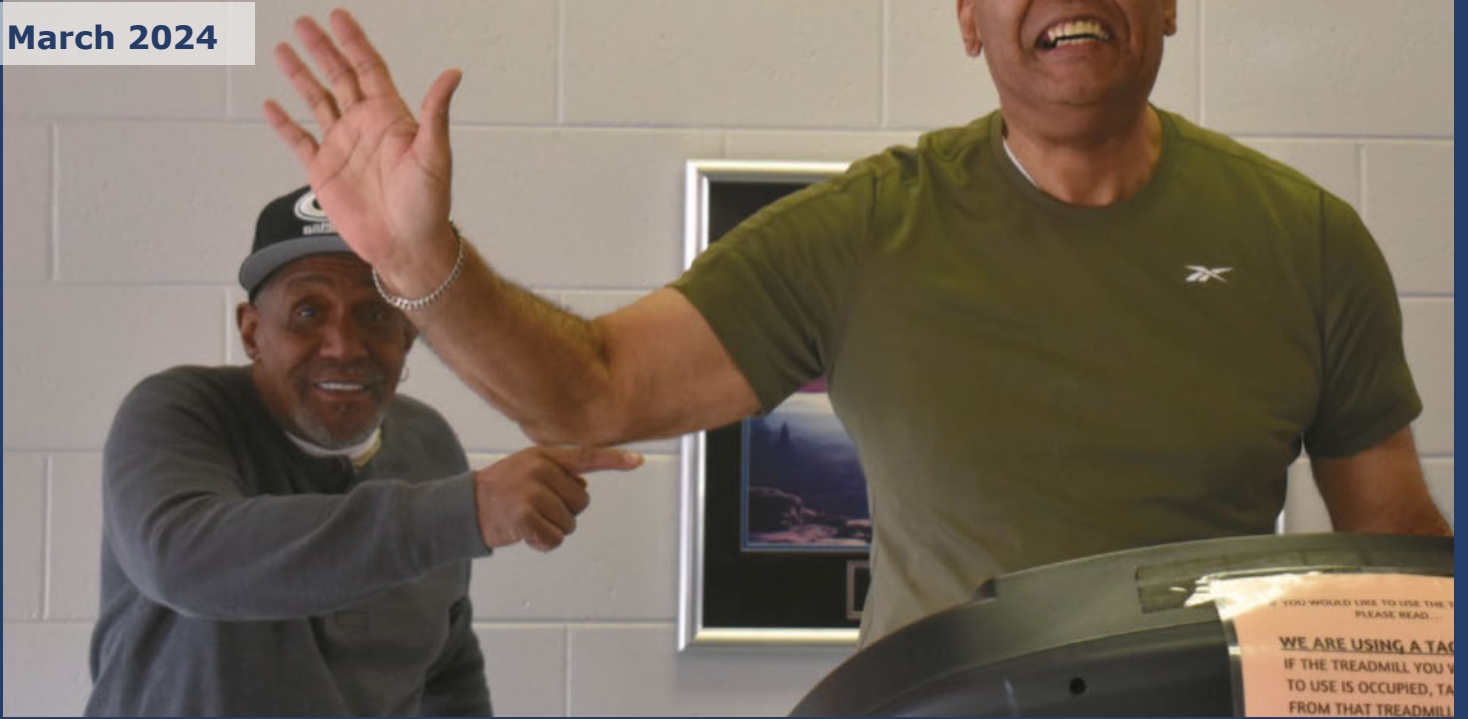


SERVING OLDER ADULTS OF SOUTHEAST WISCONSIN, INC.

March 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 closing at 1:00 for mandatory all-staff training on:

Tuesday, March 12

HOURS

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

Check out what's inside:

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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

CLINTON ROSE SENIOR CENTER

Birthday Celebration

Presented by Danceworks

Wednesday, March 13, 12:00 - 1:00

Is your birthday in the month of January, February, or March? Let's celebrate it!

Pre-registration required.

