

SERVING OLDER ADULTS OF SOUTHEAST WISCONSIN, INC.

January 2025



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

SOA CLOSURES

Wednesday, Jan. 1 - New Year's Day
Monday, Jan. 20 - Martin Luther King Jr. Day

HOURS

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

Wellness Coordinator Schedule

The Wellness Coordinator is available at each center every week by appointment to help with proper exercise machine use and to answer any health-related questions. See below for your center's day and hours. Speak with center staff to schedule an appointment.

Clinton Rose

Fri. 9:30 - 11:30

Kelly

Thu. 9:30 - 11:30

McGovern

Tue. 9:30 - 11:30

Washington

Wed. 9:30 - 11:30

Wilson

Mon. 9:30 - 11:30

Check out what's inside:

About SOA.....	2
Highlighted Events.....	3
Tech Connect.....	5
Clinton Rose Senior Center.....	6-7
Kelly Senior Center.....	8-9
McGovern Senior Center.....	10-11
Washington Senior Center.....	12-14
Wilson Senior Center.....	16-17
Ageing & Disability Services.....	19
The Community Corner.....	20
Community Partners.....	20-21
Donors.....	22-23

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	<i>Cathy Wood</i>
Controller	<i>Antresia Smith</i>
Director of Senior Centers	<i>Shannon Downie</i>
Director of Development & Marketing	<i>Regis Welsh</i>
Human Resources Manager	<i>Angel Schroeder</i>
Director of Tech Connect	<i>Susan Wetrich</i>

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

Interim Manager: *Lorrie Pardo*
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

Pulling Back Your Roots

Hosted by Debra Nevels—Ancestor Health Cancer Research Society

Monday, January 6, 10:00 - 11:00

Dig deep and learn about your roots and ancestry.

"A Dream to Remember"—

Martin Luther King Jr. Celebration

Thursday, January 16, 12:30 - 1:30

This event is a special celebration to honor the historical dream of Dr. Martin Luther King Jr. Enjoy readings and poems of gratitude for Dr. King. Light refreshments will be served.

KELLY SENIOR CENTER

Laughter Yoga -

Suggested Contribution: \$3/session

Tuesday, January 21, 2:00 - 3:00

Laughter yoga is an exercise program with three elements: laughter & playfulness, deep breathing, and mindfulness meditation. It is a fun exercise that has great benefits for improving blood pressure, cortisol levels, and sleep quality as well as life satisfaction, mood, and quality of life. **Registration required.**

Mindfulness Yoga with K4

Presented by Cudahy School District

Thursday, January 23, 9:30

Join a certified instructor of children's yoga and Cudahy School District K4 students in practicing mindfulness yoga! It's a great chance to be a good role model for future generations. **Registration required.**

Bingo and Learn: The High Cost of Aging

Presented by Elder Life Group

Wednesday, January 29, 1:00 - 2:45

Enjoy an hour of Bingo, then stay for a presentation on The High Cost of Aging. Snacks and prizes!



MCGOVERN PARK SENIOR CENTER

Martin Luther King Jr. Day

Friday, January 17, 12:00

You will enjoy this documentary film of: The Last Years of MLK Jr's Life. This will probably be the most interesting film about his life you have ever seen. Light snacks will be available for those who are interested in watching this documentary.

Epilepsy and Seizures

Presented by Epilepsy Families of SE WI

Wednesday, January 22, 10:00

Learn how those affected by epilepsy can improve their lives through education, advocacy, research, and connections.

Happy New Year

Friday, January 24, 12:30

We are having a party to celebrate the new year. We will first be thankful, and then turn up the music and dance the afternoon away. Party hats, blowers, horns food, beverages, and deserts will be available. There will be pictures taken at the party so come dressed to impress.

WASHINGTON PARK SENIOR CENTER

National Hot Tea Month

Sponsored by Honey Bee Teas

Wednesday, January 22, 10:00

Come join us for a spot of tea. Learn the history of teas, learn how to brew teas, and test different types of teas while enjoying some sweets.

SAVE THE DATE

Black History Celebration Event

February 27, 12:30 - 2:30

Join us for a celebration of music and singing, as well as guest speakers to inspire us and share historical information. Bring a friend or two.

WILSON PARK SENIOR CENTER

Everything ELVIS -

Suggested Contribution: \$8

Sponsored by Frank Filardi - E Platinum Network

Wednesday, January 8, 1:00 - 3:00

Celebrate the King's Birthday on January 8th by enjoying his favorite food and by listening to his timeless tunes.

