

SERVING OLDER ADULTS OF SOUTHEAST WISCONSIN, INC.

October 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. 9:00 - 2:00

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

All Senior Center Dining Sites are closed for mandatory staff training on Friday, October 25. The Senior Centers will still be open for activities.

HOURS

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

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Aging Well

TOGETHER

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

SERVING OLDER ADULTS ADMINISTRATION

President/CEO *Cathy Wood*
Controller *Antresia Smith*
Director of Programs *Shannon Downie*
Director of Development & Marketing *Regis Welsh*
Human Resources Manager *Angel Schroeder*
Director of Tech Connect *Susan Wetrich*

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

WILSON PARK SENIOR CENTER

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

Highlighted Events

CLINTON & BERNICE ROSE SENIOR CENTER

Breast Cancer Awareness

Presented by Breast Cancer Circle

Wednesday, October 2, 12:00 - 1:00

Learn the importance of taking care of your breast health. This program aspires to supplement the financial needs of cancer patients and survivors.

Fall Rummage Sale, Concession Sale & Car Wash Thursday, October 10, 9:00 - 1:00

Clinton Rose is hosting our Annual Fall Rummage Sale. Come and enjoy great deals, delicious food for sale, or pay to get your car washed. If you are interested in being a vendor, the cost is \$25 for an 8 ft table. Call the center for more details: 414-263-2255.

KELLY SENIOR CENTER

Women's Club: Eye Health as We Age

Presented by Vision Forward

Monday, October 21, 1:30

How does vision change as we age? What resources are available? All are welcome, not only women.

Registration recommended.

Painting 'Kindness Rocks' Thursday, October 24, 9:30

Join K4 students from Cudahy School District in decorating and distributing 'kindness rocks.'

Registration recommended.

MCGOVERN PARK SENIOR CENTER

Aging Together

Presented by UWM Facilitator Tanya Sheriff

Monday, October 14, 21 & 28, 1:30 - 3:30

This is a peer support program for adults 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. **Registration required.**

Hoedown Western Party - Suggested Contribution: \$2 Friday, October 25, 1:00

Join us for our Hoedown Throwdown party. There will be music, line dancing, food, and lots of fun. Please dress for the occasion. See y'all at the hoedown!

WASHINGTON PARK SENIOR CENTER

Junk Journaling - Suggested Contribution: \$10 Monday, October 7, 14, 21 & 28, 10:00 - 11:30

Heddy Keith of Leadership of Afrikan Women's Wellness organization will have a Junk Journal Workshop. Items made with art supplies and things you have around the house. Come and join us for a fun time.

Jack Roper Photographer Thursday, October 24, 10:30 - 11:30

Jack will be combining beautiful nature photography and lightning together in a walk-through gallery exhibit. You won't want to miss it.

WILSON PARK SENIOR CENTER

Annual Fall Rummage Sale Saturday, October 12

A fun time to be had for all. Tables for vendors available now for twenty-five dollars.

HEALTH & WELLNESS

Washington Park:

Talk with a Doc - Sexual Health Friday, October 11, 10:00 - 11:00

Join Mount Sinai Doctoral resident, Zee Chattwa, in a talk about sexual health and sexual health resources. Time will be available for questions and answers.

Talk with a Doc - Polypharmacy Friday, October 25, 10:00 - 11:00

Join Mount Sinai doctoral resident Zee Chattwa as he goes in depth on the dangers of having multiple prescriptions from multiple doctors and how you can be safer with your prescriptions. Time will be available for questions and answers.

Please join us for our 4th Annual Art of Aging Resource Fairs!