National and International Women's Month Part 1

Presented by Women of the Rose

Wednesday, March 20, 12:00 - 2:00

Let's join hands and celebrate sisterhood, entrepreneurs, and tenacious leaders. Everyone is welcome to join this program with Clinton Rose's Women of the Rose. **Pre-registration required.**

National and International Women's Month Part 2

Older Abused Women's Program

Milwaukee Women's Center, Eras Senior Network and Lois Redic

Thursday, March 21, 12:00 - 2:00

Join us as we gather and have words of encouragement about women. We'll discuss ways to help the senior women of society and empower all women to be safe, protected, and secure. This year at Clinton Rose, we will be doing a panel discussion. The topic of discussion will be about the day-to-day tasks women have to face.

Pre-registration required.

KELLY SENIOR CENTER

St. Patrick's Day Cooking Demo

Sponsored by Frank Filardi, Medicare

Representative, Eplatinum Health

Friday, March 15, 2:00

Learn to make mushroom and onion Reubens — a healthy twist on a classic recipe. Try a sample afterwards! **Registration required.**

The Reality of Lightning

Presented by Jack Roper

Friday, March 22, 2:00 - 2:45

Did you know that lightning is hotter than the sun and travels at 130,000 miles per hour? Learn about lightning and view the amazing work of Wisconsin lightning photographer Jack Roper.

Registration recommended.

MCGOVERN SENIOR CENTER

Canning Workshop

Presented by Maxwell Farms

Monday, March 4, 11, 18 & 25, 12:00

Gardening is financial freedom. Plus, the more stuff we grow, the healthier we may be. Get back to your ancestral roots and produce your own vegetables.

Self Defense for Seniors

Presented by Instructor Charles Warren

Wednesday, March 6, 13 & 20, 12:30

Everyone deserves to feel secure. That's why self defense for seniors is an important topic. As we age, our bodies tend to get slower and weaker. Fortunately, there are a variety of good tactics that older adults can learn to protect themselves.

Good Friday Service

Presented by Pastor Walter Owens

Friday, March 29, 12:30

Join us for a special Good Friday service.

WASHINGTON SENIOR CENTER

Flu Vaccines & Covid Boosters

Tuesday, March 5, 8:30 - 11:00

Health Connections is providing flu vaccines & COVID boosters.

(New) Salsa Dancing -

Suggested Contribution: \$3/class

Tuesdays, March 5, 12, 19 & 26, 12:30 - 1:30

Get your body moving. Come and experience the fun twists and turns of salsa dancing.

WILSON SENIOR CENTER

Cookies & Care

Sponsored by Accent Care

Wednesday, March 6, 10:30

Hospice doesn't have to be scary; it can be helpful in so many ways. Join us for coffee, cookies, and a deep dive into the complete world of hospice and hospice care.

Zoo Days: Feeding the Giraffes -

Suggested Contribution: \$5

Monday, March 25, 1:15

Wilson is going back to the zoo. This time we are going back to feed the giraffes, take a tour of the zoo, and enjoy the weather and the company of friends. **Please register by March 11.**

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Visit lpicommunities.com

Tech Connect for Older Adults

A Program of Serving Older Adults

Streaming and Smart TVs

Every day people are “cutting the cord” and canceling their cable subscriptions. This presentation will introduce streaming: what it is, how to use it, and more.

McGovern Park Senior Center - Monday, March 4, 1:00-2:30
Washington Park Senior Center - Tuesday, March 5, 1:00-2:30
Kelly Senior Center - Thursday, March 7, 10:30-12:00
Wilson Park Senior Center - Thursday, March 7, 1:00-2:30
Clinton & Bernice Rose Senior Center - Monday, March 11, 10:30-12:00

Telemedicine

Interested in having a virtual visit with your doctor or learning about types of telemedicine? This lecture provides an overview of telemedicine options and focuses on exploring virtual medical appointments with your doctor in real-time.

McGovern Park Senior Center - Monday, March 18, 1:00-2:30
Kelly Senior Center - Thursday, March 21, 10:30-12:00
Wilson Park Senior Center - Thursday, March 21, 1:00-2:30
Clinton & Bernice Rose Senior Center - Monday, March 25, 10:30-12:00
Washington Park Senior Center - Tuesday, March 26, 1:00-2:30

Welcome Our New Tech Connect Program Manager!



