

SERVING OLDER ADULTS OF SOUTHEAST WISCONSIN, INC.

September 2026



THE CONNECTION

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SOA CLOSURES

September 7: Closed for Labor Day

September 16: Closed at 12:30 for all-staff training

CONTACT US

 Administrative Office
4420 W Vliet St
Milwaukee, WI 53208

 414-704-3343

 www.servingolderadults.org

HOURS OF OPERATION

 Monday - Friday
8:30 AM - 4:30 PM

Aging Well

TOGETHER

Serving Older Adults of Southeast Wisconsin positively impacts the health and well-being of older adults by providing quality health and wellness programming, continuous learning opportunities, community engagement, and a variety of socialization outlets.

SERVING OLDER ADULTS ADMINISTRATION

President/CEO: Michael Vanblaricum
Chief Financial Officer (CFO): Antresia Smith
Chief Programming Officer (CPO): Shannon Downie
Chief Development and Marketing Officer (CDMO): Vacant
Chief Human Resources Officer (CHRO): Candace Richards

SUGGESTED CONTRIBUTIONS & DONATIONS

Some classes include a suggested contribution. Every donation—of any amount—directly supports programming that benefits adults throughout Milwaukee County. Because current funding covers only a portion of our costs, your generosity plays a vital role in keeping these opportunities accessible, inclusive, and thriving for everyone in our community.

To help us plan and ensure programs run successfully, please register at least two weeks prior to the start date at the center's office. Activities may be canceled if minimum enrollment is not met. If you need accommodations, simply let our staff know when you sign up—we're here to help.

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 & 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 CLOSED INDEFINITELY

WASHINGTON PARK SENIOR CENTER

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

WILSON PARK SENIOR CENTER

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



MILWAUKEE COUNTY
DEPARTMENT OF HEALTH
& HUMAN SERVICES
**AGING & DISABILITIES
SERVICES**

About Serving Older Adults

Senior centers & countywide programming are managed & operated by Serving Older Adults of Southeast Wisconsin, thanks to support from Milwaukee County DHHS Aging & Disabilities Services, along with community partnerships, grants, & generous donors.

Special Events

DANCES & MUSIC

Dueling Pianos

Dueling Pianos, featuring Marcel and Sam Guyton, will provide a high-energy, interactive musical show. Two master pianists face off in a lively musical exchange, filled with personality and charm. With a song catalog that spans genres and decades, they will create an unforgettable experience.

Registration recommended.

Thur, September 10, 2:30 - Kelly

Apollo Da La Rose - Seniors Got Talent

Do you like to sing, dance, read poetry, play an instrument, etc.? Sign up to show off your amazing talent at the Apollo Da La Rose. The top three winners will be awarded a special prize. You don't have to be a professional to sign up. **Registration required** to be in the talent show, not to attend.

Fri, September 18, 12:30-2:00 - Clinton Rose

Health Equity Lunch & Learn Workshop

Learn how to advocate for yourself when speaking to your doctors, as well as learning about different health issues that can arise as we get older.

Registration required by Sept 21.

Thur, Sept 24, 12:00-2:00 - Washington

Arabian Nights Come float through a magical journey to an Arabian Nights theme party. Come dressed to impress and ready to have a ball. Enjoy a delicious lunch, entertainment, and giveaways. You don't want to miss the event of the year.

Tickets are first come, first served. **Registration required. Deadline is September 18 at noon.**

Fri, September 25, 12:30-3:00 - Clinton Rose

Suggested Contribution: \$30

Sponsored by Alice Stokes

Cowboy Hoedown

Join us for food, fun, music & horses. Let's have the longest DANCE LINE in Washington Park. Also, there is a gift for the best dressed cowboy and cowgirl.

Must register by Sept 14. See Debbie.

Wed, Sept 30, 10:00-2:00 - Washington

Suggested Contribution: \$5

OTHER EVENTS

Madhatter's Tea Party

Tea, treats and nonsense awaits you. Join us for this elegant (and FUN) event! **Registration required.**

Tue, September 15, 2:30 - Kelly

Farmers Market

If you are looking for free produce and fresh foods, stop at the Kelly Center Farmer's Market.

CompleteCare Health Services will distribute complimentary fruits, vegetables and staples.

Registration recommended.

Thur, September 17, 10:00-12:00 - Kelly

Sponsored by CompleteCare SouthPointe Rehabilitation Center.

Fall Rummage Sale

Clinton Rose is hosting our annual Fall Rummage Sale. Come enjoy great deals and buy delicious food.

If you are interested in being a vendor, tables are \$25. Sign up today!

