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 to 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 are closed on the following dates:
December 22 & 25
December 29

HOURS

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

Check out what’s inside:

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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

About Serving Older Adults

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 Antresia Smith
Director of Programs Miriam Kaja
Director of Marketing & Development Chey Thunberg
Human Resources Manager Marsha Bukofzer

These senior centers are managed by Serving Older Adults of Southeast Wisconsin and funded through Milwaukee County DHHS Aging & Disabilities Services and other generous donors.
Highlighted Events

CLINTON & BERNICE ROSE SENIOR CENTER

“One Enchanted Christmas” -
Suggested Contribution: $12
Wednesday, December 20, 12:30 - 3:30
Come dressed and ready to impress as we deck the halls with fun, food, and laughter. Registration starts November 1st and ends December 11th.

Clinton Rose Senior Center - Holiday Spirit Week
Monday, December 11 to Friday, December 15
Come and enjoy a week full of fun activities!
Monday - Cozy Pajama Day
Tuesday - Let’s See Who Has a Secret Day
Wednesday - U-G-L-Y Sweater Day
Thursday - Holiday Drive
Friday - Hot Chocolate & Marshmallow Day
Pre-registration required for some events. Call the office for details.

WASHINGTON PARK SENIOR CENTER

A Snowball Christmas Dinner Dance
Suggested Contribution: $15 (One Ticket) or $25 (Two Tickets)
Thursday, December 7 - 12:30 - 3:30
Join us for a formal black tie event, including a four-course sit-down meal, DJ, photo booth, Memorial Tree Trimming, gifts for everyone who attends, plus a raffle.

Sprit Week
December 11 - 15
Have fun and wear something Christmas krazy all week long.

A Christmas Celebration
Monday December 18, 11:30 - 2:00
Join us for a special holiday celebration including music, scripture readings, fellowship and food. MKE County Aging & Disability Services staff will be joining us to distribute winter gear, goods and resource information. Lunch provided by the Matilda Ward Youth Empowerment Foundation and the Gary Goyke Family.

KELLY SENIOR CENTER

Medication Reviews
Friday, December 1, 8:30 - 11:00
Bring your prescription bottles and sit down one-on-one with Pharmacist Dr. Pamela Miller. She will examine your medication for interactions, expiration, and other concerns. This is a free service. Please contact staff for an appointment. Registration required.

Holiday Party
Sponsored by Right at Home
Friday, December 8, 2:00
Cudahy High School’s Holiday Orchestra will be performing holiday favorites! Afterwards, stay for light refreshments. Registration recommended.

Interpersonal Safety Awareness for Older Adults
Presented by Milwaukee Women’s Center
Monday, December 18, 10:00
Learn about the services offered by the Milwaukee Women’s Center’s Elder Abuse program. Discuss red flags and signs of abuse. You may save a life. Registration recommended.

INTERPERSONAL SAFETY AWARENESS FOR OLDER ADULTS

MCGOVERN PARK SENIOR CENTER

Holiday Craft and Gift Fair
Friday December 1, 10:00 - 3:00
This holiday craft and gift event features vendors with handmade crafts, bakery items, and specialty gifts. For a small contribution of only $5 we will have food and beverages for you to enjoy.

Christmas Party
Friday December 15, 12:30
Let’s celebrate the happiest season of the year with food, music, dancing, and gifts. Be sure to wear your ugly Christmas sweater for a chance to win a prize.
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!

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Machele 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

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Humana. A more human way to healthcare™

Y0040_GHHJ4H8EN_23_StripAd_C
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:

Mail to:
Serving Older Adults
4420 W Vliet St
Milwaukee, WI 53208

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 December 1 and ends December 15**
Bring joy and holiday cheer to a child in need by donating a brand new, unwrapped toy for children between the ages of infant to 12 years old. Toys can be dropped off at the front desk.

Movie Watchers Club
*Led by Yvonne Thomas*
**Friday, December 1, 9:00 - 11:00**
Come watch a movie then enjoy having fun discussions afterwards. Popcorn and hot dogs are available for purchase.

(NEW) Art Therapy Workshops (8-week program)
*Provided by Bloom Art & Integrated Therapies*
**Friday, December 1, 9:00 - 11:00**
Art Therapy workshops is an open art studio that will run for 8 weeks. There will be an art show at the end of the program to showcase the artworks.

Friday Bingo
*Hosted by Charlotte Lewis*
**Fridays, December 1, 15 & 29, 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, December 4 & 18, 9:30 - 10:30**
Discuss the daily hot topic with your peers.