Chili Competition

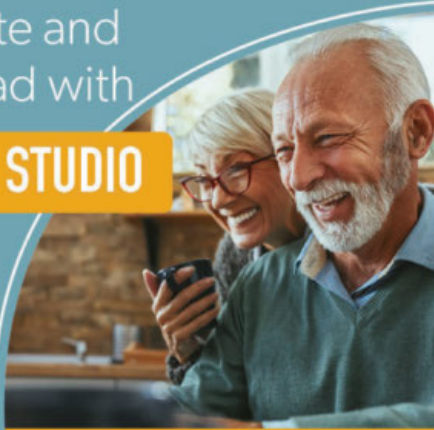
Wednesday, January 15

\$10 buy-in; winner takes all. Details at the front desk.

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Serving Older Adults of SE Wisconsin, Milwaukee, WI.

A 4C 01-2067

Tech Connect for Older Adults

A Program of Serving Older Adults



Saving Money with Tech

Explore ways that technology can help you save money and manage your finances!

Kelly Senior Center - Tuesday, January 14, 1:00 - 2:30

Wilson Park Senior Center - Tuesday, January 14, 1:00 - 2:30

Washington Park Senior Center - Wednesday, January, 15 1:00 - 2:30

McGovern Park Senior Center - Tuesday, January 21, 12:30 - 2:00

Clinton Rose Senior Center - Wednesday, January 22, 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

Clinton & Bernice Rose Senior Center

Movie Watchers Club

Led by Yvonne Thomas and Eras Senior Network

Friday, January 3, 9:00 - 11:00

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

Pulling Back Your Roots

Hosted by Debra Nevels—Ancestor Health Cancer Research Society

Monday, January 6, 10:00 - 11:00

Dig deep and learn about your roots and ancestry.

Go Loco for Delicious COCOA

Tuesday, January 7, 10:00 - 11:00

Warm up in the month of January and enjoy a delectable hot cocoa bar with peppermint, marshmallows, and much more.

"My Health is Important"

Presented by Daniel G. from Family Healthcare

Wednesday, January 8, 12:00 - 1:00

Discover the importance of healthcare and taking care of your body.

ADS Resource Table

Thursday, January 9, 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.

Safe Sex Presentation

Presented by Milwaukee Health Services

Thursday, January 9, 10:00 - 11:00

Learn about sexual health for older adults.

Prescription Drug Take Back

Presented by WestCare Wisconsin

Tuesday, January 14, 9:00 - 11:00

Please bring your prescription medications for proper disposal. No pacemakers or needles will be accepted.

Nutrition Education

Presented by Hunger Task Force-Carmen Baldwin, NDTR

Tuesday, January 14, 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.

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

Presented by HEAL (Healthy Eating Active Living)

Thursday, January 16, 10:00 - 11:00

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

"A Dream to Remember"-

Martin Luther King Celebration

Thursday, January 16, 12:30 - 1:30

This event is a special celebration to honor the historical dream of Dr. Martin Luther King Jr. Enjoy readings and poems of gratitude for Dr. King. Light refreshments will be served.

Saving Money with Tech

Wednesday, January 22, 9:30 - 11:00

Explore ways that technology can help you save money and manage your finances!

Memories in the Making

Sponsored by The Alzheimer's Association

Thursday, January 23, 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.**

"It's the LAW"

Presented by Legal Action of Wisconsin

Thursday, January 23, 12:00 - 1:00

Need some legal advice? Come join this presentation by Legal Action of Wisconsin. They are here to serve you and answer your questions.

New Year BINGO!

Sponsored by Deborah Lewis

Monday, January 27, 12:00 - 1:00

Enjoy salty and sweet snacks while playing the fun game of bingo.

Advisory Committee Meeting

Tuesday, January 28, 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.

Thrive On

Presented by Zipporah Turnbull

Tuesday, January 28, 12:00 - 1:00

Learn about the programs and services Thrive On provides.

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.

Clinton & Bernice Rose Senior Center

Level Up-Zumba & Yoga (Alternate)

Sponsored by The Milwaukee Turners

Every Monday (January 6-27), 12:00 - 1:00
(With the exception of the 4th Thursday of each month from 10:00 - 11:00)

Do you love to exercise while having fun? Come down and join yoga or zumba every Monday at Clinton Rose. If you attend more than 5 sessions, you will receive a free Milwaukee Turners Shirt, while supplies last.

Senior Striders

Led by Evelyn Merriett

Mondays & Wednesdays, 10:00 - 11:00

Reap the benefits of seated exercises. This class will help those with limited mobility to improve their flexibility and circulation while strengthening their bodies.

Walk Easier

Led By Charlotte Lewis

Mondays & Wednesdays, 12:00 - 1:00

Take an easy stroll while listening to R&B music. Walking will improve your overall health, lower your blood pressure, and lower your blood sugar.

Roselettes Dance Group

Tuesdays & Thursdays, 9:00 - 10:30

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

Wisdom Studies

Led By Clifton Joseph

Tuesdays, 9:30 - 10:30

Embark on a spiritual journey.

