

SERVING OLDER ADULTS OF SOUTHEAST WISCONSIN, INC.

May 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
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

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

SOA CLOSURES

May 12-May 16 - Washington Park Senior Center closed for cleaning week
Monday, May 26 - Memorial 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

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Aging Well

TOGETHER

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

SERVING OLDER ADULTS ADMINISTRATION

President/CEO *Cathy Wood*
Controller *Antresia Smith*
Director of Senior Centers *Shannon Downie*
Director of Development & Marketing *Lisa Krenke*
Director of Tech Connect *Susan Wetrich*

SUGGESTED CONTRIBUTIONS FOR CLASSES

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

USE GOOD JUDGMENT

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

GET INVOLVED TODAY!

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



ADMINISTRATIVE OFFICE

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

CLINTON & BERNICE ROSE SENIOR CENTER

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

KELLY SENIOR CENTER

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

MCGOVERN PARK SENIOR CENTER

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

WASHINGTON PARK SENIOR CENTER

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

WILSON PARK SENIOR CENTER

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

About Serving Older Adults

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

Highlighted Events

CLINTON & BERNICE ROSE SENIOR CENTER

Blood Pressure Screening

Presented by Aurora Health Care

Thursday, May 8, 10:00 - 12:00

Join us for a free blood pressure screening event, where our expert healthcare professionals will measure and assess your blood pressure to identify any potential health risks. By getting your blood pressure checked, you can take proactive steps towards maintaining a healthy heart and reducing your risk of developing cardiovascular disease.

Get Fit Senior Health and Fitness Day

Wednesday, May 28, 10:00 - 1:00

Join us for a fun-filled morning of exercise, education, and socialization at our Get Fit Senior Health and Fitness Day! This event is designed specifically for seniors, offering a variety of low-impact exercises, health screenings, and informative seminars to help you stay active, healthy, and engaged in your golden years.

KELLY SENIOR CENTER

Senior Health & Fitness Day

Wednesday, May 28, 10:00 - 2:00

Join us for a day of exercise, education and fun. This event will offer a variety of exercise programs, health screenings and informative seminars to help you stay active, and healthy and engaged. **Registration recommended.**

Music and More - 2025 Schedule

Suggested Contribution: \$8 (Advance) \$10 (At the Door)

Various Wednesdays, 2:30

Join us for live music and dancing. **Registration required.**

Date	Performer
May 21	John Van Theil—Elvis
June 4	Chuckster 60s—80s Rock
June 18	Josh Quinn—Sinatra-60s
July 2	Jim Best & Jeff Peborsky
July 16	Michael Joseph—Jukebox
Aug 6	Eric—Neil Diamond Show
Aug 20	American Graffiti-Sock

HEALTH AND WELLNESS

ALL CENTERS

**National Senior Health and Fitness Day
Wednesday, May 28th, 10:00 - 2:00**

Join SOA in celebrating health and fitness in older adults. Gather resources from community partners, attend classes focused on improving your health, and have a chance to win raffle prizes!

MCGOVERN PARK SENIOR CENTER

Mother's Day Tea Party -

Suggested Contribution: \$20

Friday, May 9, 1:00 - 3:00

Join us for an afternoon of socializing, sipping tea, dancing, or relaxing while listening to a live band playing music. **Registration required.**

Responsible Conceal Carry Training

Presented by retired Sgt. Charles Warren Sr.

Wednesday, May 28, 12:30

This class will include instructions on state and federal laws regarding concealing and carry. This class will also teach you how to safely use a firearm.

Senior Prom

Presented by McGovern Park and the Fourth District Police Station

Friday, May 23, 12:00 - 3:00

Holding a senior prom is a great way for people to relive fond memories and make new friends. Join us for lots of fun, music, and dancing. Come dressed to impress. **Registration required.**

WASHINGTON PARK SENIOR CENTER

Washington Park Senior Center Annual Rummage

Sale - Table Cost: \$25

Saturday, June 28, 9:00 - 2:00

Time to sell your wares and pick up some great bargains at the same time. See Ms. Debbie for details. Concession stands will be available.

3rd Annual Art Show

Thursday, May 8, 10:00 - 12:00

Join our Washington Park participants as they showcase their beautiful works of art, including items from woodshop, quilting, stained glass, drawings/paintings, knitting and crochet. Items for purchase. Sip and paint while making your own masterpiece, too! Enjoy smooth jazz music and light refreshments while strolling through the exhibit.

WILSON PARK SENIOR CENTER

Wilson Rummage

Saturday, May 3, 9:00 - 2:00

Come for a bake sale, crafts, and good home décor.

Mothers Day Brunch

Friday, May 9, 12:30 - 2:00

Let's gather to celebrate each other and motherhood while enjoying good food. Guest speaker: Alice Stueck-Konkel. Bring a picture of your mom. **Registration required.**

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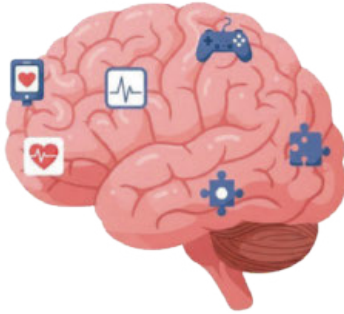
Serving Older Adults of SE Wisconsin, Milwaukee, WI.

A 4C 01-2067

Tech Connect for Older Adults

A Program of Serving Older Adults

Digital Tools for Brain Health



Stay sharp with technology! Join this lecture to learn about different ways to engage your brain.

