

SERVING OLDER ADULTS OF SOUTHEAST WISCONSIN, INC.

October 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

The following sites will be closed for the 3rd Annual Art of Aging Resource Fairs:

- Oct. 11 - Kelly Sr. Ctr. & Dining, and Wilson Park Dining
- Oct. 18 - Clinton Rose & Dining, McGovern Park & Dining, and Washington Park Dining

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 *Vacant*
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 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

Resource Fair & Community Employment

Hosted by Tracey Dent

Tuesday, October 10, 9:00 - 12:00

Join us for an in-person gathering to meet the organizations offering great programs and services at Clinton Rose.

The Pink Prom - Suggested Fee: \$15

Friday, October 13, 12:00 - 3:00

Wear your best shade of pink to help kick off the making strides against Breast Cancer.

Pre-registration required. Deadline: Oct. 6.

For information, call 414-263-2255.

Halloween Harvest Fest

Sponsored Mechelle Lewis

Thursday, October 26, 12:00 - 2:00

Get ready for some fun and festivities. There will be music, food, drinks, games, and a costume contest.

Pre-registration required, walk-in or call

414-263-2255.

KELLY SENIOR CENTER

ADRC Listening Session

Tuesday, October 3, 12:30

The ADRC Governing Board of MKE County will hold a public listening session. Your feedback will be shared with state and community partners.

Women's Club: Cudahy History by Juliet Hills

Monday, October 16, 1:30

Learn about the history of Cudahy from local historian Juliet Hills. **Registration recommended.**

Forest Home Cemetery Tour: History of Milwaukee - Suggested Contribution: \$75

Thursday, October 26, 9:00 - 1:45

Tour Forest Home Cemetery and learn about the history of early Milwaukeeans. Enjoy lunch at Meyer's Restaurant afterwards. **Registration required.**

MCGOVERN PARK SENIOR CENTER

(New) Canning Class

Presented by Ground Works

Fridays, October 6, 13, 20 & 27, 12:30

Learn how to preserve food by canning properly.

Hair & Beauty Services

Presented by Locks of Love Salon

Monday, October 16, 12:30

Stylists will demonstrate how to style your natural or relaxed hair. A makeup artist will show how to apply makeup correctly.

(NEW) Home Repair Program

Presented by Revitalize Milwaukee

Monday, October 23, 12:30

Learn about critical home repairs such as plumbing, electrical, carpentry, and accessibility modifications for homeowners who are disabled or veterans.

(New) A Prisoner's Pardon "Only Through A Father's Love"

Presented by Michelle Jackson

Wednesday, October 25, 12:30

Listen to Michelle share her lifelong passion for transforming lives from the inside out.

WASHINGTON PARK SENIOR CENTER

(NEW) Tai Chi Prime

Presented by Walnut Way Conservation Corp.

October 11 - November 17 (6-week course)

Wednesdays & Fridays, 9:00 - 10:30

Energize your mind and body, lower stress, improve sleep and reduce falls.

Octoberfest in the Courtyard

Tuesday, October 17, 10:00 - 12:00

Enjoy Fall-themed refreshments and performances by the WPSC Guitar and String Instrument group.

Stroke Awareness & Prevention Presentation

Presented by Aurora Mobile Health Unit

Wednesday, October 25, 12:30 - 2:00

Learn the different signs of a stroke, risk factors, prevention and treatment options.

Halloween Costume Birthday Party

Tuesday, October 31, 12:30 - 1:30

Have a spooky good time celebrating October birthdays. 1st, 2nd, & 3rd prizes will be awarded to costume winners.

Open Art Therapy Workshops (8-week program)

Provided by Bloom Art & Integrated Therapies

Every Tuesdays, October 10 - November 28,

9:30 - 12:30

"Drop in" this free open art studio to create various art projects. There will be an art show at the end of the program to showcase the artworks.

WILSON PARK SENIOR CENTER

Zoo Day: Date with Giraffes -

Suggested Contribution: \$5

Monday, October 16, 1:00

Tour the giraffe exhibit and a chance to feed them.

Please register by October 10.

Zoo Day: Date with Elephants -

Suggested Contribution: \$5

Friday, October 20, 9:30

Enjoy a guided tour at the zoo and a chance to feed the elephants.

Please register by October 10.

Coffee w/ the Sheriff & Drug Take Back

Friday, October 20, 9:00

Bring your prescription drugs to dispose of and have a cup of coffee with the sheriff.

