha & Paul Bukofzer  
Jo Cross  
Mark & Kellie Foster  
James & Cheryl Hempel  
Desmond Jenkins  
Sherry Kulhanek  
John C. Lapinski  
Dennis Lech  
Stephanie Mares  
Roy & Lynn Meythaler  
MKE County DHHS ADS  
Tim & Katie Moersfelder  
Thomas Piotrowski  
Mike R Prudhom  
Daniel & Nicole Renouard  
Robertson Ryan &  
Associates  
Jo Ann Rucker  
Cynthia Sheridan  
Althea Stover  
Lawrence Taylor  
Rick Tsao  
Phyllis Veerhaalen

### \$250 - \$499

Frank Brindza  
Tom & Cheri Briscoe  
Don & Christine Gardner  
J. Misorski & P. Garrity  
Sylvia Gear  
Mr. K  
Bart Kocho & Carol Marefka  
Walter & Katie McCoy  
Lynne Grages & Paul  
Neymeyr  
Mike & Sally Radka  
Yvonne Thomas  
Phyllis Veerhaalen  
Wisconsin Literacy, Inc  
Tom & Cathy Wood



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

Anonymous (1)  
Pat Ehlert  
Eva Eiseman  
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](http://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](mailto:development@servingolderadults.org) or by calling 414-933-2332 x1009.

## Partners to \$249

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



## 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: \_\_\_\_\_