

# SERVING OLDER ADULTS OF SOUTHEAST WISCONSIN, INC.

September 2024



## THE CONNECTION

### Bring Your Own Device (BYOD) Day

Have questions about technology? Bring your device (phone, iPad, or laptop) and your questions to work with one of our tech trainers. Speak with center staff to schedule an appointment. **Registration is required for Tech Connect classes and BYOD sessions.**

#### Clinton Rose

Tue. 9:00 - 2:00  
Wed. 8:30 - 4:30

#### Kelly

Mon. 8:30 - 4:30  
Tue. 8:30 - 4:30

#### McGovern

Mon. 8:30 - 4:30  
Tue. 8:30 - 4:30

#### Washington

Wed. 8:30 - 4:00  
Thu. 8:30 - 4:30

#### Wilson

Mon. 8:30 - 4:30  
Tue. 8:30 - 4:30

### 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

**Monday, September 2** - Labor Day  
**Wednesday, September 18** - SOA Senior Centers close at 1:00 for mandatory staff training.

### HOURS

Monday - Friday, 8:30 - 4:30  
SOA General Line: 414-704-3343  
[www.servingolderadults.org](http://www.servingolderadults.org)

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# Aging Well

## TOGETHER

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

### SERVING OLDER ADULTS ADMINISTRATION

President/CEO *Cathy Wood*  
Controller *Antresia Smith*  
Director of Programs *Shannon Downie*  
Director of Development & Marketing *Regis Welsh*  
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

# Highlighted Events

## CLINTON & BERNICE ROSE SENIOR CENTER

### Nutrition Classes

*Sponsored by The Hunger Task Force Community Nutrition Educator Carmen Baldwin, NDTR*

**Tuesday, September 10, 12:00 - 1:00**

You have the power to make the best nutritional decisions for your body! Join Hunger Task Force and learn how to read and understand the nutrition labels on your food. Plus, enjoy delicious and nutritious snacks – sign up today.

### The Sankofa Drum Circle

*Presented by The Center for Leadership of Afrikan Women's Wellness (CLAWW)*

**Monday, September 16, 10:30 - 11:30**

The Sankofa Drum Circle is a vibrant and enriching community event held every 3rd Monday at 10:30. Led by skilled drum facilitator Lucky Diop.

## KELLY SENIOR CENTER

### Suicide Prevention Resource Fair

**Tuesday, September 24, 12:00 - 2:00**

Get resources about suicide prevention and attend an educational presentation. You may save a life.

### Flu Vaccine Clinic

**Friday, September 27, 9:00 - 1:00**

Flu vaccinations will be available indoors and in the parking lot, provided by the Cudahy Health Department.



## MCGOVERN PARK SENIOR CENTER

### Hear Wisconsin Mobile Clinic

**Friday, September 6, 9:00 - 11:00**

This free mobile clinic will provide full hearing evaluation services right here in our parking lot! The longer a person waits to treat hearing loss, the more the brain forgets how to process sound. Stop by to have a free screening.

### I Care Health Education Classes

*Presented by Pamela Wendtland*

**Tuesday, September 10, 17 & 24, 12:00**

These classes teach the basics and benefits of how to live a healthier lifestyle. All those who attend the classes will receive a cookbook with easy-to-make recipes.

### All of US

*Presented by Karen Dotson MHSA*

**Friday, September 13, 12:00**

In this presentation, you will learn about medical research and how healthcare should be tailored to you.

## WASHINGTON PARK SENIOR CENTER

### Travel Club Indoor MINI Rummage Sale

**Friday September 20, 10:00 - 2:00**

The Travel Club will have a mini rummage sale in the lobby. Check them out if you are looking for treasures.

### End of Summer Picnic -

**Suggested Contribution: \$5**

**Wednesday, September 25, 10:00 - 2:00**

The Travel Club will provide the meat and drinks. You can bring your one Blue Ribbon Dish. We will be judging your Blue Ribbon dish in three categories: vegetable, dessert, and salad. Sign up with Debbie for the dish you will be making.

## WILSON PARK SENIOR CENTER

### National Guacamole Day -

**Suggested contribution: \$2.50**

**Monday, September 16**

A special treat for guac lovers, served with salsa and chips.

### Lightning Exhibit

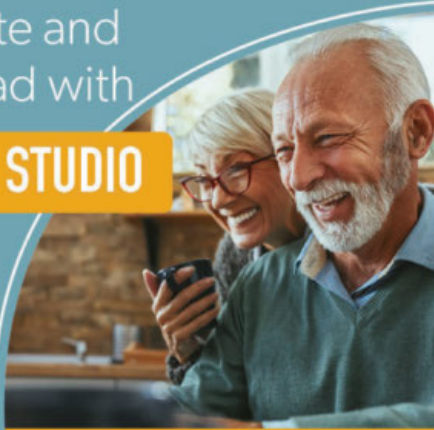
**Wednesday, September 25, 1:00 - 3:00**

A walk-through gallery featuring beautiful photography of lightning and art. Come and enjoy this very impressive work by a local photographer.

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**Alex Nicholas**

[anicholas@lpicommunities.com](mailto:anicholas@lpicommunities.com)

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A 4C 01-2067

# Tech Connect for Older Adults

A Program of Serving Older Adults



## Affordable Home Internet

Don't overpay for the internet. Learn about programs offering low-cost home internet that can help save you money.

**McGovern Park Senior Center** – Monday, September 16, 1:00-2:30

**Clinton Rose Senior Center** - Tuesday, September 17, 9:30-11:00

**Wilson Park Senior Center** - Tuesday, September 17, 1:00-2:30

**Kelly Senior Center** - Tuesday, September 17, 2:00-3:30

**Washington Park Senior Center** - Thursday, September 19, 9:30-11:00

**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](http://www.servingolderadults.org)

# Clinton & Bernice Rose Senior Center

## ADS Outreach

*Presented by MKE Co Dept. of Health & Human Services*

**Thursday, September 5, 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 and Eras Senior Network*

**Friday, September 6, 9:00 - 11:00**

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

## Community Clean Up

*Presented by Eras Senior Network*

**Monday, September 9, 9:30 - 11:00**

Roll up your sleeves and get ready to clean up all the trash around the senior center.

## Nutrition Classes

*Sponsored by The Hunger Task Force Community*

*Nutrition Educator Carmen Baldwin, NDTR*

**Tuesday, September 10, 12:00 - 1:00**

You have the power to make the best nutritional decisions for your body! Join Hunger Task Force and learn how to read and understand the nutrition labels on your food. Plus, enjoy delicious and nutritious snacks – sign up today.

## Quarterly Birthday Celebration

*Sponsored by The Birthday Committee*

**Wednesday, September 11, 12:00 - 1:00**

Happy Birthday to July, August, and September participants. We want to honor and celebrate you with music, dancing, cake, ice cream, and a special birthday gift. **Registration is required.** Call or come down to sign up today.

