

SERVING OLDER ADULTS OF SOUTHEAST WISCONSIN, INC.

April 2024



THE CONNECTION

Bring Your Own Device (BYOD) Day

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. **Registration is required for Tech Connect classes and BYOD sessions.**

Clinton Rose

Mon. 8:30 - 12:00
Wed. 1:00 - 4:30

Kelly

Mon. 8:30 - 12:00
Tue. 1:00 - 4:30

McGovern

Mon. 1:00 - 4:30
Tue. 8:30 - 12:00

Washington

Tue. 1:00 - 4:30
Wed. 8:30 - 12:00

Wilson

Mon. 1:00 - 4:30
Tue. 8:30 - 12:00

SOA CLOSURES

Clinton & Bernice Rose Senior Center:
April 8-12 for Cleaning Week

McGovern Park Senior Center:
April 22-26 for Cleaning Week

HOURS

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

Wellness Coordinator Schedule

The Wellness Coordinator is available at each center every week by appointment to help with proper exercise machine use and 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

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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 *Angel Schroeder*

SUGGESTED CONTRIBUTIONS FOR CLASSES

Some classes are listed with a suggested contribution amount. Your generous contribution helps ensure programs can continue as our funding only covers a portion of the costs. Please register at least two weeks before the start date in the center's office. Activities will be canceled if minimum registrations are not met. For accommodations, please let staff know at time of sign-up.

USE GOOD JUDGMENT

Participants assume the risk of taking part in activities. Serving Older Adults of Southeast Wisconsin, Inc. and Milwaukee County are held harmless from all claims resulting from taking part in any activity at the senior center.

GET INVOLVED TODAY!

1. Complete participation form.
2. Register for the Dining Program.
3. Sign-up for a Fitness Center Orientation.
4. Pick up your touch screen card and log-in daily.
5. Enjoy the centers!



ADMINISTRATIVE OFFICE

4420 W Vliet St
Milwaukee, WI 53208
Main: (414) 704-3343

CLINTON & BERNICE ROSE SENIOR CENTER

Manager: *Sheila Carter*
3045 N Dr. Martin Luther King Jr. Dr
Milwaukee, WI 53212
Main: (414) 263-2255

KELLY SENIOR CENTER

Manager: *Bob Best*
6100 S Lake Dr
Cudahy, WI 53110
Main: (414) 481-9611

MCGOVERN PARK SENIOR CENTER

Manager: *Angela Wright*
4500 W Custer Ave
Milwaukee, WI 53218
Main: (414) 527-0990

WASHINGTON PARK SENIOR CENTER

Manager: *Diane Chilinski*
4420 W Vliet St
Milwaukee, WI 53208
Main: (414) 933-2332

WILSON PARK SENIOR CENTER

Manager: *Shannon Downie*
2601 W Howard Ave
Milwaukee, WI 53221
Main: (414) 282-5566

About Serving Older Adults

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

Highlighted Events

CLINTON & BERNICE ROSE SENIOR CENTER

Super Senior Friday

Hosted by SDC

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

Milwaukee County seniors can attend this FREE event presented by the SDC Senior Companion Program. Additional resources include tax preparation assistance, lifestyle workshops, health screening and much more. Lunch is included at no cost!

(New) Lunch and a Movie

Led by Out & About Travel Committee

Tuesday, April 23, 10:00 - 5:00

Enjoy a movie, lunch, or shopping at Brookfield Square. This trip includes your transportation only. **Deadline is April 17.**

KELLY SENIOR CENTER

De-mystifying Artificial Intelligence

Thursday, April 4, 1:00

What is AI? This broad overview will address common concerns. Questions encouraged. **Registration recommended.**

Stepping On

Wednesdays, April 17 - May 29, 9:30

This 7-week class combines the life experience of participants and the expertise of professionals such as physical therapists, pharmacists, vision experts, and more on the subject of falls prevention. There is an exercise component to this class but it is not a fitness class. **Registration required.**

WILSON PARK SENIOR CENTER

Brain Health Resource Fair

Wednesday, April 10, 1:00 - 3:00

Join Milwaukee County DHHS Aging and Disabilities Services for an event that will feature information and resources around brain health, memory loss, and more!

MCGOVERN PARK SENIOR CENTER

Tai Chi

Tuesday, April 9, 11:15

Tai Chi is a gentle exercise. Benefits may include more muscle strength, flexibility, and balance.