Bingo

Sponsored by Eras Senior Network

Every 2nd & 4th Wednesday, 9:00 - 10:00

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

Soulful Coloring

Facilitated by Shami L.

Wednesdays, 10:00 - 11:00

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

Bid Whist

Led by Willie Rogers

Thursdays, 12:00 - 3:00

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

Open Art Therapy Workshops

Provided by Bloom Art & Integrated Therapies

Fridays, 9:00 - 11:00

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

Friday Bingo

Hosted by Charlotte Lewis

Fridays, 12:00 - 1:00

Spend the afternoon relaxing and playing Bingo with fellow participants.

<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 (Every 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 *Has a suggested contribution</p>	<p>Wednesday 8:30-4:30 Opening Sewing* 9:00-10:00 Bingo (2nd & 4th Wed.) 10:00-11:00 Senior Striders 12:00-1:00 Walk Easier 12:15-1:15 Women of the Rose Meeting (Every 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* 12:15 Travel Committee Meeting (Every 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 Every (Every 1st Fri.) 9:00-11:00 Open Art Therapy Workshops 12:00-1:00 Charlotte Lewis 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</p>

Kelly Senior Center

Mini Book Sale

Monday, January 6

Come pick out your next great read! The sale will go on while supplies last.

Memories in the Making

Presented by the Alzheimer's Association

Tuesday, January 7, 12:00 - 2:00

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

Bingo

Sponsored by Home Instead

Tuesday, January 7, 1:00

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

Learn Your Name in Morse Code Day

Friday, January 10, 1:00

Stop by and learn how to "say" your name in Morse Code!

Awakening the Sage Within

Fridays, January 10 - February 28, 2:00 - 4:00

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.**

Acoustic Music Meetup

Tuesday, January 14 and 28, 10:30

Bring your instrument and enjoy playing with a fun group of musicians. All skill levels are welcome!

Saving Money with Tech

Tuesday, January 14, 1:00 - 2:30

Explore ways that technology can help you save money and manage your finances!

Toenail Trimmers, LLC

Thursday, January 15, by appointment

Friday, January 16, by appointment

Toenail trimming services will be available. Call for an appointment.

Nutrition Class and Cooking Demo: Whole Grains

Presented by Hunger Task Force

Thursday, January 16, 10:00

Thursday, January 23, 10:00

Learn to identify whole grains and why to consume them. Learn a recipe and try a sample! **Registration required.**

Dental Health as We Age

Presented by Harris Family Dental

Friday, January 17, 1:00

Learn about how oral health needs change as we age, how to prevent dental problems, and what new products are on the market. Get a dental goodie bag! **Registration required.**

Bingo

Sponsored by MyChoice Wisconsin

Tuesday, January 21, 1:00

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

Laughter Yoga -

Suggested Contribution: \$3/session

Tuesday, January 21, 2:00 - 3:00

Laughter yoga is an exercise program with three elements: laughter & playfulness, deep breathing, and mindfulness meditation. It is a fun exercise that has great benefits for improving blood pressure, cortisol levels, and sleep quality as well as life satisfaction, mood, and quality of life. **Registration required.**

Advisory Meeting

Wednesday, January 22, 1:00

Get the inside scoop on goings-on at Kelly and share your ideas!

Mindfulness Yoga with K4

Presented by Cudahy School District

Thursday, January 23, 9:30

Join a certified instructor of children's yoga and Cudahy School District K4 students in practicing mindfulness yoga! It's a great chance to be a good role model for future generations. **Registration required.**

Reverse Mortgages

Presented by One Trust Home Loans

Tuesday, January 28, 12:00

Learn about reverse mortgages, how they work, and if they may be beneficial for you. **Registration required.**

Bingo and Learn: The High Cost of Aging

Presented by Elder Life Group

Wednesday, January 29, 1:00 - 2:45

Enjoy an hour of Bingo, then stay for a presentation on The High Cost of Aging. Snacks and prizes!

Board Games

Friday, January 31, 1:00 - 2:00

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

Morning Exercise

Mondays & Fridays, 8:45 - 10:00

Get moving with exercise! 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 on Friday we get on our feet.

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

(January - March)

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.

Kelly Senior Center

Ceramics Studio - Suggested Contribution: \$20 (January - March)

Tuesdays & Thursdays, 9:00 - 12:00

Use ceramic molds, paints, and glazes to create artful objects for your home and garden. Contribution includes use of the kiln for finishing your ceramics pieces.

Registration required.

Adaptive Chair Yoga

Tuesdays, 10:00 & 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.

Knit & Crochet

Thursdays, 9:00

Join a group of friendly people and work on your knitting or crochet projects.

Meditation

Thursdays, (Starting Jan. 9), 9:30-9:45

Relax your mind and body.