## The Sankofa Drum Circle

*Presented by The Center for Leadership of Afrikan Women's Wellness (CLAWW)*

**Monday, September 16, 10:30 - 11:30**

The Sankofa Drum Circle is a vibrant and enriching community event held every 3rd Monday at 10:30. Led by skilled drum facilitator Lucky Diop.

## "Move It or Lose It"

*Presented by Andron Lane and Connie "Cece" Calderon in partnership with Milwaukee Turners*

**Mondays Starting September 16-October 28  
12:00 - 12:30**

Looking for yoga and zumba combined? Well, look no further. Every week we will offer yoga and zumba where participants will enjoy socialization and exercise. If you attend 3 out of the 6 sessions you will receive a special thank you gift.

## Affordable Home Internet

**Tuesday, September 17, 9:30 - 1:00**

Don't overpay for the internet. Learn about programs offering low-cost home internet that can help save you money. **Registration required.**

## Fall in Love With Volunteering

*In partnership with Eras Senior Network*

**Tuesday, September 17, 10:00 - 12:00**

Are you looking to volunteer in your community? Well, look no further! At this event, there will be several vendors with volunteer opportunities.

## Women of the Rose Meeting

**Wednesday, September 18, 10:00 - 11:00**

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

## Free Kidney Health Screening

*Presented by The National Kidney Foundation*

**Thursday, September 19, 11:00 - 2:00**

Learn about the importance of kidney health and have your healthy kidney screening provided by the National Kidney Foundation. No appointment needed. Walk-ins are welcomed.

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

*Presented by HEAL (Healthy Eating Active Living)*

**Thursday, September 19, 11:30 - 12:30**

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

## Advisory Committee Meeting

**Tuesday, September 24, 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.

## Foodshare Benefits

*Presented by Feeding America*

**Tuesday, September 24, 12:00 - 1:00**

Foodshare helps stretch your budget by depositing money on a debit-like card once per month to help buy food. Meet with a Foodshare outreach specialist from Feeding America Eastern Wisconsin to help answer your questions.

## "Tea Talk" With Dr. Mirian Organ

**Tuesday, September 24, 12:00 - 1:00**

Enjoy delicious teas while learning about health and wellness for men and women. You won't want to miss "Tea Time."

# Clinton & Bernice Rose Senior Center

## Pappadeaux Seafood Kitchen - Suggested Contribution: \$40

Hosted by The Travel Committee

**Wednesday, September 25, 9:00 - 5:30**

Travel aboard Badger Bus Coach Services and sail away to Pappadeaux Seafood Kitchen where you will enjoy yummy seafood and fun socialization. **Contribution includes transportation only.**

## Memories in the Making

Sponsored by The Alzheimer's Association

**Thursday, September 26, 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. **Registration required.**

## Walk With a Doc-MKE

Sponsored by AARP

**Thursday, September 26, 12:00 - 1:00**

Enjoy a brisk walk around the baseball diamond while speaking with a doctor. Enjoy light refreshments and loads of fun. **Registration required.**

## "The Leaves Are Falling, Which Means Falls a Calling"

Sponsored by Deborah Lewis- gift shop lead

**Monday, September 30, 10:00 - 11:00**

Enjoy fall games outdoors and delicious fall treats.

## 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: \$10 (4 weeks)**

**Mondays, Tuesdays, Wednesday & Fridays**

**8:30 - 4:30**

(Mon & Fri room will be closed from 12:30-1:30 due to sewing classes) 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 prior to usage of the room.

## Junk Journal Workshop -

**Suggested Contribution: \$8**

Hosted by The Center for Leadership of Afrikan Women's Wellness (CLAWW)

**Mondays, 12:00 - 2:00**

Open to individuals of all ages and artistic abilities. In these sessions, participants explore the art of junk journaling, a mixed-media form that repurposes materials like old book pages and other discarded items.

## SNEAK PEEK FOR OCTOBER!

### Fall Rummage Sale

**Thursday, October 10, 9:00 - 1:00**

Come and find that special treasure at our fall rummage sale. **If interested in being a vendor please contact the center.**

### Seniors Got Talent Showcase -

**At Apollo DA La Rose**

**Thursday, October 17, 12:00 - 2:00**

Are you a singer, dancer, comedian, or musician? Come and show off your talent at Apollo DA La Rose. There will be refreshments, prizes, and loads of fun. Please call the center for more information or to sign up. **The deadline for sign up is October 11.**

<p><b>Monday</b> 8:30-12:30 Open Sewing* 1:30- 4:30 Open Sewing 12:30-1:30 Beginning Sewing* 9:30-10:30 Morning Blend 10:00-11:00 Senior Striders 12:00-1:00 Walk Easier 12:00-1:00 Junk Journal 12:00-1:00 Birthday Committee Meeting (1st Monday)</p>	<p><b>Tuesday</b> 8:30-4:30 Opening Sewing* 9:00-10:30 Roselettes Dance Group Practice 9:30-10:30 Wisdom Studies 12:15-2:15 Praise &amp; Worship</p>	<p><b>Wednesday</b> 8:30-4:30 Opening Sewing* 9:00-10:00 Bingo 10:00-11:00 Senior Striders 12:00-1:00 Walk Easier 12:15-1:15 Women of the Rose Meeting (3rd Wed)</p>
<p><b>Thursday</b> 8:30-12:30 Open Sewing * 9:00-10:30 Roselettes Dance Group Practice 12:00-1:00 Walk Aerobics 12:15- 2:15 Out and About 12:30-4:30 Miss Daisy Sewing Group* 12:15-2:15 Travel Committee Meeting (3rd Thursday) 12:30-4:30 Miss Daisy's Group* 1:00-4:00 Bid Whist</p>	<p><b>Friday</b> 8:30-12:30 Open Sewing* 1:30-4:30 Open Sewing 12:30-1:30 Beginning Sewing* 9:00-11:00 Movie Watchers Club (1st Friday) 9:00-11:00 Open Art Therapy Workshops 12:00-1:00 Walk Easier 12:00-1:00 Bingo</p>	<p><b>Daily</b> 8:30-3:30 Fitness Center 8:30-4:30 Speak Your Mind 8:30-3:30 Billiards Area (includes pool games, cards, chess, checkers &amp; dominoes) 8:30-3:30 Library Area 8:30-3:30 Computer Lab 10:00-2:00 Miss Deborah's Gift Shop  <i>Check out the September promotions and sales in gift shop.</i></p>

# Kelly Senior Center

## Foodshare Consultations

**Tuesday, September 3, 11:00 - 12:00**

An expert from Hunger Task Force will be available to answer your questions about Foodshare and even to help you sign up for it.

## Memories in the Making

*Presented by the Alzheimer's Association*

**Tuesday, September 3, 12:00**

Painting provides a chance to socialize and reminisce. As stories are shared, the facilitator documents these memories.