McGovern Park Senior Center - Tuesday, May 6, 12:30-2:00

Wilson - Tuesday, May 13, 1:30-3:00

Kelly - Tuesday, May 20, 10:00-11:30

Washington - Wednesday, May 21, 10:00-11:30

Clinton Rose - Wednesday, May 21, 12:30-2:00

**Registration is required for Tech Connect classes and BYOD sessions.
Please call or stop by your center for easy sign up!**

Computer Essentials Course

Learn to use a computer for email, web research, and more so you can stay connected online! Participants who complete the course will receive a refurbished laptop through a partnership with United Way.

Suggested contribution: \$5/class session (\$50 total)

Washington Park Senior Center - January & June 2025

Wilson Park Senior Center - February & July 2025

Clinton & Bernice Rose Senior Center - March & August

Kelly Senior Center - April & September

McGovern Park Senior Center - May & October

Must attend a minimum of 8 of the 10 sessions.

Stop by the reception desk/call the center where you wish to attend the class to be added to the waitlist. Registration is limited to 10 participants to allow for individualized support.

This project is being supported, in part, by federal award number CPFFN0201, awarded to United Way of Wisconsin through \$16,459,684.90 of funds from the U.S. Department of the Treasury through the American Rescue Plan Act and the State of Wisconsin, acting by and through the Public Service Commission of Wisconsin.

Visit us online at www.servingolderadults.org

Clinton & Bernice Rose Senior Center

Movie Watchers Club

Led by Yvonne Thomas and Eras Senior Network

Friday, May 2, 9:00 - 11:00

Enjoy a fun-filled movie with Q&A with Yvonne Thomas and Freda from Eras Senior network. Light refreshments available.

Cinco De Mayo "It's a Fiesta" -

Suggested Contribution: \$6

Presented by Clinton Rose Senior Center

Monday, May 5, 12:00 - 1:00

Join us for a fun-filled event with music, dancing, and delicious Mexican food. Sign up today.

Financial Literacy Thursday "Your Money Matters"

Presented by Landmark Credit Union

Thursday, May 8, 10:00 - 12:00

Join us for a no-cost financial literacy seminar, where we will discuss the importance of financial planning and budgeting in achieving your long-term goals. Our expert will provide practical tips and strategies to help you manage your finances and make informed decisions about your money.

Blood Pressure Screening

Presented by Aurora Health Care

Thursday, May 8, 10:00 - 12:00

This is a free blood pressure screening event, where our expert healthcare professionals will measure and assess your blood pressure to identify any potential health risks. Take proactive steps towards maintaining a healthy heart and reduce your risk of developing cardiovascular disease.

Stockbox Distribution/Concession Sale

Presented by The Hunger Task Force & The Concession Gals

Thursday, May 8, 11:00 - 12:00

The Commodity Supplemental Food Program (CSFP) - known locally as Stockbox - provides a box of supplementary food to low-income seniors every month. Hunger Task Force administers the program and packs and distributes a free box of healthy food for people aged 60+ who have a monthly income of \$1,632 or less per month (\$2,215 for a two-person household). All Stockboxes include cereal, milk, canned veggies and fruits, pasta or rice, protein, fruit juice, canned meats and two pounds of fresh Wisconsin cheese. Enjoy delicious concessions for sale between 9:30-12:00.

Mother's Day Brunch Sip & Paint

Presented by Eras Senior Network

Wednesday, May 7, 9:30 - 11:30

Join us for a special Mother's Day celebration as we honor the mothers and mother figures in our lives. Enjoy a delightful brunch and warm company.

Physical Activity

Hosted by the American Heart Association

Monday, May 12, 10:00 - 11:00

Get ready to get up and get active while having fun!

ADRC Celebration

Sponsored by Milwaukee County Aging and Disability Services & the Aging & Disability Resource Center of Milwaukee County

Wednesday, May 14, 11:00 - 2:00

Enjoy a celebration of gratitude with a delicious meal, games, and fun. **Registration required by May 5.**

Healthy Aging: Strategies for a Fulfilling Life

Bridgeway Independent Living

May 13, 12:00 - 1:00

Explore the importance of maintaining physical and mental well-being as we age. Our expert speaker will share practical tips and advice on how to stay active, engaged, and connected, and provide a supportive environment for you to ask questions and share your own experiences.

Healthy Flavors, No Salt Needed: A Cooking

Demonstration with Chef Marvin

Presented by Healthy Eating Active Living

Thursday, May 15, 10:00 - 11:00

Join Chef Marvin, The Unsalted Chef, for a cooking demonstration that will show you how to add flavor to your dishes without relying on salt. Learn how to use herbs, spices, and other natural ingredients to create delicious and healthy meals.

The Sankofa Drum Circle

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

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

Come join in at a vibrant and enriching community event led by skilled facilitator Lucky Diop.

Celebrate Mother's Day at Rose

Presented by Deborah Lewis

Thursday, May 15, 12:30 - 2:30

Join us for a heartwarming celebration of mothers and motherhood! This special event will feature a delightful afternoon of refreshments, games, and activities that honor the love and dedication of mothers everywhere.

Autism Awareness: Understanding and Supporting Individuals with Autism

Autism Society

Monday, May 19, 10:00 - 11:00

Join us as we delve into the world of autism, exploring the signs, symptoms, and challenges faced by individuals with autism. Our expert panel will share valuable insights and strategies for understanding and supporting individuals with autism, and answer your questions to help you better navigate this complex and rewarding journey.

Stroke Awareness

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

Thursday, May 22, 12:00 - 2:00

This is a vital discussion on stroke awareness that sheds light on the warning signs, risk factors, and prevention strategies for this devastating condition. Learn how to recognize the signs of a stroke and take control of your health to reduce your risk of experiencing one.

Registration required.