Bake Sale
*Hosted by the Birthday Committee*
**Thursday, December 7, 9:00 - 1:00**
Come and enjoy delicious and delightful bakery sweets to raise funds for our upcoming quarterly birthday celebrations that will start in 2024.

Bid Whist
*Led Willie Rogers*
**Thursday, December 7, 14, 21 & 28, 12:00 - 3:00**
Let’s hang out and play a game of Bid Whist.

Clinton Rose Senior Center - Holiday Spirit Week
**Monday, December 11 to Friday, December 15**
Come and enjoy a week full of fun activities!
- Monday - Cozy Pajama Day
- Tuesday - Let’s See Who Has a Secret Day
- Wednesday - U-G-L-Y Sweater Day
- Thursday - Holiday Drive
- Friday - Hot Chocolate & Marshmallow Day

Pre-registration required for some events.

Christmas Holiday Drive Through
*Sponsored by Eras Senior Network*
**Thursday, December 14, 12:00 - 2:00**
Drive on down to Clinton Rose to join this year’s 3rd annual holiday drive through in partnership with Eras Senior Network. Enjoy the spread of holiday cheer and holiday swag. Only 2 families per vehicle and 1 person per household will be served. Walk ups are welcomed! This event will run until all supplies are gone!!!

Jazz Standards for the Holidays
*Presented by jazz musician & music educator Neil Davis*
**Sponsored by the Jazz Gallery Center for the Arts**
**Thursday, December 14, 12:00 – 1:30**
Hear classic jazz standards reinterpreted from a professional jazz guitarist for your holiday enjoyment.

“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 at Christmas. Come dressed and ready to impress as we deck the halls with fun, food, and laughter. **Registration starts November 1 and ends December 11.**

Cooking Demonstration w/Chef Marvin, “The Unsalted Chef”
*Presented by HEAL (Healthy Eating Active Living)*
**Thursday, December 21, 11:00 - 12:00**
Learn how to prepare delicious, low-sodium meals. Enjoy a sample.

Advisory Committee Meeting
**Tuesday, December 26, 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, December 28, 10:00 - 12:00**
This is a unique art program that allows individuals with Alzheimer's disease and related dementias to express themselves through art and storytelling. Supplies are included. **Pre-registration required.**

Speak Your Mind
**Monday - Friday, 8:30 - 4:30**
Don’t miss this opportunity to share what’s on your mind with fellow participants.

Library Area
**Mondays - Friday, 8:30 - 3:30**
Enjoy a peaceful area where you can get lost in a great book.

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.

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

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.

*** SNEAK PEEK FOR JANUARY ***
Dr. Martin Luther King Jr. Celebration “Living the Dream”
Sponsored by Target’s philanthropic mission
Wednesday, January 17, 12:00 - 2:00
Let’s come together and celebrate M.L.K. This event at Clinton Rose will bring the community together with music, poetry, dance, and words of inspiration and motivation to honor Dr. Martin Luther King, Jr. and the impact that he had on this nation. Pre-registration required.

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<tr>
<th>Monday</th>
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<tr>
<td>9:30–10:30 Morning Blend</td>
<td>9:00–10:30 Roselettes Dance Group Practice</td>
<td>9:00–10:00 Bingo</td>
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<td>10:00–11:00 Senior Striders</td>
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<td>12:00–1:00 Walk Easier</td>
<td>12:15–2:15 Praise &amp; Worship</td>
<td>10:00–11:00 Soulful Coloring</td>
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<td>12:00-1:00 Every 3rd Bake Sale</td>
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<td>12:00–1:00 Walk Easier</td>
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<td>Women of the Rose Meeting</td>
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* Has a suggested contribution

**Daily**
- 8:30–3:30 Fitness Center
- 8:30–4:30 Speak Your Mind
- 8:30–3:30 Billiards Area
- 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 is open daily.
Medication Reviews
**Friday, December 1, 8:30 - 11:00**
Sit down with Pharmacist Dr. Pamela Miller to examine your medication for interactions, expiration, and other concerns. Contact staff for an appointment.

**Toe Nail Trimmers, LLC Appointments**
**Thursday, December 14, 9:30 - 4:30**
Toe Nail Trimmers, LLC will be taking appointments at Kelly for toenail trimming and foot care. Contact the front desk for how to make an appointment.

**ADS Resource Hour**
**Monday, December 4, 10:00 - 12:00**
Meet with Outreach Social Worker Andrew Bethke for information about an array of resources and community-based services. Walk-ins welcome.

