

SERVING OLDER ADULTS OF SOUTHEAST WISCONSIN, INC.

February 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 - 3:00
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 - 3:00

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

Monday, February 17 - Presidents' Day

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	<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

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



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

Highlighted Events

CLINTON & BERNICE ROSE SENIOR CENTER

Movie Watchers Club - Black History Month *Led by Yvonne Thomas and Eras Senior Network* **Fridays, 9:00 - 11:00**

Every Friday for the month of February, enjoy historical movies that honor and acknowledge African American History. In addition, before the movie, share your family history and enjoy the celebration of Black History Month.

Black History Celebration (Game Show) *Hosted By Eras Senior Network*

Thursday, February 20, 12:00 - 2:00

Come on down - you are the next contestant! Play the fun game of trivia while testing your wit on how well you know your history. The winning team will receive a prize. Are you ready to PLAY? **Registration is required by February 14 to be a contestant.**

Black History Celebration— "Digging Deep into Our Roots"

Thursday, February 27, 12:00 - 1:30

Come enjoy a time of reflection on African American history, dig deep into the roots of the past and embrace history. Light refreshments will be served.

KELLY SENIOR CENTER

African Drumming Circle **Thursday, February 20, 2:00**

For Black History Month, come experience some authentic African Culture through music and dance. **Registration required.**

Adaptive Tools for Changing Vision *Sponsored by Vision Forward*

Wednesday, February 19, 10:00

Join us for a product demonstration where you can explore tools that make daily life easier, despite reduced vision. Discover available items for cooking, reading, recreation and staying organized that can help you continue to live as independently as possible. Bring a friend or neighbor whose vision is changing.

Memory Cafe: The Little Month Full of Holidays **Wednesday, February 26, 2:30**

Memory Cafes are safe spaces for adults experiencing memory loss and their loved ones to connect and socialize. This month, we will discuss memories of the many minor holidays that occur in February. **Registration required.**

MCGOVERN PARK SENIOR CENTER

AARP Tax Preparation **Mondays & Fridays** **February 7 - April 14, 9:00 - 4:00**

Get help with your taxes for free. Please call McGovern Park Senior Center to make an appointment: 414-527-0990.

Celebrating Black History Through the Art of Quilting

Presented by McGovern's Quilters

Wednesday, February 26, 12:30

Hear our quilters tell the story about how different patterns and materials have deeper meanings.

African Attire Day **Friday, February 28, all day event**

Please dress in your African attire and help celebrate the end of Black History Month.

WASHINGTON PARK SENIOR CENTER

Black History Celebration Event **Thursday, February 27, 12:30 - 2:00**

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.

Day Trip: Black Holocaust Museum **Wednesday, February 19, 9:15**

Take a tour of the African American Museum cost TBD. After, we will go to lunch (which will be on your own) at Mi Casa Su Cafe or Sams Place. See Ms. Debbie for more information.

WILSON PARK SENIOR CENTER

Valentines Day Dance **Suggested Contribution: \$5** **Friday, February 14, 1:30 - 3:00**

Enjoy music by our own Wilson Big Band and dance with your sweetheart or alone.



February is American Heart Month!

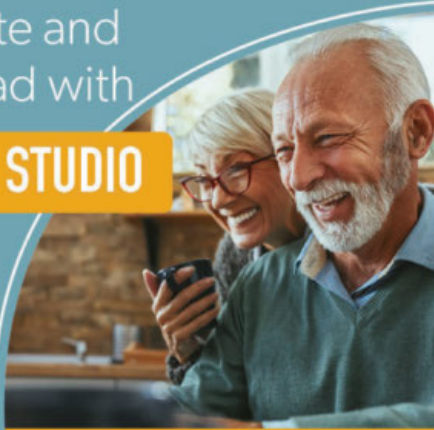


Heart disease is the leading cause of death for people in the United States of all ages. SOA is raising awareness about heart disease during American Heart Month by placing a **heart icon** next to programs that can help you make positive changes!

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Engaging, ad-supported print and digital newsletters to reach your community.



Scan to contact us!

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Tech Connect for Older Adults

A Program of Serving Older Adults



AI and Disinformation

Seeing might not mean believing anymore. Come learn how to identify deepfakes and cloned voices so you don't fall for digital deception.