Wednesday, October 9, 10:00 - 1:00
Wilson Park Senior Center

Wednesday, October 16, 10:00 - 1:00
Washington Park Senior Center



THURSDAY,
NOVEMBER 14
5:30 - 8:30 pm

THE GAGE
1139 SOUTH 70TH STREET
MILWAUKEE, WI 53214

TO SUPPORT PROGRAMMING AND SERVICES FOR OLDER ADULTS



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Alex Nicholas

anicholas@lpicommunities.com
(800) 950-9952 x2538

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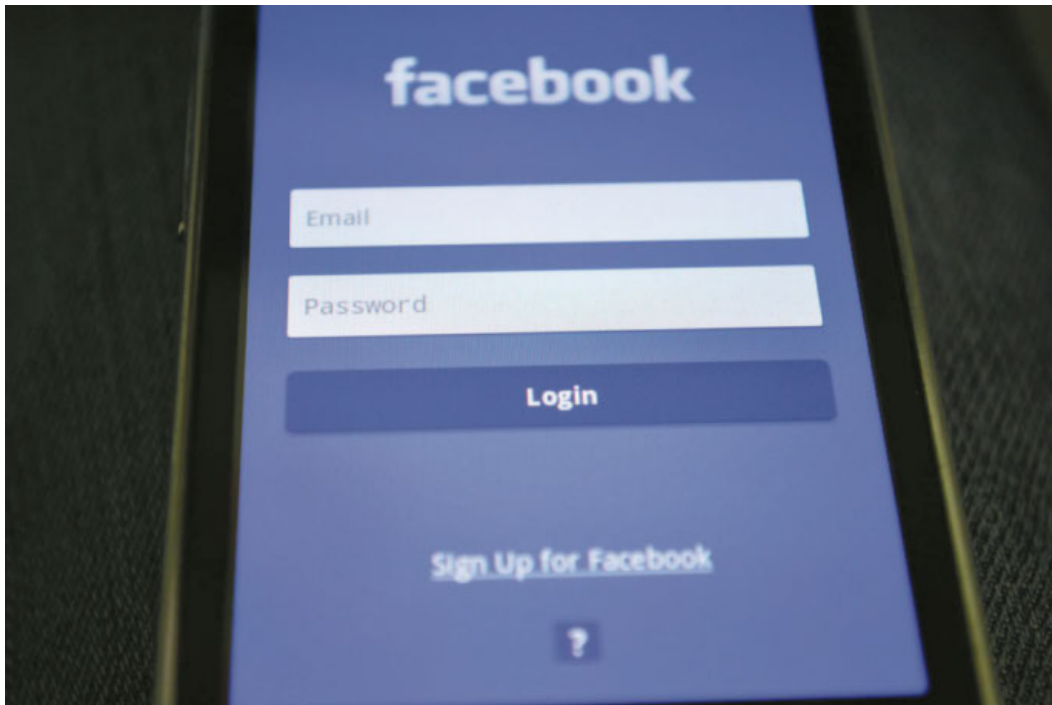


Scan to contact us!

Visit lpicommunities.com

Tech Connect for Older Adults

A Program of Serving Older Adults



Digital Legacy at a Glance

Will your digital content and social media pages live on forever? Come learn about your digital legacy options.

McGovern Park Senior Center - Tuesday, October 8, 1:00 - 2:30

Washington Park Senior Center - Wednesday, October 9, 12:30 - 2:00

Wilson Park Senior Center - Monday, October 14, 1:00 - 2:30

Clinton Rose Senior Center - Tuesday, October 15, 12:00 - 1:30

Kelly Senior Center - Monday, October 28, 2:30 - 4:00

Attend a BYOD session or class during the month of October and be entered into a drawing to win a gently-used Android tablet!

**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

What's Happening at WestCare?

Presented by WestCare

Tuesday, October 1, 12:00 - 1:00

Learn about the programs and services offered at WestCare.

Breast Cancer Awareness

Presented by Breast Cancer Circle

Wednesday, October 2, 12:00 - 1:00

Learn the importance of taking care of your breast health. This program aspires to supplement the financial needs of cancer patients and survivors.

ADS Outreach

Thursday, October 3, 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, October 4, 9:00 - 11:00

Come watch a movie then enjoy having fun discussions afterwards. Popcorn available for purchase.

Eras Take Over Week

Monday, October 7, 9:00-10:00 – Breakfast with Eras Senior Network

Tuesday, October 8, 9:00-10:00 – Muffin Sweets for the participants. First come, first serve

Wednesday, October 9, 9:00-10:00 – 90s Dance Party. Wear your 90s gear and get ready to party the afternoon away.

Thursday, October 10, 12:00-2:00 – Chat with Bader. (Bader provides a delicious lunch. Drive to the location or ride with Eras Senior Network) Bader Philanthropies, Inc 3300 N Doctor M.L.K. Jr Dr.

Friday, October 11, 12:00-1:00 – Movie Friday

Level Up Zumba/Yoga

Presented by Andron Lane and Connie Calderon

Mondays, October 7, 14, 21 & 28, 12:00 - 1:00

Do you enjoy Zumba and Yoga? Well, enjoy an alternate schedule of Zumba and Yoga every Monday in the month of October. No experience required. If you attend the majority of the classes you can earn a prize.

Monday, October 7 — Yoga

Monday, October 14 — Zumba

Monday, October 21 — Yoga

Monday, October 28 — Zumba

Pickling Tasty Pickles with Katie B. -

Suggested Contribution \$5

Led by Katie Brown

Tuesday, October 8, 12:00 - 1:00

Learn how to make tasty pickles infusing your favorite herbs, garlic, onions, peppercorns, etc. This activity is first come, first serve and you will receive your own jar of pickles to take home. **Pre-registration is required.**

Home Repair

Presented by Green Homeowners United

Wednesday, October 9, 12:00 - 1:00

Are your energy bills too high? Is your home uncomfortable in extreme hot or cold weather? You may need of better insulation and air sealing. Join this presentation to learn more.

Fall Rummage Sale, Concession Sale, and Car Wash

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

Clinton Rose is hosting our Annual Fall Rummage Sale. Come and enjoy great deals, delicious food for sale, or pay to get your car washed. If you are interested in being a vendor, the cost is \$25 for an 8 ft table. Call the center for more details at 414-263-2255.