Monster Mash Ball

Tuesday, October 31, 12:30

Enjoy music, dancing, refreshments, and prizes for the best costumes! **Please register by October 25.**

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Mechele Lewis

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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

Apple of My Eye

2023 PARTNERSHIP CAMPAIGN

OUR FUNDING

SOA is an independent non-profit organization that Milwaukee County contracts to manage 5 senior centers, including 5 meal programs. SOA's two contracts from Milwaukee County pay approximately 63% of our total cost to operate the senior centers. Another 10% is raised through suggested contributions paid by participants, gift shop sales, and rentals of building space. The remaining 19% costs are funded through donations and grants from individuals, nonprofit organizations, foundations, and corporations who believe in the work SOA is doing to serve older adults and build a strong community for those age 50 and better.

GRANTS

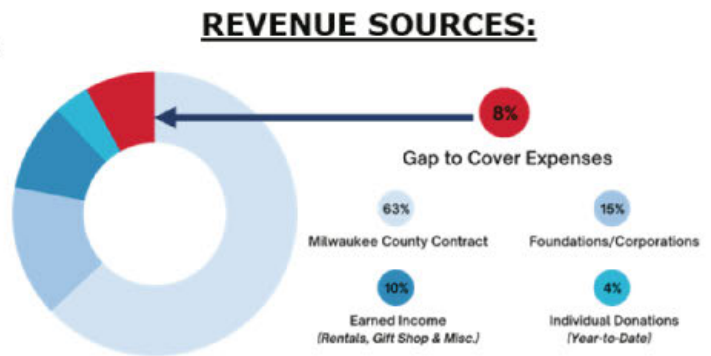
To help maintain and enhance the programming offered, we write grant proposals throughout the year, requesting funding from local foundations and companies. SOA has received \$665,272 in grant funding over the last 2 years.

INFLATION

The Milwaukee County contracts have remained at the same level for decades. Costs for program and building supplies, property and liability insurance, employee health insurance, staff salaries, and necessary services such as telephones, printing, computer support, garbage pickup, audit fees, and internet continue to increase. Without donations and grants, we could not absorb these increased costs.

THE GAP

We project an 8% gap in funding to cover 2023 expenses. The chart below shows a breakdown of the funding for the centers.



Please Donate!

Help us fill our apple tree to reach our goal of \$8,000 that will go to support services and programming for older adults.

- If you donate between September 18-October 6, you'll receive an apple to add to the tree.
- If you've already donated this year and make an additional donation during this campaign, you will receive a gold leaf on your apple.
- If you sign up to be a GEM (Give Every Month), you'll receive a gem to place on your apple.
- Existing GEMs will receive a gold leaf and a gem on their apple.

Watch the apple pie for our progress!

WAYS TO DONATE:



Scan QR Code



Visit

www.servingolderadults.org
Click "Donate Now"



Text

GIVE2SOA
to 53555

Clinton & Bernice Rose Senior Center

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

Led by Doris Hopkins-Brown

Mondays, October 2, 16, & 30, 9:30 - 10:30

Discuss the daily hot topic with your peers.

Breast Cancer Awareness Bingo

Sponsored by Eras Senior Network & WestCare

Wednesday, October 4, 9:00 - 11:00

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.

ADS Outreach

Presented by MKE Co. DHHS

Tuesday, October 5, 10:00 - 12:00

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

Movie Watchers Club

Led by Yvonne Thomas

Friday, October 6, 9:00 - 11:00

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

Friday Day Bingo

Hosted by Charlotte Lewis

Fridays, October 6 & 20, 12:00 - 1:00

Spend the afternoon relaxing and playing Bingo with fellow participants.

Resource Fair & Community Employment

Hosted by Tracey Dent

Tuesday, October 10, 9:00 - 12:00

Join us for an in-person gathering to meet the organizations offering great programs and services at Clinton Rose.

Boost Your Brain & Memory

October 11 - November 29

Wednesdays, 9:30 - 11:00

This 8-week evidence-based program takes a holistic approach to improving brain health in order to lower the risk of developing dementia.

The Pink Prom - Suggested Fee: \$15

Friday, October 13, 12:00 - 3:00

Wear your best shade of pink to help kick off the making strides against Breast Cancer.

Pre-registration required. Deadline: Oct. 6.

For information, call 414-263-2255.

Cooking Demonstration w/Chef Marvin

"The Unsalted Chef"

Presented by HEAL (Healthy Eating Active Living)

Thursday, October 19, 10:15 - 11:15

Learn how to prepare delicious, low-sodium meals. Enjoy a sample.

