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
All senior centers will be closed for Thanksgiving November 23 & 24

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

Check out what’s inside:
About SOA.................................................2
Highlighted Events.................................3
Smiles for Seniors...................................5
Clinton Rose Senior Center.....................6-7
Kelly Senior Center..............................8-9
McGovern Senior Center.......................10-11
Washington Senior Center.....................12-14
Wilson Senior Center...........................16-17
Aging & Disability Services....................19
The Community Corner..........................20
Community Partners............................20
Community Partners............................21
Donors..............................................22-23
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!

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

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

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.
## Highlighted Events

### CLINTON & BERNICE ROSE SENIOR CENTER

**Toy Drive**  
Hosted by the Out and About Travel Committee  
Starts November 1st and ends December 15th  
Bring joy and holiday cheer to a child in need by donating a brand new, unwrapped toy for a child between the ages of infant to 12 years old. Toys can be dropped off at the front desk.

**Clinton Rose & Danceworks**  
Presented by Danceworks and Eras  
Wednesday, November 1, 10:00 - 11:00  
Get ready to enjoy fun dancing and awesome movement with our young ones. **Pre-registration Required.**

### MCGOVERN PARK SENIOR CENTER

**Cardio Drumming**  
Tuesdays, November 7, 14, 21, 28  
11:00 - 11:30  
Join us for SOA’s very first cardio drumming class. Cardio Drumming is an easy and fun way to get an upper body cardiovascular workout while listening to your favorite music!

**Thanksgiving Program**  
Friday November 17, 12:00  
Join us for our Thanksgiving gathering with music, praise dancing, and an inspirational word given by Pastor Colette.

### KELLY SENIOR CENTER

**Women’s Club: Safety in the Community**  
Presented by Mike A Sass and Sons  
Monday, November 20, 1:30  
Mike Scasny, retired police officer, will teach this class. All are welcome.

### WASHINGTON PARK SENIOR CENTER

**Cooking Demonstration w/Chef Marvin, “The Unsalted Chef”**  
Thursday, November 9, 11:30 - 12:30  
Learn how to make a simple, delicious, and low-sodium meal. Recipe and samples will be available.

**Fall Fashion Show Thursday November 16th 12:30 - 2:30**  
Join us for a Fabulous Fall Fashion Show, showcasing our participants strutting their stuff in five categories: Ethnic Wear, Casual Wear, Church Wear, Dressy Attire, and Evening/After 5 Wear.

### WILSON PARK SENIOR CENTER

**Thoughts of Thankfulness**  
Starting November 1st  
Stop by the office for the month of November and let us know what you are thankful for. They will be posted throughout the center to promote and celebrate gratitude.

**Wilson’s Yarn Sale**  
Starting November 1st  
Wilson is selling yarn for the first week of November. If you need yarn for a special project, look no further.

### VETERANS DAY CELEBRATIONS

#### CLINTON & BERNICE ROSE SENIOR CENTER

**Veterans Day Breakfast**  
Sponsored by Graceland Cemetery  
Friday, November 10th, 9:30 - 11:00  
We want to honor and acknowledge our heroes who have paved the way through heroism, dedication, and bravery. Please join us for a delicious breakfast. **Pre-Registration is required by November 6th.**

#### KELLY SENIOR CENTER

**Veterans Day Program**  
Sponsored by Cudahy Lion’s Club  
Friday, November 10, 1:30  
Join us for an afternoon honoring our veterans, including a speaker from Honor Flight, a presentation of the flag, and a musical salute. Afterwards, stay for refreshments. **Registration recommended.**

#### MCGOVERN PARK SENIOR CENTER

**Veterans Day Breakfast**  
Thursday, November 9, 10:00  
We would like to salute our veterans and say thank you for your service. It is an honor to serve you with a free breakfast today. **Pre-registration required.**

#### WASHINGTON PARK SENIOR CENTER

**Veterans Day Program**  
Wednesday November 14, 12:30 - 2:00  
Calling all vets! Please join us for a gathering to celebrate and thank you for your service to this country. Desserts & beverages will be served. **RSVP to Diane or Debbie by Monday, 11/6/23.**