## Bingo

*Sponsored by Capri Community*

**Wednesday, September 4, 1:00**

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

## Acoustic Music Meetup

**Tuesday, September 10 & 24, 10:30**

Bring your instrument and enjoy playing with a fun group of musicians.

## Card Making Class

**Tuesday, September 10, 11:00**

Learn to make two greeting cards, all supplies and instructions provided. Leave with two handmade cards you made yourself. **Registration required.**

## Papercrafting

**Wednesday, September 11, 1:30**

Build a project out of paper. All supplies and instructions provided—it's easier than it looks! See the front desk for a sample of this month's project. **Registration required.**

## Medicare Consultations

**Thursday, September 12, By Appointment**

Meet with county Medicare expert Nina Yang for objective advice on Medicare. **Appointment required.**

## Music and Move: Ben Janzow -

**Suggested Contribution: \$8**

**Thursday, September 12, 2:30 - 4:30**

As the guitarist for local party band Dirty Boogie, Ben Janzow is a versatile and talented performer. Classic to Current Hits, rock, top 40, country, instrumentals, and more. Come dance, or just sit back and enjoy!

**Registration recommended.**

## Women's Club

*Presented by Smart Moves*

**Monday, September 16, 1:30**

Learn Ten Tips to Downsizing from the experts at Smart Moves. All are welcome, not only women. **Registration recommended.**

## Stepping On

**Tuesday, September 17 - October 29, 9:30 - 11:30**

Stepping On is an evidence-based program shown to reduce the risk of falling in older adults. This 7-week class is not an exercise class, but has an exercise component.

**Registration required.**

## Bingo

*Sponsored by ePlatinum Health*

**Tuesday, September 17, 1:00**

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

## Affordable Home Internet

**Tuesday, September 17, 2:00 - 3:30**

Don't overpay for the internet. Learn about programs offering low-cost home internet that can help save you money. **Registration required.**

## Toenail Trimmers, LLC

**Thursday, September 19**

Toenail trimming services will be available. Call for appointment.

## ADS Resource Table

**Thursday, September 19, 12:30 - 1:30**

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

## Volunteer Meetup

**Monday, September 23, 10:00**

Meet up with other volunteers to generate ideas, give feedback, and share ideas.

## Suicide Prevention Resource Fair

**Tuesday, September 24, 12:00 - 2:00**

Get resources about suicide prevention and attend an educational presentation. You may save a life.

## Garden Club

**Tuesday, September 24, 1:00**

Meet with the garden club to give your assistance or ideas. New members wanted.

## Advisory Meeting

**Wednesday, September 25, 1:00**

Get the inside scoop on upcoming Kelly events and make your voice heard.

## Music and Move: Josh Quinn, Sinatra to the 60's -

**Suggested Contribution: \$8**

**Thursday, September 26, 2:30 - 4:30**

Let Josh Quinn, Sinatra tribute artist, take you back to better days. Come dance, or just sit back and enjoy.

**Registration recommended.**

## Flu Vaccine Clinic

**Friday, September 27, 9:00 - 1:00**

Flu vaccinations will be available indoors and in the parking lot, provided by the Cudahy Health Department.

## Board Games

**Friday, September 27, 1:00 - 2:00**

Love board games but have trouble getting a group together? This is the place for you! Games provided, or bring your own.

## 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.

## 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 explore the available art materials on your own. The goal of this group is to build community and discover your creativity.



# Kelly Senior Center

## 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.

**Quilting - Suggested Contribution: \$20 (July - September), Various Dates**

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.

**Ceramics Studio - Suggested Contribution: \$20 (July - September)**

**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 & Thursdays, 1:30**

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

## 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.**

## 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.

## Technology Help

**Wednesday and Thursday, 1:00 - 4:30**

Need help with a gadget? Volunteer Phil will be available to help.

## Nature Walks

**Thursdays, 9:00**

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

## Cardio Drumming -

**Suggested Contribution: \$10/month**

**Thursdays, 12:30 - 1:00**

Get fit and enjoy the rhythm! This exercise class incorporates drumming to make getting fit, fun!

## 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.



<p><b>Monday</b>            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            1:00 Sheepshead</p>	<p><b>Tuesday</b>            8:30 Morning Fitness            8:30 Tech Connect            9:00 Ceramics            9:00 Quilting            10:00 Chair Yoga            1:00 Sheepshead</p>	<p><b>Wednesday</b>            9:30 TOPS            10:00 Open Art Studio            10:00 Sheepshead            12:30 Canasta            1:00 Dominoes            1:00 Tech Help            1:00 Quilting            3:00 Billiards League</p>
<p><b>Thursday</b>            8:30 Morning Fitness            9:00 Ceramics            9:00 Knit &amp; Crochet            9:00 Nature Walks            9:30 Fitness Ctr. Orientation            10:00 Sheepshead            12:30 Cardio Drumming            1:00 Quilting            1:00 Tech Help            1:30 Chair Yoga</p>	<p><b>Friday</b>            8:45 Morning Exercise            9:30 Bridge            10:00 ASAHI</p>	<p><b>Daily</b>            8:30-10:30 Social Club            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            1:00 - 4:30 Billiards</p>

# McGovern Park Senior Center

## Healthy Eating Active Living

*Presented by Chef Marvin*

**Thursday, September 5, 12:00**

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

## Hear Wisconsin Mobile Clinic

**Friday September 6, 9:00 - 11:00**

This free mobile clinic will provide full hearing evaluation services right here in our parking lot! The longer a person waits to treat hearing loss, the more the brain forgets how to process sound. Stop by to have a free screening.

## Karaoke Party

*Presented by SimpliCare Insurance LLC*

**Friday, September 6, 12:00**

Don't miss out on all the fun and laughter that fills the air when we come together at the karaoke party. You don't have to be a professional to have a good time singing with your friends.

## I Care Health Education Classes

*Presented by Pamela Wendtland*

**Tuesday, September 10, 17 & 24, 12:00**

These classes teach the basics and benefits of how to live a healthier lifestyle. For all those who attend the classes will receive a cookbook with easy to make recipes.

## Canning Workshop –

**Suggested Contribution: \$5**

*Presented by Maxwell Farms*

**Friday, September 6, 13, 20 & 27, 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.

## Blood Pressure Check

*Presented by Milwaukee Career College*

**Monday, September 9 & 23, 10:00**

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

## All of US

*Presented by Karen Dotson MHA*

**Friday, September 13, 12:00**

In this presentation you will learn about medical research and how health care should be tailored to you.

## Affordable Home Internet

**Monday, September 16, 1:00 - 2:30**

Don't overpay for the internet. Learn about programs offering low-cost home internet that can help save you money. **Registration required.**

## Advisory Meeting

**Thursday, September 19, 9:00**

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

## Book Club

**Thursday, September 19, 12:30**

Book Title: Congratulations The Best Is Over

Author: Eric Thomas

You may purchase this book or check your local library.