Milwaukee Public Market -

Suggested Contribution: \$20

Hosted by the Out and About Travel Committee

Friday, May 23, 10:00 - 2:00

Enjoy delicious food and the culture at Milwaukee Public Market. Socialize and have fun with friends.

Signup deadline May 9.

Clinton & Bernice Rose Senior Center

Clinton Rose Center Advisory Meeting Tuesday, May 27, 10:30 - 11:00

Join us for an advisory meeting to discuss the latest developments and updates on our current projects. We will be sharing key findings, addressing any concerns or questions, and outlining the next steps to ensure the successful completion of our initiatives.

Get Fit Senior Health and Fitness Day Friday, May 28, 10:00 - 1:00

Join us for a fun-filled morning of exercise, education, and socialization at our Get Fit Senior Health and Fitness Day! This event is designed specifically for seniors, offering a variety of low-impact exercises, health screenings, and informative seminars to help you stay active, healthy, and engaged in your golden years.

Morning Blend with Hot Topics

Led by Doris Hopkins-Brown

Monday, May 5, 12 & 19, 9:30 - 10:30

Get ready to kick off your week with a bang! Whether you're a news junkie, a social media enthusiast, or just someone who wants to stay informed, the Morning Blend has you covered. We'll dive into the latest trends, breaking news, and trending topics, all while keeping it light and entertaining.

Open Sewing – Suggested Contribution: \$10 (4 weeks) Mondays, Tuesdays, Wednesdays & 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.

Movin' & Groovin'

Led by Theresa Herron

Wednesdays, 12:30 - 1:30

Come on down country girls and boys! Put your boots on the ground and flex your muscles while dancing to fun and trendy line dances.

Beginning Sewing Classes – Suggested Contribution: \$20 (4 weeks)

Morning Instructor: Lydia Johnson

Afternoon Instructor: Jamie Gardner

Mondays & Fridays, 12:30 - 1:30 OR 10:00 - 11:00

Want to learn how to sew or brush up on your sewing skills? Sign up to learn techniques and skills.

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.

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.

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 Birthday Committee Meeting (1st Mon.)	Tuesday 8:30-4:30 Opening Sewing* 9:00-10:30 Roselettes Dance Group Practice 9:30-10:30 Wisdom Studies 12:15-1:00 P2P - Passion to Praise (4th Tue.)	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 (3rd Wed.) 12:30-1:30 Movin' & Groovin'
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 Travel Committee Meeting (3rd Thur.) 12:30-4:30- Miss Daisy Sewing Group* 1:00-4:00 Bid Whist *Has a suggested contribution	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 Fri.) 9:00-11:00 Open Art Therapy Workshops 12:00-1:00 Walk Easier	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

Kelly Senior Center

Navigating the Fog: Understanding and Managing Dementia

Presented by Eminence Gray

Thursday, May 1, 12:00

Discover how Medicare supports those with memory loss.

Cinco de Mayo Celebration

Sponsored by Humana Frank Filardi, Medicare Agent

Friday, May 2, 1:30

Come celebrate Mexican Heritage with traditional music, dancing, and refreshments. **Registration required.**

Medicare Resource Table

Monday, May 5, 9:00 - 10:00

Come and ask any questions you may have about Medicare benefits and services.

Growing Minds: Self Awareness & Self-Regulation

Tuesdays, May 6, 13, 20 & 27 8:30

Instructor Anna Adl from the Cudahy School District will demonstrate simple ways to incorporate mindfulness and self-awareness into your everyday life.

Foodshare Information Table

Tuesday, May 6, 11:00 - 1:00

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

Memories in the Making

Presented by the Alzheimer's Association

Tuesday, May 6, 12:00 - 2:00

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

Bingo

Sponsored by Harbor Village

Tuesday, May 6, 1:00

Join us for Bingo. **Registration recommended.**

Air Quality and Your Health

Sponsored by MKE FreshAir Collective

Tuesday, May 6, 2:00

What's hiding in our air that we can't see? This educational session hosted by MKE FreshAir Collective will cover the common pollutants found in outdoor air and how they affect your health. Additionally, learn how to check your local air quality and protect your lung health during poor air quality events. **Registration recommended.**

Mother's Day Tea

Monday, May 12, 1:30

Join us as we celebrate mothers with tea and treats. **Registration required.**

Card Making

Tuesday, May 13, 11:00

Have fun socializing and reminiscing while you make beautiful greeting cards for all occasions.

Volunteer Meetup

Wednesday, May 14, 1:30

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

Toenail Trimmers, LLC

Wednesday, May 14 & Thursday, May 15, by appointment

Toenail trimming services will be available, call for appointment.

Women's Club Presents: James Heinz, Local Historian

Monday, May 19, 1:30

Retired police officer and SCUBA diver, James Heinz will talk about celebrities who have a deep connection to Milwaukee. A politician, one of the world's greatest scientific geniuses, two Civil Rights leaders, some of Hollywood's biggest stars, two of our greatest generals, and the man who invented the two things everyone now uses almost every day. This will be of interest to men and women alike! **Registration recommended.**

Bingo

Sponsored by ePlatinum Health Frank Filardi

Tuesday, May 20, 1:00

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

Music & More -

Suggested Contribution: \$8 (Advance) or \$10 (At the Door)

Wednesday, May 21, 2:30

Elvis is back...to open the 2025 season on musical performances. **Registration required.**

Gardening with K4

Thursday, May 22, 9:30

4K students from the Cudahy School district will be here to help with planting and landscaping the area around Kelly Senior Center. **Registration recommended.**

Papercrafting

Thursday, May 22, 1:30 - 3:00

We will assemble a delightful three dimensional fairy house. All required supplies and instruction will be included at no charge. **Registration required.** Limited to fifteen participants.