#### WILSON PARK SENIOR CENTER

**Veteran’s Brunch**  
Thursday, November 9, 10:30  
Let’s celebrate the hard work and dedication of our veterans by having a delicious brunch. **Please register by November 3rd.**
NOW ACCEPTING APPLICATIONS for Seniors ages 62+  
Independent and Assisted Living in the Historic Layton Boulevard Neighborhood  
All Utilities Included • Free Parking Available  
Free Laundry • WIFI For Select Units  
Dining Available • Fitness Center  
Business Center • Smoke And Pet Free Building  
On-Site Beauty Salon • And Much More!  
414-384-3800  
2735 W. Greenfield Avenue Milwaukee WI 53215  
Professionally managed by Oakbrook Corporation  

Humana helps take the mystery out of Medicare Advantage  
Humana. A more human way to healthcare™  
Call a licensed Humana sales agent  
Mechele Lewis  
262-278-8708 (TTY: 711)  
Monday – Friday, 8 a.m. – 5 p.m.  
mlewis58@humana.com  
Ryan Johannsen  
262-765-6362 (TTY: 711)  
Monday – Friday, 8 a.m. – 5 p.m.  
rjohannsen@humana.com
Smiles for Seniors

Your support provides smiles for older adults throughout the year!

Did you know that SOA is an independent non-profit organization that provides programming and services for older adults in our community? SOA’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. But we couldn’t do it without you! Our contract with Milwaukee County only covers about 63% of the cost to provide these programs at the 5 Milwaukee County senior centers. When considering your end of year gifts, we hope that you will support the programming you see every day at your local senior center and help to keep smiles on the faces of the older adults we serve.

Ways to donate:

Scan QR Code
Visit www.servingolderadults.org Click “Donate Now”
Text GIVE2SOA to 53555
Toy Drive
Hosted by the Out and About Travel Committee
Starts November 1st and ends December 15th
Bring joy and holiday cheer to a child in need by donating a brand new, unwrapped toy for a child between the ages of infant to 12 years old. Toys can be dropped off at the front desk.

Bid Whist
Led Willie Rogers
Thursdays, November 2, 9, 16 & 30 12:00 - 3:00
Let’s hang out and play a game of Biz Wiz.

ADS Outreach
Presented by MKE Co. DHHS
Thursday, November 2, 10:00 - 12:00
Meet with Outreach Social Worker Andrew Bethke and get up-to-date information about a wide array of resources and community-based services.

Clinton Rose & Danceworks
Presented by Danceworks and Eras
Wednesday, November 1, 10:00 - 11:00
Get ready to enjoy fun dancing and awesome movement with our young ones. Pre-Registration Required.

Movie Watchers Club
Led by Yvonne Thomas
Friday, November 3, 9:00 - 11:00
Come watch a movie then enjoy having fun discussions afterwards. Popcorn and hot dogs are available for purchase.

Friday Bingo
Hosted by Charlotte Lewis
Fridays, November 3 & 17, 12:00 - 1:00
Spend the afternoon relaxing and playing Bingo with fellow participants.

Morning Blend w/Hot Topics
Led by Doris Hopkins-Brown
Mondays, November 6, 13, & 20 9:30 - 10:30
Discuss the daily hot topic with your peers.

Medicare 101
Presented by Nina Ying
Wednesday, November 8, 10:00 - 11:00
Join us this fall for a series of free objective presentations on the basics of Medicare.

Veterans Day Breakfast
Sponsored by Graceland Cemetery
Friday, November 10th, 9:30 - 11:00
We want to honor and acknowledge our heroes who have paved the way through heroism, dedication, and bravery. Please join us for a delicious breakfast. Pre-registration is required by November 6th.

Harvest Fest
Sponsored by Women of the Rose
Wednesday, November 15, 12:00 - 2:00
Get ready for some fun and festivities. There will be music, food, drinks, and games. Pre-registration required. Walk-in or call 414-263-2255.

Let’s Talk About It
Led by Milwaukee Women’s Center
Thursday, November 16th, 9:30 - 11:30
Abuse is very real and can affect men and women of all ages in different ways. This includes financial, physical, mental, verbal, and emotional abuse. If you have experienced this, know you are not alone. We welcome you to join this support group every 3rd Thursday at Clinton Rose. No commitment or registration required.

Tai Chi Prime
Hosted by Walnut Way
Thursday, November 16, 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.

Cooking Demonstration w/Chef Marvin, "The Unsalted Chef"
Presented by HEAL (Healthy Eating Active Living)
Thursday, November 16, 11:00 - 12:00
Learn how to prepare delicious, low-sodium meals. Enjoy a sample.