Tai Chi Prime Demonstration

Hosted by Walnut Way

Thursday, October 24, 9:30 - 11:00

A slow, graceful Chinese exercise that promotes calm mental focus and alignment while building leg strength, endurance, and balance.

For information, call 414-263-2255.

Advisory Committee Meeting

Tuesday, October 24, 10:30 - 11:00

Learn about what's going on at Clinton Rose Senior Center. If you would like access via Zoom please contact 414-263-2255 for details.

Halloween Harvest Fest

Sponsored by Mechelle Lewis

Thursday, October 26, 12:00 - 2:00

Get ready for some fun and festivities. There will be music, food, drinks and games. There will also be a costume contest. **Pre-registration required.**

Walk-in or call 414-263-2255.

Memories in the Making

Sponsored by the Alzheimer's Association

Thursday, October 26, 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.

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.*

Clinton & Bernice Rose Senior Center

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.

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.

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.*



<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

ADS Resource Hour

Monday, October 2, 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. Walk-ins welcome.

ADRC Listening Session

Tuesday, October 3, 12:30

The Aging & Disability Resource Center Governing Board of MKE County will hold a public listening session. Your feedback will be shared with state and community partners in order to improve the services where needed and sustain the programs which are working well.

Bingo

Sponsored by Harbor Village

Wednesday, October 4, 1:00

Join us for an afternoon of Bingo!

Registration recommended.

Medicare Consultation Appointments

Thursday, October 12, 9:00 - 11:00

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

Superstitious? Here's Why!

Friday, October 13, 1:00

Most of us have grown up with superstitions. But, how did these beliefs begin? During this informal discussion, we will look at the origins of these beliefs, sayings and customs to discover why they have stayed with us into the present day.

Women's Club: Cudahy History by Juliet Hills

Monday, October 16, 1:30

Learn about the history of Cudahy from local historian Juliet Hills. **Registration recommended.**

Card Making Class

Tuesday, October 17, 11:00

Learn how to make two beautiful greeting cards to take home! Supplies and instructions will be provided. Homemade door prize for one lucky winner!

Registration required.

Bingo

Sponsored by Williamstown Bay

Tuesday, October 17, 1:00

Join us for an afternoon of Bingo!

Registration recommended.

Anthem Medicare Seminar

Sponsored by Anthem

Wednesday, October 18, 2:00 - 3:30

Join us for a free event to find answers to your Medicare questions. Anthem will talk about which benefits are important to you and explore your 2024 Anthem Blue Cross and Blue Shield Medicare plan options.

Toe Nail Trimmers, LLC Appointments

Thursday, October 19, 9:00 - 4:00

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.

ASAHI Exercise Program

Fridays, October 20 - November 17, 10:00

This simple but comprehensive and efficient exercise routine helps improve your health and quality of life. The basic routine warms up, exercises and relaxes the whole body systematically. Comfortable shoes and water bottle recommended.

Garden Club

Tuesday, October 24, 1:00

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

Advisory Meeting

Wednesday, October 25, 1:00

Get the inside scoop on upcoming events and make your voice heard! Meet in a relaxed atmosphere to find out what's coming next and share your ideas for the future of Kelly Senior Center. Walk-ins welcome.

Forest Home Cemetery Tour: History of Milwaukee

Suggested Contribution: \$75

Thursday, October 26, 9:00 - 1:45

Visit the graves of early Milwaukeeans who helped build Milwaukee in the 1800s. Learn the history of Layton, Marshall, Pfister, Mitchell, Schlitz, Pabst, and many more. Afterwards, enjoy lunch at Meyer's Restaurant.

Registration required.

Travel Club Meeting

Monday, October 30, 10:00

Join the travel club in evaluating the strengths and weaknesses of the previous trip and selecting the next destination. Walk-ins welcome.

Halloween Bingo

Sponsored by Conversation Insurance

Tuesday, October 31, 1:00

"It was Madam Fungi, in the pumpkin patch, with the candy apple!" Join us for this comedy-themed 'murder mystery' style Bingo to celebrate Spooky Day! Get a Bingo and solve the mystery!

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.

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.

Kelly Senior Center

Quilting - Suggested Contribution: \$20 (October - December)

Monday - Friday, 1:00 - 4:30

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

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 (October - December)

Tuesdays & Thursdays, 9:00 - 12:00

Use ceramic molds, paints and glazes to create artful objects for your home and garden. The suggested contribution includes use of the kiln for finishing your ceramics pieces. **Registration required.**

Adaptive Chair Yoga

Tuesdays, 10:00 - 11:00

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

Writing Club

Tuesdays, 10:00 - 12:00

Enjoy your hobby in a distraction-free group environment. 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, share resources and show off your instrument and skills. Bring your ukulele, acoustic guitar, or mandolin. Walk-ins welcome.