Balance & Stretch

Thursdays, (Starting Jan. 9), 9:00 - 9:30

Strengthening and cardio get all the attention but flexibility and balance are the two most-overlooked components of fitness. Prevent injuries and falls with this free class!

Cardio Drumming -

Suggested Contribution: \$10/month or \$3/class

Thursdays, (Jan. 9 - Feb. 27), 12:15 - 12:45

Cardio Drumming is an easy and fun way to get an upper body cardiovascular workout while listening to your favorite tunes!

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 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 12:30 Billiards League 1:00 Dominoes 1:00 Tech Help 1:00 Quilting 3:00 Billiards League 3:00 Tai Chi</p>
<p>Thursday 8:30 Morning Fitness 9:00 Ceramics 9:00 Knit & Crochet 9:00 Balance & Stretch (Starting Jan. 9) 9:30 Fitness Ctr. Orientation 9:30 Meditation (Starting Jan. 9) 10:00 Sheepshead 12:15 Cardio Drumming 1:00 Quilting 1:00 Tech Help 1:00 Shuffleboard 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

Healthy Eating Active Living

Presented by Chef Marvin

Thursday, January 2, 12:00

Chef Marvin will demonstrate how to prepare a healthy dish using items from the Stockbox. Join us for a delicious sample of the chef's recipe.

Diabetes Prevention

Presented by Rashadeem Gray

Wednesday, January 8, 10:00 – 11:00

Learn how Medicare supports diabetes management with coverage for essential supplies to help you take better control of your health.

Nutrition Class

Presented by Hunger Task Force

Tuesday, January 14, 10:00

In this class, the educator will present nutrition education to seniors about their experiences with food. You will also receive nutrition education handouts.

Golden Dew Drop Products

Presented by Marian Bright

Wednesday, January 15, 12:30

Can't find a natural pain reliever? Can't find something without a list of side effects? Learn about these natural products and find out if they might work for you.

Bingo – Suggested Contribution: \$2

Sponsored by Eras Senior Network

Thursday, January 16, 12:30

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

Advisory Meeting

Thursday, January 16, 9:00

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

Martin Luther King Jr. Day

Friday, January 17, 12:00

You will enjoy this documentary film of: The Last Years of MLK Jr's Life. This will probably be the most interesting film about his life you have ever seen. Light snacks will be available for those who are interested in watching this documentary.

Book Club

Thursday, January 16, 12:30

Book Title: The Deep

Author: Rivero Soloman

You may purchase this book or check your local library.

Saving Money with Tech

Tuesday, January 21, 12:30 - 2:00

Explore ways that technology can help you save money and manage your finances!

Epilepsy and Seizures

Presented by Epilepsy Families of SE WI

Wednesday, January 22, 10:00

Learn how those affected by epilepsy can improve their lives through education, advocacy, research, and connections.

Happy New Year

Friday, January 24, 12:30

We are having a party to celebrate the new year. We will first be thankful, and then turn up the music and dance the afternoon away. Party hats, blowers, horns food, beverages, and deserts will be available. There will be pictures taken at the party so come dressed to impress.

Blood Pressure Screening

Presented by Milwaukee Career College

Monday, January 27, 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 levels checked on a regular basis.

ADS Resource Table

Thursday, January 30, 11:00

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

Table Tennis

Monday - Friday

8:30 - 4:30

Table tennis is a way of getting good exercise. It can help increase hand-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

Monday, Wednesday & Friday, 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

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 & 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.

Balance and Stretch

Tuesdays, 9:00 - 9:30

Strengthening and cardio get all the attention but flexibility and balance are the two most-overlooked components of fitness. Prevent injuries and falls with this free class!

Meditation

Tuesdays (starting January 7), 9:30 - 9:45

Relax your mind and body.

Cardio Drumming

Tuesdays (starting January 7), 11:00 - 11:30

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

Boost Your Brain and Memory

Tuesdays, 12:15 - 1:15

Take a holistic approach to improving your brain health. This program is intended for people who have not been diagnosed with dementia and shows ways to lower your risk of developing it.

Metalsmithing – Suggested Contribution: \$20

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 of cards.

<p>Monday 9:00 TOPS 9:00 Walking Group 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 9:00 Balance & Stretch 9:30 Meditation (Starting Jan. 7) 10:00 Exercise for Seniors 11:00 Metalsmithing 11:00 Cardio Drumming (Starting Jan. 7) 12:15 Boost Your Brain & Memory (starting Jan. 7)</p>	<p>Wednesday 8:30 Quilting 8:30 Open Crafts 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.) 8:30 Open Sewing</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

Harold Kane WPSC Pool Tournament Practice

Coordinated by James Kimble

Wednesday, February 5 - March 26

Starting at 12:00

Tournament to follow on Wednesday, beginning April 2.