Nutrition Class and Cooking Demo: Lean Animal-Based Proteins

Presented by Hunger Task Force

Thursday, May 22, 1:30

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

Memorial Day CLOSED

Monday, May 26

We will be closed in recognition of Memorial Day.

Garden Club

Tuesday, May 27, 1:00 - 2:00

Help to beautify the natural surroundings at Kelly Senior Center. New members are always welcome!

Drumming Circle - Back by Popular Demand!

Tuesday, May 27, 2:00

Drum circles foster community, promote self-expression, and provide a space for people to connect through rhythm. **Registration required.**

Kelly Senior Center

Senior Health & Fitness Day

Wednesday, May 28, 10:00 - 2:00

This event will offer a variety of exercise programs, health screenings and informative seminars to help you stay active, healthy, and engaged. **Registration recommended.**

Kelly Derby

Sponsored by ePlatinum Health

Friday, May 30, 1:00 - 2:00

Experience the thrill of horse racing at the "Kelly Derby." Bet on the winning horses, have a mint julp and win prizes. **Registration required.**

Morning Exercise

Mondays & Fridays, 8:45 - 10:00

A mix of balance, strength, and flexibility exercises followed by low-impact cardio. Monday exercises are mostly seated, while 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 (June-August)

Various Dates

Learn techniques and patterns 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 (June-August)

Tuesdays & Thursdays, 9:00 - 12:00

Use ceramic molds, paints, and glazes to create objects for your home and garden. Contribution includes use of the kiln. **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 helps you reach your weight-loss goals by providing the tools and support you need. **Group is currently full.** For information on other groups, call TOPS headquarters at 1-800-932-8677.

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

Fridays, 12:30 - 3:00

Join the fun! 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

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's a simple, effective routine to improve health.

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 Sheephead	Tuesday 8:45 Morning Fitness 8:30 Tech Connect 9:00 Ceramics 9:00 Quilting 10:00 Chair Yoga 1:00 Sheephead	Wednesday 9:30 TOPS 10:00 Open Art Studio 10:00 Sheephead 12:30 Canasta 12:30 Billiards League 1:00 Dominoes 1:00 Tech Help 1:00 Quilting 3:00 Tai Chi
Thursday 8:45 Morning Fitness 9:00 Ceramics 9:00 Knit & Crochet 9:30 Fitness Ctr. Orientation 10:00 Sheephead 12:30 Cardio Drumming 1:00 Quilting 1:00 Tech Help 1:30 Chair Yoga	Friday 8:30 Wood Carving 8:45 Morning Exercise 9:30 Bridge 10:00 ASAHI 1:00 Shuffleboard	Daily 8:30-10:30 Social Club 8:30-4:30 Billiards 8:30-4:30 Computer Lab 8:30-4:30 Fitness Center 8:30-4:30 Library 8:30-4:30 Tabletop Games 11:00-11:30 Lunch

McGovern Park Senior Center

Healthy Eating Active Living

Presented by Chef Marvin

Thursday, May 1, 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.

Blood Pressure Screening

Presented by Milwaukee Career College

Monday, May 5 & 12, 10:00

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

Stepping Class – Suggested Contribution: \$20

Presented by Keith Long

Tuesday, May 6, 13, 20 & 27, 1:30

If you would like to learn how to step, here is your opportunity to join this class. Have fun while learning the steps to this dance. **Registration required.**

Mother's Day Tea Party –

Suggested Contribution: \$20

Friday, May 9, 1:00 – 3:00

Join us for an afternoon of socializing, sipping tea, dancing, or relaxing while listening to a live band playing music. **Registration required.**

Nutrition Class

Presented by Hunger Task Force

Wednesday, May 14, 10:00

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

Crock Pot Class

Presented by Humana

Wednesday, May 14, 12:30

This class teaches the basics and benefits of using a crockpot and shares more than a dozen recipes. At class time, each attendee will receive a cookbook. **Registration required.**

Advisory Meeting

Thursday, May 15, 9:00

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

Bingo

Sponsored by Eras Senior Network

Thursday, May 15, 12:30

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

Book Club

Thursday, May 15, 12:30

Book Title: Patsy

Author: Nicole Denise Benn

You may purchase this book or check your local library.

Responsible Conceal Carry Training

Presented by retired Sgt. Charles Warren Sr.

Wednesday, May 28, 12:30

This class will include instructions on state and federal laws regarding concealed carry. This class will also teach you how to safely handle a firearm.

Water Leaks

Presented by Milwaukee Water Works

Wednesday, May 21, 12:30

In this presentation, you will learn what causes leaky pipes and what to do about them.

Day Spa at McGovern –

Suggested Contribution: \$20

Presented by Dr. Mirian Boyd Organ

Thursday, May 22, 9:30

It's time to reward yourself with a hand or foot massage. You will feel relaxed after having one of these treatments.

Senior Prom

Presented by McGovern Park and the Fourth District Police Station

Friday, May 23, 12:00 – 3:00

Holding a senior prom is a great way for people to relive fond memories and make new friends. Join us for lots of fun, music, and dancing. Come dressed to impress. **Registration required**

Karaoke

Presented by Harold Turner

Friday, May 30, 12:30

Karaoke is a social stress relieving activity. It provides an opportunity to sing your favorite songs regardless of your vocal abilities, offering a chance to let loose and have some crazy fun.

Women's Health Talk

Friday, May 30, 12:30

If you or someone you know have any health problems or has overcome health issues and would like to share with other women, please consider joining this group to help uplift those who may need support.