**Interpersonal Safety Awareness for Older Adults**
*Presented by Milwaukee Women’s Center*
**Monday, December 18, 10:00**
Learn about the services offered by the Milwaukee Women’s Center’s Elder Abuse program. Discuss red flags and signs of abuse. You may save a life. Registration recommended.

**Bingo**
*Supported by Capri Communities*
**Wednesday, December 6, 1:00**
Join us for an afternoon of Bingo! Registration recommended.

**Women’s Club: Holiday Music**
*Presented by Synergy HomeCare*
**Monday, December 18, 1:30 - 2:30**
Join the Women’s Club for holiday favorites from music therapist Theresa and maybe even sing along! All are welcome. Registration recommended.

**The Stories Project**
*Presented by The Stories Project*
**Wednesday, December 6, 2:00 - 4:00**
Your life stories are worth preserving. At this presentation, you will find out about The Stories Project—an innovative way to capture and preserve your life stories. Registration recommended.

**Sip and Spruce**
*Presented by Badger Hospice*
**Wednesday, December 20, 1:00 - 2:00**
Get your nails freshened up in time for the holidays and enjoy holiday-themed mocktails! Please note that this is volunteer-run and no nail professionals will be on site. Registration recommended.

**Volunteer Meetup**
**Thursday, December 7, 1:00 - 1:30**
This is a chance for volunteers to share questions and ideas with each other and staff. Walk-ins welcome.

**United Healthcare Resource Table**
**Friday, December 8, 10:00 - 11:00**
**Monday, December 11, 1:00 - 2:00**
Have questions about United Healthcare insurance? Stop by to discuss with a representative. Walk-ins welcome.

**Sip & Spruce**
**Wednesday, December 20, 1:00 - 2:00**
Get your nails freshened up in time for the holidays and enjoy holiday-themed mocktails! Please note that this is volunteer-run and no nail professionals will be on site. Registration recommended.

**Garden Club Meeting**
**Tuesday, December 26, 1:00**
Join the Garden Club’s monthly meeting to catch up on garden-related plans. Walk-ins welcome.

**Holiday Party**
*Supported by Right at Home*
**Friday, December 8, 2:00**
Cudahy High School’s Holiday Orchestra will be performing holiday favorites! Afterwards, stay for light refreshments. Registration recommended.

**Advisory Meeting**
**Wednesday, December 27, 1:00**
Get the inside scoop on upcoming Kelly events and make your voice heard! Walk-ins welcome.

**Motion Exercise**
**Mondays & Fridays, 8:45 - 10:00**
Get moving with exercise! A variety of balance, strength, and flexibility exercises will help you feel great all day long. Monday morning sessions are followed by chair dancing. Friday sessions include a low impact cardio workout. Walk-ins welcome.

**Tai Chi Practice Session**
**Mondays, 10:00 - 11:00**
Tai Chi is a slow-motion, meditative exercise for relaxation and health. This is a guided practice time for Tai Chi practitioners at all levels. Walk-ins welcome.

**Movement & Music: Parkinson Disease Exercise**
*Presented by Wisconsin Parkinson Association*
**Mondays, 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. Suggested contribution includes use of the kiln for finishing your ceramics pieces. **Registration required.**

**Adaptive Chair Yoga**  
**Tuesdays, 10:00 - 11:00**

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

**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.

**Line Dancing 101**  
**Wednesdays, 12:00 - 12:30**

Want to join in the 11:00 line dancing class but worried you'll be overwhelmed? The line dancing teacher will be available to get you caught up and ready to take part in the regular class! Walk-ins welcome.

**Open Art Studio**  
**Wednesdays, 10:00 - 12:00**

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

**Knit & Crochet**  
**Thursdays, 9:00 - 11:00**

It doesn't matter if you are a beginner or a seasoned crafter. Experienced knitters and crocheters are on hand to help you make that special project. Walk-ins welcome.

**Art Exploration**  
**Thursdays, 12:30 - 2:30**

Curious about art but don't know where to begin? Drop by and let the facilitators of Bloom Art and Integrated Therapies lead you in a project, or simply explore the available art materials on your own. The goal of this group is to build community and have fun getting in touch with your creativity! No need to reserve a space- just drop in!

**ASAHI Exercise Program**  
**Fridays, 10:00**

Asahi is a health exercise method developed in Finland in 2004 to provide a safe and effective practice that anyone can do. It is a very simple but comprehensive and efficient exercise routine which helps people improve their health and quality of life. Asahi movements and breathing progress simultaneously at a slow tempo. The basic routine warms up, exercises and relaxes the whole body systematically. Comfortable shoes and water bottle recommended.