McGovern Park Senior Center - Tuesday, February 11, 12:30-2:00

Kelly Senior Center - Tuesday, February 25, 1:00-2:30

Clinton Rose - Tuesday, February 18, 9:30-11:00

Washington Park Senior Center - Wednesday, February 19, 1:00-2:30

Wilson Park Senior Center - Tuesday, February 25, 10:00-11:30

Registration is required for Tech Connect classes and BYOD sessions.

Please call your center for easy sign up!

Visit us online at www.servingolderadults.org

Clinton & Bernice Rose Senior Center

♥ **Level Up-Zumba & Yoga (Alternate)**

Sponsored by The Milwaukee Turners

Monday, February 3 & 10, 12:00 - 1:00 -

Monday, February 24, 10:00 - 11:00

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

Tax Preparation

Hosted by AARP

Every Monday, February 3 - April 14, 9:00 - 3:00

It's that time of year again! Please call Clinton Rose at 414-263-2255 Ext 1 or stop by to schedule an appointment for your annual taxes. **Appointments only. Please note: the center will be closed February 17 and no appointments will be scheduled for that day.**

♥ **Senior Exercise at home**

Presented by Fidel Escobar

Wednesday, February 5, 12:00 - 1:00

Stay active and healthy while exercising at home.

ADS Resource Table

Thursday, February 6, 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.

♥ **Blood Pressure Screening**

Presented by Aurora HealthCare

Thursday, February 6, 10:00 - 12:00

Come have your blood pressure and blood sugar checked by the healthcare team of Aurora.

Movie Watchers Club-Black History Month

Led by Yvonne Thomas and Eras Senior Network

Fridays, 9:00 - 11:00

Every Friday for the month of February enjoy historical movies that honor and acknowledge African American History. In addition, before the movie, share your family history and enjoy the celebration of Black History Month.

♥ **Nutrition Education**

Presented by Hunger Task Force-Carmen Baldwin, NDTR

Tuesday, February 11, 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.

♥ **Healthy, Wealthy & Wise: Your Guide to Wellness Workshop**

Presented by Facilitated by Rashadeem Gray

Thursday, February 13, 12:00 - 1:00

Work with an experienced educator whose engaging workshops empower participants to make informed decisions and promote a healthy lifestyle.

Valentine Day Celebration - "Love is in the Air"

Sponsored by Zeta Phi Beta Inc Kappa Beta Zeta Chapter

Friday, February 14, 12:15 - 1:15

Come and enjoy dancing, games, and light refreshments. **Pre-registration is required, deadline to sign up is Feb 7.**

♥ **Healthy Eating, Living with Diabetes & Blood Pressure Control**

Presented by Hayat Pharmacy

Tuesday, February 18, 12:00-1:00

Learn the importance of taking care of your overall health with Dr. Hassim.

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

Presented by HEAL (Healthy Eating Active Living)

Thursday, February 20, 10:00 - 11:00

Learn how to prepare delicious, low-sodium meals while enjoying a recipe menu and food sample.

Black History Celebration (Game Show)

Hosted By Eras Senior Network

Thursday, February 20, 12:00 - 2:00

Come on down, you are the next contestant! Play the fun game of trivia while testing your wit on history.

Registration is required by Feb 14 to be a contestant. The winning team will receive a prize. Are you ready to PLAY?

Be My Valentine BINGO!

Sponsored by Deborah Lewis

Monday, February 24, 12:00 - 1:00

Love is in the air all February long! Enjoy salty and sweet snacks, while playing the fun game of bingo.

Advisory Committee Meeting

Tuesday, February 25, 10:30 - 11:00

Learn about what's going on at Clinton Rose Senior Center. If you would like access via Zoom, please contact 414-263-2255 for details.

Memories in the Making

Sponsored by The Alzheimer Association

Thursday, February 27, 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.**

Black History Celebration - "Digging Deep into Our Roots"

Thursday, February 27, 12:00-1:30

Come enjoy a time of reflection on African American history, dig deep into the roots of the past and embrace history. Light refreshments will be served.

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.

Beginning Sewing Classes -

Suggested Contribution: \$20 (4 weeks)

Mondays & Fridays, 12:30 - 1:30

Want to learn how to sew or brush up on your sewing skills? Well, look no further and sign up to join the beginner sewing class where you will learn techniques and skills.