We would like to introduce our new Tech Connect Program Manager, **Susan Wetrich**.

Susan comes to us with over 30 years of experience as an educator. She has a Bachelor of Arts degree in Elementary and Early Childhood Education and a Master of Arts in Education degree in Special Education. In addition to her work as a classroom teacher, Susan has spent many years teaching undergraduate and graduate courses at Mount Mary University and Carroll University. She has also worked as an administrator for Head Start programs at the Social Development Commission, Milwaukee Public Schools and Acelero Wisconsin.

We're thrilled to have her on the SOA team and look forward to seeing the Tech Connect program grow under her leadership.

Visit us online at servingolderadults.org

Clinton & Bernice Rose Senior Center

Boost Your Brain and Memory **February 9 - March 29** **Fridays, 9:00 - 10:30**

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

Movie Watchers Club

Led by Yvonne Thomas

Friday, March 1, 9:00 - 11:00

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

Stepping On

Fridays, March 8-April 26

10:30-12:30

This is a 7-week community-based, small-group program that empowers older adults to carry out health behaviors that reduce their risk of falls.

Streaming and Smart TVs

Monday, March 11, 10:30 - 12:00

Are you paying for TV channels you don't watch? Learn why people are "cutting the cord" and using streaming services instead!

Saint Patrick's Day Bingo

Hosted by Eras Senior Network

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

Celebrate St. Patrick's Day by playing Bingo. Win some great prizes with Eras Senior Network.

Pre-registration is required.

Birthday Celebration

Presented by Danceworks

Wednesday, March 13, 12:00 - 1:00

Is your birthday in the month of January, February, or March? Let's celebrate it! **Pre-registration required.**

International Women's Month Celebration Part 1

Presented by Women of the Rose

Wednesday, March 20, 12:00 - 2:00

Let's join hands and celebrate sisterhood, entrepreneurs and tenacious leaders. Everyone is welcome to join this small program with Clinton Rose's Women of the Rose.

Pre-registration required.

Cooking Demonstration w/Chef Marvin -

"The Unsalted Chef"

Presented by HEAL (Healthy Eating Active Living)

Thursday, March 21, 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, March 21, 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.

National and International Women's Month Part 2

Older Abused Women's Program

Milwaukee Women's Center, Eras Senior Network and Lois Redic

Thursday, March 21, 12:00 - 2:00

Join us as we gather and have words of encouragement about women. We'll discuss ways to help the senior women of society and empower all women to be safe, protected, and secure. This year at Clinton Rose, we will be doing a panel discussion. The topic of discussion will be about the day-to-day tasks women have to face. **Pre-registration required.**

Telemedicine

Monday, March 25, 10:30 - 12:00

A virtual doctor appointment? We'll explain!

Advisory Committee Meeting

Tuesday, March 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, March 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.**

Morning Blend w/Hot Topics

Led by Doris Hopkins-Brown

Every Monday in March, 9:30 - 10:30

Discuss the daily hot topic with your peers.

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!

AARP Tax-Aide

Mondays in March, 9:00 - 3:00

Presented AARP Foundation

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

Appointment only by calling 414-263-2255.

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.

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.

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.

Tai Chi

Hosted by Unite WI & Walnut Way

(6-Week program)

Tuesday and Thursday, 12:00 - 1:30

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. Attend two 90-minute classes per six weeks. Use a chair at your side for balance support and sitting. Learn how to integrate Tai Chi into your everyday routine.

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. They will also be sharing resources and answering questions.

Soulful Coloring

Facilitated by Shami L.

Wednesdays, 10:00 - 11:00

Love coloring and listening to music? This class is a perfect blend of both.

Bid Whist

Led Willie Rogers

Thursdays, 12:00 - 3:00

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

Open Art Therapy Workshops (8-week program)

Provided by Bloom Art & Integrated Therapies

Fridays, 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.

Friday Bingo

Hosted by Charlotte Lewis

Every Friday, 12:00 - 1:00

Spend the afternoon relaxing and playing Bingo with fellow participants.