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

McGovern Park Senior Center

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.

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.



*Happy
Mother's Day!*

Monday 9:00 TOPS 9:00 Walking Group 10:00 Billiards for Beginners 10:00 Dance for Fun & Fitness 11:00 Upper Body Exercise 1:00-4:30 Bring Your Own Device (BOYD) Day	Tuesday 8:30-12:00 Fitness & Nutrition 8:30-12:00 Bring Your Own Device (BOYD) Day 8:30 Fitness Center Orientation 10:00 Exercise for Seniors 11:00 Metalsmithing	Wednesday 8:30 Quilting 8:30 Open Crafts 10:00 Billiards for Beginners 10:00 Dance for Fun & Fitness
Thursday 9:00 Advisory Meeting (every 3rd Thursday) 10:00 Exercise for Seniors 12:30 Bingo (every 3rd Thur.)	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	Daily 8:30 Billiards 8:30 Fitness Center 8:30 Coffee Bar 8:30 Computer Lab 8:30 Puzzle Table 9:00-1:00 Re-Gift Shop 11:00-12:00 Lunch

Washington Park Senior Center

ADS Resource Table

Tuesday, May 6, 9:30 - 10:30

Get up-to-date information about resources and community-based services available for seniors.

Joy Comes in the Morning

Presented by Gloria Webster

Wednesday, May 7 & 21, 9:30 - 10:30

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

3rd Annual Art Show

Thursday, May 8, 10:00 - 12:00

Join our Washington Park participants as they showcase their beautiful works of art, including items from woodshop, quilting, stained glass, drawings/paintings, knitting and crochet. Items for purchase. Sip and paint while making your own masterpiece, too! Enjoy smooth jazz music and light refreshments while strolling through the exhibit.

Cooking Demo w/Chef Marvin

"The Unsalted Chef"

Thursday, May 8, 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, May 8 & 22, 12:00 - 2:00

Join us as we talk about books and the joys of the written word. Feel free to bring something to share: a poem, letter, newspaper article - something short that you can read and discuss. We also started a book club, the next book up for discussion is "Lost Apothecary" by Sarah Penner.

Washington Park Center Closed for Cleaning

Monday - Friday, May 12 - 16

Dining will also be closed for that week.

Advisory Meeting

Tuesday, May 20, 10:00 - 11:00

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

Tea Party - Suggested Contribution: \$4

Wednesday, May 21, 12:30 - 2:30

Come socialize and enjoy a spot of tea and crumpets while listening to good music. Wear your favorite hat. Contact Ms. Debbie for details at 414-933-2332.

Nutrition Class

Sponsored by The Hunger Task Force Community

Nutrition Educator Carmen Baldwin, NDTR

Thursday, May 22, 10:00 - 11:00

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

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

Provided by Bloom Art & Integrated Therapies

Tuesdays, 9:30 - 11:30

This is a free open art studio. There will be an art show at the end of the program to showcase the artwork.

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, 9:30 - 10:00

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

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

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Washington Park Senior Center

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

Fridays, 9:00 - 11:00

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

Piano

Suggested Contribution: \$11/lesson
(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 & Modified on Shuffleboard Courts)

Fridays, 9:00 - 10:30

Join a game or more of tennis. Our first rule is "No running!" We have fun playing doubles where 7 points is a GAME! We provide the racquets.

Bingo

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

Play bingo and win prizes!

SAVE THE DATE

Washington Park Senior Center Annual

Rummage Sale - Table Cost: \$25

Saturday, June 28, 9:00 - 2:00

Time to sell your wares and pick up some great bargains at the same time. See Ms. Debbie for details.



Monday 9:00-10:00 Yoga * 9:00-10:00 Billiards (lessons) 9:00-11:00 Knitting & Crochet 9:00-11:00 Open Sew 10:00-11:00 Chair Arthritis Exercise 10:30-11:30 Hand Weights	Tuesday 9:30-11:30 Art Therapy 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	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
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	Friday 9:00-11:00 Stained Glass * 9:00-3:00 Piano * 9:00-10:30 Tennis 10:30-11:30 Hand Weights 12:30-1:45 Bingo	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



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Wilson Park Senior Center

Wilson Rummage

Saturday, May 3, 9:00 - 2:00

Enjoy a bake sale, crafts, and good home décor.

Bingo

Tuesday, May 8 & 22, 1:00

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

Laughter Yoga - Suggested Contribution: \$3

Thursday, May 8, 1:00 - 2:00

Join us for this unique brain & body yogic exercise class.

Mothers Day Brunch

Friday, May 9, 12:30 - 2:00

Let's gather to celebrate each other and motherhood while enjoying good food. Guest speaker: Alice Stueck-Konkel. Bring a picture of your mom. **Registration required.**

Big Band Dance

Monday, May 12, 1:30

Show off your best dance moves at this classic big band show.

ADS Resource Table

Tuesday, May 15, 10:00 - 11:00

Get up-to-date information about resources and community-based services available for seniors.

Coin & Stamp Collectors Group

Tuesday, May 20, 11:00 - 12:00

Share some of your treasured collections with other enthusiasts.

Wilson Senior Center Advisory Meeting

Wednesday, May 21, 10:00 - 10:30

Hear updates, stay informed, and ask questions. You may attend in person or virtually.

East Troy Railroad Trip -

Suggested Contribution: \$15

Thursday, May 22, 9:30 - 2:30

This trolley history museum is a senior-friendly destination featuring memorabilia & scenic roundtrips.

Honor Quilt Society - Veteran Quilt Ceremony

Friday, May 23, 9:00 - 11:00

Join us to honor Veterans during this quilt ceremony.