Neighborhood Bingo
Sponsored by 5 point
Friday, November 17, 12:00 - 1:00
Let’s get ready to play BINGO!! 5 points is hosting Bingo and providing amazing prizes. You don't want to miss the excitement. They will also be sharing resources and answering questions. Pre-Registration is required by November 10th. Call 414-458-5092.

Advisory Committee Meeting
Tuesday, November 21, 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.

Memories in the Making
Sponsored by the Alzheimer’s Association
Thursday, November 23, 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? 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.

Walk Easier
Led By Charlotte Lewis
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 lower your 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
Mondays & 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 DECEMBER***

Bake Sale
Hosted by the Birthday Committee
Thursday, December 7, 9:00 am - 11:00 am
Come and enjoy delicious and delightful bakery sweets to raise funds for our upcoming quarterly birthday celebrations that will start in 2024.

One Enchanted Christmas -
Suggested Contribution: $12
Wednesday, December 20, 12:30 - 3:30
Tis the season to come and dream the possible dream of love, joy, and peace in this season of Christmas. Come dressed and ready to impress as we deck the halls with fun, food, and laughter. Registration starts November 1st and ends December 11th.

"Be thankful for everything that happens in your life; it’s all an experience."

- Roy T. Bennett
Mobility Device Bus Boarding  
**Friday, November 3, 2:00 - 4:00**  
Staff from the Milwaukee County Transit System will be at Kelly to provide an opportunity for individuals who use a mobility device (i.e., cane, walker, wheelchair) to practice boarding the bus with their device. A travel trainer will be present to guide you. **Registration recommended.**

ERAS Senior Network Information Booth  
**Monday, November 6, 9:00 - 12:00**  
Stop by the lobby to learn about ERAS Senior Network and the free services they can provide to seniors. Walk-ins welcome.

Veteran Benefits  
**Wednesday, November 8, 1:30**  
There are many benefits available to Veterans and spouses. Learn about benefits you may be entitled to! **Registration required.**

Medicare Appointments  
**Thursday, November 9, 9:00 - 1:00**  
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.

World Travel With Premier  
**Presented by Premier World Discovery**  
**Thursday, November 9, 10:00**  
Looking to Travel in 2024? Interested in learning about travel opportunities across the US and abroad? Come join us when Wisconsin representative Caryl Mulder from Premier World Discovery shares the ease of group travel and the most popular destinations.

Hand Sewing With Hexagons  
**Thursday, November 9, 1:00**  
Come and enjoy an afternoon of hand-sewing with hexagons. There will be a choice of projects with a holiday theme. All supplies will be provided. Instructor Carol has been sewing and crafting for more years than she is willing to say. She has twenty years of experience as an activity director and is currently working at a quilt shop in Waukesha where she enjoys creating patterns. **Registration required.**

Veterans Day Program  
**Sponsored by Cudahy Lion’s Club**  
**Friday, November 10, 1:30**  
Join us for an afternoon honoring our Veterans, including a speaker from Honor Flight, a presentation of the flag, and a musical salute. Afterwards, stay for refreshments. **Registration recommended.**

Bingo  
**Sponsored by Conversation Insurance**  
**Monday, November 13, 1:00**  
Join us for an afternoon of Bingo! **Registration recommended.**

The Mind of Baby Boomers: Retirement and Senior Living  
**Tuesday, November 14, 1:00**  
The baby boom generation has been the driving force for social change in American culture throughout the last 75 years. As the youngest of the Boomers are turning 60, they will also have a significant influence on retirement and senior living. The program will present an enlightening glimpse into the mind of the Baby Boomers and what we might expect as they move into the third age. **Registration recommended.**

Origami for Absolute Beginners  
**Wednesday, November 15, 1:00 - 1:45**  
Origami is the Japanese art of paper folding. In this absolute beginner workshop, you will learn to fold simple designs. No experience required as one-on-one help will be provided. Adaptive options are available for limited mobility or low vision. **Registration recommended.**

ADS Resource Hour  
**Thursday, November 16, 12:30**  
Meet with Outreach Social Worker Andrew Bethke to get up-to-date information about a wide array of resources and community-based services. Walk-ins welcome.

