

SERVING OLDER ADULTS OF SOUTHEAST WISCONSIN, INC.

February 2024



THE CONNECTION

Bring Your Own Device (BYOD) Day

You've got questions about technology and 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

Fri. 9:30 - 11:30

Kelly

Thu. 9:30 - 11:30

McGovern

Tue. 9:30 - 11:30

Washington

Wed. 9:30 - 11:30

Wilson

Mon. 9:30 - 11:30

SOA CLOSURES

All senior centers are closed on the following dates:

February 19 - Presidents' Day

HOURS

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

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Aging Well

TOGETHER

Serving Older Adults of Southeast Wisconsin's goal is to positively impact the health and well-being of older adults through quality health and wellness programming, continuous learning opportunities, community engagement, and a variety of socialization outlets.

SERVING OLDER ADULTS ADMINISTRATION

President/CEO *Cathy Wood*
Controller *Antresia Smith*
Director of Programs *Miriam Kaja*
Director of Development & Marketing *Marsha Bukofzer*
Human Resources Manager *Vacant*

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

BLACK HISTORY MONTH CELEBRATIONS

CLINTON & BERNICE ROSE SENIOR CENTER

Black History Spirit Week

Tuesday, February 20 - Black Excellence/Pioneer (dress up like your Black influencer)

Wednesday, February 21 - Pan-African Flag Day (red, green, and black)

Thursday, February 22, 12:30-1:00 - 70's Soul Train Day

Friday, February 23 - Black Out Day (wear all black)

KELLY SENIOR CENTER

Black History Month Movie Screening Friday, February 9, 1:00

In celebration of Black History Month, enjoy a screening of "Hidden Figures." The film shares the untold story of the African American women mathematicians who played a vital role in the American space program. Their perseverance and contributions paved the way for equality and progress in the STEM industry.

MCGOVERN PARK SENIOR CENTER

The Woman King - Black History Month Movie Friday, February 9, 12:30

The Woman King is an American historical action-adventure film about an all-female warrior unit that protected the West African Kingdom of Dahomey. Join us to watch this award-winning film. **Popcorn, soda, and candy will be available for a small suggested contribution of only \$2.50.**

WASHINGTON PARK SENIOR CENTER

WPSC Black History Program

Thursday, February 22, 12:30 - 2:30

Join us for a celebration of music and singing as well as guest speakers to inspire us and share historical information.

WILSON PARK SENIOR CENTER

Black History Travel Experience -

Suggested Contribution: \$12

Thursday, February 8, 8:30 AM

In celebration of Black History Month, Wilson will be taking a trip to the Black Holocaust Museum. Explore the rich history of African-American culture in the US and Milwaukee. **Please register by Feb 5th.**

MONTHLY HIGHLIGHTS

CLINTON & BERNICE ROSE SENIOR CENTER

Mardi Gras Fat Tuesday

Hosted by Eras Senior Network

Tuesday, February 13, 12:00 - 2:30

Did you miss last year's Fat Tuesday Mardi Gras? Well, it's back! Grab your beads and put on a mask because Mardi Gras is here, and partying is the task! **Pre-registration is required by calling 414-263-2255.**

Valentine's Day Dance

Suggested Contribution: \$12

Friday, February 16, 12:00 - 2:00

You're invited to a Valentine's Day party! Join us for cupcakes and fizzy drinks. **Pre-registration required.**

KELLY SENIOR CENTER

Fighting Flexion and Defying Gravity as We Age

Presented by Dr. Alex Burbach, DC

Monday, February 12, 1:00

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.**

WASHINGTON PARK SENIOR CENTER

Mardi Gras Day

Tuesday, February 13, 12:00 - 12:30

Wear your mask and enjoy music, beads, and snacks.

WILSON PARK SENIOR CENTER

Valentine's Day Speed Gaming

Wednesday, February 14

Forget dating and share your love for gaming! Whether you're a couple or single, join us for a day of Valentine's treats, games, and a good time.

MCGOVERN PARK SENIOR CENTER

Soul Food and Storytelling Day

Suggested Contribution: \$5

Friday, February 23, 12:30

Soul food is basic, down-home cooking with its roots in the rural south. Join us and whet your appetite with some good southern style cuisine. We would love for you to share some of your stories or events that you experienced in history.

African Attire Day

Wednesday, February 26, 12:00

Music by DJ Mechele Lewis

Come dressed in your beautiful African attire. We have music, light refreshments, and snacks for you to enjoy.

Place Your Ad Here and Support our Community!

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ipicommunities.com/adcreator



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Mechele Lewis

262-278-8708 (TTY: 711)

Monday – Friday, 8 a.m. – 5 p.m.

mlewis58@humana.com



Ryan Johannsen

262-765-6362 (TTY: 711)

Monday – Friday, 8 a.m. – 5 p.m.

rjohannsen@humana.com



For ad info. call 1-800-950-9952 • www.ipicommunities.com

Serving Older Adults of SE Wisconsin, Milwaukee, WI.