"Sweet Talk"

Presented by Arty's Sweet Talk Cupcakes

Tuesday, October 15, 12:00 - 1:00

Arty's Sweet Talk Cupcakes is a local cupcake boutique. They put love into every creation that comes out of their kitchen and cater to those who are vegan, gluten-free, diabetic or looking for a sweet treat.

Digital Legacy at a Glance

Tuesday, October 15, 12:00 - 1:30

Will your digital content and social media pages live on forever? Come learn about your digital legacy options.

Registration required.

Cooking Demonstration w/Chef Marvin -

"The Unsalted Chef"

Presented by HEAL (Healthy Eating Active Living)

Thursday, October 17, 10:30 - 11:30

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

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.**

The Sankofa Drum Circle

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

Monday, October 21, 10:30 - 11:00

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

Advisory Committee Meeting

Tuesday, October 22, 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.

Clinton & Bernice Rose Senior Center

A Guide to Safe Sex Presentation - Senior Edition

Presented by Dr. Sandra Underwood

Tuesday, October 22, 12:00 - 1:00

This workshop will provide sex education awareness for seniors. Sorry gentlemen, this class is only for the ladies.

Gurnee Mills or American Place Casino -

Suggested Contribution: \$40

Hosted by The Travel Committee

Wednesday, October 23, 9:00 - 5:00

Enjoy loads of shopping, see a movie, enjoy the arcade or great food at Gurnee Mills. If you are feeling lucky, try your hand at the slots at American Place Casino. This trip will consist of 2 options. Option 1 - shop to drop at Gurnee Mills or Option 2 - hang out at the casino. **Deadline to sign up is October 13.**

Memories in the Making

Sponsored by The Alzheimer's Association

Thursday, October 24, 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.**

Kahuna Volunteers

Presented by Milwaukee Recreation Center

Thursday, October 24, 12:00 - 1:00

Milwaukee Recreation Center will be onsite recruiting caring and energetic volunteers.

Clinical Mammograms

Presented by Nurses Affecting Change

Tuesday, October 29, 12:00 - 1:00

In honor of National Breast Cancer Awareness month, come do a clinical exam and bring any concerns you may have about breast health.

Harvest Scavenger Hunt

Thursday, October 31, 10:00 - 11:00

Looking for a boo-tiful fun time? Join the spooky scavenger hunt to search for delicious treats. If you find the ghost hiding, turn it into the office to receive a special prize. Wear your favorite costume and join in the fun.

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

The Junk Journal Workshop is a creative and therapeutic experience 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.

<p>Monday 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 Mon.)</p>	<p>Tuesday 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 & Worship</p>	<p>Wednesday 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>Thursday 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* Travel Committee Meeting (3rd Thur.) 12:30-4:30 Miss Daisy's Group* 1:00-4:00 Bid Whist</p>	<p>Friday 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 Fri.) 9:00-11:00 Open Art Therapy Workshops 12:00-1:00 Walk Easier 12:00-1:00 Bingo</p>	<p>Daily 8:30-3:30 Fitness Center 8:30-4:30 Speak Your Mind 8:30-3:30 Billiards Area (includes pool games, cards, chess, checkers & dominoes) 8:30-3:30 Library Area 8:30-3:30 Computer Lab 10:00-2:00 Miss Deborah's Gift Shop <i>Check out the October promotions and sales in gift shop.</i></p>

Kelly Senior Center

FoodShare Consultations

Tuesday, October 1, 11:00 - 12:00

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

Memories in the Making

Presented by the Alzheimer's Association

Tuesday, October 1, 12:00

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

Caramel Apple Social

Sponsored by Sinceri Senior Living

Tuesday, October 1, 2:00

Enjoy caramel apples and good company. **Registration recommended.**

Bingo

Sponsored by Capri Community

Wednesday, October 2, 1:00

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

Papercrafting

Friday, October 4, 1:30

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

ADRC Consultations

Presented by Aging and Disability Resource Center

Monday, October 7, 10:00 - 1:00

Stop in to meet with staff from the ADRC to get questions answered.

National Octopus Day

Monday, October 7, 1:00

Did you know that the octopus can solve simple puzzles and open doors? View some amazing documentaries about the octopus!

Acoustic Music Meetup

Tuesday, October 8 & 22, 10:30

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

Card Making Class

Tuesday, October 8, 11:00

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

Awakening the Sage Within

Tuesdays, October 8 - November 19, 2:00 - 3:30

Sage-ing is a model for engaging the elder years more deliberately, joyfully, and compassionately. Sage-ing can help us to find personal fulfillment and to discover how we can contribute to a better world for all generations. This is a 7-week class. **Registration required.**

Chris Messer

Monday, October 14, 1:00

Enjoy an acoustic guitar concert from local musician Chris Messer. Oldies and more! **Registration recommended.**

Bingo

Sponsored by Moments Hospice

Tuesday, October 15, 1:00

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

AARP Defensive Driving -

Suggested Contribution: \$25

Wednesday, October 16, 10:00 - 2:30

Learn about safer driving through AARP. **Registration required.**

Cooking Demo: Tuscan Turkey Soup

Wednesday, October 16, 1:30 - 2:30

Learn how to make Tuscan turkey soup and try a sample! **Registration required.**

Memory Cafe: Seated 'Zumba'

Wednesday, October 16, 2:30

Memory Cafes are safe spaces for adults experiencing memory loss and their loved ones to connect and socialize. This month, try a seated exercise dance.