## Bingo – Suggested Contribution: \$2

**Thursday, September 19, 12:30**

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

## Breast Cancer Walk

**Friday, September 20, 9:00**

You are invited to join us for our first breast cancer walk through the park. We are asking all those who can to please wear pink.

## The High Cost of Aging

*Presented by Elder Life Group*

**Friday, September 20, 12:00**

Back by popular demand! Please join us for snacks, bingo, and prizes followed by a short educational workshop on the high cost of aging.

## Aging Together

*Presented by UWM Facilitator- Tanya Sheriff*

**Monday, September 23, 1:30 - 3:30**

This is a peer support program for seniors 50 and older. There will be ten 90-minute weekly sessions. It includes education about ageism and health. In this class you will have an opportunity to tell your story of aging through discussion and writing.

## ADS Resource Table

**Thursday, September 26, 12:00 - 1:00**

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

## 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**

Join your peers in a friendly game of pool.

## Walking Group

**Mondays, Wednesdays & Fridays, 9:00 - 10:00**

Social support is a key factor in sticking with an exercise program, and walking groups can provide the motivation you need to stay active.

# McGovern Park Senior Center

## 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, 10:00 - 11:00**

**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- Suggested Contribution of \$20

**Tuesdays, 8:30 - 4:00**

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

## Exercises for Seasoned Adults

**Tuesdays & Thursdays, 10:00 - 11:00**

Exercise helps people lose weight and lower the risk of some diseases including high blood pressure, diabetes, and obesity. Give today's workout a try.

## Metalsmithing- Suggested Contribution: \$20

**Tuesdays, 11:00 - 4:00**

Metalsmithing used 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.

## Enrich Research Group

*Presented by Dr. Yinka Shiyabola*

**Every Thursday in September, 9:00 - 12:00**

This is a study group to help understand and manage diabetes for African Americans or Hispanics 18 and over. You must be willing to be screened for type 2 diabetes and get your medication from Hayat Pharmacy. All participants are compensated for their time!

## Game Day

**Fridays, 12:30**

Come play dominos, checkers, Jenga, and various other games. If you would like snacks while you play, you may purchase them from our gift shop.

## Bible Study

**1<sup>st</sup>, 2<sup>nd</sup> & 4<sup>th</sup> Friday of the Month, 10:00**

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

## Spades

**Fridays, 1:00 - 3:00**

Hang out with your peers in a friendly game of Spades.

## Bid Whist

**Fridays, 1:00 - 3:00**

Join your peers in an afternoon of fun playing Bid Whist.

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

# Washington Park Senior Center

## ADS Resource Table

**Tuesday, September 3, 9:30 - 10:30**

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

## Joy Comes in the Morning

*Presented by Gloria Webster*

**Wednesdays, September 11 & 25 9:30 - 10:30**

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

## Advisory Meeting

**Tuesday, September 10, 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"

**Thursday, September 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, September 19, 12:00 - 1:30**

Learn about your health and enjoy a nutritious lunch at the same time.

## Travel Club Indoor MINI Rummage Sale

**Friday September 20, 10:00 - 2:00**

The Travel Club will have a mini rummage sale in the lobby. Check them out if you are looking for treasures.

## End of Summer Picnic -

**Suggested Contribution: \$5**

**Wednesday, September 25, 10:00 - 2:00**

The Travel Club will provide the meat and drinks. You can bring your one Blue Ribbon Dish. We will be judging dishes in three categories: vegetable, dessert, and salad. Sign up with Debbie for the dish you will be making.

## Harold Kane WPSC Pool Tournament Practice

*Coordinated by James Kimble*

**Wednesdays, Sep. 25, Oct. 2, 9, 16, 23 & 30**

**Starting at 11:30**

Tournament to follow on Wednesdays, November 6- November 20.

## Medicare 101 Presentation

*Sponsored by Milwaukee County's SHIP program*

**September 24 12:30 - 1:45**

Come and get a better understanding on how Medicare works. Bring your questions and concerns.

## Nutrition Classes

*Sponsored by The Hunger Task Force Community*

*Nutrition Educator Carmen Baldwin, NDTR*

**Tuesday, September 26, 11:45 - 12:45**

Join Hunger Task Force and learn how to read and understand the nutrition labels. Enjoy a smoothie.

## African Drumming

*Sponsored by The Center for Leadership of Afrikan Women's Wellness*

**Thursday, September 26, 12:30 - 1:00**

Experience physical benefits like improved coordination and increased cardiovascular activity.

## 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 Exercises

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

Reduce joint pain and improve overall flexibility while sitting and exercising at your own pace.

## Balance & Stretch

**Mondays, 12:30 - 1:00**

A stable and flexible body helps prevent injuries and falls!

## Game Day

**Monday-Friday, 12:30 - 4:00**

Play a variety of card and board games with friends. New games will include Spades and Bid Whist.

## 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 of ping pong 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 artwork.

## Cardio Drumming -

**Suggested Contribution: \$10/4 classes or \$3/class**  
**Wednesdays, 9:45 - 10:15**

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

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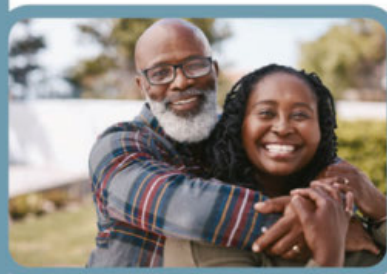
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# Washington Park Senior Center

## Silver Steppers

**Tuesdays & Thursdays, 10:00 - 11:00**

Get moving with this upbeat line dance class.

## 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**

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.

## Chess

**Tuesdays, 10:00 - 1:00**

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

## Quilting - Suggested Contribution: \$20

**(July - September) Wednesdays, 9:00 - 12:30**

Bring your creativity! Quilting support is provided by our knowledgeable leader.

## Bocce Ball

**Wednesdays, 10:00 - 11:00**

Enjoy a game of bocce ball outside on the west lawn, weather permitting.

## 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.

## Matinee at Washington

**Wednesdays, 12:30**

Each week will feature a different movie genre.

## (New) Card Making Class

**Thursdays, 9:30 - 11:30**

Now is your chance to get creative and make your own one-of-a-kind card. Supplies provided.

## 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

**(July - September)**

**Fridays, 9:00 - 11:00**

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

## Piano

**Suggested Contribution: \$8/week**

**(Pay by the month)**

**Fridays, 9:00 - 3:00**

Learn to play the piano with individual instruction. 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 WSPC Tennis group. Get in shape and have fun too.

## Bingo

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

Play Bingo and win prizes!

