

SERVING OLDER ADULTS OF SOUTHEAST WISCONSIN, INC.

September 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

Sep. 4 - Labor Day
(all centers & dining sites closed)
Sep. 21 - Staff Training
(all centers closed at 1:00pm)

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*
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

Pappadeaux Seafood Kitchen & Shopping - Suggested Contribution: \$35

Wednesday, September 20, 9:00 -5:30

Enjoy delicious seafood and more. Then head to a local shopping mall afterwards. *Contribution includes transportation only.*

Must register by September 5.

***** SNEAK PEEK FOR OCTOBER *****

The Pink Prom - Suggested Contribution: \$15 Thursday, October 12, 12:00 - 3:00

Wear your best shade of pink to help kick off the Making Strides Against Breast Cancer campaign.

Must register by September 25.

KELLY SENIOR CENTER

Elder Suicide Prevention Resource Fair

Presented by The Cudahy Health Department

Thursday, September 14

9:00 - 10:00 Resource Fair

10:00 - 11:30 Presentation

Suicide amongst older adults is on the rise. Attend this resource fair to learn about ways you can help.

Flu Vaccination Clinic

Presented by Cudahy Health Department

Friday, September 15, 9:00 - 1:00

Cudahy Health Department will be administering flu vaccines. It will be a drive-thru clinic; no appointment necessary. An additional location will be inside the center. No one will be denied regardless of their insurance status.

Falls Prevention Resource Fair

Presented by MKE Co. Falls Prevention Coalition

Tuesday, September 19, 9:30 - 11:30

Learn how to prevent falls. Take advantage of fall risk screenings and resources to improve safety and reduce falls. Gift cards and giveaways throughout! Walk-ins welcome.

MCGOVERN PARK SENIOR CENTER

Emergency Preparedness Plan

Presented by Violet Kryshak

Wednesday, September 6, 12:30

Learn how to plan and prepare for disasters and emergencies. A Go-Bag packing list will be given to all those who attend.

Headwrap for Beginners

Presented by Abby Ajigola

Friday, September 8, 12:30

Bring your own scarf (a long one) for an individual lesson on how to tie a headwrap.

Neighborhood Improvement Development Meet & Greet Salad Fest

Presented by Ruth Moore

Monday, September 25, 12:30

Don't miss this opportunity to meet other members in the community in a casual setting.

Be sure to bring your appetite for the salad bar!

WASHINGTON PARK SENIOR CENTER

(NEW) Stepping On

Thursdays, starts September 14, 9:30 - 11:30

This 7-week, community-based program empowers adults with strategies that reduce the risk of falls.

Emergency Preparedness Plan

Tuesday, September 12, 12:30 - 1:30

Learn how to plan and prepare for disasters and emergencies. A Go-Bag packing list will be given to all those who attend.

Falls Prevention Resource Fair

Presented by MKE Co. Falls Prevention Coalition

Thursday, September 21, 9:30 - 11:30

Take advantage of fall risk screenings and resources to improve safety and reduce falls. Gift card drawing and performance by Dancing Grannies!

Listening Session

Wednesday, September 27, 12:30 - 2:00

Attend this session with Aging and Disability Resource Center and share how they can work for you.

WILSON PARK SENIOR CENTER

Wellness Wednesday: "Benefits of a Nutritious, Organic Low-carb Diet"

Wednesday, September 6, 10:30

Nutrition is important for a happy healthy life. We will explore how a low-carb diet can be nutritional.

(NEW) Stepping On

Mondays, starts September 11, 12:15 - 2:15

This 7-week, community-based program empowers adults with strategies that reduce the risk of falls.

China Lights Travel Trip -

Suggested Contribution: \$30

Tuesday, September 26, 4:15

Enjoy breathtaking light displays, sounds and food as you walk through the gardens.

Must register by September 18.

*****SNEAK PEEK FOR OCTOBER*****

Tristan Crist Magic Show -

Suggested Contribution: \$30

Tuesday, October 10, 12:00

Get ready to be mystified and amazed as we travel to Lake Geneva to enjoy this show that has all the thrills of a Vegas magic performance.

Must register by September 20.

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Mechele Lewis

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Monday – Friday, 8 a.m. – 5 p.m.

mlewis58@humana.com



Ryan Johannsen

262-765-6362 (TTY: 711)

Monday – Friday, 8 a.m. – 5 p.m.

rjohannsen@humana.com



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

Serving Older Adults of SE Wisconsin, Milwaukee, WI.