Registration required.

Toenail Trimmers, LLC

Presented by Toenail Trimmers, LLC

Thursday, October 17

Toenail trimming services will be available. Call for appointment.

Women's Club: Eye Health as We Age

Presented by Vision Forward

Monday, October 21, 1:30

How does vision change as we age? What resources are available? All are welcome, not only women.

Registration recommended.

Garden Club

Tuesday, October 22, 1:00

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

Advisory Meeting

Wednesday, October 23, 1:00

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

Painting 'Kindness Rocks'

Thursday, October 24, 9:30

Join K4 students from Cudahy School District in decorating and distributing 'kindness rocks.' **Registration recommended.**

Dementia Advanced Planning

Presented by Milwaukee County DCS

Thursday, October 24, 10:00 - 11:00

Learn about how advanced planning can make dealing with dementia just a little easier.

Board Games

Friday, October 25, 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.

Kelly Senior Center

Halloween Bingo Party

Sponsored by Harbour Village

Wednesday, October 30, 2:00

Join us for Clue-themed Bingo and a costume contest!

Registration recommended.

Morning Exercise

Mondays & Fridays, 8:45 - 10:00

Come join us as we start the morning with a mix of balance, strength, and flexibility, followed by low impact cardio. Monday exercises are mostly seated, while Friday we get on our feet.

Art Exploration

Presented by Bloom Art and Integrated Therapies

Mondays, 10:30 - 12:30

Curious about art? Drop by and let the facilitators lead you in a project, or simply explore the available art materials on your own.

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 (October - December)

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 (October - December)

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. **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.

Cardio Drumming -

Suggested Contribution: \$10/month

Thursdays, 12:30 - 1:00

This exercise class incorporates drumming to make getting fit, fun! **Waitlist only.**

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>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 1:00 Sheepshead</p>	<p>Tuesday 8:30 Morning Fitness 8:30 Tech Connect 9:00 Ceramics 9:00 Quilting 10:00 Chair Yoga 1:00 Sheepshead</p>	<p>Wednesday 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>Thursday 8:30 Morning Fitness 9:00 Ceramics 9:00 Knit & Crochet 9:30 Fitness Ctr. Orientation 10:00 Sheepshead 12:30 Cardio Drumming 12:30 Yahtzee Club 1:00 Quilting 1:00 Tech Help 1:30 Chair Yoga</p>	<p>Friday 8:45 Morning Exercise 9:30 Bridge 10:00 ASAHI</p>	<p>Daily 8:30-10:30 Social Club 8:30-4:30 Billiards 8:30-4:30 Computer Lab 8:30-4:30 Fitness Center 8:30-4:30 Library 8:30-4:30 Tabletop Games 11:00-11:30 Lunch</p>

McGovern Park Senior Center

Cardio Drumming

Suggested Contribution: \$10/month

Tuesday, October 1, 8, 15 & 22, 11:00

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

Healthy Eating Active Living

Presented by Chef Marvin

Thursday, October 3, 12:00

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

ADS Resource Table

Friday, October 4, 9:00 - 12:00

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

Karaoke Party

Presented by SimpliCare Insurance LLC

Friday, October 4, 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.

Canning Workshop –

Suggested Contribution: \$5

Presented by Maxwell Farms

Friday, October 4, 11, 18, 25, 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 Screening

Presented by Milwaukee Career College

Monday, October 7 & 21, 10:00

High blood pressure threatens your health and quality of life. In most cases damage from high blood pressure (also known as hypertension) happens over time. It is important to have your pressure checked on a regular basis.

Nutrition Classes

Presented by Hunger Task Force

Tuesday October 8 & 22, 10:00

In this class you will learn the importance of how to read food labels.

Digital Legacy at a Glance

Tuesday, October 8, 1:00 - 2:30

Will your digital content and social media pages live on forever? Come learn about your digital legacy options.

Registration required.

Alexian Village

Presented by Chaka Crawford

Wednesday, October 9, 10:00

In this presentation you will learn about assistant living and the amenities it has to offer.

Aging Together

Presented by UWM facilitator Tanya Sheriff

Monday, October 14, 21 & 28, 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.

Registration required.

Bingo

Sponsored by Senior Helpers

Tuesday, October 15, 12:00

Join us for a fun afternoon of Bingo.

Advisory Meeting

Thursday, October 17, 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, October 17, 12:30

Book Title: Such a Fun Age

Author: Kiley Reid

You may purchase this book or check your local library.