A 4C 01-2067

Tech Connect for Older Adults

Google Maps

Learn how Google Maps can help you get from point A to B with confidence!

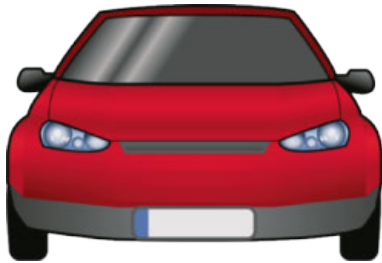
Kelly Senior Center - Thursday, February 1, 10:30-12:00

Wilson Park Senior Center - Thursday, February 1, 1:00-2:30

McGovern Park Senior Center - Monday, February 5, 1:00-2:30

Clinton & Bernice Rose Senior Center - Monday, February 12, 10:30-12:00

Washington Park Senior Center - Tuesday, February 13, 1:00-2:30



Smartphone Camera Uses Beyond Photography

Come learn about QR codes and more!

Kelly Senior Center - Thursday, February 15, 10:30-12:00

Wilson Park Senior Center - Thursday, February 15, 1:00-2:30

McGovern Park Senior Center - Monday, February 26, 1:00-2:30

Clinton & Bernice Rose Senior Center - Monday, February 26, 10:30-12:00

Washington Park Senior Center - Tuesday, February 27, 1:00-2:30



Clinton & Bernice Rose Senior Center

Bid Whist

Led by Willie Rogers

Thursday, February 1 & 15, 12:00 - 3:00

Let's hang out and play a game of Bid Whist.

Movie Watchers Club

Led by Yvonne Thomas

Friday, February 2, 9:00 - 11:00

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

Friday Bingo

Hosted by Charlotte Lewis

Fridays, February 2, 9 & 23, 12:00 - 1:00

Spend the afternoon relaxing and playing Bingo with fellow participants.

AARP Tax-Aide

Mondays, February 5, 12 & 26, 9:00 - 10:00

Presented AARP Foundation

Free income tax preparation & electronic filing. Federal & Wisconsin + Homestead IRS Certified Tax Counselors.

Appointment only by calling 414-263-2255.

Morning Blend w/Hot Topics

Led by Doris Hopkins-Brown

Every other Monday, 9:30 - 10:30

Discuss the daily hot topic with your peers.

Boost Your Brain and Memory

Fridays, February 9 - March 29, 9:00 - 10:30

This eight-week class is an evidence-based program that takes a holistic approach to improving brain health. This program is intended for people who are not diagnosed with dementia to learn ways they can lower their risk of developing dementia.

Google Maps

Monday, February 12, 10:30 - 12:00

Learn how Google Maps can help you get from point A to B with confidence! **Registration required.**

Mardi Gras Fat Tuesday

Hosted by Eras Senior Network

Tuesday, February 13, 12:00 - 2:30

Did you miss last year's Fat Tuesday Mardi Gras? Well, it's back! Grab your beads and put on a mask because Mardi Gras is here and partying is the task! **Pre-registration is required by walk-in or by calling 414-263-2255!**

Cooking Demonstration w/Chef Marvin - "The Unsalted Chef"

Presented by HEAL (Healthy Eating Active Living)

Thursday, February 15, 11:00 - 12:00

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

Out & About Travel Committee Meeting

Lead by Jacquelyn Trice

Thursday, February 15, 12:00 - 1:30

Did you miss traveling this past year? Well, get ready to start planning the 2024 trips with the Travel Committee. Let this group sail you away to fun adventures in the upcoming new year. Trip details will be out in mid-February.

Valentine's Day Dance

Suggested Contribution: \$12

Friday, February 16, 12:00 - 2:00

You're invited to a Valentine's Day party! Join us for cupcakes and fizzy drinks. **Pre-registration required.**

Women of the Rose Monthly Meeting

Lead by Betty Hayes

Wednesday, February 21, 12:00 - 1:00

Join this group of strong and independent women as they meet to discuss ways to help and empower all women.

Memories in the Making

Sponsored by the Alzheimer's Association

Thursday, February 22, 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.**

Black History Spirit Week

Tuesday, February 20 - Black Excellence/Pioneer (dress up like your Black influencer)

Wednesday, February 21 - Pan-African Flag Day (red, green, and black)

Thursday, February 22, 12:30 to 1:00 - 70's Soul Train Day

Friday, February 23 - Black Out Day (wear all black)

Smartphone Camera Uses Beyond Photography

Monday, February 26, 10:30 - 12:00

Come learn about QR codes and more! **Registration required.**

Advisory Committee Meeting

Tuesday, February 27, 10:30 - 11:00

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

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 our participants!