A 4C 01-2067

Tech Connect for Older Adults

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

GETTING STARTED WITH FACEBOOK

Clinton Rose Senior Center - Tuesday, September 12, 1:00-2:15

Kelly Senior Center - Tuesday, September 5, 12:30-1:45

McGovern Park Senior Center - Wednesday, September 6, 1:00-2:15

Washington Park Senior Center - Thursday, September 7, 1:00-2:15

Wilson Park Senior Center - Wednesday, September 13, 10:00-11:15

During this hands-on workshop, you will sign up for Facebook and begin building your profile. You'll also learn how to find friends and will get a brief introduction to Facebook's privacy settings. If you're ready to join Facebook, then this workshop is for you!

FINDING COMMUNITY ON SENIOR PLANET COMMUNITY

Clinton Rose Senior Center - Wednesday, September 20, 10:00-11:15

Kelly Senior Center - Tuesday, September 19, 12:30-1:45

McGovern Park Senior Center - Wednesday, September 20, 1:00-2:15

Washington Park Senior Center - Thursday, September 21, 10:00-11:15

Wilson Park Senior Center - Tuesday, September 19, 10:00-11:15

Senior Planet is transforming social media through its new, ad-free site Senior Planet Community (SPC), a place for older adults to make friends, share their interests, and age with attitude. In this hands-on workshop, you'll sign up for SPC and learn about its key features. You'll explore the many groups where you can connect with others, learn about posting and messaging, and discuss the site's safety and privacy features.

To sign up, call the center or go to <https://servingolderadults.org/tech-connect/>

 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

Led by Yvonne Thomas

Friday, September 1, 9:00 - 11:00

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

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.

Friday Day Bingo

Hosted by Charlotte Lewis

Fridays, 12:00 - 1:00

Spend the afternoon relaxing and playing Bingo with fellow participants.

Morning Blend w/Hot Topics -

**Suggested Contribution: \$2
(includes cup of coffee & donut)**

Led by Doris Hopkins-Brown

Mondays, 9:30 - 10:30

Discuss the daily hot topic with your peers.

ADS Outreach

Presented by MKE Co. DHHS Aging & Disability Services

Tuesday, September 7, 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.

Clean Up

Hosted by Freda Wright

Thursday, September 7, 9:00 - 12:00

Volunteers are needed to help collect trash from the street area. Come and check out Eras Senior Network & Clinton Rose Cleaning Up Day.

For information, call (414)-263-2255.

Pappadeaux Seafood Kitchen & Shopping -

Suggested Contribution: \$35

Wednesday, September 20, 9:00 - 5:30

Enjoy delicious seafood and more at Pappadeaux Seafood Kitchen. Then head to a local shopping mall afterwards. *Contribution includes transportation only.*

Must register by September 5.

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

Presented by HEAL (Healthy Eating Active Living)

Thursday, September 21, 10:15 - 11:15

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

Advisory Committee Meeting

Tuesday, September 26, 10:30 - 11:00

Get the inside scoop on upcoming events and share your ideas for the future of Clinton Rose. If you would like access via Zoom please call 414-263-2255 for details.

Memories in the Making

Sponsored by the Alzheimer's Association

Thursday, September 28, 10:00 - 12:00

This is a unique art program that allows individuals with Alzheimer's disease and related dementias to express themselves through art and storytelling. Supplies are included. **Pre-registration required.**

Speak Your Mind

Monday - Friday, 8:30 - 4:30

Don't miss this opportunity to share what's on your mind with fellow participants.

Library Area

Mondays - Friday, 8:30 - 3:30

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

Walk Easier

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

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

Billiards Room

Monday - Friday, 8:30 - 3:30

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

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 here for all of our participants!

Open Sewing -

Suggested Contribution: \$8 (4 weeks)

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

If you love to sew and enjoy the company of other sewing enthusiasts, then come to our open sewing room. A sewing room orientation is required. *Open Sewing & Miss Daisy's Sewing are two different groups. If interested in doing both, the total suggested contribution is \$16.*

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 your feet moving! Join our eloquent dancing group for some fun and community involvement.

Clinton & Bernice Rose Senior Center

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

Facilitated by Shami L.