Bingo

Sponsored by Eras

Thursday, October 17, 12:30

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

Medicare 101 class

Presented by iCare

Wednesday October 23, 12:30

In this class you will learn the basics of Medicare. Snacks will be available for all attendees.

Bingo

Presented by My Choice

Thursday, October 24, 12:00

Enjoy playing Bingo with your peers

Hoedown Western Party -

Suggested Contribution: \$2

Friday, October 25, 1:00

Join us for our Hoedown Throwdown party. There will be music, line dancing, food, and lots of fun. Please dress for the occasion. See y'all at the hoedown!

Resource Fair

McGovern Park Senior Center

Tuesday, October 29, 10:00 – 2:00

Come join us while we celebrate the fall season with our Resource Fair and Harvest Fest. We will have fun things for you to enjoy and lots of resource tables.

McGovern Park Senior Center

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.

Table Tennis

Monday - Friday

8:30 - 4:30

Table tennis is a way of getting good exercise. It can help increase hand and eye coordination.

TOPS

Taking Off Pounds Sensibly

Mondays 9:00 - 10:00

Taking off pounds sensibly can help you effectively shed those unwanted pounds. Best of all, you'll learn health options from supportive TOPS members.

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.

Dance For Fun and Fitness

Monday and Wednesday 10:00 - 11:00

And 11:30 - 12:30

Fridays, 10:00 - 11:00

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

Upper Body Exercise

Monday, Wednesday, and Friday

11:00 - 11:30

This is an upper body seated workout using hand weights.

Lapidary

Suggested Contribution: \$20

Tuesdays, 8:30 - 4:30

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

Metalsmithing

Tuesdays, 11:00 - 4:30

Metalsmithing uses wire and sheets of metal to create Jewelry.

Open Crafts and 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, and 4th Friday of the month

10:00 - 11:30

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

Bid Whist

Fridays, 1:00

Hang out with your peers in a friendly game.

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

Washington Park Senior Center

ADS Resource Table

Tuesday, October 1, 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, October 9, & 23, 9:30 - 10:30

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

Advisory Meeting

Tuesday, October 8, 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, October 10, 11:30 - 12:30

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

Travel Club: Urban Stables -

Suggested Contribution: \$10

Thursday, October 17, 9:30

Travel Club will be going to Holy Hill. Lunch will be available for purchase at The Sawmill.

Harold Kane WPSC Pool Tournament Practice

Coordinated by James Kimble

Wednesdays, October 2, 9, 16, 23 & 30, Nov. 6

Starting at 12:00

Tournament to follow on Wednesdays, November 13 - November 20. Starting 11:30-2:30.

Sankofa Drum Circle

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

Thursday, October 31, 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.

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, 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/month or \$3/class

Wednesdays, 9:45 - 10:15

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

Silver Steppers

Tuesdays & Thursdays, 10:00 - 11:00

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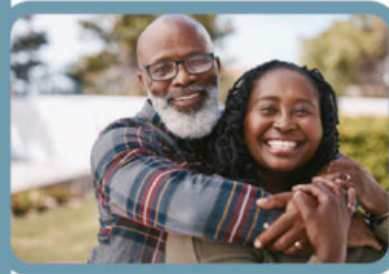
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Washington Park Senior Center

Guitar/Stringed Instruments

Tuesdays, 10:00 - 11:00

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

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 class lets you 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.

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 a game of tennis with our WSPC Tennis group.

Bingo

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

Play Bingo and win prizes!

<p>Monday 9:00-10:00 Yoga * 9:00-10:00 Billiards (lessons) 9:00-11:00 Knitting & Crochet 9:00-11:00 Open Sew 10:00-11:00 Chair Arthritis Exercise 10:30-11:30 Hand Weights</p>	<p>Tuesday 9:30-11:30 Art Therapy 10:00-1:00 Chess 10:00-11:00 Gospel Choir 10:00-11:00 Stringed Instruments/ Vocals 10:00-11:00 Silver Steppers 10:30-1:30 Scrapbooking 12:00-2:00 Game Day 1:30-2:30 Bid Whist</p>	<p>Wednesday 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* 12:30-2:00 Phase 10</p>
<p>Thursday 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 Sankofa Drum Circle (Last Thursday of the Month) 12:30-1:45 Ballroom Dancing *</p> <p>* Has a suggested contribution and/or pre-registration</p>	<p>Friday 9:00-11:00 Stained Glass * 9:00-3:00 Piano * 9:30-10:30 Tennis 10:30-11:30 Hand Weights 12:30-1:45 Bingo</p>	<p>Daily Fitness Center Walking Group Library Computer Lab Chit-Chat Club (lobby) Wii Bowling 9:00-1:00 Gift Shop 9:00-3:00 Billiards 9:00-3:00 Woodshop * 1:00-4:00 Table Tennis</p>



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Wilson Park Senior Center

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

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 from your own design.