Take Off Pounds Sensibly (TOPS)

Wednesdays, 9:30 - 11:00

TOPS can help you reach your weight-loss goals by providing you with the tools, information, support, and accountability you need to be successful. Come join Cudahy Chapter 33's weekly meetings. Former, current, and new TOPS members are welcome. Enjoy the camaraderie while learning how to live a healthy lifestyle. **Registration required.**

Line Dancing

Wednesdays, 11:00 - 12:00

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 to join our walking group for a hike through beautiful Warnimont Park. The group meets in the lobby. Walk-ins welcome.

<p>Monday 8:45 Morning Exercise 10:00 Tai Chi 11:30 Parkinson's Exercise 12:30 Mahjong 1:00 Dartball 1:00 Dominoes 1:00 Quilting *</p>	<p>Tuesday 8:30 Morning Fitness 9:00 Ceramics * 9:00 Quilting * 10:00 Chair Yoga 10:00 Writing Club 10:30 Acoustic Meetup 2:00 Writing Club</p>	<p>Wednesday 9:30 TOPS 10:00 Art Studio 10:00 Sheepshead 11:00 Line Dancing 12:30 Canasta 1:00 Dominoes 1:00 Quilting *</p>
<p>Thursday 8:30 Morning Fitness 9:00 Ceramics * 9:00 Knit & Crochet 9:00 Nature Walk 10:00 Sheepshead 12:30 Canasta 2:00 Mindfulness Meditation (every other week)</p>	<p>Friday 8:45 Morning Exercise 9:30 Bridge 9:30 Fitness Center Orientation 11:30 Fitness Center Orientation 12:00 Balance & Stretch 1:00 Cribbage</p>	<p>Daily 8:30-10:30 Social Club 8:30-4:30 Billiards 8:30-4:30 Computer Lab 8:30-4:30 Fitness Center 8:30-4:30 Library 8:30-4:30 Tabletop Games 11:00-11:30 Lunch * Has a suggested contribution fee</p>

McGovern Park Senior Center

(New) Tai Chi

Presented by UW Madison

Tuesdays, October 3, 10 & 17, 11:30 - 1:00

Thursdays, October 5, 12 & 19, 11:30 - 1:00

Tai Chi is known for its slow intentional movements. It is a popular form of gentle movements and meditation with benefits to mental and physical health.

(New) Canning Class

Presented by Ground Works

Fridays, October 6, 13, 20 & 27, 12:30

Canning is an important and safe method of food preservation when done properly. Avoid a potential health hazard by learning how to can properly.

Medicare Resources & Information

Presented by Humana

Monday, October 9, 10:00

Have questions? Stop by Humana's resource table to get your questions answered.

Stepping On

October 10 - November 28

Tuesdays, 12:15 - 2:15

Stepping On is a 7-week community-based, small-group program that empowers older adults to carry out health behaviors that reduce their risk of falls.

Harvest Flower Arrangement - Suggested Contribution: \$6

Presented by Abby Ajigola

Wednesday, October 11, 12:30

In this class you will learn how to create your own Fall floral arrangement using artificial flowers.

Registration required.

The Benefits of Turmeric

Presented by Annie Snowden

Monday, October 16, 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.

Hair & Beauty Services

Presented by Locks of Love Salon

Monday, October 16, 12:30

Specialized hair stylists will demonstrate how to style your natural or relaxed hair. A makeup artist will also teach you how to apply makeup correctly.

Medicare & Life Insurance Advisor

Presented by Aline Torbey

Wednesday, October 18, 10:00

Speak with a Medicare and life insurance advisor if you have questions about your Medicare or life insurance plan.

(New) Soul Collage Class

Presented by Elizabeth Nunley

Monday, October 23, 10:00

Write a statement on a 5x7 card that reflects your image and life. Then create a collage from magazine clippings. *Cards are free of charge.*

(NEW) Home Repair Program

Presented by Revitalize Milwaukee

Monday, October 23, 12:30

Revitalize Milwaukee focuses on critical home repairs such as plumbing, electrical, carpentry, and accessibility modifications for homeowners who are elderly, disabled, or veterans.