Healthy Living for Your Brain & Body: Tips from the Latest Research  
**Presented by Alzheimer’s Association**  
**Friday, November 17, 10:00**  
Learn about research covering diet, exercise, cognitive activity, and social engagement and learn how to incorporate these recommendations into a plan for healthy aging. **Registration recommended.**

United Healthcare Breakfast Booth  
**Presented by United Healthcare**  
**Monday, November 20, 9:45 - 11:00**  
Before or after your morning exercise, stop by the booth for a healthy, continental breakfast. **Registration recommended.**

Women’s Club: Safety in the Community  
**Presented by Mike A Sass and Sons**  
**Monday, November 20, 1:30**  
Mike Scasny, retired police officer, will teach this class. All are welcome.

Bingo  
**Tuesday, November 21, 1:00**  
Join us for an afternoon of Bingo! **Registration recommended.**

Advisory Meeting  
**Wednesday, November 22, 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.

Garden Club Meeting  
**Tuesday, November 28, 1:00**  
Join the Garden Club’s monthly meeting to catch up on garden-related news and plans. Walk-ins welcome.
Morning Exercise  
**Mondays & Fridays, 8:45 - 10:00**  
A variety of balance, strength, and flexibility exercises will help you feel great all day. 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, 11:30**  
Manage your Parkinson's symptoms and improve the quality of your daily life while having fun! This class incorporates stretches, strength training, posture, balance, and walking drills, as well as vocal exercises. Walk-ins welcome.

Quilting - Suggested Contribution: $20 (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. Fee includes use of the kiln for finishing your ceramics pieces. **Registration required.**

Adaptive Chair Yoga  
**Tuesdays, 10:00 - 11:00**  
Students use a chair as a prop to perform seated and standing postures. Using a chair can help make various movements more accessible and comfortable. For all levels. Walk-ins welcome.

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.

Acoustic Music Meetup  
**2nd & 4th Tuesdays, 10:30 - 12:00**  
Meet fellow musicians to learn new tunes, share resources and show off your instrument and skills. Bring your ukulele, acoustic guitar, or mandolin. Walk-ins welcome.

Take Off Pounds Sensibly (TOPS)  
**Wednesdays, 9:30 - 11:00**  
TOPS can help you reach your weight-loss goals by providing you with the tools, information, support, and accountability you need to be successful. Come join Cudahy Chapter 33’s weekly meetings. Former, current, and new TOPS members are welcome. Enjoy the camaraderie while learning how to live a healthy lifestyle. **Registration required.**

Line Dancing  
**Wednesdays, 11:00 - 12:00**  
Some line dancing experience is required. Dance away your Wednesday mornings with our experienced volunteer instructor. Walk-ins welcome.

Open Art Studio  
**Wednesdays, 10:00 - 12:00**  
Join the fun and get assistance with painting and drawing from experienced artists. Open to all skill levels. Walk-ins welcome.
SimpliCare Insurance
*Presented by Mechele Lewis*
**Friday November 3, 10:00**
Please stop by this information table with your questions.

(New) Medicare
*Presented by Nina Yang*
**Monday, November 6, 12:30**
In this presentation you will learn more about Medicare and the changes that might affect your plan.

Cardio Drumming
**Tuesdays, November 7, 14, 21, 28, 11:00 - 11:30**
Join us for SOA's very first cardio drumming class. Cardio Drumming is an easy and fun way to get an upper body cardiovascular workout while listening to your favorite music!

Veterans Day Breakfast
**Thursday, November 9, 10:00**
We would like to salute our veterans and say thank you for your service. It is an honor to serve you with a free breakfast today. *Pre-registration required.*

(New) Neck and Shoulder Massage
*Presented by Abby Ajibola*
**Friday November 10, 12:30**
Are you feeling stressed? Do you need to relax? Stop in and learn how you can relieve some of your neck and shoulder tension.

Christmas Flower Pins
**Monday, November 13, 10:00**
In this craft class you will learn how to make your very own flower pin arrangement using Christmas colors of your choice. Please visit our display table to find out what supplies you will need to purchase for this project.

Candy Christmas Tree
**Wednesday, November 15, 10:00**
Candy Christmas trees are fun and easy to make using the candy of your choice. Be sure to stop by the display table and pick up the information on all the items you’ll need for this project.

American Republic Insurance
*Presented by Aline Torbey*
**Wednesday, November 15, 10:00 - 1:00**
You are invited to visit this information table about health insurance.

Healthy Eating Active Living: Cooking Demonstration
*Presented by Chef Marvin*
**Thursday, November 2, 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, November 6 & 20, 10:00**
Having your blood pressure checked regularly can help you keep it at a healthy level.