***** SNEAK PEEK FOR APRIL *****

Super Senior Friday

SDC

Friday, April 19, 9:00 - 12:00

Milwaukee County seniors are invited to the FREE event presented by the SDC Senior Companion Program. Additional resources at the event will include tax preparation assistance, lifestyle workshops, health screening and much more. Lunch is included at no cost! Come for a day full of resources, fun, and fellowship with each other.

<p>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</p>	<p>Tuesday 9:00-10:30 Roselettes Dance Group Practice 9:30-10:30 Wisdom Studies 12:15-2:15 Praise & Worship</p>	<p>Wednesday 9:00-10:00 Bingo 10:00-11:00 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</p>
<p>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</p> <p>* Has a suggested contribution</p>	<p>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</p>	<p>Daily 8:30-3:30 Fitness Center 8:30-4:30 Speak Your Mind 8:30-3:30 Billiards Area (includes pool games, cards, chess, checkers & dominoes) 8:30-3:30 Library Area 8:30-3:30 Computer Lab 10:00-3:30 Open Sewing * 10:00-2:00 Miss Deborah's Gift Shop</p>

Kelly Senior Center

Memories in the Making

Tuesday, March 5, 12:00 - 2:00

In this group for people experiencing memory loss, create watercolor paintings. No prior experience required. Painting provides an opportunity to engage socially and reminisce. As stories are shared, a trained facilitator documents these memories. **Registration recommended.**

Bingo

Sponsored by Villa St. Francis

Wednesday, March 6, 1:00

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

Memory Screenings

Presented by Milwaukee County DHHS

Thursday, March 7, 8:30 - 12:00

Milwaukee County DHHS will be on-site to perform quick, easy memory screenings for anyone who would like one. No appointment necessary, just walk in.

Streaming and Smart TVs

Thursday, March 7, 10:30 - 12:00

Are you paying for TV channels you don't watch? Learn why people are "cutting the cord" and using streaming services instead!

Lunch and Tour

Presented by Wilson Commons

Tuesday, March 8, 11:30

Take a trip to Wilson Commons for a free lunch and tour at their independent living apartment *The Chopin*. Transportation provided on the Wilson Commons bus. **Registration required.**

Acoustic Music Meetup

Tuesday, March 12 & 26, 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.

Beginning Line Dance

March 13, 20, 27, and April 3, 12:30

Want to join the weekly line dancing class but don't know how to line dance? Start here and get up to speed! **Registration required.**

Medicare Consultation Appointments

Thursday, March 14, 9:00 - 11:00

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

St. Patrick's Day Cooking Demo

Sponsored by Frank Filardi, Medicare Representative, Eplatinum Health

Friday, March 15, 2:00

Learn to make mushroom and onion Reubens—a healthy twist on a classic recipe. Try a sample afterwards! **Registration required.**

Women's Club: Ways to Pay for In-Home Care

Presented by Right at Home

Monday, March 18, 1:30

Join the Women's Club to learn about ways to pay for in-home care, whether it's for yourself or a loved one. All are welcome. **Registration recommended.**

Vaccine Clinic

Sponsored by Health Connections

Tuesday, March 19, 10:00-2:00

Stop by for your COVID or flu vaccines. Walk ins welcome.

Card Making Class - Suggested Contribution \$5

Tuesday, March 19, 11:00 - 1:00

Learn to make two beautiful greeting cards and take them home afterwards! Supplies and instructions will be provided. **Registration required.**

Bingo

Sponsored by United Healthcare

Tuesday, March 19, 1:00

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

Volunteer Meetup

Wednesday, March 20, 1:00

Join with other Kelly volunteers to discuss ideas and make your needs known. Walk-ins welcome.

Memory Cafe: Music by the Decade

Wednesday, March 20, 2:30 - 4:00

Memory Cafés are comfortable social gatherings that allow people experiencing memory loss and their loved ones to socialize. This month's theme is "Music by the Decade." Listen to the top hits of each decade! **Registration with Deanna required.**

Toe Nail Trimmers, LLC Appointments

Thursday, March 21, 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.