National Sibling Day

Wednesday, April 10, 8:30 - 4:30

This is an opportunity to bring your siblings to see what you do and learn what the center has to offer.

Earth Day/Planting Seeds

Presented by Groundworks

Thursday, April 18, 12:00

Celebrate Earth Day by planting seeds, spreading love for the earth, and encouraging others to grow their own vegetable garden.

WASHINGTON PARK SENIOR CENTER

Spring Fling Dance

Suggested Contribution: \$5

Thursday, April 11, 12:30 - 2:30

There will be refreshments, dancing and lots of fun!

(New) Cardio Drumming -

Suggested Contribution: \$3/class

Every Tuesday 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.



Swing Fore Seniors

June 24, 2024



Join us for a day of golf and fun to benefit programming and services for adults 50 and better. This scramble format golf event will take place at **Tuckaway Country Club located at 6901 W. Drexel Avenue, Franklin, Wisconsin.**

- ♦ \$200 registration includes green fees, cart, range balls, swag bag, box lunch and dinner
- ♦ Access to driving range begins at 10:30 am with a 12 pm shotgun start
- ♦ Prizes, games and activities on the course
- ♦ Raffle and silent auction items and awards
- ♦ And more!

**** Visit us online at www.servingolderadults.org to learn more and sign up! ****

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Serving Older Adults of SE Wisconsin, Milwaukee, WI.

A 4C 01-2067

Tech Connect for Older Adults

A Program of Serving Older Adults

Tech Tips for Disaster Preparedness

Did you know that technology is an essential part of being prepared for emergencies and natural disasters? In this session, we'll explain how technology can help you prepare.

We'll discuss and demonstrate useful features of the FEMA and Red Cross apps, including setting alerts. Additionally, we'll review built-in smartphone features that can come in handy in the event of an emergency and explore how to keep phones and essential devices charged during a prolonged power outage. Finally, we'll discuss how you can use social media to get emergency and other important information from local and national authorities.

Kelly Senior Center - Thursday, April 25, 10:30-12:00

Wilson Park Senior Center - Thursday, April 25, 1:00-2:30

Clinton & Bernice Rose Senior Center - Monday, April 29, 9:30-11:00

McGovern Park Senior Center - Monday, April 29, 1:00-2:30

Washington Park Senior Center - Tuesday, April 23, 1:00-2:30

Registration is required for Tech Connect classes and BYOD sessions.

Please call your center for easy sign up!



Visit us online at www.servingolderadults.org

Clinton & Bernice Rose Senior Center

AARP Tax-Aide

Presented AARP Foundation

Monday, April 1, and Friday, April 5, 9:00 - 2:00

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

Appointment only by calling 414-263-2255.

Tai Chi

Hosted by Unite WI & Walnut Way

Tuesday, April 2 & Thursday, April 4, 12:00 - 1:30

Learn how to integrate tai chi into your everyday routine. Tai chi is a slow-motion, meditative exercise for relaxation and health. This is a guided practice time for practitioners at all levels. Attend two 90-minute classes per 6 weeks. Use a chair at your side for balance support and sitting.

ADS Outreach

Presented by MKE Co Dept. of Health & Human Services

Thursday, April 4, 10:00 - 12:00

Meet with outreach social worker Andrew Bethke for up-to-date information about a wide array of resources and community based services available for seniors.

Movie Watchers Club

Led by Yvonne Thomas

Friday, April 5, 9:00 - 11:00

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

Birthday Committee

Monday, April 15, 12:00 - 1:00

Is your birthday in the month of April, May, or June? Let's celebrate it! **Pre-registration required.**

Women of the Rose

Wednesday, April 17, 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 is required.

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

Presented by HEAL (Healthy Eating Active Living)

Thursday, April 18, 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, April 18, 12:00 - 1:30

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.

Super Senior Friday

Hosted by 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!

Clean Up Day for Earth Day

Hosted SDC Samuel

Tuesday, April 23, 9:30 - 11:00

Volunteers are needed to help collect trash from the park area in the neighborhood.

Advisory Committee Meeting

Tuesday, April 23, 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.