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<td>Parkinson’s Exercise</td>
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<td>Quilting *</td>
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<td>Dartball *</td>
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<td>Dominos</td>
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<td>10:00</td>
<td>Sheephead</td>
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<td>Tabletop Games</td>
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* These activities have a suggested contribution
Holiday Craft and Gift Fair  
Friday, December 1, 10:00 - 3:00  
This holiday craft and gift event features vendors with handmade crafts, bakery items, and specialty gifts. For a small suggested contribution of only $5 we will have food and beverages for you to enjoy.

Christmas Cookie Decorating  
Friday, December 8, 12:00  
Get in the Christmas spirit decorating cookies with your peers. Popcorn and beverages will be served.

Christmas Party  
Friday, December 15, 12:30  
Let’s celebrate the happiest season of the year with food, music, dancing, and gifts. Be sure to wear your ugly Christmas sweater for a chance to win a prize.

Healthy Eating Active Living: Cooking Demonstration  
Presented by Chef Marvin  
Thursday, December 7, 12:00 - 1:30  
Chef Marvin will demonstrate how to prepare a healthy dish using items from the Stockbox. Enjoy a delicious sample afterwards.

Blood Pressure Check  
Presented by Milwaukee Career College  
Monday, December 11, 10:00  
Having your blood pressure checked regularly can help you keep it at a healthy level.

Advisory Meeting  
Thursday, December 21, 9:00  
Learn what’s happening with SOA and McGovern Park Senior Center. This is a time to ask questions and voice your concerns.

Bingo  
Thursday, December 21, 12:30  
Are you ready to play Bingo? You will have a chance to win exciting prizes sponsored by Safe and Sound.

Book Club  
Thursday, December 21, 12:30  
Book: The Good Lord Bird  
Author: James McBride  
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.

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.

"The holiday season is a perfect time to reflect on our blessings and seek ways to make life better.

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

**Thursday**  
9:00 Advisory Meeting (every 3rd Thursday)  
10:00 Exercise for Seniors  
12:30 Bingo (every 3rd Thursday)  
11:00 Upper Body Exercise

**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

**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
Tree Trimming
Friday, December 1, 10:00 - 11:00
Join us in decorating the Christmas tree here in the Washington Park Senior Center lobby. Enjoy a cup of cocoa and cookies while listening to Christmas music.

A Snowball Christmas Dinner Dance
Tickets: Suggested Contribution $15 or $25 for two
Thursday, December 7 - 12:30 - 3:30
Join us for a formal black tie event, including a four-course sit-down meal, DJ, photo booth, Memorial Tree Trimming, gifts for everyone who attends, plus a raffle.

December Birthday Celebration
Wednesday, December 13, 12:00 - 12:45
Join us as we celebrate December birthdays with music, dancing and refreshments.

A Christmas Celebration
Monday, December 18, 11:30 - 2:00
Join us for a special holiday celebration including music, scripture readings, fellowship and food. MKE County Aging & Disability Services staff will be joining us to distribute winter gear, goods and resource information. Lunch provided by the Matilda Ward Youth Empowerment Foundation and the Gary Goyke Family.

Sprit Week (December 11 - 15)
Monday: Ugly sweater
Tuesday: Xmas PJs
Wednesday: Xmas scarves
Thursday: Mix-and-match socks
Friday: Hats

Open Art Therapy Workshops
Provided by Bloom Art & Integrated Therapies
Tuesdays, December 5, 12 & 19, 9:30 - 11:30
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, December 6 & 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, December 14, 11:30 - 12:30
Learn how to make a simple, delicious, and low-sodium meal. Recipe and samples will be available.

Advisory Meeting
Tuesday, December 12, 10:00
Find out what’s happening and share your ideas. All participants are encouraged to attend.

Balance & Stretch
Mondays, 12:30 - 1:00
Prevent injuries and falls using techniques that improve flexibility and balance.

Yoga - Suggested Contribution: $6/class
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 Bid 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
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, 9:30 - 10:30
Join others in a friendly game of tennis with our WPSC Tennis group. Get in shape and have fun too.