ADS Resource Table

Tuesday, January 7, 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

Wednesday, January 8 & 22, 9:30 - 10:30

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

Nutrition Class

Sponsored by The Hunger Task Force Community

Nutrition Educator Carmen Baldwin, NDTR

Wednesday, January 8, 10:00 - 11:00

Join the Hunger Task Force and learn about making healthier choices for your health.

Cooking Demo w/Chef Marvin "The Unsalted Chef"

Thursday, January 9, 10:30 - 11:30

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

ADRC Office Hours

Friday, January 10, 10:00 - 1:00

Milwaukee County Aging & Disabilities Resource Center will be here to answer any questions you may have about resources that you can access in Milwaukee County for seniors. Whether it's for transportation, Medicare, Caregiver Support etc., come and speak with the worker for help.

Advisory Meeting

Tuesday, January 14, 10:00 - 11:00

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

Washington MPL Librarian Susanne Pritzlaff

Thursday January 16 & 30, 11:00 - 1:00

Come and ask any questions you may have about the library and its resources. Also, we will be setting up a Book Club starting in January here at Washington Park Senior Center. Light refreshments will be served.

Sankofa Drum Circle

Sponsored by The Center for Leadership of Afrikan

Women's Wellness

Thursday, January 30 12:30 - 1:00

Experience physical benefits like improved coordination and increased cardiovascular activity.

National Hot Tea Month

Sponsored by Honey Bee Teas

Wednesday, January 22, 10:00

Come join us for a spot of tea. Learn the history of teas, learn how to brew teas, and test different types of teas while enjoying some sweets.

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.

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.

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 hand-eye 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.

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!

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.

Gospel Choir

Tuesdays, 10:00 - 11:00

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

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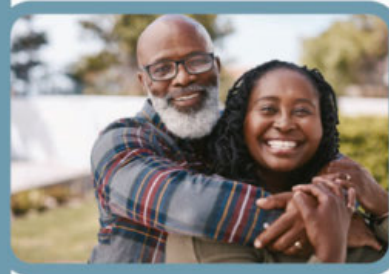
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B 4C 01-2067

Washington Park Senior Center

Cardio Drumming -

Suggested Contribution: \$10/month or \$3/class

Wednesdays, 9:30 - 10:00

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

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

(October - December) Wednesdays, 9:00 - 12:30

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

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

(October - December)

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 tennis group.

Bingo

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

Play bingo and win prizes!

SAVE THE DATE

Black History Celebration Event

February 27, 12:30 - 2:30

Join us for a celebration of music and singing, as well as guest speakers to inspire us and share historical information. Bring a friend or two.

<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 * 9:30-10:00 Cardio Drumming * 10:00-10:15 Meditation (Starting Jan. 8) 10:30-11:30 Hand Weights 12:30 Movie Matinee 12:30-1:00 Balance & Stretch (Starting Jan. 8) 12:30-2:00 Phase 10 1:00-2:30 Boost Your Brain and Memory (Jan. 8 - Feb. 26)</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 Thur.) 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 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

First Quarter Classes (January - March)

Claim your spot in the 1st quarter classes. Class information is available at the front desk.

Ceramic Studio - Suggested Contribution: \$25

Hand-mold pieces of clay into works of art. Suggested contribution includes the use of the kiln.

Hot/Fused Glass - Suggested Contribution: \$25

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

German Class - Suggested Contribution: \$10

Tuesdays, Advanced German students meet to share their joy of speaking German. Thursdays, beginner class meets.

Stained Glass - Suggested Contribution: \$25

A creative 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 Club

Wednesdays, 10:30 - 12:00

Create your favorite pieces in a fun environment.

Weaving-Intermediate -

Suggested Contribution: \$15

The weaving group is back at it again. If you are an experienced weaver please join us to work on a project of your choosing.

Line Dance - Suggested Contribution: \$12

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

Open Sew - Suggested Contribution: \$20/10 weeks Mondays, 8:30 - 12:00 (January-March)

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

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.

Spring Forest Qigong

Wednesday, January 8, 10:15

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.

Everything ELVIS - Suggested Contribution: \$8

Sponsored by Frank Filardi - E Platinum Network

Wednesday, January 8, 1:00 - 3:00

Celebrate the King's Birthday on January 8th by enjoying his favorite food and by listening to his timeless tunes.

Big Band Concert & Dance

Monday, January 13, 1:30

Show off your best dance moves or sit and enjoy the music. This is an experience you won't want to miss.

Chili Competition

Wednesday, January 15

\$10 buy-in; winner takes all. Details at the front desk.

Scrabble

Monday, Wednesday & Friday, 10:15

Join this fun-loving group for a brain game of Scrabble.

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.

ADS Resource Table

Tuesday, January 21

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

Quilting

Monday, 9:00 - 11:00; Tuesday 1:00 - 3:00;

Thursday, 9:30 - 11:00

A great class that makes lovely quilts for those in need. Come and use the new Gammill machine!