Clinton & Bernice Rose Senior Center

Miss Daisy's Sewing Group - Suggested Contribution: \$8 (4 weeks)

Led by Jamie Gardner

Thursdays, 12:30-4:30

Enjoy a group that enjoys creating fabulous quilts which are donated to nursing homes and seniors in need.

♥ Senior Striders

Led by Evelyn Merriett

Mondays & Wednesdays, 10:00 - 11:00

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

♥ Walk Easier

Led by Charlotte Lewis

Mondays, Wednesdays & Fridays, 12:00 - 1:00

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

♥ 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

2nd and 4th Wednesdays, 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.

SAVE THE DATE

Mardi Gras Murder Mystery Show - "Who Killed Melvin?"

Hosted by Eras Senior Network

Tuesday, March 4, 11:30 - 1:30

Whodunnit? Come and help solve the mystery of who killed Melvin! Enjoy an interactive dinner show filled with turns, twists, and fun. A delicious meal will be served. Please dress in your favorite Mardi Gras gear. Be careful not to miss this fun-filled event as spots are limited. **Registration is required by February 14.**



<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>*Has a suggested contribution</p>	<p>Tuesday 8:30-4:30 Opening Sewing* 9:00-10:30 Roselettes Dance Group Practice 9:30-10:30 Wisdom Studies</p>	<p>Wednesday 8:30-4:30 Open 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 (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 (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 1st Friday 9:00-11:00 Open Art Therapy Workshops 12:00-1:00 Walk Easier</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

ADRC Consultations

Presented by Aging and Disability Resource Center

Monday, February 3, 10:00 - 1:00

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

Foodshare Information Table

Tuesday, February 4, 11:00 - 1:00

An expert from Feeding America will be available to answer your questions about FoodShare, and help you sign up for it.

Memories in the Making

Presented by the Alzheimer's Association

Tuesday, February 4, 12:00 - 2:00

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

Bingo

Sponsored by Badger Hospice

Tuesday, February 4, 1:00

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

♥ Laughter Yoga -

Suggested Contribution: \$3/session

Tuesdays, February 4, 11, 18 & 25, 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.**

♥ Practicing Mindfulness: An Introduction to Meditation

Great Courses

Thursdays, February 6 - March 27, 10:00

For thousands of years, human beings have practiced techniques of mental focusing, designed to change the habitual conditioning of the mind. Central to many spiritual and philosophical traditions these practices are considered a major means for enhanced awareness and self-mastery.

Acoustic Music Meetup

Tuesday, February 10, 10:30

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

♥ Nutrition Class and Cooking Demo: Sodium and Heart Health

Presented by Hunger Task Force

Tuesday, February 11, 1:00

Learn about eating healthy and see a cooking demonstration with samples! **Registration required.**

Epilepsy: What You Need to Know

Presented by Epilepsy Families of SEWI

Thursday, February 12, 12:30

Learn about epilepsy, a condition that affects almost 3 million US adults. Topics include: first aid for seizures; how to help someone having a seizure. Learn the important Dos and Don'ts.

Volunteer Meetup

Wednesday, February 12, 1:30

Meet with staff and other volunteers to collaborate and check-in.

Diabetes Services, Supplies, and Management

Presented by Eminence Gray

Thursday, February 13, 10:00

Learn how Medicare supports diabetes management with coverage for essential supplies like blood sugar monitors, test strips, and insulin pumps, along with services such as nutrition therapy and self-management training. Come explore eligibility, costs, and resources to help you take control of your health.

Bingo

Sponsored by Wilson Commons

Tuesday, February 18, 1:00

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

Toenail Trimmers, LLC

Thursday, February 20, by appointment

Toenail trimming services will be available, call for appointment.

Adaptive Tools for Changing Vision

Sponsored by Vision Forward

Wednesday, February 19, 10:00

Join us for a product demonstration where you can explore tools that make daily life easier, despite reduced vision. Discover available items for cooking, reading, recreation and staying organized that can help you continue to live as independently as possible. Bring a friend or neighbor whose vision is changing.

African Drumming Circle

Thursday, February 20, 2:00

For Black History Month, come experience some authentic African Culture through music and dance. **Registration required.**

Advisory Meeting

Wednesday, February 26, 1:00

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

Memory Cafe: The Little Month Full of Holidays

Wednesday, February 26, 2:30

Memory Cafes are safe spaces for adults experiencing memory loss and their loved ones to connect and socialize. This month, we will discuss memories of the many minor holidays that occur in February.