(New) Lunch and a Movie

Led by Out & About Travel Committee

Tuesday, April 23, 10:00 - 5:00

Enjoy a movie, lunch, or shopping at Brookfield Square. This trip includes your transportation only. **Deadline is April 17.**

Memories in the Making

Sponsored by the Alzheimer's Association

Thursday, April 25, 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.**

Tech Tips for Disaster Preparedness

Monday, April 29, 9:30 - 11:00

Technology can play an important role in making sure you're prepared for an emergency. Come to this lecture to find out how.

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 or a computer? Our computer lab is here for all our participants!

Morning Blend w/Hot Topics

Led by Doris Hopkins-Brown

Mondays, 9:30 - 10:30

Discuss the daily hot topic with your peers.

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.

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

Let's get ready to play BINGO!! Eras & WestCare will be hosting Bingo and providing amazing prizes. You don't want to miss the excitement. They will also be sharing resources and answering questions.

Soulful Coloring

Facilitated by Shami L.

Wednesdays, 10:00 - 11:00

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

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

This is an open art studio that will run for 8 weeks. There will be an art show at the end of the program to showcase the artworks.

Friday Bingo

Hosted by Charlotte Lewis

Fridays, 12:00 - 1:00

Spend the afternoon relaxing and playing Bingo with fellow participants.

*** SNEAK PEEK FOR MAY ***

Spring Rummage Sale, Car Wash & Food for Sale Saturday, May 4, 9:00 - 1:00

Attend Clinton Rose's annual Spring Rummage Sale. Enjoy great deals, delicious food for sale, or pay to get your car washed. All proceeds go to support the senior center. **Pre-Registration March 1st.**

Mother's Day Brunch

Hosted by Eras Senior Network

Wednesday, May 8, 9:30 - 11:00

Drink hot tea and enjoy some talented poetry. Please call for more information. **Pre-registration starts April 1.**

Milton's Family Restaurant & Milton Museum

Lead by Out & About Travel Committee

Wednesday, May 22, 9:00 - 10:00

Enjoy a delicious lunch at Milton's Family Restaurant. The Milton House is certified as an Underground Railroad site with National Parks Service, Network to Freedom program, and was granted the designation of a National Historic Landmark in 1998 due to this documented role on the Underground Railroad.

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|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| 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 |

Kelly Senior Center

Memories in the Making

Tuesday, April 2, 12:00

No experience required. Painting provides a chance to engage socially and reminisce. As stories are shared, a trained facilitator documents these memories.

Registration recommended.

Awakening the Sage Within

Thursdays, April 2 - May 14, 2:00

Conscious Aging is a model for engaging these years deliberately, joyfully, and compassionately. **Registration required.**

Bingo

Sponsored by ERAS Senior Network

Wednesday, April 3, 1:00

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

De-mystifying Artificial Intelligence

Thursday, April 4, 1:00

What is AI? This broad overview will address common concerns and debunk myths. Questions encouraged.

Registration recommended.

Fighting Flexion and Defying Gravity as we Age

Presented by Dr. Alex Burbach, DC

Monday, April 8, 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. **Registration recommended.**

Eclipse Viewing

Monday, April 8, 1:30

Join us to view the eclipse! Enjoy some ice cream.

Registration recommended.

Acoustic Music Meetup

Tuesday, April 9 & 23, 10:30

Bring your instrument and enjoy playing with a fun group of musicians! Walk-ins welcome.

Card Making Class - Suggested Contribution: \$5

Tuesday, April 9, 11:00 - 1:00

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

Senior Planet: Tech Tips for Disaster Preparedness

Thursday, April 11, 10:30

Technology can play an important role in making sure you're prepared for an emergency. **Registration required.**

Rightsizing for Peace of Mind

Presented by Smart Moves

Thursday, April 11, 1:00

Prepare for a move or make your current space better. **Registration recommended.**

Board Game Meetup

Friday, April 12, 1:00

Are you a fan of board games but have trouble getting a group together? Join in, play some games, and make a new friend! **Registration recommended.**

Women's Club: Being an Everyday Writer

Presented by Jill Giencke, Cudahy Family Library

Monday, April 15, 1:30

Exercise your creativity by making writing a part of your everyday life. **Registration recommended.**

Bingo

Sponsored by United Healthcare

Tuesday, April 16, 1:00

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

Stepping On

Wednesdays, April 17 - May 29, 9:30

This 7-week class combines the life experience of participants and the expertise of professionals on the subject of falls prevention. There is an exercise component to this class but it is not a fitness class.

Registration required.