Open Sewing -

Suggested Contribution: \$8 (4 weeks)

Mondays, Tuesdays & Fridays, 9:00 - 3:30

Love to sew? Then come to our open sewing room. A sewing room orientation is required. Open Sewing & Miss Daisy's Sewing are two different groups. If interested in doing both, the total suggested contribution is \$16.

Clinton & Bernice Rose Senior Center

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.

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

Eras & WestCare will be hosting Bingo and providing amazing prizes. They will also be sharing resources and answering questions.

Roselettes Dance Group

Tuesdays & Thursdays, 9:00 - 10:30

Get your feet moving! Join our eloquent dancing group for some fun and community involvement.

Clinton Rose & Danceworks

Presented by Danceworks and Eras

Wednesdays, 10:00 - 11:00

Get ready to enjoy fun dancing 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.

Open Art Therapy Workshops (8-week program)

Provided by Bloom Art & Integrated Therapies

Fridays in February, 9:00 - 11:00

Art Therapy workshops is an open art studio that will run for eight weeks. There will be an art show at the end of the program to showcase the artworks.

*** SNEAK PEEK FOR MARCH ***

National and International Women's Day

Friday, March 8, 12:00 - 2:00

Join us as we gather and share words of encouragement about technology, discuss ways to help the senior women of society, and empower all women to be safe, protected, and secure.

Saint Patrick's Day Bingo

Wednesday, March 13, 9:00 - 11:00

Hosted by Eras Senior Network

Celebrate St. Patrick's Day and come out to play Bingo and win some great prizes with Eras Senior Network.

Pre-registration is required by walk-in or by calling 414-263-2255.

Monday 9:30-10:30 Morning Blend 10:00-11:00 Senior Striders 12:00-1:00 Walk Easier 12:00-1:00 Every 2nd Monday Birthday Committee Meeting	Tuesday 9:00-10:30 Roselettes Dance Group Practice 9:30-10:30 Wisdom Studies 12:15-2:15 Praise & Worship	Wednesday 9:00-10:00 Bingo 10:00-11:00 Danceworks 10:00-11:00 Senior Striders 12:00-1:00 Walk Easier 12:15-1:15 Every 3rd Wed Women of the Rose Meeting
Thursday 9:00-10:30 Roselettes Dance Group Practice 12:00-1:00 Walk Aerobics 12:15- 2:15 Out and About Travel Committee Meeting Every 4th Thursday 1:00-4:00 Bid Whist * Has a suggested contribution	Friday 9:00-11:00 Movie Watchers Club Every 1st Friday 9:00-11:00 Open Art Therapy Workshops 12:00-1:00 Walk Easier 12:00-1:00 Bingo	Daily 8:30-3:30 Fitness Center 8:30-4:30 Speak Your Mind 8:30-3:30 Billiards Area (includes pool games, cards, chess, checkers & dominoes) 8:30-3:30 Library Area 8:30-3:30 Computer Lab 10:00- 3:30 Open Sewing * 10:00-2:00 Miss Deborah's Gift Shop open daily

Kelly Senior Center

Google Maps

Thursday, February 1, 10:30 - 12:00

Learn how Google Maps can help you get from point A to B with confidence! **Registration required.**

Mindfulness Meditation

Thursday, February 1, 15 & 29, 2:00

Mindfulness meditation is the practice of becoming aware of and calming one's own mind and is shown to improve well-being. Walk-ins welcome.

'9 to 5' The Musical

Suggested Contribution: \$85

Saturday, February 3, 10:00 - 7:00

Join Kelly for a trip to see '9 to 5' the musical with music and lyrics by Dolly Parton. based on the hit movie!

Registration required.

Acoustic Music Meetup

Tuesday, February 6 & 20, 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.

Premier World Travel

Tuesday, February 6, 1:30

Learn about the upcoming travel opportunities offered by Kelly partner Premier World Travel. Walk-ins welcome.

Memories in the Making

Tuesday, February 6, 12:00 - 2:00

In this monthly group intended for people experiencing memory loss, participants create imaginative watercolor paintings, most with no prior experience. The painting process provides an opportunity to engage socially and reminisce about meaningful life moments. As stories are shared, a trained facilitator documents these memories, rekindling communications with family, friends and caregivers. **Registration recommended.**

Bingo

Sponsored by Allay Home and Hospice

Wednesday, February 7, 1:00

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

Boost Your Brain and Memory

Thursday, February 8 - March 28, 3:00 - 4:30

Join this eight-week, evidence-based program that teaches some basic neurology and strategies that we can employ to boost brain function as we age. This program is designed for people who do not currently have a diagnosis of memory loss. **Registration required.**

Black History Month Movie Screening

Friday, February 9, 1:00

In celebration of Black History Month, enjoy a screening of "Hidden Figures." The film shares the untold story of the African American women mathematicians who played a vital role in the American space program. Their perseverance and contributions paved the way for equality and progress in the STEM industry.