Telemedicine

Thursday, March 21, 10:30 - 12:00

A virtual doctor appointment? We'll explain! **Registration recommended.**

The Reality of Lightning

Presented by Jack Roper

Friday, March 22, 2:00 - 2:45

Did you know that lightning is hotter than the sun, and travels at 130,000 miles per hour? Learn about lightning and view the amazing work of Wisconsin lightning photographer Jack Roper. **Registration recommended.**

Interpersonal Safety

Presented by Milwaukee Women's Center

Tuesday, March 26, 12:00

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.**

Advisory Meeting

Wednesday, March 27, 1:00

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

Kelly Senior Center

Game Show

Sponsored by Talem Home Care

Wednesday, March 27, 2:00

Do you enjoy game shows? Ever wanted to be in one? Come and enjoy some friendly competition at these game show re-creations! **Registration required.**

Morning Exercise

Mondays & Fridays, 8:45 - 10:00

Balance, strength, and flexibility exercises will help you feel great. 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 practitioners at all levels. Walk-ins welcome.

Art Exploration

Presented by Bloom Art and Integrated Therapies

Mondays, 10:30 - 12:30

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!

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, 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. 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

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.

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.

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.

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

Canning Workshop

Presented by Maxwell Farms

Monday, March 4, 11, 18 & 25, 12:00

Gardening is financial freedom. Plus, the more stuff we grow, the healthier we may be. Get back to your ancestral roots and produce your own vegetables.

Healthy Eating Active Living - Cooking Demonstration

Presented by Chef Marvin

Monday, March 4, 12:00 - 1:30

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

Streaming and Smart TVs

Monday, March 4, 1:00 - 2:30

Are you paying for TV channels you don't watch? Learn why people are "cutting the cord" and using streaming services instead!

Stepping On

Tuesdays, March 5 - April 23

12:15 - 2:15

This is a 7-week community-based, small-group program that empowers older adults to carry out health behaviors that reduce their risk of falls.

National Oreo Cookie Day

Wednesday, March 6, 10:00

Today we celebrate the best-selling cookie in the United States: the Oreo. It can be eaten by itself but is often paired with milk.

Self Defense for Seniors

Presented by Instructor Charles Warren

Wednesday, March 6, 13 & 20, 12:30

Everyone deserves to feel secure. That's why self defense for seniors is an important topic. As we age, our bodies tend to get slower and weaker. Fortunately, there are a variety of good tactics that older adults can learn to protect themselves.

Boost Your Brain and Memory

February 6 - March 26

Tuesdays, 12:15 - 1:45

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

Blood Pressure Check

Presented by Milwaukee Career College

Monday, March 11 & 25, 10:00

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

Advisory Meeting

Thursday, March 14, 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, March 14, 12:30

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

Book Club

Thursday, March 14, 12:30

Book Title: The Removed

Author: Brandon Hobs

You may purchase this book or check your local library.

Telemedicine

Monday, March 18, 1:00 - 2:30

A virtual doctor appointment? We'll explain!

Good Friday Services

Presented by Pastor Walter Owens

Friday, March 29, 12:30

Join us for a special Good Friday service.

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.

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.

McGovern Park Senior Center

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.

Dance For Fun and Fitness 2

Monday, Wednesday & Friday

11:30 - 12:30

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.



<p>Monday 9:00 TOPS 9:00 Walking Group 10:00 Billiards for Beginners 10:00 Dance for Fun & Fitness 11:00 Upper Body Exercise 1:00-4:30 Bring Your Own Device (BOYD) Day</p>	<p>Tuesday 8:30 Lapidary 8:30-12:00 Fitness & Nutrition 8:30-12:00 Bring Your Own Device (BOYD) Day 8:30 Fitness Center Orientation 10:00 Exercise for Seniors 11:00 Metalsmithing</p>	<p>Wednesday 8:30 Quilting 8:30 Open Crafts 10:00 Billiards for Beginners 10:00 Dance for Fun & Fitness</p>
<p>Thursday 9:00 Advisory Meeting (every 3rd Thursday) 10:00 Exercise for Seniors 12:30 Bingo (every 3rd Thursday)</p>	<p>Friday 9:00 Walking Group 10:00 Dance for Fun & Fitness 10:00 Bible Study (every 1st, 2nd & 4th Friday) 11:00 Upper Body Exercise</p>	<p>Daily 8:30 Billiards 8:30 Fitness Center 8:30 Coffee Bar 8:30 Computer Lab 8:30 Puzzle Table 9:00-1:00 Re-Gift Shop 11:00-12:00 Lunch</p>