Memory Cafe: National Poetry Month

Wednesday, April 17, 2:30

Memory Cafés are comfortable social gatherings that allow people experiencing memory loss and their loved ones to socialize. This month's theme is "National Poetry Month."

Listen to some comedic poems by classics like Shel Silverstein! **Registration required.**

Defensive Driving - Suggested Contribution: \$25 for Non-AARP Members, \$20 for Members

Presented by AARP

Thursday, April 18, 10:00 - 2:30

Learn how to keep yourself safe on the road. There is no driving component to this class. **Registration required.**

Law After Retirement

Tuesday, April 23, 10:00 - 12:00

The law after retirement can be confusing. Learn about it and get answers to common questions. **Registration recommended.**

Kelly Advisory Meeting

Wednesday, April 24, 1:00

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

Tech Tips for Disaster Preparedness

Thursday, April 25, 10:30 - 12:00

Technology can play an important role in making sure you're prepared for an emergency. Come to this lecture to find out how.

Do You Have a Lot of Stuff?

Presented by V-Group Real Estate Services

Thursday, April 25, 1:00

A humorous look at selling your home. **Registration recommended.**

Trivia

Wednesday, April 26, 1:00 - 2:00

Think you know it all? Prove it at general trivia!

Registration recommended.

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. Monday sessions are followed by chair dancing. Friday sessions include low impact cardio. Walk-ins welcome.

Kelly Senior Center

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.

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. Walk-ins welcome.

Movement & Music: Parkinson Disease Exercise

Presented by Wisconsin Parkinson Association

Mondays, 11:30

Manage your Parkinson's symptoms while having fun! This class incorporates stretches, strength training, posture, balance, walking drills, and vocal exercises. Walk-ins welcome.

Quilting - Suggested Contribution: \$20 (April - June)

Monday - Friday, 1:00 - 4:30

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

Morning Fitness

Tuesdays & Thursdays, 8:30 - 9:30

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

Ceramics Studio - Suggested Contribution: \$20 (April - June)

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

Our experienced yoga teacher guides students through poses using a chair for comfort and accessibility. Walk-ins welcome.

Take Off Pounds Sensibly (TOPS)

Wednesdays, 9:30 - 11:00

TOPS can help you reach your weight-loss goals by providing the tools, support, and accountability you need to be successful. Come join Cudahy Chapter 33's weekly meeting. Former, current, and new TOPS members are welcome. **Registration required.**

Line Dancing

Wednesdays, 11:00 - 12:00

Dance away your Wednesday mornings with our experienced volunteer instructor. Some line dance experience required. Walk-ins welcome.

Open Art Studio

Wednesdays, 10:00 - 12:00

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

Technology Help

Thursdays and Fridays, 1:00 - 4:30

Need help with a gadget? Volunteer Phil will be available to help. **Walk-ins only.**

Knit & Crochet

Thursdays, 9:00 - 11:00

It doesn't matter if you are a beginner or a seasoned crafter. Come craft with us! Walk-ins welcome.

Nature Walks

Thursdays, 9:00

Enjoy a walking group and nearby Warnimont Park. Meet in the lobby and wear your walking shoes! Walk-ins welcome.

ASAHI Exercise Program

Fridays, 10:00

ASAHI is an exercise method similar to tai chi developed to provide a safe practice almost anyone can do. It is a simple, effective routine to improve health and quality of life. Walk-ins welcome.

| | | |
|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Monday 8:30 Tech Connect 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 | Tuesday 8:30 Morning Fitness 9:00 Ceramics 9:00 Quilting 10:00 Chair Yoga 12:30 Tech Connect | Wednesday 9:30 TOPS 10:00 Open Art Studio 10:00 Sheepshead 11:00 Line Dancing 12:30 Canasta 1:00 Dominoes 1:00 Tech Help 1:00 Quilting |
| 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 Tech Help 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

Blood Pressure Check

Presented by Milwaukee Career College

Monday, April 1, 10:00

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

Canning Workshop

Presented by Maxwell Farms

Mondays, April 1, 8, 15, 22, 12:00

Gardening is financial freedom. The more stuff you grow, the healthier you become. Get back to your roots and produce your own vegetables.

Healthy Eating Active Living - Cooking Demonstration

Presented by Chef Marvin

Thursday, April 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.

Tai Chi

Tuesday April 9, 11:15

Tai Chi is a gentle exercise. Benefits have been shown to include a positive effect on muscle strength, flexibility, and balance.