Chess

Tuesdays, 9:00 - 12:00

Play the exciting game of chess. Beginners welcome. 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.

Book Club

Wednesday, January 29

Book: *Leaving Time* by Jodi Picoult

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

Woodshop - Suggested Contribution: \$25/month

Wednesday - Friday, 9:00 - 3:00

(Subject to change if hosts are unavailable). Build your creations with the 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

Join us as we dig deeper into the word and 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.

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 enjoy the creative environment as you work on your own masterpieces. Supplies are provided for guided projects.

Advanced German - Suggested Contribution: \$10

Thursdays, January 2 - March 12, 9:15

Build upon your current German-speaking skills.

Tap Dance - Suggested Contribution: \$40

Thursdays, January 2 - March 6

Advanced - 9:00: Intermediate - 9:45;

Beginners - 10:30

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

Guitar Lesson

Thursday, 1:00

Bring your guitar and join in the fun. All levels welcome.

Ukulele

Thursdays, 1:30 - 2:30

Bring your ukulele, sing along, or just listen to the relaxing sounds of this fun Hawaiian instrument.

Weaving-Intermediate -

Suggested Contribution: \$15

Thursday, 9:00 - 2:00

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

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 their love of the game, conversation, and more. If you are an avid Bridge player looking to play, please join in on the fun.

Movies & Popcorn

Fridays, 1:00

Enjoy a movie and popcorn with good company.

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 is necessary. Stop by the office for more information.

<p>Monday 8:45 Ceramic Studio * 9:00 Hot/Fused Glass * 9:00 Quilting * 9:00 Meditation (Starting Jan. 6) 9:15 Morning Exercise 10:15 Scrabble 10:30 Intermediate Line Dancing * 10:30 Boost Your Brain & Memory (Jan. 6 - Feb. 24) 11:00 Open Sew * 12:00 Sheepshead 12:30 Cardio Drumming (Starting Jan.6) 1:00 Low-Impact Aerobics 1:30 Big Band Dance (2nd Mon.)</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 Tues.) 11:00 Coin & Stamp (3rd Tues.) 11:30 Guided Art Studio * 12:30 Sojourn Bear Group 1:00 Cornhole 1:00 Bingo (2nd Tues.) 1:00 Quilting</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 Wed.) 10:00 Book Club (Last of month) 10:30 Knit & Crochet Club 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 * 9:30 Quilting 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 Dart Ball 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 Paper Piercing (2nd Fri.) 9:30 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</p> <p>* Has a suggested contribution/ pre-registration required (Classes have a start and end time)</p>

Wish List for Serving Older Adults of Southeast Wisconsin (SOA)

\$25 and Under

All-purpose cleaner (C) (K) (Wi)
 Aprons (M)
 Artificial cleaner (K)
 Batteries AA, AAA, 9V, C (C) (K) (W)
 Bleach (K) (W)
 Cards (M)
 Cases of water (C) (K) (W) (Wi)
 Chairs with arm support (M)
 Cleaning cloths (K)
 Clorox wipes (C) (K) (W) (Wi)
 Coffee (C) (Wi)
 Coffee supplies – stirrers, sugar packets (M)
 Copy paper (C) (K) (W) (Wi)
 Creamer (M) (C) (K) (W)
 First aid supplies (C) (K) (W)
 Hand sanitizer (C) (K)

\$101 - \$500

Bulletin boards
 Commercial vacuum cleaner (C)
 Epson color printer with ink
 Karaoke machine (W)
 Push carts (Rubbermaid and stainless) (Wi) (C) (W)
 Weed Wacker(s) – battery operated (C)
 Whiteboards (C)
 Weed Wacker(s) – battery operated (C)

\$501 - \$1,000

Lawnmower
 Lobby furniture (C)
 Sewing machines (serviced annually) (C)

\$1,001 - \$10,000


Floor scrubber
 PA system (C)
 Smart TV (C)
 Tables and chairs (C)
 Theater curtains (C)

Senior Center Key:

C – Clinton & Bernice Rose
 K – Kelly
 M – McGovern Park
 W – Washington Park
 Wi – Wilson Park

For more information and additional wish list items, visit our website:


www.servingolderadults.org/wishlist



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



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Feeling Festive at SOA!