Advisory Meeting
**Thursday, November 16, 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, November 16, 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, November 16, 12:30**
**Book: Queen Of Exile**
**Author: Vanessa Riley**
You may 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 makes 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.

TOPS
**Mondays, 9:00 - 1:00**
Take 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.

Thanksgiving Program
**Friday, November 10, 12:00**
Join us for our Thanksgiving gathering with music, praise dancing, and an inspirational word given by Pastor Colette.
Upper Body Exercise
Monday, Wednesday & Friday, 11:00 - 11:30
This is an upper body workout using hand weights.

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.

Dance for Fun & Fitness

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<thead>
<tr>
<th>Monday</th>
<th>Tuesday</th>
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<tr>
<td>9:00 TOPS</td>
<td>8:30 Lapidary</td>
<td>8:30 Quilling</td>
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<td>9:00 Walking Group</td>
<td>8:30-12:00 Fitness &amp; Nutrition</td>
<td>8:30 Open Crafts</td>
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<td>11:00 Upper Body Exercise</td>
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<td>10:00 Dance for Fun &amp; Fitness</td>
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<tr>
<td>1:00-4:30 Bring Your Own Device (BOYD) Day</td>
<td>10:00 Exercise for Seniors</td>
<td>11:00 Lunch</td>
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<thead>
<tr>
<th>Thursday</th>
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<th>Daily</th>
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<tr>
<td>9:00 Advisory Meeting (every 3rd Thursday)</td>
<td>9:00 Walking Group</td>
<td>8:30 Billiards</td>
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<tr>
<td>10:00 Exercise for Seniors</td>
<td>10:00 Dance for Fun &amp; Fitness</td>
<td>8:30 Fitness Center</td>
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<tr>
<td>12:30 Bingo (every 3rd Thursday)</td>
<td>10:00 Bible Study (every 1st, 2nd &amp; 4th Friday)</td>
<td>8:30 Coffee Bar</td>
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<td>11:00 Upper Body Exercise</td>
<td>8:30 Computer Lab</td>
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<td>8:30 Puzzle Table</td>
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<td>9:00-1:00 Re-Gift Shop</td>
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<td>11:00-12:00 Lunch</td>
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</table>
Veterans Day Program  
Wednesday, November 14, 12:30 - 2:00  
Calling all vets! Please join us for a gathering to celebrate and thank you for your service to this country. Desserts & beverages will be served. RSVP to Diane or Debbie by Monday, 11/6/23.

Fall Fashion Show  
Thursday November 16th, 12:30 - 2:30  
Join us for a Fabulous Fall Fashion Show, showcasing our participants strutting their stuff in five categories: Ethnic Wear, Casual Wear, Church Wear, Dressy Attire, and Evening/After 5 Wear.

Tai Chi Prime  
*Presented by Walnut Way Conservation Corp.*  
**November 1 - November 17 (6-week course)**  
**Wednesdays & Fridays, 9:00 - 10:30**  
Energize your mind and body, lower stress, improve sleep, and reduce falls.

Billiards Harold Kane Tournament  
*Coordinated by James Kimble*  
**Wednesday, November 1, at noon (Practice)**  
Tournament to follow on Wednesdays, November 8 and 15 at 11:30. Prizes for 1st, 2nd, and 3rd place.

Open Art Therapy Workshops (8-week program)  
*Provided by Bloom Art & Integrated Therapies*  
**Every Tuesday, November 7 - 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.

Joy Comes in the Morning  
*Presented by Gloria Webster*  
**Wednesdays, November 1 & 15, 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, November 9, 11:30 - 12:30**  
Learn how to make a simple, delicious, and low-sodium meal. Recipe and samples will be available.

Advisory Meeting  
**Tuesday, November 14, 2023, at 10:00**  
Find out what’s happening and share your ideas. All participants are encouraged to attend.

November Birthday Celebration  
**Wednesday, November 29, 12:00 - 12:45**  
Join us as we celebrate November birthdays with music, dancing, and refreshments.

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/semester  
**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 to come!

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.
Questions about Medicare? Get free, unbiased help.

Navigating Medicare can be complicated. If you have questions about what plan is best for you or are having problems with your Medicare Advantage Plan - we can help. If you are on a limited budget there are Medicare Savings Plans that can help save you money each month.

(414) 289-6436
county.milwaukee.gov/medicare
Washington Park Senior Center

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.

Tennis (Indoors)
Fridays, 9:00 - 11:00
Join others in a friendly game of tennis with our WPSC group. Get in shape and have fun too.