(New) A Prisoner's Pardon

"Only Through A Father's Love"

Presented by Michelle Jackson

Wednesday, October 25, 12:30

Join Michelle as she shares her lifelong passion for writing, advocating, and transforming lives from the inside out.

Healthy Eating Active Living:

Cooking Demonstration

Presented by Chef Marvin

Thursday, October 5, 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 October 2, & 23, 10:00

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

Advisory Meeting

Thursday, October 19, 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, October 19, 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, October 19, 12:30

Book: "Deacon King Kong"

Author: James McBride

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

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

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

Upper Body Exercise

Monday, Wednesday & Friday, 11:00-11:30

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.

Once again October in its beauty,
Scarlet leaves and gold along the lane
Where the maples lure us with their color.
All the world a glory once again.

- Myrtella Southerland



<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) Tai Chi Prime

Presented by Walnut Way Conservation Corp.

October 11 - November 17 (6-week course)

Wednesdays & Fridays, 9:00 - 10:30

Energize your mind and body, lower stress, improve sleep and reduce falls.

Ceramics - Suggested Contribution \$10

Thursdays, October 12 & 26, 9:00 - 10:30

Learn the art of using a slip casting technique. Pick your mold, choose your colors and make your own creation.

Pool Tournament Practice

Coordinated by James Kimble

Wednesdays, October 4, 11, 18 & 25, at noon

Tournament to follow on Wednesdays, November 8th and 15th at 11:30.

Octoberfest in the Courtyard

Tuesday, October 17, 10:00 - 12:00

Enjoy Fall-themed refreshments and performances by the WPSC Guitar and String Instrument group.

Travel Club, Indoor MINI Rummage

Wednesday, October 25, 10:00 - 2:00

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

Stroke Awareness & Prevention Presentation

Presented by Aurora Mobile Health Unit

Wednesday, October 25, 12:30 - 2:00

Learn the different signs of a stroke, risk factors, prevention and treatment options.

Halloween Costume Birthday Party

Tuesday, October 31, 12:30 - 1:30

Join us for a spooky good time as we celebrate October birthdays. Tricks and Treats for everyone! Prizes will be awarded for 1st, 2nd and 3rd place costume winners.

Open Art Therapy Workshops (8-week program)

Provided by Bloom Art & Integrated Therapies

Every Tuesdays, October 10 - November 28, 9:30 - 12:30

"Drop in" for this free open art studio to create various art projects. There will be an art show at the end of the program to showcase the artworks.

Stepping On

Thursdays, October 5, 12, 19 & 26, 9:30 - 11:30

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

Health Equity Lunch & Learn Workshop

Sponsored by The Center For Leadership

Thursday, October 19, 11:00 - 1:00

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

Must register by October 13.

Joy Comes in the Morning

Presented by Gloria Webster

Wednesdays, October 4 & 18, 9:30 - 10:30

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, October 12, 11:30 - 12:30

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

Advisory Meeting

Tuesday, October 10, 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.

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.

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 skill 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.

Welcome Home!

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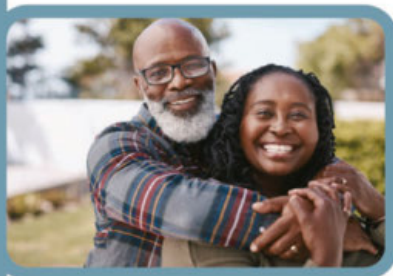
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Washington Park Senior Center

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!

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.

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

(October - December) 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.

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

(October - December) 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 hall)

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.

*****SNEAK PEEK*****

Save the date for a FABULOUS FALL FASHION SHOW to take place on Thursday, November 16th. More details to follow.

<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 10:30-11:30 Hand Weights 12:30 Movie Matinee 12:30-2:00 Phase 10</p>
<p>Thursday 10:00-11:00 Silver Steppers 10:30-11:30 Bible Study 12:30-1:30 Having Fun w/Art 12:30-1:45 Ballroom Dancing *</p> <p>* Has a suggested contribution & requires pre-registration</p>	<p>Friday 9:00-11:00 Stained Glass * 9:00-3:00 Piano * 10:30-11:30 Hand Weights 12:30-1:45 Bingo</p>	<p>Daily Fitness Center Library 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

Quilting Classes -

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

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)

Sharpen your skills with instructor-led techniques.

There are 4 classes that offer unique experiences.

Registration starts September 1.

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)

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

Registration starts September 1.

Wellness Wednesday:

"Appetite Hormones / Soups & Breads"

Wednesday, October 4, 10:30

Nutrition is important for a happy, healthy life. Learn how hormones affect appetite. Recipes are available.