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, Jan. 28, 10:30
Kelly	Wednesday, Jan. 22, 1:00
McGovern Park	Thursday, Jan. 16, 9:00
Washington Park	Tuesday, Jan. 14, 10:00
Wilson Park	Wednesday, Jan. 15, 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, Jan. 9, 11:00-12:30
Kelly	Thursday, Jan. 23, 12:30-1:30
McGovern Park	Thursday, Jan. 30, 12:00-1:00
Washington Park	Tuesday, Jan. 7, 9:30-10:30
Wilson Park	Tuesday, Jan. 21, 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
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 Aggies Bakery
 Allay Home and Hospice
 Alzheimer's Association
 America Republic Insurance Service
 American Red Cross
 Aurora St. Luke's Southshore
 Autumn Leaves
 Badger Hospice
 Bread Smith
 Capri Community
 CarePatrol
 Caring Senior Services
 CHI Living
 Cornerstone
 Cudahy Family Library
 Cudahy Fire Department
 Cudahy Place Senior Living
 Cudahy School District
 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
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 Impower
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 Love Thy Neighbor
 Martin Drive Neighborhood Assoc.
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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 December 2023 - November 2024. We made every attempt to recognize all donors. If your name was missed, please contact us at Development@servingolderadults.org.

\$10,000 - \$49,999

Anonymous (1)
Bader Philanthropies, Inc
Direct Supply
Forest County Potawatomi
Foundation
General Mills Foundation
Greater Milwaukee
Foundation
James Sheridan
Milwaukee Parks
Foundation
Mindy and Steve Anderson
Patrick & Anna M. Cudahy
Fund
Spectrum

\$5,000 - \$9,999

Anonymous (2)
AARP Senior Planet
Anderson Commercial
Group
Francie Luke Silverman
Foundation
The Catholic Community
Foundation
The Every Day Good
Foundation
We Energies Foundation

\$2,000 - \$4,999

Anonymous (3)
Gigaflight Connectivity Inc.
Heartland Properties, Inc.
James & Lisa Pekar
Jordan & Renee Luhr
Mares Law Offices LLC
Melissa Stauber
Pieper Electric, Inc.
Southeastern Wisconsin
Deaf Senior Citizens

\$1,000 - \$1,999

Anonymous (2)
Anthem Blue Cross Blue
Shield
Bridgette & Kevin
Frommell
David and Debbie
Gettelman
Harvinder Ahuja
Mike Drilling
Milwaukee County Aging
and Disability Services
Operose Advisors
Point After Pub & Grille
Robertson Ryan &
Associates
Target Corporation

\$500 - \$999

Anonymous (4)
Borgman Capital
Charles Woodward &
Katherine Hannah
Christopher & Judith
Kujawa
Clear Captions
Cory Savage
Dan Shaykevich State
Farm Insurance
Dennis Lech
Dorene Drumel
Jaime J. Maliszewski
James & Cheryl Hempel
John C. Lapinski
Lawrence Taylor
LeafGuard
LSS Connections
Marsha & Paul Bukofzer
Master Printwear
Max A. Sass & Sons
Funeral Homes

\$500 - \$999 (cont.)

Michael Tillman
Northwestern Mutual
Plennes Construction
Preston Alvadj
Robertson Ryan Insurance
Roselettes
Senior Helpers Milwaukee/
Waukesha
Sherry Kulhanek
Suburban Asphalt Co., Inc.
Talem Home Care &
Placement Services
Team Hoffman RE/Max
TMG
Uzelac Industries Inc.
Wild Marketing Group

\$250 - \$499

Anonymous (3)
American Republic
Insurance Services
Ascension Living Alexian
Village Milwaukee
Barbara Toles
Carol & Brian Kellogg
Cathy & Tom Wood
Charlie Rush
Comfort Keepers
Constance Crooks
Del Januchowski
Don & Chris Gardner
Elder Benefit Specialists
Aging and Disability
Services
Elizabeth Baren
Eras Senior Network
First Lutheran Church
Frank Brindza
Greater Wisconsin Agency
on Aging Resources
Health Connections, Inc.

\$250 - \$499 (cont.)

Jeanne and John Kennedy
Legal Action of Wisconsin-
SeniorLAW
Lynn Crawford
Lynn Crawford & Tim
Willmes
My Choice Wisconsin
Nita F. Farrow
Patricia Garrity & John
Misorski
Raymond Berg
Right at Home
Roxann Tolliver
SilverSneakers
St. Ann Center for
Intergenerational Care
Third Coast Vascular
Centers
Tim & Katie Moersfelder
Vernestine Varnado
Walter & Katie McCoy
Wisconsin Talking Book
and Braille Library
William J Hable
Yvonne Thomas



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

Anonymous (2)
Mindy & Steve Anderson
Marsha & Paul Bukofzer
Pat Ehlert
Eva Eiseman
Mark & Kellie Foster