Book Club

Wednesday, May 28, 10:15

Book: "The Women"

Author: Kristin Hannah

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

Quilting Classes

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

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

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

Thursday 9:00- 11:00 (April-June)

Fridays, 9:00 - 11:30 (April-June) 2nd Friday

Sharpen your skills with instructor-led techniques. There are four classes that offer unique experiences.

Open Sew Classes

Suggested Contribution: \$20/class (10 weeks)

Mondays, 11:00 - 2:00 (April-June)

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

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

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

Ceramics Studio - Suggested Contribution: \$25

Mondays, Wednesdays & Fridays, 8:45 - 4:00

(April-June)

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

Hot/Fused Glass - Suggested Contribution: \$25

Mondays & Wednesdays, 9:00 - 4:00, (April-June)

Create beautiful works of art utilizing various glass fusion techniques.

Wood Shop - Suggested Contribution: \$25/month

Monday - 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.

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 low-impact exercise that puts less stress on the joints

Paper-crafting - Suggested Contribution: \$15

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

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

Stained Glass - Suggested Contribution: \$25

Tuesdays & Thursdays, 9:00 - 4:00, (April-June)

Create projects using patterns or your own designs.

Quilting

Tuesdays, 9:00 - 11:00

Work at your own pace while enjoying the company of other quilters.

Reflexology

Every other Tuesday, 10:00 - 1:00

Enjoy a thousand-year-old foot massage technique while relaxing in the quiet of our wellness room.

Beginning German - Suggested Contribution: \$10

Tuesdays, (April-June)

Learn the basics of the German language and culture.

Cornhole League

Tuesdays, 1:00 - 2:00

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

Woodcarvers & Burners

Wednesdays, 8:30 - 11:30

Create your next masterpiece using tools and materials in our woodshop.

Wilson Park Senior Center

Ceramics Studio – Suggested Contribution: \$25

Wednesdays, 8:45

Find your inner creative self.

Bible Study

Wednesdays, 10:15 - 11:15

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

Railroad Club

Wednesdays & Thursdays, 1:00

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

Howard Village - Worry to Wellness Presentation

Wednesday, May 14, 10:00 - 11:00

Join us for this informative presentation!

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.

Advanced German - Suggested Contribution: \$10

Thursdays, 9:15, April-June

Build upon your current German-speaking skills.

Dartball - Suggested Contribution: \$15

Thursdays, 1:00

Play dartball with other participants. Beginners welcome.

Recorder Ensemble

Thursdays, 1:00

Now accepting new members of all experience levels. Stop in for a visit to learn more about this whimsical instrument. There are loaner instruments available as you learn.

Weaving (Intermediate) -

Suggested Contribution: \$15

Thursday & Friday, 9:00 - 2:00, (April-June)

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

Quilting – Suggested Contribution: \$20

Thursday, 9:30 - 11:30

A great opportunity to work at your own pace and make lovely quilts.

Guided Art Studio

Thursdays, 11:30

Work on your own creative projects with support as needed from other artists.

Guitar lesson

Thursdays, 12:00

Bring your own instrument jam with folks who love to play guitar.

Model Railroad

Thursdays, 1:00 - 3:30

Come and enjoy the hand-operated trains and visit with retired rail workers.

Monday 8:45 Ceramic Studio * 9:00 Hot/Fused Glass * 9:00 Quilting * 9:00 Meditation 9:15 Morning Exercise 10:15 Scrabble 10:30 Intermediate Line Dancing * 10:30 Boost Your Brain & Memory 11:00 Open Sew * 12:00 Sheepshead 12:30 Cardio Drumming 1:00 Low-Impact Aerobics 1:00 N Scale Railroad 1:30 Big Band Dance (2nd Mon.)	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	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 Wed.) 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 *
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 * 10:00 Beg. Crochet * 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	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	Daily 8:30 Fitness Center, Billiards, Library, Computer Lab, Walking Group 9:00–3:00 Wood Shop * 10:00–2:00 Gift Shop 11:00–12:00 Lunch * Has a suggested contribution/ pre- registration required (Classes have a start and end time)

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)

\$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

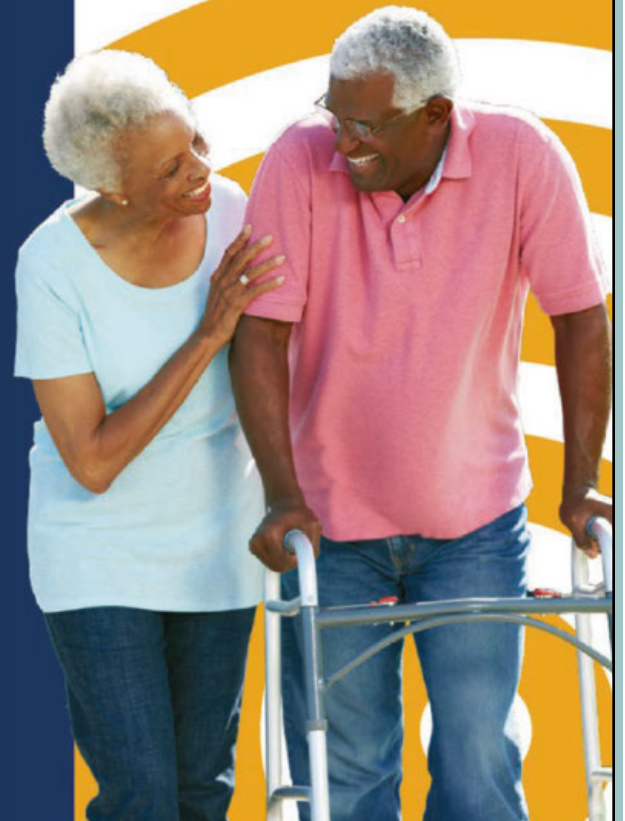


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Milwaukee County Aging & Disabilities Services provides a single point of access to services for older adults and individuals with disabilities. We offer a wide range of programs and services to meet the diverse needs of our community including: Long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

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SOA Travel Trips

Want to get away? SOA now offers extended travel trips!