<p><b>Monday</b>            9:00-10:00 Yoga *            9:00-10:00 Billiards (lessons)            9:00-11:00 Knitting &amp; Crochet            9:00-11:00 Open Sew            10:00-11:00 Chair Arthritis Exercise            10:30-11:30 Hand Weights</p>	<p><b>Tuesday</b>            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            12:30-1:30 Salsa Dance*</p>	<p><b>Wednesday</b>            9:00-12:30 Quilting *            9:30-10:30 Shuffleboard            9:45-10:15 Cardio Drumming *            10:30-11:30 Hand Weights            12:30 Movie Matinee            12:30-1:30 Tai Chi*</p>
<p><b>Thursday</b>            9:30-11:00 Card Making            10:00-11:00 Silver Steppers            10:30-11:30 Bible Study            12:30-1:30 Having Fun w/Art            12:30-1:00 African Drumming            (Last Thursday of the Month)            12:30-1:45 Ballroom Dancing *</p> <p>* Has a suggested contribution and/or pre-registration required</p>	<p><b>Friday</b>            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><b>Daily</b>            Fitness Center            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            12:30-4:00 Game Day</p>



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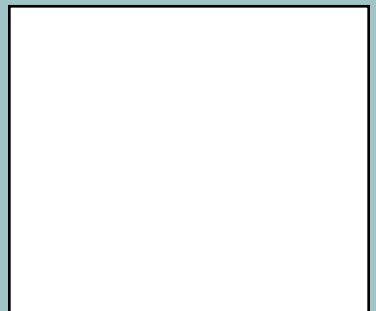
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# Wilson Park Senior Center

## **Fourth Quarter Classes (October-December)**

Claim your spot in the 4th quarter classes. Class information available at the front desk.

### **Ceramic Studio - Suggested Contribution: \$25**

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**

Create wonderful works of art utilizing various methods of fusion techniques.

### **Stained Glass - Suggested Contribution: \$25**

A fun class where you can create projects using patterns or create from your own design.

### **Paper-crafting - Suggested Contribution: \$15**

Join this group and stamp on a one-of-a-kind project.

### **Weaving - Suggested Contribution: \$15**

The weaving group is back again. Experienced weavers are encouraged to join.

### **Open Sew -**

#### **Suggested Contribution: \$20/10 weeks**

**Mondays, 8:30 - 12:00 (September-December)**

**Wednesdays, 12:00 - 3:00 (September-December)**

Have access to a full room of tools and equipment to complete your projects. Open sew is designed to provide a space for sewers to complete their own projects. This program does not provide guided instruction.

### **Big Band Concert & Dance**

**Monday, September 9, 1:30**

Bask the sounds of big band music. Whether you choose to show off your best dance moves or sit and enjoy the music, this is an experience you won't want to miss.

### **Garden Club**

**Tuesday, September 10 & 24, 10:00**

Join in with other plant lovers and discuss relevant topics and techniques.

### **National Guacamole Day -**

**Suggested Contribution: \$2.50**

**Monday, September 16**

A special treat for guac lovers, served with salsa and chips.

### **Affordable Home Internet**

**Tuesday, September 17, 1:00 - 2:30**

Don't overpay for the internet. Learn about programs offering low-cost home internet that can help save you money. **Registration required.**

### **ADS Resource Table**

**Tuesday, September 17, 10:00 - 11:00**

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

### **Book Club**

**Wednesday, September 25, 10:15**

Book: "Into the Wild" By Jon Krakauer A copy is available at Zablocki Library the first week of each month.

### **Lightning Exhibit**

**Wednesday, September 25, 1:00 - 3:00**

A walk-through gallery featuring beautiful photography of lightning and art. Come and enjoy this very impressive work by a local photographer.

### **Scrabble**

**Monday, Wednesday & Friday, 10:15**

Join this fun-loving group for a game of Scrabble. Words make the world go round.

### **Morning Exercise**

**Mondays, Wednesdays & Fridays, 9:15 - 10:00**

Enjoy low-impact exercise that will improve your range of motion and overall health.

### **Low-Impact Aerobics**

**Mondays & Thursdays, 1:00 - 2:00**

Enjoy the benefits of working out

### **Chess**

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

Join this calm and relaxing group of thinkers to play the exciting game of Chess. Beginners welcomed. Guided instruction available.

### **Sojourn Bears**

**Tuesdays and Wednesdays, 12:30 - 3:00**

Join a group of folks looking to make a difference in the lives of patients with cancer by creating one-of-a-kind bears that are delivered to local hospitals to brighten the day of someone special. No sewing experience is needed.

### **Cornhole League**

**Tuesdays, 1:00 - 2:00**

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

### **Woodshop - Suggested Contribution: \$25/month**

**Wednesday - 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.

### **Woodcarvers & Burners**

**Wednesdays, 9:00 - 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.

### **Railroad Club**

**Wednesdays & Thursdays, 1:00**

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

### **Gentle Yoga**

**Wednesdays, 2:00**

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



# Wilson Park Senior Center

**Tap Dance - Suggested Contribution: \$40**  
**Thursdays, Advanced - 9:00: Intermediate - 9:45;**  
**Beginners - 10:30**  
 Tap your way to fitness and fun! Three sessions of continuing tap instruction are available.

**Open Art Therapy 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. Supplies are provided for guided projects.

**Recorder Ensemble**  
**Thursdays, 1:00**  
 Now accepting new members of all experience levels. There are loaner instruments available as you learn.

**Guitar Lesson**  
**Thursday, 1:00**  
 Bring your guitar and join in on the fun. It's never too late to learn something new. All levels welcomed.

**Ukulele**  
**Thursdays, 1:30 - 2:30**  
 Bring your ukulele, sing along or just listen to the relaxing sounds of this fun Hawaiian instrument.

**Mahjong**  
**Fridays, 9:00**  
 Come enjoy this popular tile game while sharing friendly conversations with others.

**Guitar Jam**  
**Fridays, 9:30 - 12:00**  
 Jam with folks who love to play guitar. All levels are welcome to join the fun.

**Bridge**  
**Fridays, 12:00 - 3:00**  
 The Bridge group meets to share in their love of the game, conversation and more. If you are an avid Bridge player looking to play, please join us.

**Movies & Popcorn**  
**Fridays, 1:00**  
 Enjoy a movie and popcorn with good company.  
**September 6 - Mrs. Harris Goes to Paris**  
**September 13 - Lovely Still**  
**September 20 - Roman Holiday**  
**September 27 - The Man Who Knew too Much**

**Calling All Plant Lovers!** Wilson is looking for plant enthusiasts willing to assist in the upkeep, watering and care of the plants for the enjoyment of all. No experience necessary. Stop by the office for more information.