Thur, September 17, 9:00-1:00 - Clinton Rose

Eras Senior Network Takeover - Breast Cancer Awareness Week

Mon - Breakfast

Tue - 60s-70s Dance Party

Wed - Bingo

Thur - Resource Table at Stockbox

Fri - Movie with nachos, popcorn, and soda

September 28-October 2 - Clinton Rose

Understanding Medicare & Benefits

Understand Medicare and benefits to prepare for the new changes with Antonio Jones of Milwaukee County Aging & Disability.

Tue, September 1, 9:30-10:30 - Washington

Medicare and You!

Get ready for open enrollment October 15th-

December 8th. Come for a presentation and brunch.

Mon, September 14, 10:30-12:00 - Washington

SAVE THE DATE

Grandparents Dance

Come join in for a fun-filled afternoon of music, dance and food. Take memorable photos with your grandchild to share.

Fri, Oct 23, 12:30-2:00 - Washington

MARIA LINDEN

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01-2067

TECHNOLOGY

Technology Help

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

Wed & Thur, 1:00-4:30 - Kelly

1-on-1 Tech Support

Bring your own device and ask a Technology Trainer about anything tech-related. Make an appointment in advance by talking to or calling the front desk. Walk-in appointments may be available day of based on availability.

Mon and Tue, 9:00-4:00 - Kelly

Mon and Tue, 9:00-4:00 - Washington

Tue and Thur, 9:00-4:00 - Wilson

Wed, 9:00-4:00 - Clinton Rose



Watching Videos on YouTube

During this hands-on workshop, we'll explore YouTube, the popular video-sharing site. You'll learn how to search for videos that you like, use the video controls, subscribe to channels, and more! We will also cover some important account settings.

Register at the front desk!

Wed, September 2, 9:00-10:00 - Clinton Rose

Wed, September 9, 1:00-2:30 - Wilson

Fri, September 11, 1:00-2:30 - Kelly

Mon, September 14, 12:30-2:00 - Washington

AI Image Generators

This lecture will explain how artificial intelligence can turn words into images. We'll demonstrate an AI image generator and the wide range of visual and artistic styles it can produce. You'll also learn tips for getting the most out of this new and exciting technology! Register at the front desk!

Wed, September 23, 1:00-2:30 - Wilson

Fri, September 25, 1:00-2:30 - Kelly

Mon, September 28, 12:30-2:00 - Washington



Welcome to Computers

Are you confused about computers?

Come to an one-hour workshop and learn (or relearn) several basic and necessary computer skills:

Turning it on, logging in, using the mouse/trackpad, opening apps, connecting to WiFi, playing solitaire, shutting it down, and more!

Fri, September 4, 10:00-11:00 - Washington

Fri, September 4, 1:00-2:00 - Clinton Rose

Fri, September 18, 10:00-11:00 - Wilson

Fri, September 18, 1:00-2:00 - Kelly

Tech Connect Interest Survey



Scan the above QR code with your phone to take our Tech Connect Interest Survey!

How to use a QR code:

1. Open your camera app
2. Aim it at the code
3. *Don't take a picture!*
4. A yellow or white oval will appear on the screen
5. Tap it and go to the site

After Hours Computer Club

Come to the computer lab afterhours and do whatever the tech you want! Practice skills you've learned, try something new, or do an online self-paced course. A tech trainer will be available to answer questions.

Tue & Thur, 4:30-6:30 - Washington

Visit us online at www.servingolderadults.org

FITNESS & MOVEMENT

ASAHI, BALANCE & TAI CHI

♥ Balance & Stretch

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

Tue, 10:00-10:30 - Washington

Thur, 9:00-9:30 - Kelly

Fri, 9:30-10:00 - Clinton Rose

♥ Tai Chi

Tai Chi uses slow, flowing movements, deep breathing, and mindfulness. It promotes physical health, including balance, flexibility, strength, and mental relaxation.

Mon, 10:00 - Kelly

Mon, Wed, Fri, 10:15-11:30 - Wilson

Wed, 2:30 - Kelly

♥ ASahi Exercise Program

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

Fri, 10:00 - Kelly

CARDIO DRUMMING

♥ Cardio Drumming

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

Tue, 12:30-1:00 - Wilson

Wed, 9:30-10:00 - Washington

Thur, 12:30-1:00 - Kelly

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

DANCE

♥ Beginners Line Dance

Learn the basics of line dancing. Some experience is helpful. **Registration recommended.**

Mon, 10:00-11:00 - Clinton Rose

Groove in Style led by Theresa Herron.

Wed, 11:00-12:00 - Kelly

♥ Footloose and Fancy Free (Starting Sept. 10)

Learn the foundation of line dance. Get prepared for parties, dances, and more. Learn moves from our very own Roselette Dancers.