Fall Fashion Show 2023

<table>
<thead>
<tr>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
<th>Daily</th>
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</thead>
<tbody>
<tr>
<td>9:00-10:00 Yoga *</td>
<td>9:00-10:00 Chess</td>
<td>9:00-12:30 Quilting *</td>
<td>10:00-11:00 Yoga *</td>
<td>9:00-11:00 Stained Glass *</td>
<td>Fitness Center</td>
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<tr>
<td>9:00-10:00 Billiards (lessons)</td>
<td>10:00-11:00 Chess</td>
<td>9:30-10:30 Shuffleboard</td>
<td>9:00-10:00 Billiards</td>
<td>9:00-3:00 Piano *</td>
<td>Walking Group</td>
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<tr>
<td>9:00-11:00 Knitting &amp; Crochet</td>
<td>10:00-11:00 Gospel Choir</td>
<td>10:30-11:30 Hand Weights</td>
<td>9:00-11:00 Tennis</td>
<td>9:00-11:00 Tennis</td>
<td>Library</td>
</tr>
<tr>
<td>9:00-11:00 Open Sew</td>
<td>10:00-11:00 Stringed Instruments/Vocals</td>
<td>10:30-11:30 Hand Weights</td>
<td>10:30-1:30 Scrapbooking</td>
<td>10:00-11:00 Silver Steppers</td>
<td>Computer Lab</td>
</tr>
<tr>
<td>10:00-11:00 Chair Arthritis Exercise</td>
<td>10:00-11:00 Silver Steppers</td>
<td>12:30</td>
<td>10:30-1:30 Ballroom Dancing *</td>
<td>10:00-11:00 Stained Glass</td>
<td>Chit-Chat Club (lobby)</td>
</tr>
<tr>
<td>10:30-11:30 Hand Weights</td>
<td>10:30-2:00 Game Day</td>
<td>12:30-2:00</td>
<td>12:30-1:45</td>
<td>12:30-1:45</td>
<td>Wii Bowling</td>
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<tr>
<td>12:30-1:00 Balance &amp; Stretch</td>
<td>12:30-2:00</td>
<td>1:00-4:00</td>
<td>1:00-4:00</td>
<td>9:00-3:00 Woodshop *</td>
<td>Gift Shop</td>
</tr>
</tbody>
</table>

* Has a suggested contribution & requires pre-registration

9:00-1:00 Gift Shop
9:00-3:00 Wii Bowling
9:00-3:00 Woodshop *
1:00-4:00 Table Tennis
Santa Letter Writing Gatherings
December 1 - 16, 9:00 - 4:00
Every year, millions of children write letters to Santa. Let’s make a local child’s holiday bright by helping Santa write a response. Letters, templates, stationery and treats will be provided.

Deck the Halls
Friday, December 1, 9:00 - 3:00
Bring the joy of the season to life! Help us put up Wilson’s holiday decorations. Share laughs and create memories as we decorate, listen to music, sip on cocoa and nibble on sweets.

Meetings w/Medicare
Monday & Thursday, December 4, 7, 11, and 14, 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.

Beginning Quilting
Tuesdays December 5, 7, 12, and 14, 12:30 - 3:00
Suggested Contribution: $10
Are you in need of a refresher course? Want to learn the basics of quilting? Then this class is the class for you. Wilson is here to teach you the basics and help you start your quilting journey.

Wellness Wednesday:
“Intermittent Fasting / Treats & Sweets”
Wednesday, December 6, 10:30
Nutrition is important for a happy healthy life. Let’s talk about how to manage our sweet tooth and how in collaboration with your doctor’s advice, intermittent fasting can be helpful to you.

Kwanzaa: A Community Drive
December 4 - December 8
One of the most important parts of Kwanzaa is the celebration of and dedication to the community. So, this year there will be a holiday food drive in honor of Kwanzaa. Bring holiday foods to donate so we can give back to communities in need.

Tappin’ Through The Snow
Thursday, December 7, 10:45
Wilson’s very own tap group will be putting on a holiday tap performance for the ages. Bring family and friends to enjoy this holiday performance with light refreshments.

Karaoke & Koffee - Holiday style!
Friday, December 8, 10:00
Do you have a favorite holiday song? Come and sing it with us. Enjoy some light refreshments and good music. Everyone is welcome to choose their own song and sing it with all their heart.

Big Band Holiday Jamboree
Monday December 11, 1:30
Celebrate this joyful time of year together as you enjoy a musical performance, sip cocoa and indulge your sweet tooth.

Cookies and Card Making
Tuesday, December 12, 12:30
Do you have a favorite holiday cookie you like to bake? Put your recipe to the test! Bring in your best batch and let your fellow participants choose their favorite! Plus, you can make a card for someone you love this holiday season.