Registration required.

Board Games

Friday, February 28, 1:00 - 2:00

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

♥ Morning Exercise

Mondays & Fridays, 8:45 - 10:00

Get moving with exercise! 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.

Kelly Senior Center

♥ **Movement & Music: Parkinson Disease Exercise**

Presented by Wisconsin Parkinson Association

Mondays, 11:30

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

Quilting - Suggested Contribution: \$20 (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, 8:45 - 9:45

Start your day with video fitness and a great group of people.

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

Tuesdays & Thursdays, 9:00 - 12:00

Use ceramic molds, paints, and glazes to create artful objects 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.

Billiards League

Wednesdays, 12:30 - 3:00

Join the billiards players for some fun around the pool table. Open to all skill levels.

Knit and Crochet

Thursdays, 9:00

Work on your projects with a great group! Get advice from pros.

Shuffleboard

Thursdays, 1:00 - 3:00

Join the fun and learn a new game. 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 or \$3/class

Thursdays, 12:30 - 1:00

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

♥ **ASAHI Exercise Program**

Fridays, 10:00

ASAHI is an exercise method similar to Tai Chi developed to provide a safe practice almost anyone can do. It is a simple, effective routine to improve health and quality of life.

<p>Monday</p> <p>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</p> <p>8:45 Morning Fitness 8:30 Tech Connect 9:00 Ceramics 9:00 Quilting 10:00 Chair Yoga 1:00 Sheepshead</p>	<p>Wednesday</p> <p>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 Tai Chi</p>
<p>Thursday</p> <p>8:45 Morning Fitness 9:00 Ceramics 9:00 Knit & Crochet 9:30 Fitness Ctr. Orientation 10:00 Sheepshead 12:30 Cardio Drumming 1:00 Quilting 1:00 Shuffleboard 1:00 Tech Help 1:30 Chair Yoga</p>	<p>Friday</p> <p>8:30 Wood Carving 8:45 Morning Exercise 9:30 Bridge 10:00 ASAHI</p>	<p>Daily</p> <p>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, February 6, 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.

AARP Tax Preparation

Mondays & Fridays

February 7 - April 14, 9:00 - 4:00

Get help with your taxes for free. Please call McGovern Park Senior Center to make an appointment: 414-527-0990.

♥ **Blood Pressure Screening**

Presented by Milwaukee Career College

Monday, February 10 & 24, 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.

♥ **Nutrition Class**

Presented by Hunger Task Force

Tuesday, February 11, 10:00

In this class, you will learn the nutritional components of food and their impact on the body.

Valentines Day - Suggest Contribution: \$2

Friday, February 14, 12:00

Join us for our Valentines Party with music, punch, and lots of fun. **Registration required.**

Did You Know?

Wednesday, February 19, 12:30

How well do you know your history? This is an opportunity to dig into and gain knowledge of black history. Stand up and share what you have learned with all of us.

Kidney Dialysis with Eminence

Presented by Rashadeem Gray

Thursday, February 20, 10:00

In this presentation, you will gain knowledge about kidney dialysis and transplant services.

Memahs Gourment Delights

Presented by Martha Austin

Friday, February 21, 12:00

You are invited to hear Martha Austin's story—her struggle, challenges, and success. She will share what it took to be the first Black woman to have her face on her very own cake mix.

Celebrating Black History Through the Art of Quilting

Presented by McGovern's Quilters

Wednesday, February 26, 12:30

Hear our quilters tell the story about how different patterns and materials have deeper meanings.

African Attire Day

Friday, February 28, all day event

Please dress in your African attire and help celebrate the end of Black History Month.

Bingo

Sponsored by Eras Senior Network

Thursday, February 20, 12:30

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

Advisory Meeting

Thursday, February 20, 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, February 20, 12:30

Book Title: Little Women

Author: Louise Mae Alcott

You may purchase this book or check your local library.

Coffee Bar

Monday - Friday, 8:30 - 11:30

We have 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 will learn health options from supportive TOPS members.

♥ **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.

McGovern Park Senior Center

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 – 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 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 (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

EARLY VOTING SITE – February 4-15

Mon. - Fri., 12:00 - 6:00 pm, Sat. 12:00-2:00 Only
Come and vote early here.

