

# SERVING OLDER ADULTS OF SOUTHEAST WISCONSIN, INC.

December 2023



## 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 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](http://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 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

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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 *Antresia Smith*  
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

About Serving Older Adults

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.**

### 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. **Only two families per vehicle and one person per household will be served.** Walk ups are welcomed! This event will run until all supplies are gone!!!

## 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.**



## 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 crazy all week long.

Monday: Ugly Sweater, Tuesday: Xmas PJs, Wednesday: Xmas Scarves, Thursday: Mix-and-Match Socks, Friday: Hats.

### 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.

## WILSON PARK SENIOR CENTER

### 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.

### 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.

### 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.**

## 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.

## Place Your Ad Here and Support our Community!

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**Mechele Lewis**

**262-278-8708 (TTY: 711)**

Monday – Friday, 8 a.m. – 5 p.m.  
[mlewis58@humana.com](mailto:mlewis58@humana.com)



**Ryan Johannsen**

**262-765-6362 (TTY: 711)**

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[rjohannsen@humana.com](mailto:rjohannsen@humana.com)



For ad info. call 1-800-950-9952 • [www.lpicommunities.com](http://www.lpicommunities.com)

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:



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



Scan QR Code



Visit  
[www.servingolderadults.org](http://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 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!

# 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.

## 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.**

<p><b>Monday</b>            9:30-10:30 Morning Blend            10:00-11:00 Senior Striders            12:00-1:00 Walk Easier            12:00-1:00 Every 3rd Bake Sale</p>	<p><b>Tuesday</b>            9:00-10:30 Roselettes Dance Group Practice            9:30-10:30 Wisdom Studies            12:15-2:15 Praise &amp; Worship</p>	<p><b>Wednesday</b>            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><b>Thursday</b>            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><b>Friday</b>            9:00-11:00 Movie Watchers Club            12:00-1:00 Walk Easier            12:00-1:00 Bingo</p>	<p><b>Daily</b>            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 &amp; 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 is open daily.</p>

# Kelly Senior Center

## 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.

## 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.

## Bingo

*Sponsored by Capri Communities*

**Wednesday, December 6, 1:00**

Join us for an afternoon of Bingo! **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.**

## 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.

## Santa Letters Workshop

**Thursday, December 7, 2:00 - 4:30**

**Tuesday, December 12, 2:00 - 4:30**

**Monday, December 18, 12:00 - 4:30 [if needed]**

SOA is proud to take part in Milwaukee's Santa Letters program. If you'd like to help out and make sure every child's letter gets an answer, join us for any/all of the Santa Letters Workshops for festive music and letter sorting/writing. 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.

## 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.**

## Fighting Flexion and Defying Gravity as we Age

*Presented by Dr. Alex Burbach, DC*

**Monday, December 11, 10:00**

Learn about how our bodies change as we age, explore prevalent muscle and joint conditions, and develop effective techniques to combat the effects of gravity, promoting healthier aging. Registration recommended.

## Medicare Appointments

**Thursday, December 14, 9:00 - 11:00**

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

## 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.

## 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.**

## 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.**

## Bingo

**Tuesday, December 19, 1:00**

Join us for an afternoon of Bingo! **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.**

## 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.

## Advisory Meeting

**Wednesday, December 27, 1:00**

Get the inside scoop on upcoming Kelly events and make your voice heard! Walk-ins welcome.

## Morning Exercise

**Mondays & Fridays, 8:45 - 10:00**

Get moving with exercise! A variety of balance, strength, and flexibility exercises will help you feel great all day long. Monday morning sessions are followed by chair dancing. Friday sessions include a low impact cardio workout. Walk-ins welcome.

## Tai Chi Practice Session

**Mondays, 10:00 - 11:00**

Tai Chi is a slow-motion, meditative exercise for relaxation and health. This is a guided practice time for Tai Chi practitioners at all levels. Walk-ins welcome.

## Movement & Music: Parkinson Disease Exercise

*Presented by Wisconsin Parkinson Association*

**Mondays, 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.



# Kelly Senior Center

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

**Monday - Friday, 1:00 - 4:30**

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

## Morning Fitness

**Tuesdays & Thursdays, 8:30 - 9:30**

Start your day with video fitness with a great group of people! Walk-ins welcome.

## Ceramics Studio - Suggested Contribution: \$20 (October - December)

**Tuesdays & Thursdays, 9:00 - 12:00**

Use ceramic molds, paints, and glazes to create artful objects for your home and garden. 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.