***SNEAK PEEK FOR DECEMBER***

Snowball Dance
Thursday, December 7
Join us at the Snowball Dance, a formal-black tie affair with a four-course sit-down meal. There will also be a DJ, photo booth, gifts, and prizes. You won’t want to miss this extravagant event!! Suggested Contribution $15

A Christmas Celebration
Monday December 18
Join us for a luncheon, musical performances, sing alongs, and festive holiday fun.

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

Tuesday
9:30-10:30 Art Therapy
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

Wednesday
9:00–12:30 Quilting *
9:30–10:30 Shuttleboard
10:00–11:00 Bocce Ball
10:30–11:30 Hand Weights
12:30 Movie Matinee
12:30–2:00 Phase 10

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 *

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

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

* Has a suggested contribution & requires pre-registration
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 four 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 three classes that offer unique experiences.

Thoughts of Thankfulness  
Starting November 1st  
Stop by the office for the month of November and let us know what you are thankful for. They will be posted throughout the center to promote and celebrate gratitude.

Wilson’s Yarn Sale  
Starting November 1st  
Wilson is selling yarn for the first week of November. If you are looking for yarn to complete a special project. Look no further.

Wellness Wednesday:  
Menu Planning / Holiday Meals  
Wednesday, November 1, 10:30  
Nutrition is important for a happy healthy life. We will explore how to properly meal plan, and how to navigate nutrition and the holiday feasts.

Meetings w/Medicare  
Monday, Tuesday & Thursday, November 6, 9, 13, 16, 20, 23, 27 & 30, 9:30  
Do you have questions about Medicare? Are you interested in learning more about Medicare and how it can benefit you? Please visit the center for more information.

Veteran’s Brunch  
Thursday, November 9, 10:30  
Let’s celebrate the hard work and dedication of our veterans by having a delicious brunch. Please register by November 3rd.

Big Band Concert & Dance  
Monday, November 13, 1:30  
Show off your best dance moves at this classic big band show.

Bingo  
Tuesday, November 14, 1:00  
All Bingo lovers are welcome to join the fun with a chance to win praiseworthy prizes.

Holiday Screening: A Charlie Brown Thanksgiving  
Tuesday, November 14, 5:00  
Wilson will be hosting a holiday tradition for the ages. Bring your family down to see a holiday movie and enjoy a caramel apple bar, as well as other snacks. Please register with the office by November 10th.

Wilson Senior Center Advisory Meeting  
Wednesday, November 15, 10:00 - 10:30  
Hear updates, stay informed and ask questions. You may attend in person or virtually.

Mindfulness Apps  
Monday, November 20, 10:30  
Mindfulness is the ability to be fully present and aware. You can practice mindfulness through simple activities. This lecture introduces mindfulness and its physical and mental benefits, such as reducing anxiety, improving memory, and lowering blood pressure. You’ll learn about popular apps that teach breathing and meditation techniques, as well as new technology like wearable breath monitors and smart yoga mats. Plug in to these apps to help you unplug from everything else! Need to unwind? Here’s some tech for the mind!

Coin & Stamp Collectors Group  
Tuesday, November 21, 11:00 - 12:00  
Share some of your treasured collections with other enthusiasts.

Book Club  
Wednesday, November 29, 10:15  
Book: “The Winter People” by Jennifer McMahon. A copy is available at Zablocki Library the first week of each month.

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.