Washington Park Senior Center

(New) Salsa Dancing -

Suggested Contribution: \$3/class

Tuesdays, March 5, 12, 19 & 26, 12:30 - 1:30

Get your body moving. Come and experience the fun twists and turns of salsa dancing.

Flu Vaccines & Covid Boosters

Tuesday, March 5, 8:30 - 11:00

Health Connections is providing flu vaccines & COVID boosters.

Boost Your Brain and Memory

Wednesday, March 6, 13, 20 & 27, 10:00 - 11:30

This program takes a holistic approach to improving brain health. It's for people who are not diagnosed with dementia to learn ways of lowering their risk.

Billiards Tournament Practice

Wednesday, March 6, 12:00

Pool Tournament March 13 & 24, 11:30 both days

Please be on time for the tournament dates. James Kimble is the Pool Coordinator.

Joy Comes in the Morning

Presented by Gloria Webster

Wednesdays, March 6 & 20, 9:30 - 10:30

This is a safe space to talk about loss, depression, and guidance.

AARP Tax-Aide

Presented by AARP Organization

Thursdays, March 7, 14, 21 & 28, 9:00 - 3:00

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

Appointment only by calling 414-215-0781.

Tai Chi Prime - Suggested Contribution \$6

Every Wednesday in March, 12:30 - 1:30

Energize your mind and body, lower stress, improve sleep, and reduce falls.

Advisory Meeting

Tuesday, March 12, 10:00 - 11:00

Learn what's happening with SOA, Washington Park Senior Center, and Milwaukee County Aging Services.

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

Tuesday, March 12, 11:30 - 12:30

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

Health Equity Lunch & Learn Workshop

Sponsored by The Center for Leadership

Thursday, March 21, 12:00 - 1:30

Learn how to advocate for yourself when speaking with doctors. Heart disease will be discussed.

Open Art Therapy Workshops

Provided by Bloom Art & Integrated Therapies

Every Tuesday, 9:30 - 11:30

Come to our free open art studio. There will be an art show at the end of the program to showcase the artworks.

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/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.

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

Join the WSPC Gospel Choir and sing songs of praise and worship.

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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.

Bid Whist

Tuesdays in March 1:30 - 2:30

Join us every Tuesday for Bid Whist. Bring your game and play for fun.

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.

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 get handouts to 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. All skill levels are welcome. **Come to the office to reserve a spot.**

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.

** SNEAK PEAK FOR APRIL **

(New) Cardio Drumming - Suggested Contribution: \$3/class

Every Wednesday in April, 9:45 - 10:15

Come and enjoy an easy and fun way to get an upper body cardiovascular workout while listening to your favorite music.

Spring Fling

April 11, 12:30 - 2:30

There will be dancing and lots of fun.

Volunteer Appreciation Luncheon

April 18, 12:00-1:30

Join us as we show our appreciation for our volunteers!

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



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Wilson Park Senior Center

Quilting Classes

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

Mondays, 9:00 - 11:00 (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

February 5 - April 1

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 it.

Cookies & Care

Sponsored by Accent Care

Wednesday, March 6, 10:30

Hospice doesn't have to be scary; it can be helpful in so many ways. Join us for coffee, cookies and a deep dive into the complete world of hospice and hospice care.

Wellness Wednesday

"Eating Habits & Cravings"

Wednesday, March 6, 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.

Dome Days: What's in Bloom? —

Suggested Contribution: \$5

Thursday, March 7 9:30

Throughout all three domes a special selection of plants are blooming. Take a one hour tour through the Domes, and learn all about it. **Please register by March 1st.**

Meetings w/Medicare

Monday, March 4, 11 & 18, 9:30

Friday, March 8 & 15 12:00

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.