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

All trips are open to the public; you do not need to be a member of the senior center to travel with us.

Contact us for more information or to sign up:

Phone: 414-704-3343

Email: travel@servingolderadults.org



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, May 27, 10:30
Kelly	Wednesday, May 28, 1:00
McGovern Park	Thursday, May 15, 9:00
Washington Park	Tuesday, May 20, 10:00
Wilson Park	Wednesday, May 21, 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, May 8, 11:00-12:30
Kelly	Thursday, May 22, 12:30-1:30
McGovern Park	Thursday, May 29, 12:00-1:00
Washington Park	Tuesday, May 6, 9:30-10:30
Wilson Park	Tuesday, May 20, 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 Sheriff Department
Milwaukee County Parks
Milwaukee Police Department
Milwaukee Public Schools
Milwaukee Steppers & Boppers
Milwaukee Veterans and Homeless Initiative
Milwaukee Women's Center
Miracle Home Health of Wisconsin
Molina Healthcare
NAACP
Neuropath Wellness
Northside Side Community Development Cooperation
Park People
Pete's Supermarket
Pick N Save/Metro Market

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

Thank you to our many partners!

We wish to thank all of our partners. Without your support we would not be able to provide vital programs and services to older adults in our community. This list represents all who donated from April 2024 - March 2025. We made every attempt to recognize all donors. If your name was missed, please contact us at Development@servingolderadults.org.

\$50,000 - \$99,000

Greater Milwaukee Foundation
Otto Bremer Trust

\$10,000 - \$49,999

Anonymous (1)
RRF Foundation for Aging
Direct Supply
Forest County Potawatomi Foundation
General Mills Foundation
Patrick & Anna M. Cudahy Fund
Bader Philanthropies, Inc.
Spectrum

\$5,000 - \$9,999

Anonymous (1)
AARP Senior Planet
Anderson Commercial Group
Every Day Good Foundation
Francie Luke Silverman Foundation
Jim Sheridan Family
Mindy and Steve Anderson
Robert Hillis
The Catholic Community Foundation
We Energies Foundation

\$2,000 - \$4,999

Anonymous (2)
Heartland Properties, Inc.
James & Lisa Pekar
Janice and John Gardetto
Mares Law Offices LLC
Pieper Electric, Inc.
Southeastern Wisconsin Deaf Senior Citizens

\$1,000 - \$1,999

Anonymous (3)
Anthem Blue Cross Blue Shield
David and Debbie Gettelman
Friends of the Wilson Solarium
Harvinder Ahuja
Melissa Stauber
Mike Drilling
Milwaukee County Aging and Disability Services
Preston Alvadj

\$500 - \$999

Anonymous (2)
CaptionCall
Christopher Kujawa
Clear Captions
Cory Savage
First Lutheran Church
Hayat Pharmacy
Inpower Solutions
Jacqueline Fryer
Jeanne and John Kennedy
Lawrence Taylor

\$500 - \$999 (cont.)

LeafGuard
Michael Tillman
Northwestern Mutual Foundation
Volunteer Support
Patricia Garrity & John Misorski
Patrick and Piper Mehigan
Plennes Construction
Robertson Ryan Insurance
Senior Helpers
Milwaukee/Waukesha
Talem Home Care & Placement Services
Team Hoffman RE/Max
TMG
Wild Marketing Group
Bridgette and Kevin Frommell
Constance Crooks
John C. Lapinski
Roselettes
LSS Connections
Cindy Sheridan
Dennis Lech
James Hempel
Roy and Lynn Meythaler
Sherry Kulhanek
Walter & Katie McCoy

\$250 - \$499

Anonymous (3)
American Republic Insurance Services
Ascension Living
Alexian Village Milwaukee
Barbara Toles
Bart Kocha and Carol Marefka
Carol and Brian Kellogg
Charles Woodward & Katherine Hannah
Charlie Rush
Clifton and Laurie Burns
Colleen Grundy
Comfort Keepers
Del Januchowski
Diane Ertel
Don and Chris Gardner
Elder Benefit Specialists Aging and Disabilities Services
ePlatinum Health
Eras Senior Network
Frank Brindza
Greater Wisconsin Agency on Aging Resources
Health Connections, Inc.
Legal Action of Wisconsin-Senior LAW
Lynn Crawford
Margaret Calteaux & Terri Matenaer
Margaret Todd

\$250 - \$499 (cont.)

Marsha & Paul Bukofzer
Mary Neitzel
Matthew & Lora Bruce
Mike and Sally Radka
My Choice Wisconsin
Nita F Farrow
Raymond Berg
Right at Home
Roselettes
SilverSneakers
St. Ann Center for Intergenerational Care
Third Coast Vascular Centers
Tim and Katie Moersfelder
Wisconsin Talking Book and Braille Library
Yvonne Thomas