National Sibling Day

Wednesday, April 10, 8:30 - 4:30

This is an opportunity to bring your siblings to see what you do and learn what the center has to offer.

Senior Living

Presented by Alexian Village

Wednesday, April 10, 12:30

In this presentation you will learn if senior living is right for you.

Advisory Meeting

Thursday, April 18, 9:00

Learn what's happening with SOA and McGovern Park Senior Center. This is a time to ask questions and voice your concerns.

Earth Day/Planting Seeds

Presented by Groundworks

Thursday April 18, 12:00

We love to have gardeners celebrate Earth Day by planting seeds, spreading their love for the earth, and encouraging others to grow their own vegetables garden.

Book Club

Thursday, April 18, 12:30

Book Title: Black Cake

Author: Charmaine Wilkerson

You may purchase this book or check your local library.

Bingo

Thursday, April 18, 12:30

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

ADS Resource Table

Tuesday, April 30, 12:00 - 1:00

Stop by the Aging and Disability Services (ADS) resource table and meet with outreach social worker Andrew Bethke for information about an array of resources and community-based services. Walk-ins welcome!

Tech Tips for Disaster Preparedness

Monday, April 29, 1:00 - 2:30

Technology can play an important role in making sure you're prepared for an emergency. Come to this lecture to find out how.

Billiards

Monday - Friday, 8:30 - 4:30

Join your peers in a friendly game of pool.

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.

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.

McGovern Park Senior Center

Upper Body Exercise

Monday, Wednesday & Friday

11:00 - 11:30

This is an upper body workout using hand weights.

Lapidary

Tuesdays, 8:30 - 3:00

Lapidary is the cutting and polishing of stone or rocks to bring out its inner beauty.

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 Friday of the Month, 10:00

If you are interested in spiritual growth, you will enjoy this study group.

"Flowers don't worry about how they're going to bloom. They just open up and turn toward the light and that makes them beautiful."

— Jim Carrey



| | | |
|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| 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 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

ADS Resource Table

Tuesday, April 2, 9:30 - 10:30

Stop by the Aging and Disability Services (ADS) resource table and meet with outreach social worker Andrew Bethke for information about an array of resources and community-based services. Walk-ins welcome!

Joy Comes in the Morning

Presented by Gloria Webster

Wednesdays, April 3 & 17, 9:30 - 10:30

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

AARP Tax-Aide

Presented by AARP Organization

Thursdays, April 4 & 11, 9:00 - 3:00

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

Appointment only by calling (414) 215-0781.

Advisory Meeting

Tuesday, April 9, 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.

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

Thursday, April 11, 11:30 - 12:30

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

Spring Fling Dance

Suggested Contribution: \$5

Thursday, April 11, 12:30 - 2:30

There will be refreshments, dancing and lots of fun!

Volunteer Appreciation Luncheon

Thursday, April 18, 12:00-1:30

Join us as we thank our volunteers for their hard work and support.

Tech Tips for Disaster Preparedness

Tuesday, April 23, 1:00 - 2:30

Technology can play an important role in making sure you're prepared for an emergency. Come to this lecture to find out how.

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.

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.

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. 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.

Hand Weights

Mondays, Wednesdays & Fridays, 10:30 - 11:30

Stay active with this class that will give you a full body workout. All skill levels are welcome.

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.

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.

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.

Open Art Therapy Workshops

Provided by Bloom Art & Integrated Therapies

Tuesdays, 9:30 - 11:30

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

(New) Cardio Drumming -

Suggested Contribution: \$3/class

Tuesdays, 9:45 - 10:15

Get an upper body cardiovascular workout while listening to your favorite music.

Silver Steppers

Tuesdays & Thursdays, 10:00 - 11:00

Get moving and into shape with this upbeat line dance class while grooving to fun tunes.

Guitar/Stringed Instruments

Tuesdays, 10:00 - 11:00

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

Gospel Choir

Tuesdays, 10:00 - 11:00

Lift every voice and sing! Join the WSPC Gospel Choir and sing songs of praise and worship.

Scrapbooking

Tuesdays, 10:30 - 1:30

Get creative by designing one-of-a-kind pages. All skill levels are welcome!

Chess

Tuesdays, 10:00 - 1:00

Join the Washington Park Chess Players for a friendly game of chess. All 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.