Big Band Dance

Monday, March 11, 1:30

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

Bingo

Tuesday, March 12, 1:00

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

Coin & Stamp Collectors Group

Tuesday, March 19, 11:00 - 12:00

Share some of your treasured collections with other enthusiasts.

Wilson Senior Center Advisory Meeting

Wednesday, March 20, 10:00 - 10:30

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

Zoo Days: Feeding the Giraffes —

Suggested Contribution: \$5

Monday, March 25, 1:15

Wilson is going back to the zoo. This time we are going back to feed the giraffes, take a tour of the zoo, and enjoy the weather and the company of friends. **Please register by March 11.**

Book Club

Wednesday, March 27, 10:15

Book: "Good Night Irene"

Author: Luis Alberto Urrea

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.

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.

Stained Glass - Suggested Contribution: \$25

Tuesdays & Thursdays

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

Create projects using patterns or your own designs.

Wilson Park Senior Center

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 if 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
March 1 - Annie
March 8 - People's Choice
March 15 - Elvis
March 22 - People's Choice

<p>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)</p>	<p>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)</p>	<p>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</p>
<p>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</p>	<p>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</p>	<p>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</p> <p>* Has a suggested contribution/ pre-registration required (Classes have a start and end time)</p>

Support Your Senior Center!

Imagine a community where every adult 50 and better has access to the resources and services they need and opportunities to participate in a vast array of programming. That's SOA's vision! However, we couldn't achieve it without the support of our generous donors.

We want to extend a heartfelt "Thank you" to our financial supporters who help us to bring smiles to older adults in Southeast Wisconsin. Your donation helps us to provide programming and services for adults 50 and better.

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and click on "Donate"



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Mail to:

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The Power of Exercise

According to the CDC, regular physical activity can reduce your risk of cognitive decline, including dementia.

- ⇒ Adults need at least 150 minutes of moderate-intensity physical activity or 75 minutes of vigorous -intensity activity per week
- ⇒ The CDC also recommends that adults 65 and older need balance activities about three days a week



You can find plenty of fitness options at the SOA senior centers, such as seated exercise programs, adaptive chair yoga, line dancing, cardio drumming, strength training, and more. So, stop by your local senior center and get moving!

Community Resources



Senior Dining

We are open for in-person dining at all five centers. There is a suggested \$3 donation for adults 60+ and \$8 cost for guests under 60. A reservation by 11:00 am 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, March 26, 10:30
Kelly	Wednesday, March 27, 1:00
McGovern Park	Thursday, March 14, 9:00
Washington Park	Tuesday, March 12, 10:00
Wilson Park	Wednesday, March 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	Thursday, March 7, 11:00
Kelly	Thursday, March 21, 12:30
McGovern Park	Thursday, March 28, 12:00
Washington Park	Tuesday, March 5, 9:30
Wilson Park	Tuesday, March 19, 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
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 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
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 Milwaukee Steppers & Boppers
 Milwaukee Veterans and Homeless Initiative
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 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 February 2023 - January 2024. 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.
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Target Corporation

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Suburban Asphalt
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\$250 - \$499

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

\$250 - \$499 (continued)

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Yvonne Thomas
Villa St. Francis
Wilson Commons
Tom & Cathy Wood
Charles Woodward



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

Anonymous (1)
Mindy & Steve Anderson
Marsha & Paul Bukofzer
Pat Ehlert
Eva Eiseman
Bridgette & Kevin Frommell

John & Janice Gardetto
Mark & Kellie Foster
Stephanie Mares
Pamela Miller
Lynne Grages & Paul Neye Meyer
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

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 Annie Anderson
 Sharon Anderson
 Linda E. Stueven
 Mary Ard
 Ernice Austin
 Jean Badura
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 Anne Balistreri
 Paul Baniel
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 Charles Woodward
 Mary W.



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: _____ |

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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.

FOR OFFICE USE ONLY

Date Received: ____/____/____ Receipt# _____

Location: _____ Init: _____