Paper-crafting -

Suggested Contribution: \$15

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

Knit and Crochet -

Suggested contribution: \$10

Tuesdays, 10:00 - 12:00

Create your favorite pieces in a fun environment

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 help you 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.

Beginning German - Suggested Contribution: \$10

Tuesdays, September 17 - December 17, 1:00

Learn the basics of the German language and culture.

Advanced German -

Suggested Contribution: \$10

Thursdays, September 18-December 12, 9:15

Build upon your current German-speaking skills.

China Lights - Suggested contribution: \$40

Tuesday, October 8 and Wednesday, October 16

Join us for a celebration of the year of the dragon.

Annual Fall Rummage Sale

Saturday, October 12

A fun time to be had for all. Tables for vendors available now for twenty-five dollars.

Big Band Concert & Dance

Monday, October 14, 1:30

Bask in 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.

Line Dance - Suggested contribution: \$12

Mondays, 10:30

A fun group men and women who enjoy the art of dance.

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 without putting stress on your joints.

Chess

Tuesdays, 9:00 - 12:00

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. Beginners are encouraged to join. Material will be supplied for your first project!

Spring Forest Qigong

Wednesdays, 10:15 - 11:00

Spring Forest Qigong is a powerful practice that promotes the healing flow of energy throughout the mind, body, and spirit. No experience is needed to fully participate in these exercises.

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 - 3:00

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.

Qigong

Second Wednesday, 10:15

This class focuses on cultivating energy through form and physical discipline.

Wilson Park Senior Center

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 work on your own masterpieces. Supplies are provided for guided projects.

Weaving - Intermediate -

Suggested Contribution: \$15

Thursdays, 9:00 - 2:00

If you are an experienced weaver please join us to work on a project of your choosing.

Tap Dance - Suggested Contribution: \$40

Thursdays, August 29-December 9

No class during Thanksgiving Holiday

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.

Guitar Lesson

Thursdays, 1:00

Bring your guitar and join the fun. 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.

Dart Ball - Suggested Contribution \$15

September 19, 2024 - April 25, 2025

Join this fun and exciting group for an afternoon of challenging dart ball competitive teams.

Mahjong

Fridays, 9:00

Enjoy this popular tile game while sharing conversations.

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.

Movies & Popcorn

Fridays, 1:00

Enjoy a movie and popcorn with good company.

October 4 - Breakfast at Tiffany's

October 11 - One night with the King

October 18 - Billy

October 25 - Beauty and the Beast (not animated.)

<p>Monday 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>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 Cornhole 1:00 Bingo (2nd)</p>	<p>Wednesday 8:45 Ceramic Studio * 9:00 Wood Carving & 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 & 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>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 12:00 Guitar Lessons 1:00 Low Impact Aerobics 1:00 Model Railroad 1:00 Recorder Ensemble 1:30 Ukulele</p>	<p>Friday 8:45 Ceramic Studio * 9:00 Weaving * 9:00 Mahjong 9:00 Open Glass Studio * 9:00 Quilting * 9:00 Guitar Jam Session 9:15 Morning Exercise 10:15 Scrabble 12:30 Bridge 1:00 Movie & Popcorn</p>	<p>Daily 8:30 Fitness Center, Billiards, Library, Computer Lab, Walking Group 9:00-3:00 Wood Shop * 10:00-2:00 ReGift Shop 11:00-12:00 Lunch * Has a suggested contribution/pre-registration required (Classes have a start and end time)</p>

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October 21st is National Check Your Meds Day



Initiated by Consumer Reports in partnership with the National Community Pharmacists Association (NCPA), this day encourages people to bring their prescription and over-the-counter medications to their local pharmacy for a comprehensive review. This helps to ensure that medications are being taken properly, to catch potential interactions between drugs, and to identify any outdated or unnecessary prescriptions.

The day is particularly important for older adults or individuals with multiple prescriptions, as they are at a higher risk of medication-related complications. It also empowers people to take control of their health by staying informed and engaged in their medication management.

So, make sure to mark your calendar and visit your local pharmacy on October 21!

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, October 22, 10:30
Kelly	Wednesday, October 23, 1:00
McGovern Park	Thursday, October 17, 9:00
Washington Park	Tuesday, October 8, 10:00
Wilson Park	Wednesday, October 16, 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, October 3, 11:00-12:30
Kelly	Thursday, October 17, 12:30-1:30
McGovern Park	Thursday, October 24, 12:00-1:00
Washington Park	Tuesday, October 1, 9:30-10:30
Wilson Park	Tuesday, October 15, 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.



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Milwaukee Public Schools
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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 September 2023 - August 2024. We made every attempt to recognize all donors. If your name was missed, please contact us at Development@servingolderadults.org.