Bridgette & Kevin Frommell
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 (23)
Alexander & Sharon Rae
Lander Gott Durtka, Jr.
Alice Stokes
Althea Stover
Alton Campbell
Alvin Czysch
Andrea Urbaniak
Anita
Ann Thompson
Annie Anderson
Anton & Sonja Devcic
Audrey Jansen
Barbara Johnson
Barbara Kogutkiewicz
Barbara Semons
Barbara Sottile
Barbara Thierfelder
Bonita Biba
Bonnie McAuly
Brad & Amy Schultz
Candice DuQuaine
Carol A. Stolpa
Carol Loomis
Carol Renier
Carol Scott
Caroline & Robert Sanderson
Carolyn Brown
Charlie
Charlotte Lewis
Chris Buckley
Christine I Beck
Christine Prevetti
Cindy Juds
Cleo Alexander
Cleo Jones & Alice Love
Clifton & Laurie Burns
Colleen Grundy
Cordelia Robinson
CW
Cynthia Coleman
David & Vicki Jensen
Dawn Zakian
Deborah Riley
Debra Jupka
Dennis & Cindy Horzewski
Dianne Ertel
Dick Goldberg
Donna Geb
Doris Hopkins-Brown
Dorothy Mitchell
Dorothy Severson
Dottie Gaspie
Douglas Blackwell
Ed & Judy Thomas
Ed Matichek
Edward Krueger
Emma Gilbert
ePlatinum Health
Ernice Austin
Eva Eiseman
Family of Chuck Sunn
Felecia Bratcher
Florine Robinson
Frances Moore
Gary Bird
Gary Kubacki & Marianne Staszak
Gary Mecha
Gary Mikolajczyk
Gaye Clark
George Felder
George Frison
Georgette Watkins
Gilbert & Lynn Adams
Harold Turner
Heather Kormanik
Helen Reed
Iona Whittley
Jacqui Huff
James Patterson
Jan Pritzl & Karen A'Rowan
Janice L Behnke
Jason Christ
Jean Badura
Jean K.
Jean Rehse
Jeanette Laabs
Jeannine McFadden
Jeff Smith
Jeffrey Sweetland & Margaret Murphy
Jerry & Arlene Davey
Jerry & Mary Williquette
Jewel Martin
Jill M Littlefield
Jim & Barb Schroeder
Jim & Holli Bohn
Jim Glembin
Jim Kimble
Jo Ann Rucker
Jo Joiner
Jodi & Matt Bauer
John & Eileen Stewart
John & Peggy Niemer
John Crowley
John Williams
Johnnie Williams
Judith & Winton Wood
Judith A Roth
Kathryn Krieg
Keith Angelroth
Kenneth Huber
Larry Windhom
Lazarus Jackson
Lee Sprengel
Lenore Hernandez
Linda and Patrick Devitt
Linda Barikmo
Linda Heintz
Lizzie Roundtree
Lois Haase
Lolita Lukach
Lorie Rieden
Lucille Kozelek
Lynn Miller
Margaret Todd
Mark & Kellie Foster
Marsha Godfrey
Mary Ann Bagemehl
Mary Ann Fortin
Mary Ann Panevaska
Mary Ann Schroedl
Mary L. Sell McCuen
Mary Marks
Mary Neitzel
Mary Tschannen
Maxine Lijewski
Mel Larsen
Michael Coffey
Michael Gronitz
Michael Hopkins
Michael Howden
Michael R Prudhom
Michele Rinka
Minnie Harmon
Ms. Shirley
Nancy & Joseph Di Giacinto
Neal & Dianne Michel
Norma Nonneman
Pamela Miller
Pat Ehlert
Patricia Cronce
Patricia Miller
Patrick & Jennifer Lopeman
Paulette Smith
Pearlie Wright-Allen
Pert
Peter & Dorothy Majchrzak
Pharis Brooks
Rachel Ritchhart
Ralph Sims
Ray Rutherford
Raymie & Bee Grundhoefer
Regina M. Koronkowski
Renate Liedtke
Richard & Joan Gaeth
Richard & Jocelyn Turner
Richard Cywinski
Rick Janowski
Ricky
Robert Watson
Ron & Renee Scherr
Ron Sager
Rosanne & Harry Moore
Rose
Rose Hill Missionary Baptist Church, Inc.
Ruby Mason Meeks
Ruth Gaura
Salvatore Corrao
Sandra McGee
Scott and Kristen Parks
Sharon Anderson
Sharon Schneck
Sheree Robertson
Sherley Montgomery
Shirley Browne
Shirley E. Reynolds
Shirley Tiedjen
Stephanie Momon
Stephanie Netzel
Stephen & Susan Ragatz
Steven & Nancy Harwood
Stuart & Gayle Schenk
Susan Bock
Susan Marsolek
Tanya Sheriff
Taylor Chojnacki
Ted & Mariane Allen Sr.
Terry Reed
Thelma Roberson
Thomas Janczak
Tim Carpenter
Tom & Cheri Briscoe
TOPS 0033
TOPS Group 1166
Trina
Tyrone Pennington
Veretta Porter
Verna Johnson
Wendy Cetera
Widge Liccione
William T. Rossi
Wilson Commons
Zelma Simmons

Thank you!

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)?

A GEM is a member of a dedicated group of donors 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!

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: _____