Harold Kane Pool Tournament Practice

Coordinated by James Kimble

Wednesday, February 5-March 26; Starting at 12:00

The tournament will follow on Wednesday, beginning on April 2.

AARP Tax Prep

Every Thursday, February 6 - April 10, 9:00 - 3:00

Come get your taxes done through AARP services. **Must call to set appointment! The number is 414-215-0781.**

Wear RED Day

February 7, All day event

Show your support for Heart and Stroke Health Month. Get info on signs of stroke and or heart attack.

ADS Resource Table

Friday, February 7, 10:30 - 12:00

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, February 5 & 19, 9:30 - 10:30

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

Advisory Meeting

Tuesday, February 11, 10:00 - 11:00

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

A Valentine Treat

Led by Dr. Mirian Organ

February 12, 12:30 - 1:30

Love means comfort, peace, and calm! Come relax and enjoy a complimentary gentle massage at the "spa," at Washington Park Senior center. **Registration required. See Ms. Debbie to sign up.**

♥ Cooking Demo w/Chef Marvin "The Unsalted Chef"

Thursday, February 13, 10:00 - 11:00

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

Washington MPL Librarian

Thursday, February 13 & 27, 12:00 - 2:00

Ask any questions you may have about the library and its resources. We're also starting a Book Club on February 13. The first book title will be DARK MATTER by Blake Crouch. Come ready to discuss the book. Light refreshments served.

Day Trip: Black Holocaust Museum

February 19, 9:15

Take a tour of the African American Museum. Cost TBD. We will go to lunch (which will be on your own) at Mi Casa Su Cafe or Sams Place. See Ms. Debbie for more information.

♥ Nutrition Class

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

Thursday, February 20, 10:00 - 11:00

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

♥ Health Equity Lunch & Learn Workshop

Sponsored by The Center for Leadership

Thursday, February 20, 12:00 - 1:30

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

Black History Celebration Event

Thursday, February 27, 12:30 - 2:00

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.

♥ Yoga - Suggested Contribution: \$6/class (Pay by the month)

Mondays, 9:00 - 10:00

Yoga improves 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

Get 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

Ping pong is a fun way to get daily exercise and increase hand-eye coordination.

Open Art Therapy Workshops

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Tuesdays, 9:30 - 11:30

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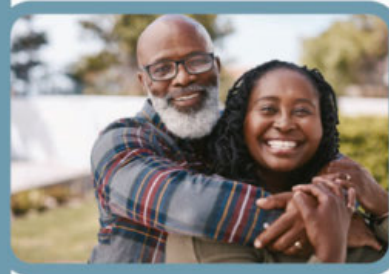
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Serving Older Adults of SE Wisconsin, Milwaukee, WI.

B 4C 01-2067

Washington Park Senior Center

♥ Silver Steppers Line Dancing
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 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
 Enjoy a friendly game of chess. All levels are welcome.

Quilting - Suggested Contribution: \$20
(January - March) 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
(January -March)
Fridays, 9:00 - 11:00
 Create beautiful projects with guided instruction from a highly experienced and creative instructor.

Piano - Suggested Contribution: \$11/week
(Pay by the month), Schedule Date as Needed
 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!

<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 * 9:45-10:15 Cardio Drumming * 10:30-11:30 Hand Weights 12:30 Movie Matinee 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 * * 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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Serving Older Adults of SE Wisconsin, Milwaukee, WI.

C 4C 01-2067

Wilson Park Senior Center

First Quarter Classes (January thru March)

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

Big Band Concert & Dance

Monday, February 10, 1:30

Show off your best dance moves or sit and enjoy the music!

Valentines Day Dance

Suggested Contribution: \$5

Friday, February 14, 1:30 - 3:00

Enjoy music by our own Wilson Big Band and dance with your sweetheart or alone.

Howard Village Presentation

Tuesday, February 18, 11:00-11:30

Learn healthy aging tips for older adults.

MOWA Museum of Wisconsin Art Day Trip

Suggested Contribution: \$40 (Includes a year membership)

Wednesday, February 19, 9:30 - 3:30

Details to be announced. **Registration required.**

Book Club

Wednesday, February 26, 2025

All the Colors of the Dark by Chris Whitaker

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

♥ Line Dance

Suggested contribution: \$12

Mondays, 10:30

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

Wednesdays, 12:00 - 3:00

Open sew is designed to provide a space for sewers to complete their own projects. This program does not provide guided instruction.