Big Band Concert & Dance

Monday, October 9, 1:30

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

Meetings w/Medicare

Monday, Tuesday & Thursday

October 9, 10 & 12, 9:30

Interested in learning more about Medicare and how it can benefit you? Please attend for more information.

Bingo

Tuesday, October 10, 1:00

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

Love Thy Neighbor Workshop

Thursday, October 12, 1:00

Please join us for this workshop that will cover many topics related to older adults 50 and better.

Coin & Stamp Collectors Group

Tuesday, October 17, 11:00 - 12:00

Share your treasured collections with other enthusiasts.

Zoo Day: Date with Giraffes -

Suggested Contribution: \$5

Monday, October 16, 1:00

Spend the day touring the giraffe exhibit and a chance to feed them. **Please register by October 10.**

Breakfast for Wellness

Monday, October 16, 10:15

Sponsored by United Healthcare

Join United Healthcare for a light breakfast.

Advisory Meeting

Wednesday, October 18, 10:00 - 10:30

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

Zoo Day: Date with Elephants -

Suggested Contribution: \$5

Friday, October 20, 9:30

Enjoy a guided tour at the zoo and a chance to feed the elephants. **Please register by October 10.**

Coffee w/ the Sheriff & Drug Take Back

Friday, October 20, 9:00

Bring your prescription drugs to dispose of and have a cup of coffee with the sheriff.

Book Club

Wednesday, October 25, 10:15

Book: "Apples Never Fall" by Liane Moriarty. A copy is available at Zablocki Library the 1st week of each month.

Monster Mash Ball

Tuesday, October 31, 12:30

It's the spookiest event of the month! There will be music, dancing, refreshments and prizes for the best costumes! **Please register by October 25.**

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, Oct. 3 - Dec. 18, 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.

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

Mondays & Wednesdays, Oct. 2-Dec. 27

9:00 - 4:00

Create beautiful works of art utilizing various glass fusion techniques.

Low-Impact Aerobics

Mondays & Thursdays, 1:00 - 2:00

Enjoy working out without putting stress on your joints.

Guided Art Studio

Tuesdays & Thursdays, Oct. 3-Dec. 28, 9:00 - 3:15

Work on your own creative projects with support as needed from other artists.

Stained Glass - Suggested Contribution: \$25

Tuesdays & Thursdays, Oct. 3-Dec. 28, 9:00 - 4:00

Create projects using patterns or your own designs.

Beginning Crochet - Suggested Contribution: \$10

Tuesdays, Oct. 3-Dec. 18, 1:00 - 2:00

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

Wilson Park Senior Center

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.

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, 12:30

Play dartball with other participants. Beginners welcomed.

Tap Dance - Suggested Contribution: \$40

Thursdays, October 26 - December 28

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, Oct. 4 - Dec. 28, 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

October 6 - Chevalier

October 13 - Star Trek

October 20 - Liar, Liar

October 27 - The Birds

Come and enjoy a movie and popcorn!

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 Monday, October 16.

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



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 Resource 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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International Day of Older Persons

Active Aging Week starts on October 1st and takes place around the International Day of Older Persons. The focus is to offer older adults an enjoyable environment to engage in exercise and wellness activities. The week promotes the benefits of staying active.

Older adults 50 and better who actively engage in healthy, vibrant lifestyles are those who avoid the dangers of sedentary aging. During Active Aging Week, look for special activities offered at local community recreation centers. There are organizations that host activities aimed at older adults, that include group walks (both strolls and faster paced), group-exercise classes, dancing, healthy eating classes, and yoga classes.

Did you know that 9,500 deaths in older adults each year are correlated with a fall?

- Every 29 minutes an older adult dies from a fall
- Strength and balance training programs can reduce falls by 40%
- Half of those 65+ who have fallen will fall again within the next 12 months
- About 1,800 falls in older adults result in death
- One-fourth of older people who have a hip fracture from a fall die within six months of the injury

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., October 24, 10:30
Kelly	Wed., October 25, 1:00
McGovern Park	Thu., October 19, 9:00
Washington Park	Tue., October 10, 10:00
Wilson Park	Wed., October 18, 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., October 5, 11:00 - 12:00
Kelly	Fri., October 19, 12:30 - 1:30
McGovern Park	Thu., October 26, 12:00 - 1:00
Washington Park	Tue., October 3, 9:30 - 10:30
Wilson Park	Tue., October 17, 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 September 2022 - August 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

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

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"/> Where need is greatest | <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: _____