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### Program Schedule

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<thead>
<tr>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
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<tr>
<td>8:45 Ceramic Studio *</td>
<td>9:00 Paper Crafting *</td>
<td>8:45 Ceramic Studio *</td>
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<td>9:00 Scrabble</td>
<td>9:00 Stained Glass Studio *</td>
<td>9:00 Wood Carving &amp; Burning</td>
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<td>9:00 Hot/Fused Glass *</td>
<td>9:00 Open Sew *</td>
<td>9:00 Scabbale</td>
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<td>9:00 Quilting *</td>
<td>9:00 Chess</td>
<td>9:00 Hot/Fused Glass *</td>
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<tr>
<td>9:15 Morning Exercise</td>
<td>10:00 Garden Club (2nd/4th)</td>
<td>9:15 Morning Exercise</td>
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<td>10:30 Intermediate Line Dancing *</td>
<td>11:00 Coin &amp; Stamp (3rd)</td>
<td>10:00 Advisory Meeting (3rd)</td>
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<td>11:00 Open Sew *</td>
<td>11:30 Guided Art Studio *</td>
<td>10:00 Book Club (Last of month)</td>
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<td>12:00 Sheepheaed</td>
<td>12:30 Sojourn Bear Group</td>
<td>10:00 Knit &amp; Crochet</td>
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<td>1:00 Low Impact Aerobics</td>
<td>1:00 Beginner Crochet</td>
<td>10:15 Bible Study</td>
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<td>1:30 Big Band Dance (2nd)</td>
<td>1:00 Cornhole</td>
<td>10:15 Qigong</td>
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<td>1:00 Bingo (2nd)</td>
<td>10:30 Hot/Fused Glass *</td>
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<td>12:00 Open Sew *</td>
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<td>12:00 Sheepshead</td>
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<td>12:30 Sojourn Bear Group</td>
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<td>1:00 Model Railroad</td>
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<td></td>
<td>1:00 Fused Glass *</td>
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<td>2:00 Gentle Yoga</td>
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**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

**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

**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

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**Dartball - Suggested Contribution: $15**  
**Thursdays, 12:30**  
Play dartball with other participants. Beginners welcomed.

**Tap Dance - Suggested Contribution: $40**  
**Thursdays, November 2 - 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**  
November 3 - Get on Up  
November 10 - People’s Choice  
November 17 - Cinderella  
November 24 - My Best Friend’s Wedding

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**Cornhole League**  
**Tuesdays, 1:00 - 2:00**

**Woodcarvers & Burners**  
**Wednesdays, 8:30 - 11:30**

**Bible Study**  
**Wednesdays, 10:15 - 11:15**

**Spring Forest Qigong**  
**Wednesdays, 10:15 - 11:00**

**Gentle Yoga**  
**Wednesdays, 2:00**

**Railroad Club**  
**Wednesdays & Thursdays, 1:00**

**Advanced German - Suggested Contribution: $10**  
**Thursdays, 9:15**

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**Dartball - Suggested Contribution: $15**  
**Thursdays, 12:30**

**Tap Dance - Suggested Contribution: $40**  
**Thursdays, November 2 - December 28**

**Weaving-Intermediate - Suggested Contribution: $15**  
**Thursday & Friday, Oct. 4 - Dec. 28, 9:00 - 2:00**

**Movies & Popcorn**  
**Fridays, 1:00**

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Wilson Park Senior Center  
**SERVING OLDER ADULTS OF SOUTHEAST WISCONSIN | 17**
Tech Connect for Older Adults

Intro to Sleep Technologies
Taught by Eric Pamphuch

Sleep troubles? What if tech could help you sleep? Attend this lecture to learn more about wearable technologies that track sleep patterns and monitor sleep disorders and apps that offer guided meditation and other ways to promote healthy sleep habits.

Kelly Senior Center - Friday, November 3, 1:00
Wilson Park Senior Center - Monday, November 6, 10:30
McGovern Park Senior Center - Tuesday, November 28, 12:00
Washington Park Senior Center - Thursday, November 30, 12:30

Mindfulness Apps
Taught by Eric Pamphuch

Want to reduce anxiety, improve your memory, and lower your blood pressure? Learn how through popular apps that teach breathing and meditation techniques, as well as with new technology like wearable breath monitors and smart yoga mats. Plug in to these apps to help you unplug from everything else! Need to unwind? Here’s some tech for the mind!

Washington Park Senior Center - Thursday, November 9, 12:30
Kelly Senior Center - Friday, November 17, 1:00
Wilson Park Senior Center - Monday, November 20, 10:30

CHI Living Communities
Franciscan Villa

The support you need when you need it.

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

CONNECTIONS
IRIS Consultant Agency (ICA)

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

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

Call toll-free: 844-520-1712
Email: connections@lsswis.org

LSS-Monitored Home Security
Get 24-Hour Protection From a Name You Can Trust

- Burglary  - Flood Detection
- Fire Safety  - Carbon Monoxide

Authorized Provider SafeStreets  833-287-3502

For ad info. call 1-800-950-9952 • www.lpicommunities.com  Serving Older Adults of SE Wisconsin, Milwaukee, WI.  D 4C 01-2067
Celebrating National Family Caregivers Month in November!

National Family Caregivers Month is a time to recognize and honor family caregivers across the country. Join us this month as we celebrate Milwaukee County caregivers who provide care to support the health and happiness of their loved ones. Thank you for your important work!