Fighting Flexion and Defying Gravity as We Age

Presented by Dr. Alex Burbach, DC

Monday, February 12, 1:00

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

Mardi Gras Party

Tuesday, February 13, 2:00

Celebrate Mardi Gras with your friends at Kelly this year! **Registration recommended.**

Toenail Trimmers, LLC Appointments

Thursday, February 15, 9:30 - 4:30

Toenail Trimmers, LLC will be taking appointments at Kelly for toenail trimming and foot care. Contact the front desk for how to make an appointment.

Smartphone Camera Uses Beyond Photography

Thursday, February 15, 10:30 - 12:00

Come learn about QR codes and more! **Registration required.**

10 Secrets to a Happy Marriage in Later Life

Friday, February 16, 1:00

What makes for a successful long-term marriage? Find out 10 lessons that mature couples have learned to maintain a healthy relationship every step of the way. **Registration recommended.**

Bingo

Sponsored by United Healthcare

Tuesday, February 20, 1:00

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

Memory Cafe: Word Games

Wednesday, February 21, 2:30 - 4:00

Memory Cafés are comfortable social gatherings that allow people experiencing memory loss and their loved ones to connect. This month's theme is "Word Games" and will include lots of games such as "finish the lyrics." **Registration with Deanna required.**

Advisory Meeting

Wednesday, February 28, 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.

Kelly Senior Center

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, walking drills, and vocal exercises.

Quilting - Suggested Contribution: \$20

(January - March)

Monday - Friday, 1:00 - 4:30

Learn new techniques and patterns to plan or complete your sewing projects. Volunteer leaders 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!

Ceramics Studio - Suggested Contribution: \$20

(January - March)

Tuesdays & Thursdays, 9:00 - 12:00

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

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 and accountability you need to be successful. 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.

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.

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.

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.

Art Exploration

Presented by Bloom Art and Integrated Therapies

Thursdays, 12:30 - 2:30

Curious about art but don't know where to begin? Drop by and let the facilitators 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 get in touch with your creativity!

ASAHI Exercise Program

Fridays, 10:00

ASAHI is an exercise method developed to provide a safe practice almost anyone can do. It is a simple but effective routine which helps people improve their health and quality of life.

Monday 8:45 Morning Exercise 10:00 Tai Chi 11:30 Parkinson's Exercise 12:30 Mahjong 1:00 Dartball 1:00 Dominoes 1:00 Quilting	Tuesday 8:30 Morning Fitness 9:00 Ceramics 9:00 Quilting 10:00 Chair Yoga	Wednesday 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 1:00 Quilting
Thursday 8:30 Morning Fitness 9:00 Ceramics 9:00 Knit & Crochet 9:30 Fitness Ctr. Orientation 10:00 Sheepshead 12:00 Balance & Stretch 12:30 Art Exploration 1:00 Quilting	Friday 8:45 Morning Exercise 9:30 Bridge 10:00 ASAHI	Daily 8:30-10:30 Social Club 8:30-4:30 Billiards 8:30-4:30 Computer Lab 8:30-4:30 Fitness Center 8:30-4:30 Library 8:30-4:30 Tabletop Games 11:00-11:30 Lunch

McGovern Park Senior Center

Healthy Eating Active Living - Cooking Demonstration

Presented by Chef Marvin

Thursday, February 1, 12:00 - 1:30

Chef Marvin will demonstrate how to prepare a healthy dish using items from the Stockbox. Enjoy a delicious sample afterwards.

Dance for Fun and Fitness 2

Monday, Wednesday, Friday, 11:30 - 12:30

Starting February 4, 11:30 - 12:30

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

Blood Pressure Check

Presented by Milwaukee Career College

Monday, February 5, 10:00

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

Bingo

Presented by State Farm/Humana

Monday, February 5, 12:30

You can build social connections and win prizes while having fun with your peers.

Google Maps

Monday, February 5, 1:00 - 2:30

Learn how Google Maps can help you get from point A to B with confidence! **Registration required.**

Cardio Drumming

Tuesdays, February 6 - 27, 11:00 - 11:30

Cardio drumming is an easy and fun way to get an upper body cardiovascular workout while listening to your favorite music.

Boost Your Brain and Memory

Tuesdays, February 6 - March 26, 12:15 - 1:45

This eight-week class is an evidence-based program that takes a holistic approach to improving brain health. This program is intended for people who are not diagnosed with dementia to learn ways they can lower their risk of developing dementia.

The Woman King - Black History Month Movie

Friday, February 9, 12:30

The Woman King is an American historical action adventure film about an all-female warrior unit that protected the West African Kingdom of Dahomey. Join us to watch this award-winning film. **Popcorn, soda, and candy will be available for a small suggested contribution of only \$2.50.**

State Farm/Humana Information

Wednesday, February 14, 9:30

Be sure to stop by this information table for answers to your health insurance questions.

Valentine Karaoke Day

Wednesday, February 14, 12:00

Let's have some fun playing old school music and singing love songs. Everyone is welcome to join us to have a good time.