Wednesdays, 10:00 - 11:00

Love coloring and listening to music? This class is a perfect blend of both.

Senior Striders

Led by Evelyn Merriett

Wednesdays, 10:00 - 11:00

Reap the benefits of seated exercises. This class will help those with limited mobility to improve their flexibility, and circulation, while strengthening their bodies.

Miss Daisy's Sewing Group - Suggested

Contribution: \$8

Thursdays, 12:00 - 2:00

Join a fabulous group of quilters to complete group projects. *Some sewing skills required. Open Sewing & Miss Daisy's Sewing are two different groups. If interested in doing both, the total suggested contribution is \$16.*

***** SNEAK PEEK FOR OCTOBER *****

The Pink Prom - Suggested Contribution: \$15

Thursday, October 12, 12:00 - 3:00

Wear your best shade of pink to help kick off the Making Strides Against Breast Cancer campaign.

Must register by September 25.



Oh sweet September, thy first breezes bring
The dry leaf's rustle and the squirrel's laughter,
The cool fresh air whence health and vigor spring
And promise of exceeding joy hereafter.

- George Arnold

<p>Monday 9:30-10:30 Morning Blend 12:00-1:00 Walk Easier</p>	<p>Tuesday 9:00-10:30 Roselettes Dance Group Practice 9:30-10:30 Wisdom Studies 12:15-2:15 Praise & Worship</p>	<p>Wednesday 9:00-10:00 Bingo 10:00-11:00 Senior Striders 11:00-12:00 Walk Easier</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 Easier</p>	<p>Daily 8:30-3:30 Fitness Center 8:30-4:30 Speak Your Mind 8:30-3:30 Billiards Area (includes: pool games, cards, chess, checkers & dominoes) 8:30-3:30 Library Area 8:30-3:30 Computer Lab 10:00-3:30 Open Sewing *</p>

Kelly Senior Center

Boost Your Brain & Memory

Fridays, Sep. 1 - Oct. 27, 9:00 - 10:00

This evidence-based program takes a holistic approach to lower the risk of developing dementia.

Registration required.

(NEW) Stepping On

Tuesdays, Sep. 5 - Oct. 17, 2:30 - 4:30

This 7-week, community-based program empowers adults with strategies that reduce the risk of falls.

Registration required.

Bingo

Sponsored by Right at Home

Wednesday, September 6, 1:00

Join us for an afternoon of Bingo!

Registration recommended.

Tame Your Pain

Thursdays, September 7 - 28, 10:00 - 11:00

Learn strategies to calm your body's response to pain in this 4-part series. **Registration recommended.**

Qigong & Listening Prayer

Thursdays, September 7 - 28, 11:00 - 12:00

Use gentle movements and breath control to promote healing energy throughout the mind, body, and spirit in this 4-part series. **Registration recommended.**

Dobie the Concertina Man

Friday, September 8, 1:00 - 3:00

Join us for an afternoon of live polka music, ragtime, jazz, and sing-a-longs. **Registration recommended.**

Motor Vehicle Repair Law

Wednesday, September 13, 10:00

Learn consumer protection laws and how to select a repair shop, order parts, and purchase a vehicle.

Registration recommended.

Volunteer Meetup

Wednesday, September 13, 1:00

Meet other Kelly volunteers for the latest volunteer-related news, and share any concerns. Or sign up for volunteer opportunities. Walk-ins welcome.

Medicare Appointments

Thursday, September 14, 9:00 - 11:00

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

Elder Suicide Prevention Resource Fair

Presented by The Cudahy Health Department

Thursday, September 14

9:00 - 10:00 Resource Fair

10:00 - 11:30 Presentation

Suicide amongst older adults is on the rise. Attend this resource fair to learn about ways you can help.

Flu Vaccination Clinic

Presented by Cudahy Health Department

Friday, September 15, 9:00 - 1:00

Cudahy Health Dept. will be administering flu vaccines. It will be a drive-thru clinic; no appointment necessary. An additional location will be inside the center. No one will be denied regardless of their insurance status.

My Words Are Sacred:

An Introductory Writing Class

Monday, September 18, 1:00 - 2:30

Writing should be fun! Get the support to write in prose and different genres, such as: memoir, non-fiction, fiction, and more. **Registration recommended.**

Women's Club: Frogs & How They Communicate

Monday, September 18, 1:30

Attend this lecture from Dr. Gerlinde Hoebel, biology professor at UWM, to learn about frog behavior and how they communicate with each other.