Ceramic Studio -

Suggested Contribution: \$25

Monday, Wednesday & Friday, 8:45

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

Hot/Fused Glass -

Suggested Contribution: \$25

Mondays & Wednesdays, 9:00

Create art utilizing various fusion techniques.

♥ Morning Exercise

Mondays, Wednesdays & Fridays

9:15 - 10:00

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

Scrabble

Monday, Wednesday, Friday, 10:15

Enjoy a good brain game while spending time with friends.

♥ Low-Impact Aerobics

Mondays & Thursdays, 1:00 - 2:00

Enjoy the benefits of working out without putting stress on your joints.

Paper-crafting -

Suggested Contribution: \$15

Tuesdays, 9:00

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

Stained Glass -

Tuesdays, 9:00

Suggested Contribution: \$25

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

Chess

Tuesdays, 9:00 - 12:00

Play the exciting game of chess. Beginners welcome. Guided instruction available.

German Class

Suggested Contribution: \$10

Tuesdays, 1:00-3:00; Thursdays 9:30-11:30

Come learn or expand upon your German language skills.

Reflexology - Suggested Contribution: \$20

Every other Tuesday, 10:30 - 1:30

20 minute Japanese foot massage to improve circulation and other internal systems.

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

Tuesdays, 1:00 - 2:00

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

Knit and Crochet -

Suggested contribution: \$10

Tuesdays, 10:00 - 12:00

Create your favorite pieces in a fun environment.

Woodcarvers & Burners

Wednesdays, 9:00 - 11:30

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

Wilson Park Senior Center

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.

Spring Forest Qigong

Second Wednesday, 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.

Bible Study

Wednesdays, 10:15 - 11:15

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.

Weaving-Intermediate -

Suggested Contribution: \$15

Thursdays, 9:00

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



Tap Dance - Suggested Contribution: \$40

Thursdays, Advanced- 9:00;

Intermediate- 9:45; Beginners- 10:30

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

Recorder Ensemble

Thursdays, 1:00

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

Guitar Lesson

Thursday, 12:00

Bring your guitar and join in. All levels welcome.

Ukulele

Thursdays, 1:30 - 2:30

Bring your ukulele, sing along, or listen to this fun Hawaiian instrument.

Mahjong

Fridays, 9:00

Come enjoy this popular tile game while sharing friendly conversations with others.

Guitar Jam

Fridays, 9:30 - 12:00

Jam with folks who love to play guitar. All levels are welcome to join the fun.

<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) 1:00 Beginning German</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 * 9:30 Advanced German 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</p>	<p>Friday 8:45 Ceramic Studio * 9:00 Weaving * 9:00 Mahjong 9:00 Open Glass Studio * 9:00 Quilting * 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/ 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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Travel Trips Coming Soon!

Want to get away? SOA now offers extended travel trips! Come and see our travel presentations to learn more. There are two presentations:

Washington Park Senior Center

Tuesday, February 25
10:00 AM

Wilson Park Senior Center

Tuesday, February 25
12:30 PM

UPCOMING TRIPS

Discover Canyon Country: October 3rd-10th, 2025

Spotlight on Washington D.C., October 9th-14th, 2025

**Christmas Markets of Montreal & Quebec City:
December 5th-11th, 2025**

Explore Northern Italy: April 16th-24th, 2026

Tropical Costa Rica: February 16th-24th, 2026

Attend the presentation to learn more about this exciting opportunity and ask any questions you may have!



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, February 25, 10:30
Kelly	Wednesday, February 26, 1:00
McGovern Park	Thursday, February 20, 9:00
Washington Park	Tuesday, February 11, 10:00
Wilson Park	Wednesday, February 19, 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, Feb. 6, 11:00-12:30
Kelly	Thursday, Feb. 20, 12:30-1:30
McGovern Park	Thursday, Feb. 27, 12:00-1:00
Washington Park	Tuesday, Feb. 4, 9:30-10:30
Wilson Park	Tuesday, Feb. 18, 10:00-11:00

Community Partners

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



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

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

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

Thank you to our many partners!