Welcome Home!

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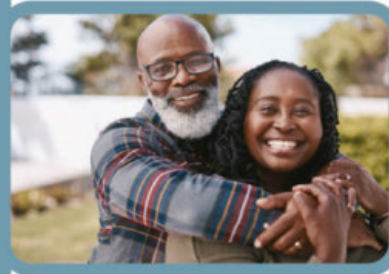


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B 4C 01-2067

Washington Park Senior Center

Bid Whist

Tuesdays, 1:30 - 2:30

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

Quilting - Suggested Contribution: \$20

(April - June) 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.

Tai Chi Prime - Suggested Contribution \$6

Wednesdays, 12:30 - 1:30

This instructor-led class will allow you to energize your mind and body, lower stress, improve sleep, and reduce falls.

Phase 10

Wednesdays, 12:30 - 2:00

Phase 10 is an exciting and challenging card game. We hope you will join us.

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

(April - June)

Fridays, 9:00 - 11:00

Create beautiful projects with guided instruction from a highly experienced and creative instructor.

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.

Bingo

Fridays, 12:30 - 1:45 (dining hall)

Play Bingo and win prizes!

** SNEAK PEAK FOR MAY **

2nd Annual Art Show

May 30, 10:30 - 12:30

Join our Washington Park participants as they showcase their beautiful artwork. Enjoy smooth jazz music and hors d'oeuvres.

National Senior Health & Fitness Day, May 29

Join us for this special day as we offer health screenings, cooking demonstrations, walking fitness activities, and more. All are welcome and encouraged to participate.

| | | |
|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| 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 | Tuesday 9:30-11:30 Art Therapy 9:45-10:15 Cardio Drumming* 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 | 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 |
| 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

Quilting Classes

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

Mondays, 9:00 - 11:00 (April - June)

Tuesdays, 1:00 - 3:00 (April - June)

Thursdays, 9:30 - 11:30 (April - June)

Fridays, 9:00 - 11:30 (April - June)

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 (April - June)

Tuesdays, 9:00 - 12:00 (April - June)

Wednesdays, 12:00 - 3:00 (April - June)

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

Paper-crafting - Suggested Contribution: \$15

Tuesdays, April 2 - June 25, 9:00 - 11:00

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

Intro to Quilting -

Suggested Contribution: \$10/4 classes

Friday, April 5, 12, 19 & 26, 1:00 - 3:00

Learn all you need to get you started on your quilting journey. By the end of this class you'll know how to cut, sew, read quilting instructions, plan a pieced block, add borders, and bind.

Wellness Wednesday -

"Juicing and Foods That Cleanse"

Wednesday, April 3, 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.

National PB & J Day - Suggested Contribution: \$1

Tuesday, April 2, 11:00 - 2:00

Make your own peanut butter and jelly sandwiches from your choice of a variety of condiments. Sugar free options will be available. Eat here or pack them to go!

Big Band Dance

Monday, April 8, 1:30

Enjoy the classic sounds of a big band show. You can highlight your favorite dance moves or just sit and enjoy the music.

Bingo

Tuesday, April 9, 1:00

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

Brain Health Resource Fair

Wednesday, April 10, 1:00 - 3:00

Join Milwaukee County DHHS Aging and Disabilities Services for an event that will feature information and resources around brain health, memory loss, and more!

ADS Resource Table

Tuesday, April 16, 10:00 - 11:00

Stop by the Aging and Disability Services (ADS) resource table and meet with outreach social worker Andrew Bethke for information about an array of resources and community-based services. Walk-ins welcome!

Coin & Stamp Collectors Group

Tuesday, April 16, 11:00 - 12:00

Share some of your treasured collections with other enthusiasts.

Wilson Senior Center Advisory Meeting

Wednesday, April 17, 10:00 - 10:30

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

Book Club

Wednesday, April 24, 10:15

Book: 19 Minutes

Author: Jodi Picoult

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

Tech Tips for Disaster Preparedness

Thursday, April 25, 1:00 - 2:30

Technology can play an important role in making sure you're prepared for an emergency. Come to this lecture to find out how.

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

April 1 - June 28, 8:45 - 4:00

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

Hot/Fused Glass - Suggested Contribution: \$25

Mondays & Wednesdays, April 1 - June 26

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.