Registration recommended.

Falls Prevention Resource Fair

Presented by MKE Co. Falls Prevention Coalition

Tuesday, September 19, 9:30 - 11:30

Learn how to prevent falls. Take advantage of fall risk screenings and resources to improve safety and reduce falls. Gift cards and giveaways throughout! Walk-ins welcome.

Card Making Class - Suggested Contribution: \$5

Tuesday, September 19, 11:00 - 3:00

Make two greeting cards for taking home. Supplies and instructions will be provided. Homemade door prize for one lucky winner! **Registration required.**

Bingo

Sponsored by Williamstown Bay

Tuesday, September 19, 1:00

Join us for an afternoon of Bingo!

Registration recommended.

Seasonal Tiered Tray Making

Wednesday, September 20, 10:00

Decorate a tiered tray with seasonal paper crafting! All supplies are included and an instructor will be available to help. **Registration required.**

Garden Club Meeting

Tuesday, September 26, 1:00 - 1:30

Join the Garden Club's monthly meeting to catch up on garden-related news and plans. Walk-ins welcome.

ADS Outreach

Presented by MKE Co. DHHS Aging & Disability Services

Wednesday, September 27, 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. Walk-ins welcome.

Advisory Meeting

Wednesday, September 27, 1:00

Get the inside scoop on upcoming events and share your ideas for the future of Kelly Senior Center. Walk-ins welcome.

Morning Exercise

Mondays & Fridays, 8:45 - 10:00

A variety of balance, strength, and flexibility exercises to help you feel great throughout the day. Monday sessions are followed by chair dancing. Friday sessions include a low-impact cardio workout. Walk-ins welcome.

Kelly Senior Center

Tai Chi Practice Session

Mondays, 10:00 - 11:00

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, 11:30 - 1:30

Manage Parkinson's symptoms while having fun! This class uses 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 for your sewing projects. Volunteer instructors are available to help with quilting machines. **Registration required.**

Morning Fitness

Tuesdays & Thursdays, 8:30 - 9:30

Start your day working out to a fitness video 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. Suggested 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. For all levels. Walk-ins welcome.

Writing Club

Tuesdays, 10:00 - 12:00

Enjoy writing free from distraction. All writing types and experience levels are welcome. Sharing is optional. Walk-ins welcome.

Chronic Pain & Illness Peer Mentorship Group

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

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

Acoustic Music Meetup

2nd & 4th Tuesdays, 10:30 - 12:00

Meet fellow musicians to learn new tunes, and share resources. 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, information, and accountability needed to be successful. Join Cudahy Chapter 33's weekly meetings.

Registration required.

Line Dancing

Wednesdays, 11:00 - 12:00

Some line dancing experience is required. Get moving with our experienced volunteer instructor. Walk-ins welcome.

Open Art Studio

Wednesdays, 10:00 - 12:00

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

Knit & Crochet

Thursdays, 9:00 - 11:00

It doesn't matter if you are a beginner or a seasoned crafter. Come join the fun. Walk-ins welcome.

Nature Walk

Thursdays, 9:00

Dress for the weather and wear walking shoes to join the walking group for a hike through Warnimont Park. The group meets in the lobby. Walk-ins welcome.

Monday	Tuesday	Wednesday
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 *	8:30 Morning Fitness 9:00 Ceramics * 9:00 Quilting * 10:00 Chair Yoga 10:00 Chronic Illness Group 10:30 Acoustic Meetup 2:00 Writing Club	9:30 TOPS 10:00 Art Studio 10:00 Sheepshead 11:00 Line Dancing 12:30 Canasta 1:00 Dominoes 1:00 Quilting *
Thursday	Friday	Daily
8:30 Morning Fitness 9:00 Ceramics * 9:00 Knit & Crochet 9:00 Nature Walk 10:00 Sheepshead 12:30 Canasta 2:00 Mindfulness Meditation (every other week)	8:45 Morning Exercise 9:30 Bridge 9:30 Fitness Center Orientation 11:30 Fitness Center Orientation 12:00 Balance & Stretch 1:00 Cribbage	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 * Has a suggested contribution fee

Growing Milwaukee

Presented by The City of Milwaukee

Friday, September 1, 10:00 - 1:00

The Department of City Development is leading an effort called Growing MKE. Growing MKE is a citywide planning effort that will set a framework for housing growth in Milwaukee. You are invited to attend and share how your vision for the city.