<p><b>Monday</b>                      8:45 Ceramic Studio *                      9:00 Hot/Fused Glass *                      9:00 Quilting *                      9:15 Morning Exercise                      10:15 Scrabble                      10:30 Intermediate Line Dancing *                      11:00 Open Sew *                      12:00 Sheepshead                      1:00 Low Impact Aerobics                      1:30 Big Band Dance (2nd)</p>	<p><b>Tuesday</b>                      9:00 Paper Crafting *                      9:00 Stained Glass Studio *                      9:00 Open Sew *                      9:00 Chess                      10:00 Garden Club (2nd/4th)                      11:00 Coin &amp; Stamp (3rd)                      11:30 Guided Art Studio *                      12:30 Sojourn Bear Group                      1:00 Cornhole                      1:00 Bingo (2nd)</p>	<p><b>Wednesday</b>                      8:45 Ceramic Studio *                      9:00 Wood Carving &amp; Burning                      9:00 Hot/Fused Glass *                      9:15 Morning Exercise                      10:00 Advisory Meeting (3rd)                      10:00 Book Club (Last of month)                      10:00 Knit &amp; Crochet                      10:15 Bible Study                      10:15 Scrabble                      10:30 Hot/Fused Glass *                      12:00 Open Sew *                      12:00 Sheepshead                      12:30 Sojourn Bear Group                      1:00 Model Railroad                      1:00 Fused Glass *                      2:00 Gentle Yoga</p>
<p><b>Thursday</b>                      9:00 Weaving *                      9:00 Adv. Beg. Tap Dance *                      9:00 Plastic Canvas                      9:00 Stained Glass *                      9:45 Int./Adv./ Tap Dance *                      10:30 Beg. Tap Dance *                      11:30 Guided Art Studio                      12:00 Guitar Lessons                      1:00 Low Impact Aerobics                      1:00 Model Railroad                      1:00 Recorder Ensemble                      1:30 Ukulele</p>	<p><b>Friday</b>                      8:45 Ceramic Studio *                      9:00 Weaving *                      9:00 Mahjong                      9:00 Open Glass Studio *                      9:00 Quilting *                      9:00 Guitar Jam Session                      9:15 Morning Exercise                      10:15 Scrabble                      12:30 Bridge                      1:00 Movie &amp; Popcorn</p>	<p><b>Daily</b>                      8:30 Fitness Center, Billiards, Library, Computer Lab, Walking Group                      9:00-3:00 Wood Shop *                      10:00-2:00 ReGift Shop                      11:00-12:00 Lunch                      * Has a suggested contribution/pre-registration required                      (Classes have a start and end time)</p>

# SAVE THE DATE

Thursday, November 14  
5:30 - 8:30 pm

The Gage  
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Please join us on Thursday, November 14 at The Gage for our fundraising event, Sips for Seniors! There will be appetizers, cocktails, music by Howl2Go's Dueling Pianos, and tons of fun!

Tickets will be available to buy online. Follow us for more updates as we get closer to the event date. We hope to see you there!



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Serving Older Adults of SE Wisconsin, Milwaukee, WI.

D 4C 01-2067

## Living life to the fullest is important at any age.



*Healthy, Active and Independent*

**Milwaukee County Aging & Disabilities Services** provides a single point of access to services for older adults and individuals with disabilities. We offer a wide range of programs and services to meet the diverse needs of our community including: Long Term Care, Dementia Care, Meals on Wheels, Adult Protective Services, Information & Assistance, Benefits Specialists, Senior Centers, Wellness Programs, Senior Dining, Transportation and more.

**Call the ADRC at (414) 289-6874 to learn more.**



1220 West Vliet Street, Suite 300 | Milwaukee, WI 53205 | (414) 289-6874 | [county.milwaukee.gov/aging](http://county.milwaukee.gov/aging)

## September 23-27 is National Falls Prevention Week

Falls are one of the leading causes of injury among older adults, but the good news is that many falls can be prevented with the right knowledge and precautions. Falls Prevention Week is an opportunity to learn more about the risk factors that contribute to falls and the simple steps to take to reduce those risks.

Here are a few key tips for preventing falls:

- **Stay Active:** Regular exercise improves strength, balance, and coordination, all of which help to prevent falls. Activities such as walking, swimming, or tai chi can be particularly beneficial.
- **Manage Medications:** Some medications can cause dizziness or drowsiness, which may increase the risk of falling. It's important to review medications with a healthcare provider regularly.
- **Vision Checks:** Keeping up with regular eye exams is crucial, as poor vision can lead to missteps and falls.
- **Home Safety:** Simple adjustments at home, such as removing tripping hazards, installing grab bars in the bathroom, and ensuring adequate lighting, can make a big difference.
- **Footwear Matters:** Wearing shoes that fit well and have non-slip soles can provide better stability.

## 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, September 24, 10:30
Kelly	Wednesday, September 25, 1:00
McGovern Park	Thursday, September 19, 9:00
Washington Park	Tuesday, September 10, 10:00
Wilson Park	Wednesday, September 18, 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, Sep. 5, 11:00-12:30
Kelly	Thursday, Sep. 19, 12:30-1:30
McGovern Park	Thursday, Sep. 26, 12:00-1:00
Washington Park	Tuesday, Sep. 3, 9:30-10:30
Wilson Park	Tuesday, Sep. 17, 10:00-11:00

# Community Partners

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



ACLU  
Active Healthy Living  
Aetna  
Aggies Bakery  
Allay Home and Hospice  
Alzheimer's Association  
America Republic Insurance Service  
American Red Cross  
Aurora St. Luke's Southshore  
Autumn Leaves  
Badger Hospice  
Bread Smith  
Capri Community  
CarePatrol  
Caring Senior Services  
CHI Living  
Cornerstone  
Cudahy Family Library  
Cudahy Fire Department  
Cudahy Place Senior Living  
Cudahy School District  
Cudahy Health Department  
Einstein Bagels  
Empire Beauty School  
Groundcorp  
Groundworks MKE  
Harbour Village  
Hear Wisconsin  
Historic 41 Business Association

Howard Village  
Humana  
Hunger Task Force  
Hayat Pharmacy  
iCare  
Impower  
Islamic Da'Wah & Muslim Community Center  
Love Thy Neighbor  
Martin Drive Neighborhood Assoc.  
MATC  
Milwaukee County Sherriff Department  
Milwaukee County Parks  
Milwaukee Police Department  
Milwaukee Public Schools  
Milwaukee Steppers & Boppers  
Milwaukee Veterans and Homeless Initiative  
Milwaukee Women's Center  
Miracle Home Health of Wisconsin  
Molina Healthcare  
NAACP  
Neuropath Wellness  
Northside Side Community Development Cooperation  
Park People  
Pete's Supermarket  
Pick N Save/Metro Market  
Safe and Sound

Salvation Army  
Senior Helpers  
Sorenson  
Soul to the Polls  
Southeastern Wisconsin Deaf Senior Citizens  
St. Croix Hospice  
Syngery Homecare  
The Power of Change  
University of WI-Madison  
Urban Ecology Center  
VA  
Villa St. Francis  
Walgreens  
Westcare  
Wildcats-Lincoln Middle School  
Williamstown Bay  
Wilson Commons  
Wisconsin Health Literacy  
Wisconsin Institute on Aging  
Wisconsin Parkinson Association  
YMCA Milwaukee

# Thank you to our many partners!

We wish to thank all of our partners. Without your support we would not be able to provide vital programs and services to older adults in our community. This list represents all who donated from August 2023 - July 2024. We made every attempt to recognize all donors. If your name was missed, please contact us at [Development@servingolderadults.org](mailto:Development@servingolderadults.org).