<p><b>Monday</b> 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><b>Tuesday</b> 8:30 Morning Fitness 9:00 Ceramics * 9:00 Quilting * 10:00 Chair Yoga 10:30 Acoustic Meetup</p>	<p><b>Wednesday</b> 9:30 TOPS 10:00 Open Art Studio 10:00 Sheepshead 11:00 Line Dancing 12:00 Line Dancing 101 12:30 Canasta 1:00 Dominoes</p>
<p><b>Thursday</b> 8:30 Morning Fitness 9:00 Ceramics * 9:00 Knit &amp; Crochet 10:00 Sheepshead 12:30 Art Exploration 1:00 Quilting</p> <p>* These activities have a suggested contribution</p>	<p><b>Friday</b> 8:45 Morning Exercise 9:30 Bridge 9:30 Fitness Ctr. Orientation 10:00 ASAHI 11:30 Fitness Ctr. Orientation 12:00 Balance &amp; Stretch</p>	<p><b>Daily</b> 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>

# 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 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.

## **Christmas Caroling**

**Monday, December 18, 12:30**

It wouldn't be Christmas without carols. Let's come together and have some fun singing the Christmas songs we all enjoy.

## **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"*



<p><b>Monday</b>            9:00 TOPS            9:00 Walking Group            10:00 Billiards for Beginners            10:00 Dance for Fun &amp; Fitness            11:00 Upper Body Exercise            1:00-4:30 Bring Your Own Device (BOYD) Day</p>	<p><b>Tuesday</b>            8:30 Lapidary            8:30-12:00 Fitness &amp; 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><b>Wednesday</b>            8:30 Quilting            8:30 Open Crafts            9:00 Walking Group            10:00 Billiards for Beginners            10:00 Dance for Fun &amp; Fitness</p>
<p><b>Thursday</b>            9:00 Advisory Meeting (every 3rd Thursday)            10:00 Exercise for Seniors            12:30 Bingo (every 3rd Thursday)</p>	<p><b>Friday</b>            9:00 Walking Group            10:00 Dance for Fun &amp; Fitness            10:00 Bible Study (every 1st, 2nd &amp; 4th Friday)            11:00 Upper Body Exercise</p>	<p><b>Daily</b>            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

## 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)

Have fun and wear something Christmas crazy all week long.

**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 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 (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 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.

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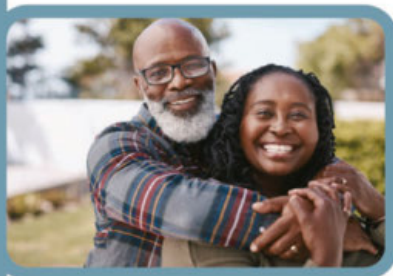
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# Washington Park Senior Center

## 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, 9:30 - 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

<p><b>Monday</b>            9:00-10:00 Yoga *            9:00-10:00 Billiards (lessons)            9:00-11:00 Knitting &amp; 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 &amp; Stretch</p>	<p><b>Tuesday</b>  <b>9:30-10:30 Art Therapy</b>            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><b>Wednesday</b>            9:00-12:30 Quilting *            9:30-10:30 Shuffleboard            10:30-11:30 Hand Weights            12:30 Movie Matinee            12:30-2:00 Phase 10</p>
<p><b>Thursday</b>            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 &amp; requires pre-registration</p>	<p><b>Friday</b>            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><b>Daily</b>            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

## **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.



# Wilson Park Senior Center

## 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.

## Railroad Club

**Wednesdays & Thursdays, 1:00**

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

## Advanced German - Suggested Contribution: \$10

**Thursdays, 9:15**

Build upon your current German-speaking skills.

## Dartball - Suggested Contribution: \$15

**Thursdays, 12:30**

Play dartball with other participants. Beginners welcomed.

## Tap Dance - Suggested Contribution: \$40

**Thursdays, October 26 - December 28**

**Advanced, 9:00; Intermediate, 9:45;**

**Beginners, 10:30**

Tap your way to fitness and fun! Three sessions of continuing tap instruction are available.

## Recorder Ensemble

**Thursdays, 1:00**

Now accepting new members of all experience levels. There are loaner instruments available as you learn.

## 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**

December 1 - The Knight Before Christmas

December 8 - Best Christmas Ever

December 15 - The Holiday Calendar

December 22 - A California Christmas

<p><b>Monday</b>            8:45 Ceramic Studio *            9:00 Scrabble            9:00 Hot/Fused Glass *            9:00 Quilting *            9:15 Morning Exercise            10:30 Intermediate Line Dancing *            11:00 Open Sew *            12:00 Sheepshead            1:00 Low Impact Aerobics            1:30 Big Band Dance (2nd)</p>	<p><b>Tuesday</b>            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 &amp; Stamp (3rd)            11:30 Guided Art Studio *            12:30 Sojourn Bear Group            1:00 Beginner Crochet            1:00 Cornhole            1:00 Bingo (2nd)</p>	<p><b>Wednesday</b>            8:45 Ceramic Studio *            9:00 Wood Carving &amp; 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 &amp; Crochet            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</p>
<p><b>Thursday</b>            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</p>	<p><b>Friday</b>            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 &amp; Popcorn</p>	<p><b>Daily</b>            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</p> <p>* Has a suggested contribution/pre-registration required (Classes have a start and end time)</p> <p>**Pre-registration required</p>

# Tech Connect for Older Adults

## 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



## 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](http://CHILivingCommunities.org) or call 414.570.5474.



IRIS Consultant Agency (ICA)



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

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

Call toll-free: 844-520-1712  
Email: [connections@lsswis.org](mailto:connections@lsswis.org)

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Serving Older Adults of SE Wisconsin, Milwaukee, WI.