Emergency Preparedness Plan

Presented by Violet Kryshak

Wednesday, September 6, 12:30

Learn how to plan and prepare for disasters and emergencies. A Go-Bag packing list will be given to all those who attend.

Identity Theft: Protect & Prevent

Presented by Bennet Merens (DATCP)

Thursday, September 7, 10:00

The WI Bureau of Consumer Protection will review different types of identity theft. Informational brochures will be available.

Headwrap for Beginners

Presented by Abby Ajigola

Friday, September 8, 12:30

Bring your own scarf (a long one) for an individual lesson on how to tie a headwrap.

Learning Medicare

Presented by Humana

Monday, September 11, 12:30

Want to know the difference between Medicare and Medicaid? Here is your chance to gain knowledge between the two.

WeCare Pharmacy

Presented by Mohamed Elsheikh

Wednesday, September 13, 10:00

Weight loss can improve cardiovascular issues and reduce the risk of complications related to obesity. Learn about healthy serving sizes and portion control to help with weight loss. Healthy snacks will be given to those who participate.

Empowerment Conversation

Presented by Abby Ajigola

Friday, September 15, 12:30

Let's come together for some fun and meaningful conversation while enjoying coffee and donuts.

Learning Medicare Part 2

Presented by Humana

Monday, September 18, 12:30

Is Medicare enough for your medical needs? Find out how Medicare Supplement may benefit you.

Relaxation Class

Presented by Abby Ajibola

Friday, September 22, 12:30

Learn various methods to relieve tension from your hands and feet.

Neighborhood Improvement Development Meet & Greet Salad Fest

Presented by Ruth Moore

Monday, September 25, 12:30

Don't miss this opportunity to meet other members in the community in a casual setting. Be sure to bring your appetite for the salad bar!

Relaxation Part 2

Presented by Abby Ajigola

Friday, September 29, 12:30

Hand massage has many benefits like reducing stress and tension, better circulation, and improving range of motion. Learn simple hand massage techniques.

Healthy Eating Active Living: Cooking Demonstration

Presented by Chef Marvin

Thursday, September 7, 12:00 - 1:30

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

Blood Pressure Check

Presented by Milwaukee Career College

Mondays, September 11 & 25, 10:00

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

Advisory Meeting

Thursday, September 21, 9:00

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

Bingo

Thursday, September 21, 12:30

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

Book Club

Thursday, September 21, 12:30

Book: "The Overstory" by Richard Power.

Purchase this book or check your local library.

Coffee Bar

Monday - Friday, 8:30 - 11:30

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.

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

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.

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.

Upper Body Exercise

Mondays, Wednesdays & Fridays, 11:00

This is an upper body workout using hand weights.

Dance for Fun & Fitness Beginners Class

Fridays, 11:30 - 12:30

This class is for those who are new to line dancing.

Lapidary

Tuesdays, 8:30 - 3:00

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

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.

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.

Metalsmithing

Tuesdays, 11:00-3:00

Metalsmithing uses wire and sheets of metal to create jewelry.

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.

“By all these lovely tokens,
September days are here,
With summer's best of weather
And autumn's best of cheer.”

- Helen Hunt Jackson

<p>Monday 9:00 TOPS 9:00 Walking Group 10:00 Billiards for Beginners 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 10:00 Exercise for Seniors 11:00 Metalsmithing 1:00 Chess Club</p>	<p>Wednesday 8:30 Quilting 8:30 Open Crafts 9:00 Walking Group 10:00 Billiards for Beginners 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 9:00 Walking Group 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 8:30 Puzzle Table 9:00-1:00 Re-Gift Shop 11:00-12:00 Lunch</p>

Washington Park Senior Center

(NEW) Stepping On

Thursdays, starts September 14, 9:30 - 11:30

This 7-week, community-based program empowers adults with strategies that reduce the risk of falls.

Emergency Preparedness Plan

Tuesday, September 12, 12:30 - 1:30

Learn how to plan and prepare for disasters and emergencies. A Go-Bag packing list will be given to all those who attend.