## \$50,000 - \$99,999

Otto Bremer Trust

## \$10,000 - \$49,999

General Mills  
Patrick & Anna M. Cudahy Fund  
Direct Supply  
Milwaukee Parks Foundation  
RRF Foundation for Aging  
James Sheridan  
Spectrum

## \$5,000 - \$9,999

John and Janice Gardetto  
Anderson Commercial Group  
Anthem Blue Cross and Blue Shield  
AARP Senior Planet  
The Catholic Community Foundation  
Emory T. Clark Foundation  
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)  
Harvinder Ahuja  
Gigaflight Connectivity Inc.  
Heartland Properties, Inc.  
Jordan & Renee Luhr  
Mares Law Offices LLC  
James & Lisa Pekar  
Robertson Ryan & Associates  
Melissa Stauber  
Pieper Electric, Inc.

## \$1,000 - \$1,999

Anonymous (3)  
Dia y Noche  
WE Energies Foundation  
HOPE Study  
Greater Milwaukee Foundation  
Bridgette & Kevin Frommell  
LSS Connections  
David and Debbie Gettelman  
Target Corporation

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

Preston Alvadj  
Alzheimer's Association of Wisconsin  
CMG Life, Annuity & Health Insurance Solutions  
Operose Advisors  
Point After Pub & Grille

## \$500 - \$999

Anonymous (3)  
Borgman Capital  
Raymond Berg  
Patricia Buente  
CaptionCall by Sorenson  
Dorene Drumel  
Lawrence Taylor & Michele Taylor Evans  
Greg & Jill Gardetto  
James & Cheryl Hempel  
Humana  
Diane Jandron  
John C. Lapinski  
Mechele Lewis - SimpliCare Insurance  
Jaime J. Maliszewski  
Master Printwear  
Roy & Lynn Meythaler  
Plennes Construction  
Robertson Ryan Insurance  
Max A. Sass & Sons Funeral Service  
Cory Savage  
Dan Shaykevich State Farm Insurance  
Cindy Sheridan  
Suburban Asphalt  
Talem Home Care & Placement Services  
Team Hoffman RE/Max  
Uzelac Industries Inc.  
Wild Marketing Group  
Michael Tillman  
Sherry Kulhanek  
Dennis Lech  
Charles Woodward & Katherine Hannah

## \$250 - \$499

Anonymous (4)  
American Republic Insurance Services  
Annie Anderson  
Ascension Living Alexian Village Milwaukee  
Ascension Living St. Francis Place

## \$250 - \$499 (continued)

AZH Management, LLC  
Elizabeth Baren  
Board of Aging & Long Term Care  
Frank Brindza  
Marsha & Paul Bukofzer  
Castle Hospice  
Lynn Crawford  
Jo Cross  
Lynn Crawford & Tim Willmes  
Cudahy Lions Club  
Eras Senior Network  
Patricia Garrity & John Misorski  
Nita Farrow  
First Lutheran Church of West Allis  
Constance Crooks  
Lynn Crawford  
Don & Chris Gardner  
Greater Wisconsin Agency on Aging Resources  
Ronald & Betty Hayes  
Walter & Katie McCoy  
Jo Cross  
Howard Village Senior Living  
Del Januchowski  
Kendall Kelly  
Carol & Brian Kellogg  
Jeanne Kennedy  
Sharon Lewek  
Love Thy Neighbor Foundation  
Jerry & Mary Ellen Mikulay  
Pointer Financial Group  
Michael R. Prudhom  
Mike & Sally Radka  
Charlie Rush  
Andrew Stark State Farm  
Althea Stover  
Tim & Katie Moersfelder  
Yvonne Thomas  
Villa St. Francis  
Wilson Commons  
Tom & Cathy Wood



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

Anonymous (1)  
Mindy & Steve Anderson  
Marsha & Paul Bukofzer  
Pat Ehlert  
Eva Eiseman  
Mary Colleen Grundy

Bridgette & Kevin Frommell  
John & Janice Gardetto  
Stephanie Mares  
Rachel Ritchhart  
Barbara Toles  
Roxann Tolliver

Tom & Cathy Wood  
Charles Woodward & Katherine Hannah

### What is a GEM?

A GEM is a member of a dedicated community who are devoted to providing programming and services for older adults in our community. By making a monthly gift to Serving Older Adults you will make a real difference!

### How do I become a GEM?

You can set up a recurring donation by visiting our website, [servingolderadults.org/donate](http://servingolderadults.org/donate), and selecting "Donation - Recurring" under Donation Type. Your credit card will be charged on the same date every month as the original charge.

You can also send a check or set up a recurring bill payment on your bank account and have your bank send payment to:

Serving Older Adults, Attn: Development  
4420 W Vliet St, Milwaukee, WI 53208

Your payment can be changed or stopped at any time by contacting [development@servingolderadults.org](mailto:development@servingolderadults.org).

## Partners to \$249

Anonymous (29)  
 Ted & Mariane  
 Allen Sr.  
 Sharon Anderson  
 Linda E. Stueven  
 Mary Ard  
 Jean Badura  
 Mary Ann Bagemehl  
 Anne Balistreri  
 Linda Barikmo  
 Christine I Beck  
 Janice L Behnke  
 Bonita Biba  
 Gary Bird  
 Douglas Blackwell  
 Carolyn Blackwood  
 Sue Blaustein  
 Joan Blaustein  
 Mirian Boyd Organ  
 Vanessa Brice  
 Tom & Cheri Briscoe  
 Pharis Brooks  
 Katie Brown  
 Carolyn Brown  
 Shirley Browne  
 Pat and Frank Bruce  
 Chris Buckley  
 Laurie Burns  
 Barbara Cameron  
 Alton Campbell  
 Marie Campos  
 Tim Carpenter  
 Sheila Carter  
 Wendy Cetera  
 Diane Chilinski  
 Jason Christ  
 Gaye Clark  
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 Cynthia Coleman  
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 Ricky  
 Patricia Cronce  
 John Crowley  
 Jerry & Arlene Davey  
 Jaquelyn Tolbert  
 Jeff and Laura Dawson  
 Linda Demarias  
 Anton & Sonja Devcic  
 Linda & Patrick Devitt  
 Nancy & Joseph Di  
 Giacinto  
 Dennis Dillon  
 Friday Bridge  
 Shannon Downie  
 Kandy and Krista  
 Pat Ehlert  
 Eva Eiseman  
 Dianne Ertel  
 Anne Fagan  
 George Felder  
 Frank Filardi  
 Eplatinum Health  
 Sharron Fitak  
 Vera F Ford  
 Mary Ann Fortin  
 Mark & Kellie Foster  
 Charlie  
 Lewis Franklin  
 Rosemarie Fridrick