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

<p>\$50,000 - \$99,000 Greater Milwaukee Foundation Otto Bremer Trust</p> <p>\$10,000 - \$49,999 Anonymous (1) RRF Foundation for Aging Direct Supply Forest County Potawatomi Foundation Milwaukee Parks Foundation Patrick & Anna M. Cudahy Fund Bader Philanthropies, Inc. Spectrum</p> <p>\$5,000 - \$9,999 Anonymous (2) AARP Senior Planet Anderson Commercial Group The Catholic Community Foundation The Every Day Good Foundation We Energies Foundation James Sheridan Mindy and Steve Anderson Francie Luke Silverman Foundation</p>	<p>\$2,000 - \$4,999 Anonymous (3) Gigaflight Connectivity Inc. Heartland Properties, Inc. James & Lisa Pekar Janice and John Gardetto Mares Law Offices LLC Melissa Stauber Pieper Electric, Inc. Southeastern Wisconsin Deaf Senior Citizens</p> <p>\$1,000 - \$1,999 Anonymous (2) David and Debbie Gettelman Dia Y Noche Friends of the Wilson Solarium Milwaukee County Aging and Disability Services Operose Advisors Point After Pub & Grille Harvinder Ahuja Anthem Blue Cross Blue Shield Preston Alvdj</p> <p>\$500 - \$999 Anonymous (4) Borgman Capital Christopher Kujawa Clear Captions Cory Savage Dan Shaykevich State Farm Insurance</p>	<p>\$500 - \$999 cont. Dorene Drumel Eras Senior Network Hayat Pharmacy Inpower Solutions Jacqueline Fryer Jaime J Maliszewski Jeanne and John Kennedy Lawrence Taylor LeafGuard Master Printwear Max A. Sass & Sons Funeral Homes Michael Tillman Northwestern Mutual Foundation Volunteer Support Patrick and Piper Mehigan Plennes Construction Robertson Ryan Insurance Senior Helpers Milwaukee/Waukesha Suburban Asphalt Co., Inc. Talem Home Care & Placement Services Team Hoffman RE/Max TMG Uzelac Industries Inc. Wild Marketing Group Bridgette and Kevin Frommell Constance Crooks John C. Lapinski Roselettes LSS Connections Cindy Sheridan</p>	<p>\$500 - \$999 cont. Dennis Lech James Hempel Roy and Lynn Meythaler Sherry Kulhanek</p> <p>\$250 - \$499 Anonymous (2) American Republic Insurance Services Ascension Living Alexian Village Milwaukee Barbara Toles Clifton and Laurie Burns Comfort Keepers Diane Ertel Elder Benefit Specialists Aging and Disabilities Services Elizabeth Baren Lynn Crawford Lynn Crawford & Tim Willmes Margaret Calteaux & Terri Matenaer Matthew & Lora Bruce My Choice Wisconsin Roselettes Roxann Tolliver SilverSneakers Vernestine Varnado Wisconsin Talking Book and Braille Library Charles Woodward & Katherine Hannah Carol and Brian Kellogg</p>	<p>\$250 - \$499 cont. First Lutheran Church Del Januchowski Health Connections, Inc. Patricia Garrity & John Misorski Charlie Rush Marsha & Paul Bukofzer Right at Home Raymond Berg Third Coast Vascular Centers Nita F Farrow St. Ann Center for Intergenerational Care Tim and Katie Moersfelder Bart Kocha and Carol Marefka Don and Chris Gardner Frank Brindza Greater Wisconsin Agency on Aging Resources Legal Action of Wisconsin-Senior LAW Cathy and Tom Wood Mike and Sally Radka Walter and Katie McCoy Yvonne Thomas</p>
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Our GEMs (Give Every Month) - You Help Us Shine!

Anonymous (1)
Mindy & Steve Anderson
Marsha & Paul Bukofzer
Pat Ehler
Bridgette & Kevin Frommell
Colleen Grundy

Charles Woodward & Katherine Hannah
Mares Law Offices LLC
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 (24)	Evelyn Ray-Cowan	Linda and Patrick Devitt	Rose Hill Missionary Baptist Church Inc.
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Althea Stover	Felecia Bratcher	Lizzie Roundtree	Ruby Mason Meeks
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Erna Schatzman		Rose	
Ernice Austin			
Evelyn Merriett			

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: _____ |

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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: _____