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

Marsha & Paul Bukofzer
Colleen Grundy
Mares Law Offices LLC

Barbara Toles
Roxann Tolliver
Prince Wilson

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 (25)	Evelyn Ray-Cowan	Linda Brown	Rose
Al & Marti Marino	Fannie Edwards	Linda L. Marcynowski	Rose Hill Missionary Baptist Church Inc.
Alice Stokes	Felecia Bratcher	Linda Schaffer	Rosemarie Fridrick
Althea Stover	Flossie Griffin	Linda White	Roxann Tolliver
Alton Campbell	Frances Moore	Lizzie Roundtree	Ruby Mason Meeks
Alvin Czysh	Gary Kubacki & Marianne Staszak	Lorie Rieden	Ruth Gaura
Andron Lang	Gary Mecha	Lynn Crawford & Tim Willmes	Sandi
Ania Horner	Gaye Clark	Lynn Medlin	Sandy Stoller
Ann Thompson	George Felder	Macedonia Church	Sarah McCullum
Annie Anderson	George Frison	Marsha Godfrey	Scott and Kristen Parks
Anton & Sonja Devcic	Georgette Watkins	Mary A. Schroedl	Sharon Morris
Apollonia & Raymond Johann	Gilbert & Lynn Adams	Mary Ann Bagemehl	Sharon Schneck
Audrey Jansen	Gloria Mays Fulsom	Mary Ann Panevska	Sheree Robertson
Barb Johnson	Gloria Quin	Mary Ard	Sherley Montgomery
Barbara Kogutkiewicz	Heather Kormanik	Mary Dauden	Shirley Browne
Barbara Semons	Helen Reed	Mary E. Huot	Sidney Fumbanks
Barbara Sottile	Iona Whittley	Mary L. Sell McCuen	Steele Built of Wisconsin
Barbara Thierfelder	Isabel Ray	Mary Marks	Stephen & Mary Maier
Beth Waschow	James Clifton	Mary Tetzlaff	Stephen & Susan Ragatz
Betty Greem	James Drake	Mel Larsen	Stephen Jerde
Bob Sherman & Eileen Alm	James Kimble	Michael Coffey	Steven & Nancy Harwood
Bonnie Ruel	James Patterson	Michael Hopkins	Stuart & Gayle Schenk
Brad & Amy Schultz	Jan Pritzl & Karen A'Rowan	Michael Howden	Sue Blaustein
Brenda Porter	Jane and Jerry Steingraeber	Michael R Prudhom	Sue Burwell
Candice DuQuaine	Janet M. Strom	Michele Rinka	Susan Bock
Carl Lacy	Janet Pape	Milwaukee Parks Foundation	Susan Marsolek
Carla Staab & Edward Krueger	Janice Lee	Minnie Dyson	Suzanne Singh and Paul Terrien
Carol A. Stolpa	Jaqui Huff	Minnie Harmon	T. Michael Parker
Carol Jones	Jason Christ	Miss Mosley	Taylor Chojnacki
Carol Loomis	Jean Badura	Mr. Stokes	Ted & Mariane Allen Sr.
Caroline & Robert Sanderson	Jeannine McFadden	Muriel M. Plichta	Terry Reed
Carolyn Blackwood	Jeff Smith	Nancy & Joseph Di Giacinto	Thomas Giesfeldt
Carolyn Brown	Jennifer Lopeman	Nancy & Theodore Sipowicz	Thomas Janczak
Cathy & Tom Wood	Jerry & Mary Williquette	Nancy Hallberg	Tim Carpenter
Christine Prevetti	Jerry Doran	Neal & Dianne Michel	Tom & Cheri Briscoe
Cindy Juds	Jewel Martin	O. Morris	Tom Hipsak
Cindy Kroll	Jill M Littlefield	Pamela Miller	Tony Duvall
Cleo Alexander	Jim & Barb Schroeder	Pat & Kay Duggan	TOPS 0033
Cleo Jones & Alice Love	Jim Kolodzinski	Pat and Frank Bruce	TOPS Group 1166
Connie Trapp	Jo Ann Rucker	Pat Ehlert	Tyrone Pennington
Cordelia Robinson	Jo Joiner	Pearlie Wright-Allen	Valanee Schmitz
Cynthia Coleman	Joan Wilson-Webb	Peter & Dorothy Majchrzak	Vera F Ford
Dan Baar	Jodi & Matt Bauer	Pharis Brooks	Veretta Porter
David & Mary Hempel	John "W" Williams	Prince Wilson	Verna Johnson
David Haase	John & Eileen Stewart	Rachel Ritchhart	Vernestine Varnado
Debra Jupka	John & Peggy Niemer	Ralph Sims	Vickey Wilburn
Delores Mitchell	John Crowley	Ray Rutherford	Vickie Flocker
Diana Heikkinen	John Evans	Ray Saron	Vivian Jones
Diane Hellrung	John Sargent	Regina M. Koronkowski	Wendy Cetera
Diane Lembck	Johnnie Williams	Regis Welsh and Linda Trewyn	Widge Liccione
Dick Goldberg	Joyce Radtke	Renate Liedtke	William J Hable
Donna Geb	Judith Kaiser	Richard & Joan Gaeth	William Rossi
Dorothy Mitchell	Julie Jacobson	Richard & Jocelyn Turner	Wilson Commons
Dorothy Severson	Juliet Hills	Richard Cywinski	Yvonne Mahoney
Ed Matichek	Katherine Peoples	Rick Janowski	Zelma Simmons
Eddy Magnus	Kathryn Krieg	Ricky	
Efficient Moving Cleaning Services	Keith Angelroth	Rita Gutowski	
Elaine Johnson	Ken Reynolds	Robert Watson	
Emma Gilbert	Kenneth & Jodi Hazen	Roberta Larson	
Erna Schatzman	Kenneth Huber	Ron & Renee Scherr	
Ernice Austin	Lazarus Jackson	Rosale Horton	
Evelyn Merriett	Linda and Patrick Devitt	Rosanne & Harry Moore	
	Linda Barikmo		

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: _____