Bingo All the Way
Tuesday, December 12, 1:00
Sponsored by United Healthcare
No holiday would be complete without a festive game of bingo and a chance to win holiday-themed prizes, gift cards and more.

Love Thy Neighbor Workshop
Wednesday, December 13, 1:00 - 2:00
Love Thy Neighbor is coming to Wilson! This workshop will cover a multitude of resources that could be beneficial to our participants. Come on down and check it out.

Holiday Ukulele Concert
Friday, December 15, 1:00
Bring your family and friends and enjoy your favorite holiday songs played on the Ukulele.

Holiday Screening: The Polar Express
Tuesday, December 18, 5:00
Wilson will be hosting our second holiday movie. Bring your family down to see a holiday movie and enjoy a hot chocolate bar as well as other snacks. Please register with the office by December 13.

Coin & Stamp Collectors Group
Tuesday, December 19, 11:00 - 12:00
Share some of your treasured collections with other enthusiasts.

Wilson Senior Center Advisory Meeting
Wednesday, December 20, 10:00 - 10:30
Hear updates, stay informed and ask questions. You may attend in person or virtually.

Book Club
Wednesday, December 20, 10:15
Book: “When Breath Becomes Air” by Paul Kalanithi. 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.

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.

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.

Monday  
8:45 Ceramic Studio *  
9:00 Scrabble  
9:00 Hot/Fused Glass *  
9:00 Quilting *  
9:15 Morning Exercise  
10:30 Intermediate Line Dancing *  
11:00 Open Sew *  
12:00 Sheepshead  
1:00 Low Impact Aerobics  
1:30 Big Band Dance (2nd)

Tuesday  
9:00 Paper Crafting *  
9:00 Stained Glass Studio *  
9:00 Open Sew *  
9:00 Chess  
10:00 Garden Club (2nd/4th)  
11:00 Coin & Stamp (3rd)  
11:30 Guided Art Studio *  
12:30 Sojourn Bear Group  
1:00 Beginner Crochet  
1:00 Cornhole  
1:00 Bingo (2nd)

Wednesday  
8:45 Ceramic Studio *  
9:00 Wood Carving & Burning  
9:00 Scrabble  
9:00 Hot/Fused Glass *  
9:15 Morning Exercise  
10:00 Advisory Meeting (3rd)  
10:00 Book Club (Last of month)  
10:15 Bible Study  
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  
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  
1:00 Recorder Ensemble  
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  
**Pre-registration required
Online Prescription Drug Resources
Taught by Eric Pampuch

This lecture offers an overview of useful drug resources. You’ll learn about MedlinePlus, a reputable website that provides information about the uses and side effects of prescription medication. Plus, we’ll cover other health topics. You’ll also learn about GoodRx, FamilyWize, and SingleCare, helpful tools for understanding drug costs, comparing pharmacy prices, and finding discounts or coupons. Learn how to research, purchase, and save on prescription drugs with these online tools!

Kelly Senior Center - Friday, December 1, 1:00
Wilson Park Senior Center - Monday, December 4, 10:30
McGovern Park Senior Center - Tuesday, December 12, 12:00
Washington Park Senior Center - Thursday, December 14, 12:30
Clinton & Bernice Rose Senior Center - Wednesday, December 20, 12:00

MyChart
Taught by Eric Pampuch

Has your doctor or healthcare provider ever mentioned MyChart? Come learn about this electronic health record portal that works both in a web browser and as an app. We’ll go over how MyChart can help you keep all your health information in one place, communicate with your providers, and help you set up a virtual visit. You’ll also learn about the portal’s privacy and security features.

Wilson Park Senior Center - Monday, December 18, 10:30
McGovern Park Senior Center - Tuesday, December 19, 12:00
Washington Park Senior Center - Thursday, December 21, 12:30
Clinton & Bernice Rose Senior Center - Wednesday, December 13, 12:00
Kelly Senior Center - Friday, December 15, 1:00

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.
Independent Living Supports Pilot Program
Empowering Wisconsin Residents

The Independent Living Supports Pilot program provides short-term, flexible, and limited services to help Wisconsin residents at risk of entering Medicaid long-term care.

What can I get?
• Specialized medical equipment
• Assistive technology
• Home modifications
• Caregiver training
• And more!

Who can enroll?
• Over 18 years old
• Not enrolled in Medicaid long-term care programs
• WI resident living in a pilot ADRC agency service area
• Persons with qualifying disabilities

Contact your ADRC now!