Advisory Meeting

Thursday, February 15, 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, February 15, 12:30

Are you ready to play Bingo? You will have a chance to win exciting prizes and household items.

Book Club

Thursday, February 15, 12:30

Book Title: All The Sinners Bleed

Author: S.A. Cosby

You may purchase this book or check your local library.

Did You Know?

Friday, February 16, 12:15

This is your opportunity to do some research on black history events, inventors, and leaders. Please stand up and share your knowledge and findings with one another.

Beginners Dance for Fun & Fitness

Friday January 19-23 11:30 - 12:30

Shake up your fitness routine with line dancing. This dance workout is for those who are new to line dancing.

Soul Food and Storytelling Day

Suggested Contribution: \$5

Friday, February 23, 12:30

Soul food is basic, down-home cooking with its roots in the rural south. Join us and whet your appetite with some good southern style cuisine. We would love for you to share some of your stories or events that you experienced in history.

African Attire Day

Wednesday, February 26, 12:00

Music by DJ Mechele Lewis

Come dressed in your beautiful African attire. We have music, light refreshments, and snacks for you to enjoy.

Smartphone Camera Uses Beyond Photography

Monday, February 26, 1:00-2:30

Come learn about QR codes and more! **Registration required.**

Coffee Bar

Monday - Friday, 8:30 - 11:30

We've got just what you need: coffee and friends. That makes the perfect blend!

McGovern Park Senior Center

Billiards

Monday - Friday, 8:30 - 4:30

Want to shoot pool? There are always plenty of friendly faces ready for a game.

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.

Metalsmithing

Tuesdays, 11:00 - 3:00

Metalsmithing uses wire and sheets of metal to create jewelry.

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.

"All you need is love. But a little chocolate now and then doesn't hurt."

— Charles M. Schulz



Monday 9:00 TOPS 9:00 Walking Group 10:00 Billiards for Beginners 10:00 Dance for Fun & Fitness 11:00 Upper Body Exercise 1:00-4:30 Bring Your Own Device (BOYD) Day	Tuesday 8:30 Lapidary 8:30-12:00 Fitness & Nutrition 8:30-12:00 Bring Your Own Device (BOYD) Day 8:30 Fitness Center Orientation 10:00 Exercise for Seniors 11:00 Metalsmithing	Wednesday 8:30 Quilting 8:30 Open Crafts 10:00 Billiards for Beginners 10:00 Dance for Fun & Fitness
Thursday 9:00 Advisory Meeting (every 3rd Thursday) 10:00 Exercise for Seniors 12:30 Bingo (every 3rd Thursday)	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

Washington Park Senior Center

AARP Tax-Aide

Thursdays, February 1, 8, 15, 22 & 29, 9:00 - 3:00

Presented by AARP Organization

Free income tax preparation & electronic filing, Federal & Wisconsin + Homestead IRS certified tax counselors.

Appointment only by calling 414-215-0781.

Bid Whist

Tuesdays in February, 1:30 - 2:30

Calling all Bid Whist players! Join us every Tuesday in February. Bring your game and play Bid Whist for fun.

Open Art Therapy Workshops

Provided by Bloom Art & Integrated Therapies

Tuesdays, February 6, 13, 20, 27, 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.

Boost Your Brain and Memory

Wednesdays, February 7 - March 27, 10:00 - 11:30

This eight-week class is an evidence-based program that takes a holistic approach to improving brain health. This program is intended for people who are not diagnosed with dementia to learn ways they can lower their risk of developing dementia.

Cooking Demonstration w/Chef Marvin - "The Unsalted Chef"

Thursday, February 8, 11:30 - 12:30

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

Mardi Gras Day

February 13, 12:00 - 12:30

Wear your mask and enjoy music, beads, and snacks.

Advisory Meeting

Tuesday, February 13, 10:00 - 11:00

Learn more about what's happening with SOA, Washington Park Senior Center, and Milwaukee County Aging Services. We encourage all participants to attend.

Google Maps

Tuesday, February 13, 1:00 - 2:30

Learn how Google Maps can help you get from point A to B with confidence! **Registration required.**

Valentines Wear Red Day

February 14, 11:30 - 12:30

Wear your best RED outfit. Receive a goody bag during lunch.

Safe Online Shopping

Wednesday, February 14, 12:30 - 1:30

Presented by Bureau of Consumer Protection - Bennet Merens

Join us for a free presentation to learn how to shop online in a safe manner and avoid getting scammed.

Joy Comes in the Morning

Presented by Gloria Webster

Wednesdays, February 6 & 20 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."

WPSC Black History Program

Thursday, February 22, 12:30 - 2:30

Join us for a celebration of music and singing as well as guest speakers to inspire us and share historical information regarding our Black History.