Falls Prevention Resource Fair

Presented by MKE Co. Falls Prevention Coalition

Thursday, September 21, 9:30 - 11:30

Take advantage of fall risk screenings and resources to improve safety and reduce falls. Gift card drawing and performance by Dancing Grannies!

Listening Session

Wednesday, September 27, 12:30 - 2:00

Attend this session with Aging and Disability Resource Center and share how they can work for you.

Boost Your Brain & Memory

Thursdays, September 7, 14 & 21, 12:15 - 1:45

This evidence-based program takes a holistic approach to improving brain health. Learn ways to lower the risk of developing dementia.

Health Equity Lunch & Learn Workshop

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

Thursday, September 28, 11:00 - 1:00

Learn how to advocate for yourself when speaking to doctors. Lunch is provided for free.

Must register by September 19.

Joy Comes in the Morning

Presented by Gloria Webster

Wednesdays, September 6 & 20, 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."

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

Thursday, September 14, 11:30 - 12:30

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

Birthday Celebration

Wednesday, September 27, 12:30 - 1:30.

Join us as we celebrate September 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, September 5, 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, September 12, 10:00

Find out what's happening and share your ideas. All participants are encouraged to attend.

Balance & Stretch

Mondays, 12:30 - 1:00

Prevent injuries and falls using techniques that improve flexibility and balance.

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!

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Washington Park Senior Center

Scrapbooking

Tuesdays, 10:30 - 1:30

Get creative by designing one-of-a-kind pages. All 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.

Gospel Choir

Tuesdays, 10:00 - 11:00

Lift every voice and sing! Join the WSPC Gospel Choir and sing songs of praise and worship.

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 and win prizes!

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.

Tennis

Fridays, 9:00 - 11:00

Play a friendly game of tennis with the WPSC tennis players. Get in shape and have fun, too!

<p>Monday 9:00-10:00 Yoga * 9:00-10:00 Billiards (lessons) 9:00-11:00 Knitting & Crochet 9:00-11:00 Open Sew 10:00-11:00 Chair Arthritis Exercise 10:30-11:30 Hand Weights 12:30-1:00 Balance & Stretch</p>	<p>Tuesday 10:00-1:00 Chess 10:00-11:00 Gospel Choir 10:00-11:00 Stringed Instruments/ Vocals 10:00-11:00 Silver Steppers 10:30-1:30 Scrapbooking 12:00-2:00 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 Sliver 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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DHS Approved 4/22/2021

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for Community Living, Department of Health and Human Services, Washington, D.C. 20201.



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Wilson Park Senior Center

Quilting Classes -

Suggested Contribution: \$25/class (10 Weeks)

Sharpen your skills with instructor-led techniques. There are 4 classes that offer unique experiences.

Registration starts September 1.

Mondays, 9:00-11:00 (Sep. 11- Nov. 13)

Tuesdays, 1:00-3:00 (Sep. 11- Nov. 13)

Thursdays, 9:30 -11:30 (Sep. 11- Nov. 13)

Fridays, 9:00-11:30 (Sep. 11- Nov. 13)

Open Sew Classes -

Suggested Contribution: \$20/class (10 weeks)

Mondays, 9:00 - 11:00 (Sep. 11- Nov. 13)

Wednesdays, 12:00-2:00 (Sep. 11- Nov. 13)

Registration starts September 1.

Learn new techniques for your projects. There are 3 classes that offer unique experiences.

Wellness Wednesday:

"Benefits of a Nutritious, Organic Low-carb Diet"

Wednesday, September 6, 10:30

Nutrition is important for a happy healthy life. We will explore how a low-carb diet can be nutritional.

Big Band Concert & Dance

Monday, September 11, 1:30

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

(NEW) Stepping On

Mondays, starts September 11, 12:15 - 2:15

This 7-week, community-based program empowers adults with strategies that reduce the risk of falls.

Bingo

Tuesday, September 12, 1:00

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

Coin & Stamp Collectors Group

Tuesday, September 12, 11:00 - 12:00

Share some of your treasured collections with other enthusiasts.

Armchair Travel: New Delhi, India

Thursday, September 14, 1:00

Experience the vibrant city of New Delhi, India in a virtual setting.

Please register by September 11.

Wilson Senior Center Advisory Meeting

Wednesday, September 20, 10:00 - 10:30

Hear updates, stay informed and ask questions. Attend in person or virtually.