Open Art Studio

Sponsored by Bloom Center for Art and Integrated Therapies

Thursdays, 9:00 - 11:00

Open your creative side through guided projects or enjoy the creative environment as you work on your own masterpieces.

Beginners Stained Glass -

Suggested Contribution: \$25

Tuesdays, April 2 - June 27, 10:00 - 12:00

Learn all you need to get you started on your creative glass journey. This instructor-led class will guide you through each step of the process as you make your first masterpiece. Materials for your first project are included.

Stained Glass - Suggested Contribution: \$25

Tuesdays & Thursdays, April 2 - June 27

8:30 - 4:00

Create projects using patterns or your own designs.

Wilson Park Senior Center

Beginners Yarn Group -

Suggested Contribution: \$10

Tuesdays, April 2 - June 25, 10:00 - 11:30

Looking to learn knit or crochet? Learn the basics to bring your future projects to life! Materials are included.

Cornhole League

Tuesdays, 1:00 - 2:00

Play indoors with the Cornhole League and show off your bean bag tossing skills.

Gentle Yoga

Wednesdays, 2:00

This low-impact exercise can be adapted to improve anyone's fitness, starting right where you are now.

Woodcarvers & Burners

Wednesdays, 8:30 - 11:30

Create your next masterpiece with fellow woodworking enthusiasts. Beginners are encouraged to join in the fun. Material will be supplied for your first project!

Bible Study

Wednesdays, 10:15 - 11:15

Come join us as we dig deeper into the word and learn more about scripture.

Dartball - Suggested Contribution: \$15

Thursdays, 12:30

Play dartball with other participants. Beginners welcome.

Tap Dance - Suggested Contribution: \$40

March 21 - May 23

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

Beginners, 10:30

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

Recorder Ensemble

Thursdays, 1:00

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

Weaving - Intermediate

Suggested Contribution: \$15

Thursday & Friday, April 4 - June 27, 9:00 - 2:00

The weaving group is back at it again. Experienced weavers are encouraged to join as well.

** CALLING ALL WOOD WORKERS **

We are currently in great need of volunteer hosts to supervise the woodshop. Our participants depend on hosts to keep the woodshop open. If you are willing to share a few hours a week to help out please stop by the office for more information.

| | | |
|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| 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 Woodshop * 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) |

Brain Health Resource Fair

Learn how you can keep your brain healthy!

Join us for this event that will feature information and resources around brain health, memory loss, dementia, and caregiving. During our fair, there will be free memory screenings, free blood pressure checks, and snacks available!

Date: Wednesday, April 10

Time: 1:00 pm - 3:00 pm

Location: Wilson Park Senior Center, 2601 W Howard Ave

To learn more about the event, please contact Cristina Huitron at (414) 514-4787 or Cristina.Huitron@milwaukeecountywi.gov



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THRIVE LOCALLY



Spring 2024 Guided Tours for Older Adults

Milwaukee County Aging & Disabilities Services is sponsoring free guided tours of the Milwaukee Art Museum, America's Black Holocaust Museum, the MSOE Grohmann Museum, and Boerner Botanical Gardens this spring for older adults (60+).

Milwaukee Art Museum

April 24 at 11 a.m. (Exhibition Feature)
May 16 at 11 a.m. (Highlights Collection)
June 5 at 11 a.m. (Highlights Collection)



America's Black Holocaust Museum

Tuesdays at 10 a.m.

April 9
May 21
June 25

MSOE Grohmann Museum

Mondays at 10 a.m.

April 15
May 13



Boerner Botanical Gardens

Thursdays at 10 a.m.

May 9
June 13

SIGN UP FOR A TOUR

To reserve your spot contact Julie Lara at (414) 289-6531 or julie.lara@milwaukeecountywi.gov. Reservations will be made on a first come first serve basis, with limited available spots. Reservations must be made at least one week in advance of the tour date.



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The Power of Volunteering

April is National Volunteer Appreciation Month!

This month, SOA wants to take time to honor all of our volunteers. Last year, 272 volunteers provided a total of 29,874 hours of service to our organization.

Your assistance helps us to provide programming and services for adults 50 and better. Our volunteers serve as activity instructors, dining volunteers, receptionists, special event helpers, and much more. We truly appreciate each and every one of you!

If you're interested in volunteering with us, take these steps:

- ⇒ Visit our website at www.servingolderadults.org
- ⇒ Click on the **"Get Involved"** menu
- ⇒ Select **"Volunteer"**

You can also call your local senior center or stop by in person!