We are here to support you while you support others!

Are you a relative, spouse, partner, or friend who helps a loved one with their daily tasks to keep them safe, comfortable, and happy? Then you are a caregiver and we are here to support you! The Milwaukee County Caregiver Support program provides support services, education, and advocacy to promote the health and wellbeing of Milwaukee County caregivers as they provide crucial support to others.

Learn about events and resources for caregivers throughout the month of November at facebook.com/MilwaukeeCountyAgingServices.

Call the ADRC at (414) 289-6874 to learn more
Monday, November 13 is World Kindness Day!

This global observance was first introduced in 1998 by the World Kindness Movement. The holiday focuses on promoting acts of kindness and the importance of practicing good deeds at school, work, and throughout the community.

The idea of kindness transcends religious, cultural, and geographical boundaries. It’s a universal language that everyone can appreciate!

November is a month of thankfulness, and being thankful is closely intertwined with kindness. Gratitude is the recognition of the good in our lives. It’s the perfect time to demonstrate generosity and goodwill.

Community Resources

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., Nov 28, 10:30
Kelly  Wed., Nov 22, 1:00
McGovern Park  Thu., Nov 16, 9:00
Washington Park  Tue., Nov 14, 10:00
Wilson Park  Wed., Nov 15, 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., Nov 2, 11:00 - 12:00
Kelly  Thu., Nov 16, 12:30 - 1:30
McGovern Park  Thu., Nov 30, 12:00 - 1:00
Washington Park  Wed., Nov 1, 9:30 - 10:30
Wilson Park  Tue., Nov 14, 10:00 - 11:00

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
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 Sheriff 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  
Synergy 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 October 2022 - September 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)
Anthem Blue Cross and Blue Shield
Direct Supply

$2,000 - $4,999
Preston Alvadj
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
Anonymous (1)
Harvinder Ahuja
CMG Life, Annuity & Health Insurance Solutions
Bridgette & Kevin Frommell

$500 - $999
James & Cheryl Hempel
Humana
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Sherry Kulhanek
John C. Lapinski
Dennis Lech
Stephanie Mares
Mechele Lewis - SimpliCare Insurance
Tim & Katie Moersfelder
Daniel & Nicole Renouard
Robertson Ryan & Associates
Cynthia Sheridan
Rick & Agatha Tsao
Bart Kocha & Carol Marefka

$250 - $499
Anonymous (4)

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

Anonymous (2)
Pat Ehlert
Eva Eiseeman
Mark & Kellie Foster
Bridgette Frommell
John & Janice Gardetto
Teri & Karl Kodrich
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

Jacqueline Fryer
Rosemarie Fridrick
Robert & Judith Free
Freda Fowlkes
Vera F Ford
Sharron Fitak
Janet M Falk
Jan Behnke
Aivars Bergmanis
Bonita Biba
Carolyn Blackwood
Susan Bock
Carolyn Blackwood
Aivars Bergmanis

Diane Grages & Paul
Lynne Grages & Paul

Pamela Galasinski
Ruth Gaura
Brett & Rosie
Gelinski
Matt Glaask
Marsha Godfrey
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The Greenbergs
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Colleen Grundy
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Angelia Young
Dawn Zakian
Anna Zdrubecky

SERVING OLDER ADULTS OF SOUTHEAST WISCONSIN | 23
**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:*

- Where need is greatest
- Clinton Rose Senior Center
- Kelly Senior Center
- McGovern Park Senior Center
- Washington Park Senior Center
- Wilson Park Senior Center

**MY DONATION:**

- $25 - Supporter
- $50 - Associate
- $100 - Friend
- $250 - Companion
- $50 - Associate
- $100 - Friend
- $500 - Advocate
- $1,000 - Connector
- $5,000 - Benefactor
- $10,000 - Champion
- Other: __________
- Become a *GEM: ______*

*What is a GEM (Give Every Month)??

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

Full Name: ____________________________________________

Name(s) (how you would like to be acknowledged)________________________________________________________

Street Address______________________________________________

City, State, Zip Code________________________________________

Email Address______________________________________________

- [ ] I/We wish to remain anonymous

- [ ] Donation [ ] in honor of [ ] in memory of

- [ ] Other: ________________________________

**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 $__________

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**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.

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Thank you!

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**FOR OFFICE USE ONLY**

Date Received: ____/____/____ Receipt# ________

Location: ___________________________ Init: _____