China Lights Travel Trip

Suggested Contribution: \$30

Tuesday, September 26, 4:15

Enjoy breathtaking light displays, sounds and food as you walk through the gardens.

Must register by September 18.

Book Club

Wednesday, September 27, 10:15

Book: "The Underground Girls of Kabul"

Author: Jenny Nordberg

Boost Your Brain & Memory

Mondays, 12:15 - 1:45

This evidence-based program takes a holistic approach to lowering the risk of developing dementia.

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.

Beginning German - Suggested Contribution: \$10

Tuesdays, 1:00

Learn the basics of the German language and culture.

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 (September - November)

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

Tuesdays & Thursdays, 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;

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

Spring Forest Qigong

Wednesdays, 10:15 - 11:00

This powerful practice promotes healing energy throughout the mind, body, and spirit.

Gentle Yoga

Wednesdays, 2:00

Yoga is safe for all ages and body types. This low-impact exercise can be adapted to any level of fitness.

Railroad Club

Wednesdays & Thursdays, 1:00

Are you a railroad enthusiast? Join our Railroad Club and enjoy the beautiful model train room.

Advanced German - Suggested Contribution: \$10

Thursdays, 9:15

Build upon your current German-speaking skills.

Dartball - Suggested Contribution: \$15

Thursdays, starting September 21

Play dartball with other participants.

Sign up starts September 7

Guitar Jam

Fridays, 9:30 - 12:00

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

Tap Dance - Suggested Contribution: \$40

(August 10 - October 19)

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. Experienced weavers are encouraged to join as well.

Movies & Popcorn

Fridays, 1:00

September 1 - Men in Black

September 8 - Not Without My Daughter

September 15 - Marriage Story

September 22 - This is Where I Leave You

Come and enjoy a movie and popcorn!

Outdoor Yoga

Soak up the sunshine and learn new moves. Call the Wilson Senior Center to stay informed with the details.

Calling All Plant Lovers!

Looking for plant enthusiasts to assist in the upkeep and care of the solarium. Stop by the office for more details.

Halloween Candy Drive

Take part in this family-fun, neighborhood event for kids to trick-or-treat in a safe environment. Donate a bag of candy to Trunk or Treat **by October 14**.

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



SOUTHSIDE

Wednesday, October 11, 2023
10:00 am - 2:00 pm
 Wilson Park Senior Center
 2601 W. Howard Ave.
 Milwaukee, WI

NORTHSIDE

Wednesday, October 18, 2023
10:00 am - 2:00 pm
 Washington Park Senior Center
 4420 W. Vliet St.
 Milwaukee, WI

Serving Older Adults (SOA) invites you to the 3rd Annual Art of Aging, a lifestyle fair to celebrate aging well together. The event will feature a wide range of health, lifestyle, and active aging resources for older adults as well as food, entertainment, and a raffle.

For more information:
 Visit www.servingolderadults.org or email Chey Thunberg at artofaging@servingolderadults.org

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- Learn How to Enroll - Free Enrollment Assistance*

Tuesday, September 26, 2:00 - 3:30 p.m.

Zablocki Public Library
3501 W. Oklahoma Ave., Milwaukee

Friday, October 6, 11:00 a.m. - 12:30 p.m.

Greenfield Public Library
5310 W. Layton Ave., Greenfield

Tuesday, October 17, 9:00 - 10:30 a.m.

Virtual Presentation
county.milwaukee.gov/aging/medicare101

Monday, November 6, 10:00 - 11:30 a.m.

McGovern Park Senior Center
4500 W. Custer Ave., Milwaukee

Wednesday, November 8, 10:00 - 11:30 a.m.

Clinton Rose Senior Center
3045 N. Dr. Martin Luther King Dr., Milwaukee

Wednesday, November 15, 1:00 - 2:30 p.m.

Grobschmidt Senior Center
2424 15th Ave., South Milwaukee

Friday, November 17, 12:00 - 1:00 p.m.

Bayview Library
2566 S. Kinnickinnic Ave., Milwaukee

Drop in Dates for One-on-One Medicare Counseling

Reservations are preferred for one-on-one Medicare Counseling. Call (414) 289-6436 to make a reservation.

Thursday, October 26, 9:00 a.m. - 2:00 p.m.