Smartphone Camera Uses Beyond Photography

Tuesday, February 27, 1:00 - 2:30

Come learn about QR codes and more! **Registration required.**

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. Practices for the Harold Kane Spring Billiards Tournament will be held on Wednesdays at 12:00 pm during the month of February.

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/month

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.

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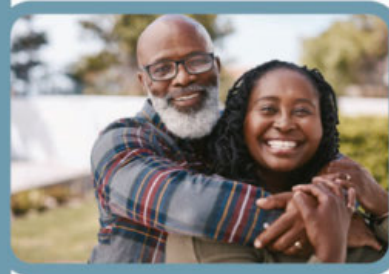
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B 4C 01-2067

Washington Park Senior Center

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.

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

(January-March)

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

(January-March)

Fridays, 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.

Monday 9:00-10:00 Yoga * 9:00-10:00 Billiards (lessons) 9:00-11:00 Knitting & Crochet 9:00-11:00 Open Sew 10:00-11:00 Chair Arthritis Exercise 10:30-11:30 Hand Weights 12:30-1:00 Balance & Stretch	Tuesday 9:30-11:30 Art Therapy 10:00-1:00 Chess 10:00-11:00 Gospel Choir 10:00-11:00 Stringed Instruments/ Vocals 10:00-11:00 Silver Steppers 10:30-1:30 Scrapbooking 12:00-2:00 Game Day 1:30-2:30 Bid Whist	Wednesday 9:00-12:30 Quilting * 9:30-10:30 Shuffleboard 10:30-11:30 Hand Weights 12:30 Movie Matinee 12:30-2:00 Phase 10
Thursday 10:00-11:00 Silver Steppers 10:30-11:30 Bible Study 12:30-1:30 Having Fun w/Art 12:30-1:45 Ballroom Dancing * * Has a suggested contribution & requires pre-registration	Friday 9:00-11:00 Stained Glass * 9:00-3:00 Piano * 9:30-10:30 Tennis 10:30-11:30 Hand Weights 12:30-1:45 Bingo	Daily Fitness Center Walking Group Library Computer Lab Chit-Chat Club (lobby) Wii Bowling 9:00-1:00 Gift Shop 9:00-3:00 Billiards 9:00-3:00 Woodshop * 1:00-4:00 Table Tennis



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Wilson Park Senior Center

Google Maps

Thursday, February 1, 1:00 - 2:30

Learn how Google Maps can help you get from point A to B with confidence! **Registration required.**

Quilting Classes

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

Mondays, 9:00 - 11:00 (January 8 - March 4)

Tuesdays, 1:00 - 3:00 (January 9 - March 5)

Thursdays, 9:30 - 11:30 (January 11 - March 7)

Fridays, 9:00 - 11:30 (January 5 - March 8)

Sharpen your skills with instructor-led techniques. There are four classes that offer unique experiences.

Open Sew Classes

Suggested Contribution: \$20/class (10 weeks)

Mondays, 11:00 - 2:00 (January 8 - March 4)

Tuesdays, 9:00 - 12:00 (January 9 - March 5)

Wednesdays, 12:00 - 3:00 (January 10 - March 6)

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

Boost Your Brain and Memory

Mondays, February 5 - April 1, 10:30 - 12:00

This eight-week class is an evidence-based program that takes a holistic approach to improving brain health. This program is intended for people who are not diagnosed with dementia to learn ways they can lower their risk of developing dementia.

Wellness Wednesday

"Exercise and Movement"

Wednesday, February 7, 10:30

Nutrition is important for a happy healthy life, but so is proper movement and being active. Join us as we discuss the benefits of movement with a healthy diet.

Black History Travel Experience -

Suggested Contribution: \$12

Thursday, February 8, 8:30 AM

In celebration of Black History Month, Wilson will be taking a trip to the Black Holocaust Museum. Explore the rich history of African-American culture in the US and Milwaukee. **Please register by Feb 5th.**

Bingo

Tuesday, February 9, 1:00

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

Big Band Dance

Monday, February 12, 1:30

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

Valentine's Day Speed Gaming

Wednesday, February 14

Forget dating, and share your love for gaming! Whether you're a couple or a single, join us for a day of Valentine's treats, games and a good time.

Smartphone Camera Uses Beyond Photography

Thursday, February 15, 1:00 - 2:30

Come learn about QR codes and more! **Registration required.**

Jewish History Museum -

Suggested Contribution: \$12

Friday, February 16, 10:30

Join us as we explore the complexity that is Jewish culture and history. We will enjoy the museum exhibits and be treated to a deep dive into the art and literature-saving efforts during the Holocaust. **Please register by Feb 12th.**

Coin & Stamp Collectors Group

Tuesday, February 20, 11:00 - 12:00

Share some of your treasured collections with other enthusiasts.

Wilson Senior Center Advisory Meeting

Wednesday, February 21, 10:00 - 10:30

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

Book Club

Wednesday, February 28, 10:15

Book: "Killers, Flowers, Moon"

Author: David Gram

A copy is available at Zablocki Library the first week of each month.