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Anonymous (3)
Alzheimer's Association Wisconsin Chapter
Bridgette & Kevin Frommell
David and Debbie Gettelman
Dia y Noche
Greater Milwaukee Foundation
LSS Connections
Operose Advisors
Point After Pub & Grille
Target Corporation
We Energies Foundation

\$500 - \$999

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

\$250 - \$499

Anonymous (3)
Althea Stover
American Republic Insurance Services
Andrew Stark State Farm
Annie Anderson
Ascension Living Alexian Village Milwaukee
Ascension Living St. Francis Place
AZH Management, LLC
Barbara Toles

\$250 - \$499 (continued)

Board on Aging & Long Term Care
Carol & Brian Kellogg
Castle Hospice
Cathy & Tom Wood
Charlie Rush
Comfort Keepers
Constance Crooks
Cudahy Lions Club
Del Januchowski
Don & Chris Gardner
Elizabeth Baren
Eras Senior Network
First Lutheran Church
Frank Brindza
Greater Wisconsin Agency on Aging
Resources
Howard Village Senior Living
Jeanne Kennedy
Jerry & Mary Ellen Mikulay
Jo Cross
Kendall Kelly
Legal Action of Wisconsin-SeniorLAW
Love Thy Neighbor Foundation
Lynn Crawford
Lynn Crawford & Tim Willmes
Marsha & Paul Bukofzer
Michael R. Prudhom
Mike & Sally Radka
Nita F. Farrow
Patricia Garrity & John Misorski
Pointer Financial Group
Ronald & Betty Hayes
Sharon Lewek
St. Ann Center for Intergenerational Care
Tim & Katie Moersfelder
Vernestine Varnado
Villa St. Francis
Walter & Katie McCoy
Wilson Commons
Wisconsin Talking Book and Braille Library
Yvonne Thomas



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

Anonymous (1)
Mindy & Steve Anderson
Marsha & Paul Bukofzer
Pat Ehlert
Eva Eiseman
Mark & Kellie Foster

Bridgette & Kevin Frommell
John & Janice Gardetto
Colleen Grundy
Charles Woodward & Katherine
Hannah
Mares Law Offices LLC

Michael R Prudhom
Rachel Ritchhart
Barbara Toles
Roxann Tolliver
Cathy & Tom Wood

What Is a GEM?

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

How Do I Become a GEM?

You can set up a recurring donation by visiting our website, servingolderadults.org/donate, 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.