Marcia Coggs Center, 1220 W. Vliet Street, Rm 104

Tuesday, November 28, 11:30 a.m. - 2:30 p.m.

Grobschmidt Senior Center, 2424 15th Ave

Friday, December 1, 9:00 a.m. - 2:00 p.m.

Marcia Coggs Center, 1220 W. Vliet Street, Rm 104

For questions or to request accommodations call (414) 289-6436 or nina.yang@milwaukeecountywi.gov

county.milwaukee.gov/aging/medicare101



These presentations are supported through a State Health Insurance Program grant provided by the WI Department of Health Services from the U.S. Department of Health and Human Services - Administration for Community Living.



Falls Prevention Awareness Day: *The History of Life Alert*

Falls Prevention Awareness Day occurs on September 22 and highlights the leading cause of injury-related emergency visits. Falls can result in serious consequences like bruising, hip fractures, and head injuries, especially for adults over 65.

With age, various faculties of older adults tend to decline, such as eyesight, muscle strength, and coordination. Recognizing these challenges, Psychology professor Dibner conceived a solution in 1972 - a personal emergency response system. This device allowed older adults to call for help when injured and unable to reach a phone, and in 1976, Dibner was granted the patent for Lifeline Systems.

Dibner's invention proved to be a game-changer, providing much-needed assistance to seniors and offering peace of mind to their loved ones. Isaac Shepherd further advanced this concept in 1987 with the creation of Life Alert, a wearable gadget featuring an automated dialer connected to a telephone line, that allowed for easy access to emergency services.

In the 1990s, Life Alert gained national recognition through a memorable commercial featuring an elderly woman exclaiming the famous catchphrase, "I've fallen and I can't get up!" The increased visibility of the brand led to a widespread adoption of such devices in homes. Additionally, in 2007, Falls Prevention Awareness Day was initiated on a state level, followed by a collective effort by various states to address public health issues related to fall injuries through collaboration with medical professionals and supporters.

5 STEPS TO PREVENT FALLS

- ⇒ Stay physically active
- ⇒ Try balance and strength training exercises
- ⇒ Get enough sleep
- ⇒ Stand up slowly
- ⇒ Be aware of the side effects of medications

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., September 26, 10:30
Kelly	Wed., September 27, 1:00
McGovern Park	Thu., September 21, 9:00
Washington Park	Tue., September 12, 10:00
Wilson Park	Wed., September 20, 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., Sep. 7, 11:00 - 12:00
Kelly	Fri., Sep. 22, 12:30 - 1:30
McGovern Park	Thu., Sep. 28, 12:00 - 1:00
Washington Park	Tue., Sep. 5, 9:30 - 10:30
Wilson Park	Tue., Sep. 19, 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.



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 August 2022 - July 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.

\$50,000 - \$99,999

Bader Philanthropies, Inc.
Greater Milwaukee Foundation
Otto Bremer Trust

\$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
MKE Downtown Business
Improvement District #21
David & Melissa Stauber
We Energies Foundation
Susan Zimmer

\$500 - \$999

James & Cheryl Hempel
Sherry Kulhanek
John C. Lapinski
Dennis Lech
Stephanie Mares
Roy & Lynn Meythaler
MKE County DHHS ADS
Tim & Katie Moersfelder
Daniel & Nicole Renouard
Robertson Ryan & Associates
Cynthia Sheridan

\$250 - \$499

Anonymous (4)
Frank Brindza
Tom & Cheri Briscoe
Marsha & Paul Bukofzer
Jo Cross
Mark & Kellie Foster
Don & Christine Gardner
J. Misorski & P. Garrity
Sylvia Gear
Desmond Jenkins
Mr. K
Bart Kocha & Carol Marefka
Walter & Katie McCoy
Network for Good
Thomas Piotrowski
Michael R. Prudhom
Mike & Sally Radka
Round-ups
Jo Ann Rucker
Rick & Kris Skaar
Althea Stover
Lawrence Taylor
Yvonne Thomas
Rick Tsao
Phyllis Veerhaalen
Wisconsin Literacy, Inc.
Tom & Cathy Wood



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

Anonymous (2)
Pat Ehlert
Eva Eiseman
Mark & Kellie Foster
Bridgette Frommell
John & Janice Gardetto

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

What is a GEM?

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

How do I become a GEM?

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

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

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

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

Partners to \$249

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

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)?**

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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: _____