D 4C 01-2067

# 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@milwaukeecountywi.gov](mailto:ilsp@milwaukeecountywi.gov)  
**Visit** [county.milwaukee.gov/ilsp](http://county.milwaukee.gov/ilsp)  
**Stop by** 1220 W. Vliet Street  
Milwaukee, WI 53205

Visit [dhs.wi.gov/ilsp](https://dhs.wi.gov/ilsp) for more details.



WISCONSIN DEPARTMENT  
of HEALTH SERVICES

P-03471 (06/2023)

## 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



### 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., 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

# Community Partners

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



ACLU  
 Active Healthy Living  
 Aetna  
 Aggies Bakery  
 Allay Home and Hospice  
 Alzheimer's Association  
 America Republic Insurance Service  
 American Red Cross  
 Aurora St. Luke's Southshore  
 Autumn Leaves  
 Badger Hospice  
 Bread Smith  
 Capri Community  
 CarePatrol  
 Caring Senior Services  
 CHI Living  
 Cornerstone  
 Cudahy Family Library  
 Cudahy Fire Department  
 Cudahy Place Senior Living  
 Cudahy School District  
 Cudahy Health Department  
 Einstein Bagels  
 Empire Beauty School  
 Groundcorp  
 Groundworks MKE  
 Harbour Village

Hear Wisconsin  
 Historic 41 Business Association  
 Howard Village  
 Humana  
 Hunger Task Force  
 Hayat Pharmacy  
 iCare  
 Impower  
 Islamic Da'Wah & Muslim Community  
 Center  
 Love Thy Neighbor  
 Martin Drive Neighborhood Assoc.  
 MATC  
 Milwaukee County Sherriff Department  
 Milwaukee County Parks  
 Milwaukee Police Department  
 Milwaukee Public Schools  
 Milwaukee Steppers & Boppers  
 Milwaukee Veterans and Homeless  
 Initiative  
 Milwaukee Women's Center  
 Miracle Home Health of Wisconsin  
 Molina Healthcare  
 NAACP  
 Neuropath Wellness  
 Northside Side Community  
 Development Cooperation

Park People  
 Pete's Supermarket  
 Pick N Save/Metro Market  
 Safe and Sound  
 Salvation Army  
 Senior Helpers  
 Sorenson  
 Soul to the Polls  
 Southeastern Wisconsin Deaf Senior  
 Citizens  
 St. Croix Hospice  
 Syngery Homecare  
 The Power of Change  
 University of WI-Madison  
 Urban Ecology Center  
 VA  
 Villa St. Francis  
 Walgreens  
 Westcare  
 Wildcats-Lincoln Middle School  
 Williamstown Bay  
 Wilson Commons  
 Wisconsin Health Literacy  
 Wisconsin Institute on Aging  
 Wisconsin Parkinson Association  
 YMCA Milwaukee

# Thank you to our many partners!

We wish to thank all of our partners. Without your support we would not be able to provide vital programs and services to older adults in our community. This list represents all who donated from 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](mailto: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

Alzheimer's Association of Wisconsin  
Anonymous (1)  
Harvinder Ahuja  
CMG Life, Annuity & Health Insurance  
Solutions  
Bridgette & Kevin Frommell  
HOPE Study

## \$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

Marsha & Paul Bukofzer  
Castle Hospice  
Jo Cross  
Eras Senior Network  
First Lutheran Church of West Allis  
Mark & Kellie Foster  
Don & Christine Gardner  
Sylvia Gear  
Greater Wisconsin Agency on  
Aging Resources  
Howard Village Senior Living  
Mr. K  
Kendall Kelly  
Sharon Lewek  
Love Thy Neighbor Foundation  
Peter & Dorothy Majchrzak  
Walter & Katie McCoy  
Jerry & Mary Ellen Mikulay  
J. Misorski & P. Garrity  
Network for Good  
Thomas Piotrowski  
Pointer Financial Group  
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  
Tom & Cathy Wood



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

Anonymous (2)  
Mindy & Steve Anderson  
Pat Ehlert  
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](http://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](mailto: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  
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 Christine I Beck  
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 Susan Bock  
 Patricia Boettcher  
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 Katie Brown  
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 Wendy Cetera  
 Valsa Cherian  
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 Rita Gorman  
 Mary Ellen Graby  
 The Greenbergs  
 Michael Gronitz  
 Linda Groth  
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 Dorothy Severson  
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 Sandra Underwood  
 Andrea Urbaniak  
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 Tim Willmes  
 Judith & Winton Wood  
 Pearl Woodard-Hainey  
 Steve Woods  
 Mary W.  
 Angelia Young  
 Tina Zaffiro  
 Dawn Zakian



## 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)?**

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 \$ \_\_\_\_\_



## ***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: \_\_\_\_\_