Call  (414) 289-6874
Email  ilsp@milwaukee countywi.gov
Visit  county.milwaukee.gov/ilsp
Stop by  1220 W. Vliet Street
        Milwaukee, WI 53205

Visit  dhs.wi.gov/ilsp  for more details.
Make the Road a Safer Place

December 4-8 is Older Driver Safety Awareness Week

We often spend more time on the roads during the holidays so it’s crucial to keep our streets and highways a safe place for all drivers. The American Occupational Therapy Association made Older Driver Safety Awareness Week so that everyone behind the wheel can think about safer habits on the road.

Older adults often have to drive to get around rather than walking or riding a bike. Individuals with disabilities, health problems, or a lack of strength may not have the same abilities or access to other forms of transportation. Plus, as we age, our vision changes and our reflexes may slow down, making it harder to avoid reckless drivers or road hazards.

How can you protect yourself and others?

Take precautions and give yourself extra time, especially when driving in hazardous conditions. Remember to perform regular vehicle maintenance and keep an emergency kit in your car. Practice safe driving this holiday season and year-round!

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., Dec 26, 10:30
- Kelly: Wed., Dec 27, 1:00
- McGovern Park: Thu., Dec 21, 9:00
- Washington Park: Tue., Dec 12, 10:00
- Wilson Park: Wed., Dec 20, 10:00

Stockbox
A Stockbox is a box of healthy foods that Hunger Task Force provides to low-income seniors free of charge. Contact a senior center for more information.

- Clinton Rose: Thu., Dec 7, 11:00 - 12:00
- Kelly: Thu., Dec 21, 12:30 - 1:30
- McGovern Park: Thu., Dec 28, 12:00 - 1:00
- Washington Park: Tue., Dec 5, 9:30 - 10:30
- Wilson Park: Tue., Dec 19, 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.
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 November 2022 - October 2023. We made every attempt to recognize all donors. If your name was missed, please contact us at 414-933-2332 ext. 1004 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
Health Connections, Inc.

$2,000 - $4,999
Preston Alvadj
Anonymous (2)
Mindy & Steve Anderson
Heartland Properties, Inc.
Jordan & Renee Luhr
Pieper Electric, Inc.
James Sheridan

$1,000 - $1,999 (continued)
Stephanie & Paul Mares
Roy & Lynn Meythaler
MKE Downtown Business
Improvement District #21
David & Melissa Stauber
Susan Zimmer

$500 - $999
Caption Call by Sorenson
James & Cheryl Hempel
Humana
LSS /Connections
Sherry Kulhanek
John C. Lapinski
Dennis Lech
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
AZH Management, LLC
Raymond Berg
Board of Aging & Long Term Care
Frank Brindza
Tom & Cheri Briscoe
Pat & Frank Bruce
Patricia Buente

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

Anonymous (2)
Mindy & Steve Anderson
Pat Ehler
Eva Eiseman
Mark & Kellie Foster
Bridgette & Kevin Frommell

John & Janice Gardetto
Teri & Karl Kodrich
Stephanie Mares
Pamela Miller
Lynne Grages & Paul Neymeyr
Mike Prudhom

Rachel Ritchhart
Barbara Toles
Roxann Tolliver
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 x1004.
Partners to $249

