

SERVING OLDER ADULTS OF SOUTHEAST WISCONSIN, INC.

November 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

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

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

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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

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.**

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Monday – Friday, 8 a.m. – 5 p.m.
rjohannsen@humana.com



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Serving Older Adults of SE Wisconsin, Milwaukee, WI.

A 4C 01-2067



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

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.

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!

Clinton & Bernice Rose Senior Center

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

<p>Monday 9:30-10:30 Morning Blend 10:00-11:00 Senior Striders 12:00-1:00 Walk Easier 12:00-1:00 Birthday Committee Meetings every 2nd Monday</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 10:00-11:00 Soulful Coloring 12:00-1:00 Walk Easier 12:15-1:15 Every 3rd Wed Women of the Rose Meeting</p>
<p>Thursday 9:00-10:30 Roselettes Dance Group Practice 12:00-1:00 Walk Aerobics 12:15- Every 3rd Wed Out and Travel Committee Meeting 1:00-4:00 Bid Whist</p> <p>* Has a suggested contribution</p>	<p>Friday 9:00-11:00 Movie Watchers Club 12:00-1:00 Walk Easier 12:00-1:00 Bingo</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 * 10:00-2:00 Miss Deborah's Gift Shop open daily.</p>

Kelly Senior Center

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

Presented by Allay Home and Hospice

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.

Kelly Senior Center

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.

<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</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 1:00 Quilting</p>	<p>Friday 8:45 Morning Exercise 9:30 Bridge 9:30 Fitness Ctr. Orientation 11:30 Fitness Ctr. Orientation 12:00 Balance & Stretch 1:00 Cribbage</p>	<p>Daily 8:30-10:30 Social Club 8:30-4:30 Billiards 8:30-4:30 Computer Lab 8:30-4:30 Fitness Center 8:30-4:30 Library 8:30-4:30 Tabletop Games 11:00-11:30 Lunch</p> <p>* These activities have a suggested contribution</p>

McGovern Park Senior Center

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.

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.

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 - 10:00

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.

McGovern Park Senior Center

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

<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

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/mo.

Monday - Friday, 9:00 - 3:00

New participants must attend an orientation prior to registration. Sign up for an orientation in the office.

Wii Bowling

Monday - Friday, 9:00 - 1:00

Wii Bowling is a great way to get moving while having fun with others in the lobby.

Guitar/Stringed Instruments

Tuesdays, 10:00 - 11:00

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

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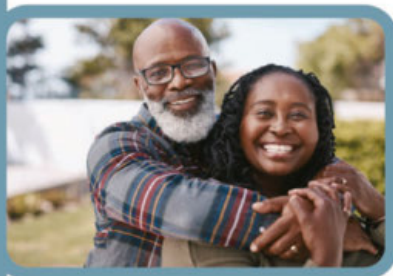
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Washington Park Senior Center

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 Tennis 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.



<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 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</p>	<p>Wednesday 9:00-12:30 Quilting * 9:30-10:30 Shuffleboard 10:00-11:00 Bocce Ball 10:30-11:30 Hand Weights 12:30 Movie Matinee 12:30-2:00 Phase 10</p>
<p>Thursday 10:00-11:00 Silver Steppers 10:30-11:30 Bible Study 12:30-1:30 Having Fun w/Art 12:30-1:45 Ballroom Dancing *</p> <p>* Has a suggested contribution & requires pre-registration</p>	<p>Friday 9:00-11:00 Stained Glass * 9:00-3:00 Piano * 9:00-11:00 Tennis 10:30-11:30 Hand Weights 12:30-1:45 Bingo</p>	<p>Daily Fitness Center Walking Group Library Computer Lab Chit-Chat Club (lobby) Wii Bowling 9:00-1:00 Gift Shop 9:00-3:00 Billiards 9:00-3:00 Woodshop * 1:00-4:00 Table Tennis</p>



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Wilson Park Senior Center

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.

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



Monday	Tuesday	Wednesday
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)	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)	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
Thursday	Friday	Daily
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	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	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

Tech Connect for Older Adults

Intro to Sleep Technologies

Taught by Eric Pampuch

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 Pampuch

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



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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



1220 West Vliet Street, Suite 300 | Milwaukee, WI 53205 | (414) 289-6874 | county.milwaukee.gov/dhhs

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



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., 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

Community Partners

Our community partners are a large part of how we are able to provide services to older adults. Whether it is through furthering education, giving donations, sponsoring events, or spreading awareness, our community partners have stepped up to support older adults in our community.