Wood Shop - Suggested Contribution: \$25/month

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, January 2 - March 26, 9:00 - 11:00

Join this group and stamp on to create one-of-a-kind projects.

Beginning German - Suggested Contribution: \$10

Tuesdays, January 2 - March 26, 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.

Ceramics Studio

Mondays, Wednesdays & Fridays

January 2 - March 29, 8:45 - 4:00

Join us in using your creativity to hand mold pieces of clay into works of art. Contribution includes use of the kiln.

Hot/Fused Glass - Suggested Contribution: \$25

Mondays & Wednesdays

January 3 - March 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

January 2 - March 28, 9:00 - 3:15

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

Wilson Park Senior Center

Stained Glass - Suggested Contribution: \$25

Tuesdays & Thursdays

January 2 - March 29, 9:00 - 4:00

Create projects using patterns or your own designs.

Beginning Crochet - Suggested Contribution: \$10

Tuesdays, January 2 - March 26, 10:00 - 11:30

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, January 9 - March 28, 9:15

Build upon your current German-speaking skills.

Dartball - Suggested Contribution: \$15

Thursdays, 12:30

Play dartball with other participants. Beginners welcome.

Tap Dance - Suggested Contribution: \$40

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. Stop in for a visit iff you're interested in learning more about this whimsical instrument. There are loaner instruments available as you learn.

Weaving - Intermediate

Suggested Contribution: \$15

Thursday & Friday

January 4 - March 29, 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

February 2 - Baby Mama

February 9 - People's Choice

February 16 - Love At First Sight

February 23 - A Walk to Remember

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) 10:00 Knit & 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
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 (Classes have a start and end time) **Pre-registration required

SOA Scoop

What Is a Memory Café?

Memory Cafés allow those with early memory loss and their caregivers to socialize, spend time together, find support, and build new connections. They provide a time where individuals living with memory loss conditions do not need to focus on the diagnosis. Instead, they can think about enjoying their time spent connecting with others.

Did you know that Wisconsin is the top state for Memory Cafés? These spaces offer a welcoming and inclusive environment where participants can come together to share experiences, engage in meaningful activities, and build a sense of community.

Serving Older Adults' Kelly Senior Center is currently offering a Memory Café program! To learn more about February's program, or to sign up, **please contact Kelly Senior Center at 414-481-9611.**

Memory Cafe: Word Games

Wednesday, February 21, 2:30 - 4:00

February's Memory Café theme is "Word Games" and will include lots of games such as "finish the lyrics." **Registration required.**



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WISCONSIN DEPARTMENT
of HEALTH SERVICES

P-03471 (06/2023)

What Is Seasonal Affective Disorder?

Seasonal affective disorder (SAD) is a type of depression related to changes in the seasons. People experiencing SAD may have mood changes or feel “down” for prolonged periods. Symptoms typically appear in late fall or early winter and can continue until spring or summer. SAD is often confused with the “Winter Blues,” but may involve more severe symptoms that can impact daily life.

Some symptoms may include:

- Persistent feelings of being anxious, sad, or empty nearly every day for at least 2 weeks
- Trouble sleeping or insomnia
- Overeating
- Oversleeping or hypersomnia
- Anxiety, restlessness, or agitation
- Unplanned weight changes
- Loss of interest in hobbies or activities
- Difficulty concentrating or making decisions

If you’re experiencing symptoms of seasonal affective disorder, talk to your doctor or a mental health specialist.

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	Tuesday, February 27, 10:30
Kelly	Wednesday, February 28, 1:00
McGovern Park	Thursday, February 15, 9:00
Washington Park	Tuesday, February 13, 10:00
Wilson Park	Wednesday, February 21, 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	Thursday, February 8, 11:00
Kelly	Thursday, February 22, 12:30
McGovern Park	Thursday, February 29, 12:00
Washington Park	Tuesday, February 6, 9:30
Wilson Park	Tuesday, February 20, 10:00

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 Sheriff Department
Milwaukee County Parks
Milwaukee Police Department
Milwaukee Public Schools
Milwaukee Steppers & Boppers
Milwaukee Veterans and Homeless Initiative
Milwaukee Women's Center
Miracle Home Health of Wisconsin
Molina Healthcare
NAACP
Neuropath Wellness
Northside Side Community Development Cooperation
Park People
Pete's Supermarket
Pick N Save/Metro Market
Safe and Sound

Salvation Army
Senior Helpers
Sorenson
Soul to the Polls
Southeastern Wisconsin Deaf Senior Citizens
St. Croix Hospice
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 January 2023 - December 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
Spectrum

\$5,000 - \$9,999

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Emory T. Clark Foundation
Direct Supply
Green Bay Packers Foundation
Health Connections, Inc.
Mindy & Steve Anderson
James Sheridan
Francie Luke Silverman Foundation

\$2,000 - \$4,999

Anonymous (4)
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HOPE Study
Jordan & Renee Luhr
Pieper Electric, Inc.