George Frison  
 Jacqueline Fryer  
 Richard & Joan Gaeth  
 Pamela Galasinski  
 Ruth Gaura  
 Sylvia Gear  
 Jim Glembin  
 Marsha Godfrey  
 Dick Goldberg  
 Dan Goodmann  
 Perry Griffin Jr.  
 JBG  
 Michael Gronitz  
 Linda Groth  
 Raymie & Bee  
 Grundhoefer  
 Colleen Grundy  
 Belle Guild  
 Rita Gutowski  
 Lois Haase  
 William J. Hable  
 Thomas Haliburton  
 Minnie Harmon  
 Hannah Harris  
 Steven & Nancy  
 Harwood  
 Hear Wisconsin  
 Linda Heintz  
 Diane Hellrung  
 Steve Henry  
 Lenore Hernandez  
 Richard & Linda Hintz  
 Doris Hopkins-Brown  
 Dennis Horrigan  
 Ms. Shirley  
 Dennis & Cindy  
 Horzewski  
 Maureen Hurley  
 Janet Ibitoye  
 Lazarus Jackson  
 Julie Jacobson  
 Thomas Janczak  
 Rick Janowski  
 Audrey Jansen  
 Lue Jemison-Spivey  
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 Barbara Johnson  
 Verna Johnson  
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 Lola Jones  
 Cindy Juds  
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 Koronkowski  
 Edward & Kathaleen  
 Kosanke  
 Lucille Kozelek  
 Kathryn Krieg  
 Cynthia Kroll

Edward Krueger &  
 Carla Staab  
 Carl Lacy  
 Alexander & Sharon  
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 Roberta Larson  
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 Deborah Lewis  
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 Renate Liedtke  
 Maxine Lijewski  
 Johnny & Jackie Lipsey  
 Jill Littlefield  
 Carol Loomis  
 Patrick & Jennifer  
 Lopeman  
 Cleo Jones & Alice  
 Love  
 Linda Lucas  
 Lolita Lukach  
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 Majchrzak  
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 Rick Nelson  
 Stephanie Netzel  
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 Mary Ann Panevska  
 Scott and Kristen  
 Parks  
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 Tyrone Pennington  
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 Peterson  
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 John Podsedly  
 Veretta Porter  
 Ron Portz  
 Christine Prevetti  
 Jan Pritzl & Karen  
 A'Rowan  
 Stephen & Susan  
 Ragatz  
 Isabel Ray  
 Helen Reed  
 Jean Rehse  
 Inez Rembert  
 Carol Renier  
 Shirley E. Reynolds  
 Lorie Rieden  
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 Michele Rinka  
 Rachel Ritchhart  
 Thelma Roberson  
 Cordelia Robinson  
 Florine Robinson  
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 William Roepke  
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 Rose Hill Missionary  
 Baptist Church, Inc.  
 William T. Rossi  
 Judith A Roth  
 Lizzie Roundtree  
 Jo Ann Rucker  
 Michael & Janette  
 Rupinski  
 Ray Rutherford  
 Ron Sager  
 Caroline & Robert  
 Sanderson  
 TOPS Group 1166  
 Kathy & John Schauer  
 Stuart & Gayle Schenk  
 Ron & Renee Scherr  
 Valanee Schmitz  
 Sharon Schneck  
 Jim & Barb Schroeder  
 Mary Ann Schroedl  
 Brad & Amy Schultz  
 Larry & Darlene  
 Schwartz  
 Carol Scott  
 Jerro Scott  
 Bruce Seiden  
 Barbara Semons  
 Marge Senger  
 Mary Jane Sericati  
 Dorothy Severson  
 Willie Seward-Fowlkes  
 Adele Shaw  
 Dan and Jill Sheridan  
 Tanya Sheriff  
 Jacquelyn Sierlecki  
 Zelma Simmons  
 Ralph Sims  
 Nancy & Theodore  
 Sipowicz  
 Louis & Henrietta  
 Smith  
 Paulette Smith  
 Jeff Smith  
 Marie Sobiech

Barbara Sottile  
 Lee Sprengel  
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 Marianne Staszak  
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 Alice Stokes  
 Janet M. Strom  
 Patricia Suchla  
 Chuck & Nikki Sunn  
 Family of Chuck Sunn  
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 Margaret Murphy  
 Mary Tetzlaff  
 Dorothea Thesfeld  
 Barbara Thierfelder  
 Ed & Judy Thomas  
 Angela Thomas  
 Ann Thompson  
 Shirley Tiedjen  
 Margaret Todd  
 Barbara Toles  
 Roxann Tolliver  
 TOPS 0033  
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 Natalie Traylor  
 Rick and Agatha Tsao  
 Mary Tschannen  
 Christopher Turek  
 Harold Turner  
 Richard & Jocelyn  
 Turner  
 Sandra Underwood  
 Andrea Urbaniak  
 Jose Valdehuesa  
 Vernestine Varnado  
 Alice Voith  
 Warren Walifeild  
 CW  
 David J. Wardynski  
 Georgette Watkins  
 Robert Watson  
 Gloria Webster  
 Andrew E. White  
 Iona Whittley  
 Pat and Marty Wilke  
 David Wilkerson  
 John Williams  
 Johnnie Williams  
 Jerry & Mary  
 Williquette  
 Larry Windhom  
 Judith & Winton Wood  
 Pert  
 Mary W.  
 Pearlle Wright-Allen  
 Tina Zaffiro  
 Dawn Zakian  
 Sue Zwolinski



## DONATION FORM

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

***Please use my donation at:***

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

### MY DONATION:

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

### \*What is a GEM (Give Every Month)?

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Full Name: \_\_\_\_\_

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

Street Address \_\_\_\_\_

City, State, Zip Code \_\_\_\_\_

Email Address \_\_\_\_\_

I/We wish to remain anonymous

Donation  in honor of  in memory of

\_\_\_\_\_

### Payment Method

One time donation  Monthly

Cash \_\_\_\_\_ Check # \_\_\_\_\_  
(Please Make Check Payable to SOA)

Credit Card Number: \_\_\_\_\_

Exp. Date \_\_\_\_\_ CVV# \_\_\_\_\_

Signature \_\_\_\_\_

Telephone: \_\_\_\_\_

Please charge my credit card for my one-time donation of \$ \_\_\_\_\_

Please charge my card \$ \_\_\_\_\_

Per: Month Quarter \_\_\_\_\_ Number of Times

For a Total Donation of \$ \_\_\_\_\_



## ***Let's age well together!***

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

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

SOA Partnership Program  
4420 W Vliet St  
Milwaukee WI, 53208

*See our Partnership pages for a complete list of partners.*

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

thank  
you!

FOR OFFICE USE ONLY

Date Received: \_\_\_\_/\_\_\_\_/\_\_\_\_ Receipt# \_\_\_\_\_

Location: \_\_\_\_\_ Init: \_\_\_\_\_