Anonymous (2)
Marie Abbott
Theodore & Mariane Allen
Annie Anderson
Linda E. Stueven
Mary Ard
Ernice Austin
Mary Ann Bagemehl
Anne Balistreri
Paul & Nancy Daniel
Linda Baranko
Christine I Beck
Jan Behnke
Aivars Bergmanis
Bonita Biba
Carolyn Blackwood
Sue Blaustein
Susan Bock
Patricia Boettcher
Jim & Holli Bohn
Sylvia Bothke
Christine Brown
Kandy and Krista
Margaret Drake
Shannon Downie
Friday Bridge
Kelsey & Gurvir
Marge (Megen)
Nancy & Joseph Di
Anton & Sonja Devici
Nancy & Joseph Di Glacinto
Marge (Megen)
Diekow
Dennis Dillon
Kelsey & Gurvir
Dosanjh
Friday Bridge
Shannon Downie
Margaret Drake
Kandy & Krista
Kay Duggan
Fannie Edwards
Pat Ehlet
Eva Eiseman
Dianne Ertel
Devonna Eubanks
Anne Fagan
Janet M Falk
Sharron Fitak
Vera F Ford
Mary Ann Fortin
Freda Fowlkes-Bell
Lewis Franklin
Robert & Judith Free
Rosemarie Friderick
Jacqueline Fryer
Pamela Galasinski
Ruth Gaura
Matt Glaske
Marsha Godfrey
Dick Goldberg
Rita Gutowski
Diana Haase
William Hable & Jane Tanner
Jane Hallsworth
Thomas Halliburton
Nancy Hallberg
James Hansen
Nancy Harwood
Ronald & Betty Hayes
Hear Wisconsin
Diane Hellrung
Steve Henry
Lenore Hernandez
Richard & Linda Hintz
American Republic
Insurance Services
Doris Hopkins-Brown
Donna Horrigan
Dennis & Cynthia Horzewski
Janet Ibitoye
Julia Jacobson
Thomas Janczak
Audrey Jansen
Del Januchowski
TJ
Lue Jenison-Spieve
Stephen Jerde
Verna Johnson
Rayfield Johnson
Jo D. Joiner
Cindy Juds
Debra Jupka
Joan Kadow
Judith Kaiser
Shannon Kantowski
Jeanne & John Kennedy
Jacquelyn Ketten
James Kimble
Kathryn Kobelinski
Trina Koch
Teri & Karl Kodrich
Barbara Kogutkiewicz
Edward & Kathaleen Kosanke
Cynthia Kroll
Edward Krueger & Carl Lacy
Alexander & Sharon Rae Landegott
Durka
Mel Larsen
Roberta Larson
Nhia Lee
Janice Lee
Diane Lembeck
Charlotte Lewis
Deborah Lewis
Renate Liedtke
Marcie Lindquist
Allan & Diane Lindsay
Johnny & Jackie Lipsy
Jill Littlefield
Michael Loew
Mark & Carol Loomis
Patrick & Jennifer Lopezman
Cleo Jones & Alice Lex
Tom & Edwardine Magnus
Yvonne Mahoney
Stephan & Mary Maier
Jon Maresh
Mary Marks
Susan Marsolek
Jewel Martin
James MatKey
Frances May
Gloria Mays Fulsom
Bonnie McAulay
Thomas McConnell
Sam McCullum
Todd & Cheryl McDonald
Jeanine McFadden
Ruby Meeks
Evelyn Merriett
Neal & Dianne Michel
Pamela Millev
Patricia Mims
Josephine Misiewicz
Stephen & Cella Misowy
Dorothy Mitchell
Harry & Rosanne Moore
Sharon Morris
O. Morris
Donald Mueller
Sharon Multani
Ms. W. Nash
Mary Neitzel
Susan Nelson
Rick Nelson
Lynne Grages & Paul Neymeyr
John & Peggy Niemer
Norma Nonneman
Nedra North
Alvia Papara
Janet Pape
Ouida Paris
Tyrone Pennington
Katherine Peoples
Alice Peterson
Mr. & Mrs. Jerome H. Peterson
Muriel Plichta
John Psededly
Vereta Porter
Ron Portz
Joyce Radtke
Stephen & Susan Ragatz
Isabel Ray
Lois & Henry Redic
Jean Rehse
Sue Reinhard
Melanie Riemer
Denise Rhodes
Lorie Rieden
Michele Rinka
Rachel Ritchhart
Florine Robinson
Maria Rodriguez
Willie Rogers
Judith Roth
Kenne & Carol Roth
Sylvester Rucker
Michael & Janette Rupinski
Eleanor Ryan
Diane Rychlinski
Jimmie Sanders
Caroline & Robert Sanderson
Ray Saron
Kathy & John Schauer
Stand & Gayle Schenk
Ron & Renee Scherr
James & Barbara Schroeder
Brad & Amy Schultz
Larry & Darlene Schwartz
Carol Scott
Jerro Scott
Rozanne Scren
Ben & Seiden
Barbara Semons
Marge Senger
Dorothy Severson
Willie Seward-Fowlkes
Adele Shaw
Nancy & Theodore Sigowicz
Louis & Henrietta Smith
Paulette Smith
Marie Sobiech
Barbara Sottile
Lee Sprengel
Gary Kubacki & Marianne Staszak
Alice & David Steuck
Konkel
John & Eileen Stewart
Peggy Stewart
Alice Stokes
Sandy Stoller
Carol Stolpa
Janet M. Strom
Patricia Sucha
Chuck & Nikki Sunn
Jeffrey Sweetland & Margaret Murphy
Lawrence Taylor

SERVING OLDER ADULTS OF SOUTHEAST WISCONSIN | 23
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.

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
- $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

____________________________________________________

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 $________

FOR OFFICE USE ONLY

Date Received: ____/____/____ Receipt#_________
Location: ________________________ Init: ______