Partners to \$249

Anonymous (33)	Pamela Galasinski	Heather Kormanik	Scott and Kristen	Louis & Henrietta
Sharon Anderson	Dottie Gaspie	Regina M.	Parks	Smith
Anita	Ruth Gaura	Koronkowski	James Patterson	Paulette Smith
Mary Ard	Sylvia Gear	Edward & Kathaleen	Tyrone Pennington	Marie Sobiech
Jan Pritzl & Karen	Donna Geb	Kosanke	Pert	Barbara Sottile
A'Rowan	Nancy & Joseph Di	Lucille Kozelek	Barbara Peterson	Lee Sprengel
Ernice Austin	Giacinto	Kathryn Krieg	Muriel Plichta	Ted & Mariane Allen
Jean Badura	Jim Glembin	Kandy and Krista	John Podsedly	Sr.
Mary Ann Bagemehl	Marsha Godfrey	Cynthia Kroll	Veretta Porter	Edward Krueger &
Anne Balistreri	Dick Goldberg	Jeanette Laabs	Ron Portz	Carla Staab
Linda Barikmo	Dan Goodmann	Carl Lacy	Christine Prevetti	Gary Kubacki &
Jodi & Matt Bauer	Michael Gronitz	Mel Larsen	Michael R Prudhom	Marianne Staszak
Christine I Beck	Linda Groth	Roberta Larson	Stephen & Susan	John & Eileen Stewart
Janice L Behnke	Raymie & Bee	Janice Lee	Ragatz	Peggy Stewart
Bonita Biba	Grundhoefer	Nhia Lee	Isabel Ray	Alice Stokes
Gary Bird	Colleen Grundy	Charlotte Lewis	Helen Reed	Carol A. Stolpa
Douglas Blackwell	Belle Guild	Deborah Lewis	Jean Rehse	Janet M. Strom
Carolyn Blackwood	Rita Gutowski	Widge Liccione	Inez Rembert	Linda E. Stueven
Joan Blaustein	Lois Haase	Renate Liedtke	Carol Renier	Patricia Suchla
Sue Blaustein	William J. Hable	Maxine Lijewski	Shirley E. Reynolds	Chuck & Nikki Sunn
Vanissa Brice	Thomas Haliburton	Johnny & Jackie Lipsey	Ricky	Family of Chuck Sunn
Friday Bridge	Minnie Harmon	Jill Littlefield	Lorie Rieden	Mary Tetzlaff
Tom & Cheri Briscoe	Hannah Harris	Carol Loomis	Deborah Riley	Dorothea Thesfeld
Pharis Brooks	Steven & Nancy	Patrick & Jennifer	Michele Rinka	Barbara Thierfelder
Carolyn Brown	Harwood	Lopeman	Rachel Ritchhart	Angela Thomas
Katie Brown	ePlatnum Health	Cleo Jones & Alice	Thelma Roberson	Ed & Judy Thomas
Shirley Browne	Linda Heintz	Love	Cordelia Robinson	Ann Thompson
Pat and Frank Bruce	Diane Hellrung	Linda Lucas	Florine Robinson	Shirley Tiedjen
Chris Buckley	Steve Henry	Lolita Lukach	Maria Rodriguez	Margaret Todd
Laurie Burns	Lenore Hernandez	Peter & Dorothy	William Roepke	Jaquelyn Tolbert
Barbara Cameron	Richard & Linda Hintz	Majchrzak	Willie Rogers	Roxann Tolliver
Alton Campbell	Michael Hopkins	Mary Marks	Rose	Connie Trapp
Marie Campos	Doris Hopkins-Brown	Susan Marsolek	William T. Rossi	Natalie Traylor
Tim Carpenter	Dennis Horrigan	Jewel Martin	Judith A Roth	Trina
Sheila Carter	Dennis & Cindy	Ed Matichek	Lizzie Roundtree	Rick and Agatha Tsao
Wendy Cetera	Horzewski	Bonnie McAuly	Jo Ann Rucker	Mary Tschannen
Charlie	Jaqui Huff	Sarah McCullum	Michael & Janette	Christopher Turek
Diane Chilinski	Maureen Hurley	Jeannine McFadden	Rupinski	Harold Turner
Taylor Chojnacki	Janet Ibitoye	Sandra McGee	Ray Rutherford	Richard & Jocelyn
Jason Christ	Rose Hill Missionary	Gary Mecha	Ron Sager	Turner
Gaye Clark	Baptist Church, Inc.	Ruby Mason Meeks	Caroline & Robert	Sandra Underwood
Michael Coffey	Lazarus Jackson	Evelyn Merriett	Sanderson	Andrea Urbaniak
Cynthia Coleman	Julie Jacobson	Neal & Dianne Michel	Kathy & John Schauer	Jose Valdehuesa
Wilson Commons	Thomas Janczak	Gary Mikolajczyk	Stuart & Gayle Schenk	Alice Voith
Salvatore Corrao	Rick Janowski	Lynn Miller	Ron & Renee Scherr	Mary W.
Patricia Cronce	Audrey Jansen	Pamela Miller	Valanee Schmitz	Warren Walifeild
John Crowley	JBG	Patricia Miller	Sharon Schneck	David J. Wardynski
CW	Lue Jemison-Spivey	Patricia Mims	Jim & Barb Schroeder	Georgette Watkins
Alvin Czysh	David & Vicki Jensen	Josephine Misiewicz	Mary Ann Schroedl	Robert Watson
Jerry & Arlene Davey	Apollonia & Raymond	Stephen & Celia	Brad & Amy Schultz	Gloria Webster
Jeff and Laura Dawson	Johann	Misovy	Larry & Darlene	Andrew E. White
Linda Demarias	Barbara Johnson	Dorothy Mitchell	Schwartz	Iona Whittley
Anton & Sonja Devcic	Verna Johnson	Stephanie Momon	Carol Scott	Pat and Marty Wilke
Linda & Patrick Devitt	Jo Joiner	Sherley Montgomery	Jerro Scott	David Wilkerson
Shannon Downie	Lola Jones	Rosanne & Harry	Bruce Seiden	John Williams
Pat Ehlert	Alexander & Sharon	Moore	Barbara Semons	Johnnie Williams
Eva Eiseman	Rae Landergott	Sharon Morris	Marge Senger	Jerry & Mary
Dianne Ertel	Durtka, Jr.	Donald Mueller	Dorothy Severson	Williquette
Anne Fagan	Perry Griffin Jr.	Jeffrey Sweetland &	Willie Seward-Fowlkes	Larry Windhom
George Felder	Cindy Juds	Margaret Murphy	Adele Shaw	Judith & Winton Wood
Sharron Fitak	Debra Jupka	Ms. W. Nash	Dan and Jill Sheridan	Steven Wood
Vera F Ford	Jean K.	Mary Neitzel	Tanya Sheriff	Pearlie Wright-Allen
Mary Ann Fortin	Bob Kabella	Rick Nelson	Ms. Shirley	Tina Zaffiro
Mark & Kellie Foster	Joan Kadow	Susan Nelson	Jacquelyn Sierlecki	Dawn Zakian
Lewis Franklin	Judith Kaiser	Stephanie Netzel	Zelma Simmons	Sue Zwolinski
Rosemarie Fridrick	Miriam Kaja	John & Peggy Niemer	Ralph Sims	
George Frison	Shannon Kantowski	Norma Nonneman	Nancy & Theodore	
Jacqueline Fryer	Jim Kimble	Mirian Boyd Organ	Sipowicz	
Richard & Joan Gaeth	Barbara Kogutkiewicz	Mary Ann Panevska	Jeff Smith	

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: _____