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 America Republic Insurance Service
 American Red Cross
 Aurora St. Luke's Southshore
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 Cornerstone
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 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
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 Humana
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 Love Thy Neighbor
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 Milwaukee County Sherriff Department
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 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 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

\$1,000 - \$1,999 (continued)

HOPE Study
Inpower Solutions
Stephanie & Paul Mares
Roy & Lynn Meythaler
MKE Downtown Business
Improvement District #21
David & Melissa Stauber
Susan Zimmer

\$500 - \$999

James & Cheryl Hempel
Humana
LSS /Connections
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)
Ascension Living St. Francis Place
Board of Aging & Long Term Care
Frank Brindza

Tom & Cheri Briscoe
Patricia Buente
Marsha & Paul Bukofzer
Castle Hospice
Jo Cross
Mark & Kellie Foster
Don & Christine Gardner
J. Misorski & P. Garrity
Sylvia Gear
Greater Wisconsin Agency on
Aging Resources
Howard Village Senior Living
Mr. K
Love Thy Neighbor Foundation
Peter & Dorothy Majchrzak
Walter & Katie McCoy
Network for Good
Thomas Piotrowski
Michael R. Prudhom
Mike & Sally Radka
Jo Ann Rucker
Rick & Kris Skaar
Andrew Stark State Farm
Althea Stover
Yvonne Thomas
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

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

Anonymous (2)
 Marie Abbott
 Theodore & Mariane Allen
 Annie Anderson
 Anonymous
 Anonymous
 Linda E. Stueven
 Ernice Austin
 Mary Ann Bagemehl
 Anne Balistreri
 Paul & Nancy Baniel
 Linda Barikmo
 Christine I Beck
 Jan Behnke
 Aivars Bergmanis
 Bonita Biba
 Carolyn Blackwood
 Susan Bock
 Patricia Boettcher
 Jim & Holli Bohn
 Mirian Boyd Organ
 Pat and Frank Bruce
 Wayman Buchanan
 Susan Buhler
 Alton Campbell
 Marie Campos
 Sheila Carter
 Valsa Cherian
 Diane Chilinski
 Jason Christ
 Moira Conley
 Ann Cook
 Albert Cooper
 Salvatore Corrao
 Lynn Crawford
 Patricia Cronce
 James Drake
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 Eugene Dee & Barbara Uquillas
 Luana Dembiec
 John Destefanis
 Anton & Sonja Devcic
 Nancy & Joseph Di Giacinto
 Marge (Mëgen) Diekow
 Dennis Dillon
 Kelsey & Gurvir Dosanjh
 Friday Bridge
 Shannon Downie
 Margaret Drake
 Kandy and Krista
 Kay Duggan
 Fannie Edwards
 Pat Ehlert
 Eva Eiseman
 Dianne Ertel
 Devonna Eubanks
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Pamela Galasinski
 Ruth Gaura
 Brett & Rosie Gelsinsky
 Matt Glaske
 Marsha Godfrey
 Dick Goldberg
 Rita Gorman
 Mary Ellen Graby
 The Greenbergs
 Michael Gronitz
 Colleen Grundy
 Colleen Grundy
 Nancy Guerin
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 William Hable & Jane Tanner
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 James Hansen
 Nancy Harwood
 Ronald & Betty Hayes
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 American Republic Insurance Services
 Doris Hopkins-Brown
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 Trina Koch
 Teri & Karl Kodrich
 Barbara Kogutkiewicz
 Edward & Kathaleen Kosanke
 Cynthia Kroll
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 Alexander & Sharon Rae Landergott
 Durka
 Mel Larsen
 Roberta Larson
 Nhia Lee
 Janice Lee
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Charlotte Lewis
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 Maxine Lijewski
 Allan & Diane Lindsay
 Jill Littlefield
 Michael Loew
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 Lois & Henry Redic
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 Vernestine Varnado
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 Margaret Wallace
 Barbara Walter
 Carolyn Ward
 Beth Waschow
 Diane M. Weber

Andrew E. White
 David Wilkerson
 Gerald & Mary Williquette
 Tim Willmes
 Judith & Winton Wood
 Steve Woods
 Angela Young
 Dawn Zakian
 Anna Zdrubecky



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: _____