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, April 23, 10:30 |
| Kelly | Wednesday, April 24, 1:00 |
| McGovern Park | Thursday, April 18, 9:00 |
| Washington Park | Tuesday, April 9, 10:00 |
| Wilson Park | Wednesday, April 17, 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, April 4, 11:00 |
| Kelly | Thursday, April 18, 12:30 |
| McGovern Park | Tuesday, April 30, 12:00 |
| Washington Park | Tuesday, April 2, 9:30 |
| Wilson Park | Tuesday, April 16, 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
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Groundcorp
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Harbour Village
Hear Wisconsin
Historic 41 Business Association

Howard Village
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Love Thy Neighbor
Martin Drive Neighborhood Assoc.
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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 March 2023 - February 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.
Greater Milwaukee Foundation
Otto Bremer Trust

\$10,000 - \$49,999

General Mills
Patrick & Anna M. Cudahy Fund
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James Sheridan
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\$5,000 - \$9,999

Anonymous (1)
Anthem Blue Cross and Blue Shield
Emory T. Clark Foundation
Direct Supply
The Every Day Good Foundation
Green Bay Packers Foundation
Health Connections, Inc.
Mindy & Steve Anderson
Francie Luke Silverman Foundation

\$2,000 - \$4,999

Anonymous (2)
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Heartland Properties, Inc.
HOPE Study
Jordan & Renee Luhr
Stephanie & Paul Mares
PPC Foundation
David & Melissa Stauber

\$1,000 - \$1,999

Anonymous (2)
Preston Alvard
Alzheimer's Association of Wisconsin
Harvinder Ahuja
CMG Life, Annuity & Health Insurance Solutions

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

Bridgette & Kevin Frommell
Operose Advisors
Point After Pub & Grille
Cindy Sheridan
Robertson Ryan & Associates
Target Corporation

\$500 - \$999

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Patricia Buente
Caption Call by Sorenson
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Master Printwear
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Tim & Katie Moersfelder
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Max A. Sass & Sons Funeral Service
Suburban Asphalt
Rick & Agatha Tsao
Uzelac Industries Inc.
Phyllis Veerhaalen

\$250 - \$499

Anonymous (4)
Ascension Living St. Francis Place
AZH Management, LLC
Elizabeth Baren
Raymond Berg
Board of Aging & Long Term Care

\$250 - \$499 (continued)

Frank Brindza
Marsha & Paul Bukofzer
Castle Hospice
Jo Cross
Lynn Crawford & Tim Willmes
Cudahy Lions Club
Eras Senior Network
Nita Farrow
First Lutheran Church of West Allis
Mark & Kellie Foster
Don & Christine Gardner
Greater Wisconsin Agency on Aging Resources
Ronald & Betty Hayes
Howard Village Senior Living
Del Januchowski
Kendall Kelly
Carol & Brian Kellogg
Jeanne Kennedy
Sharon Lewek
Love Thy Neighbor Foundation
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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 (1)
Mindy & Steve Anderson
Marsha & Paul Bukofzer
Pat Ehler
Eva Eiseman
Mark & Kellie Foster

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 (22) | Rosemarie Fridrick | Kathryn Krieg | Mr. & Mrs. Jerome H. | Peggy Stewart |
| Ted & Mariane | George Frison | Cynthia Kroll | Peterson | Susan Stewart |
| Allen Sr. | Jacqueline Fryer | Edward Krueger & | Susan Platt | Alice Stokes |
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| Mary Jo Blank | Raymie & Bee | Jill Littlefield | Denise Rhodes | Roxann Tolliver |
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| Jim & Holli Bohn | Belle Guild | Lopeman | Rachel Ritchhart | Mary Tschannen |
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| Anne Fagan | Trina | Norma Nonneman | Nancy & Theodore | |
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| Mary Ann Fortin | Koronkowski | Tyrone Pennington | Smith | |
| Charlie | Edward & Kathaleen | Alice Peterson | Marie Sobiech | |
| Lewis Franklin | Kosanke | Barbara Peterson | Lee Sprengel | |
| Tracey Fricker | Lucille Kozelek | | John & Eileen Stewart | |

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.

thank
you!

FOR OFFICE USE ONLY

Date Received: ____/____/____ Receipt# _____

Location: _____ Init: _____