\$1,000 - \$1,999

Anonymous (1)
Preston Alvadj
Alzheimer's Association of Wisconsin
Harvinder Ahuja
CMG Life, Annuity & Health Insurance Solutions
Bridgette & Kevin Frommell
Cindy Sheridan

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

David & Melissa Stauber
MKE Downtown Business
Improvement District #21
Cindy Sheridan
David & Melissa Stauber
Target Corporation

\$500 - \$999

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Caption Call by Sorenson
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James & Cheryl Hempel
Humana
Diane Jandron
Sherry Kulhanek
LSS /Connections
John C. Lapinski
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Mechele Lewis - SimpliCare Insurance
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Rick & Agatha Tsao
Phyllis Veerhaalen

\$250 - \$499

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AZH Management, LLC
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Board of Aging & Long Term Care
Frank Brindza
Marsha & Paul Bukofzer

\$250 - \$499 (continued)

Castle Hospice
Cudahy Lions Club
Eras Senior Network
Nita Farrow
First Lutheran Church of West Allis
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Greater Wisconsin Agency on Aging Resources
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Kendall Kelly
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Love Thy Neighbor Foundation
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Walter & Katie McCoy
Jerry & Mary Ellen Mikulay
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Charlie Rush
Rick & Kris Skaar
Andrew Stark State Farm
Althea Stover
Yvonne Thomas
Villa St. Francis
Wilson Commons
Tom & Cathy Wood
Charles Woodward



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

Anonymous (2)
Mindy & Steve Anderson
Marsha & Paul Bukofzer
Pat Ehlert
Eva Eiseman
Bridgette & Kevin Frommell

John & Janice Gardetto
Stephanie Mares
Pamela Miller
Lynne Grages & Paul Neymeyr
Mike Prudhom
Rachel Ritchhart

Barbara Toles
Roxann Tolliver
Tom & Cathy Wood
Charles Woodward

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 (10)
Marie Abbott
Ted & Mariane
Allen Sr.
Annie Anderson
Linda E. Stueven
Mary Ard
Ernice Austin



Jean Badura
Mary Ann Bagemehl
Anne Balistreri
Linda Barikmo
Christine I Beck
Janice L Behnke
Bonita Biba
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Charles Woodward
Mary W.
Tina Zaffiro
Sue Zwolinski

DONATION FORM

I/We wish to make a contribution to SOA in support of services for older adults in our community.

Please use my donation at:

- | | |
|---|--|
| <input type="checkbox"/> Where need is greatest | <input type="checkbox"/> McGovern Park Senior Center |
| <input type="checkbox"/> Clinton Rose Senior Center | <input type="checkbox"/> Washington Park Senior Center |
| <input type="checkbox"/> Kelly Senior Center | <input type="checkbox"/> Wilson Park Senior Center |

MY DONATION:

- | | |
|--|---|
| <input type="checkbox"/> \$25 - Supporter | <input type="checkbox"/> \$500 - Advocate |
| <input type="checkbox"/> \$50 - Associate | <input type="checkbox"/> \$1,000 - Connector |
| <input type="checkbox"/> \$100 - Friend | <input type="checkbox"/> \$5,000 - Benefactor |
| <input type="checkbox"/> \$250 - Companion | <input type="checkbox"/> \$10,000 - Champion |
| <input type="checkbox"/> Other: _____ | <input type="checkbox"/> Become a *GEM: _____ |

*What is a GEM (Give Every Month)?

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Full Name: _____

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

Street Address _____

City, State, Zip Code _____

Email Address _____

☐ I/We wish to remain anonymous

Donation ☐ in honor of ☐ in memory of

Payment Method

☐ One time donation

☐ Monthly

Cash _____ Check # _____
(Please Make Check Payable to SOA)

Credit Card Number: _____

Exp. Date _____ CVV# _____

Signature _____

Telephone: _____

Please charge my credit card for my one-time donation of

\$ _____

Please charge my card \$ _____

Per: Month Quarter _____ Number of Times

For a Total Donation of \$ _____



Let's age well together!

Our Partnership Program allows you to partner with SOA to help fulfill our vision of a community where every adult 50 and better will be connected to the resources they need and the opportunities that interest them throughout the entire aging process.

The Partnership Program gives you the opportunity to place your donation with the center you value, with a center that needs help, or where the need is the greatest. Please consider partnering with SOA by filling out this form and returning it to the front desk of your senior center, or mail to:

SOA Partnership Program
4420 W Vliet St
Milwaukee WI, 53208

See our Partnership pages for a complete list of partners.

Donors will be recognized each month on the Partnership pages of "The Connection" and in our annual report.

thank
you!

FOR OFFICE USE ONLY

Date Received: ____/____/____ Receipt# _____

Location: _____ Init: _____