Tue & Thur, 11:30-12:15 - Clinton Rose

♥ Heart icons indicate fitness or nutrition programs that are good for your heart!

♥ Detroit Style Ballroom Dance

This instructor-led class will start with basic techniques and then advance from there.

Thur, 12:30-1:45 - Washington

Suggested Contribution: \$4/class (Pay monthly)

♥ Line Dance Classes (All Levels)

Join a fun group of line dancers! Everyone is welcome.

Mon, 10:15-12:00 - Wilson

Suggested Contribution: \$12

Tue & Thur, 10:00-11:00 - Washington

Silver Steppers

Wed, 1:00-2:00 - Clinton Rose

Movin' & Groovin'

♥ Roselette Dancers

Looking to join a group full of fun, cheer, adventure, and dance? Well, look no further. Join the Roselette Dancers. In order to join this group you **MUST** go through tryouts.

Tue & Thur, 9:00-10:30 - Clinton Rose

(Regular Rehearsal)

Tryouts for this commitment-based group will be held on Tuesdays and Thursday at 10:30. **Registration is encouraged - 414-263-2255 Ext 1.**

♥ Stepping in Style with Nell

Step in style with a partner or solo. Learn new skills and have fun!

Tue, 12:00-1:00 - Clinton Rose

♥ Tap Dance

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

Thur, 9:00-9:45 (Advanced) - Wilson

Thur, 9:45-10:30 (Intermediate) - Wilson

Thur, 10:30-11:15 (Beginners) - Wilson

Suggested Contribution: \$40

♥ Zumba

Join a fun and active Zumba class.

Tue, 12:30-1:30 - Washington

Wed, 2:00-3:00 - Clinton Rose

Sponsored by The Milwaukee Turners.

OTHER EXERCISE

♥ Wii Bowling

Get moving and have fun with others in the lobby.

Mon-Fri, 10:00-2:00 - Washington

FITNESS & MOVEMENT

FITNESS CENTERS

♥ Exercise Center

The exercise center is open daily at each senior center, from 8:30 am - 4:00 pm and Saturdays at Washington from 10:00 am - 2:00 pm.

GROUP EXERCISE

♥ Chair Arthritis Exercises

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

Mon, 10:00-11:00 - Washington

♥ Hand Weights

Get a full-body workout. All skill levels are welcome.

Mon, Wed & Fri, 10:30-11:30 - Washington

♥ Low-Impact Aerobics

Enjoy low-impact exercise that puts less stress on the joints.

Mon & Thur, 1:00-2:00 - Wilson

♥ Morning Exercise (Total Body Exercise)

Start the morning with a mix of balance, strength, and flexibility exercises, plus low-impact cardio.

Mon & Fri, 8:45-10:00 - Kelly

Mon, Wed & Fri, 9:00-10:15 - Wilson

Tue & Thur, 9:00-10:00 - Washington

♥ Morning Video Fitness

Start your day with video fitness and great people.

Tue & Thur, 8:45-9:45 - Kelly

♥ Movement & Music: Parkinson Disease Exercise

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

Mon, 11:30 - Kelly

Presented by Wisconsin Parkinson Association

♥ Senior Striders

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

Mon & Wed, 12:00-12:30 - Clinton Rose

♥ Walk Easier

Take an easy stroll while listening to R&B music.

Mon, Wed & Fri, 12:30-1:00 - Clinton Rose

♥ Walking Group

Join us for a Saturday stroll!

Sat, 12:00 pm - Washington

♥ Worship and Walking

Listen to worship music and enjoy fellowship as we walk. Meet in the lobby.

Mon & Wed, 10:00-11:00 - Washington

TENNIS

♥ Table Tennis (Ping Pong)

Playing a friendly game of ping pong is a fun way to get daily exercise and increase eye-hand coordination.

Mon-Fri, 8:30-4:00 - Clinton Rose

Mon-Fri, 1:00-4:00 - Washington

♥ Tennis (Indoors)

Join a game of tennis with our tennis group.

Fri, 9:30-10:30 - Washington

YOGA

♥ Adaptive Chair Yoga

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

Tue, 10:00 - Kelly

Thur, 1:30 - Kelly

♥ Yoga

Yoga classes use gentle movements to improve flexibility, balance, strength, and posture.

Mon, 9:00-10:00 - Washington

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

Mon, 1:00-2:00 - Clinton Rose

Sponsored by the Milwaukee Turners

♥ Yoga With Asana

Asana emphasizes maintaining a steady and comfortable seat, which helps the mind remain calm and focused.

Tue, 2:00-3:00 - Wilson

♥ Laughter Yoga

Laughter Yoga combines intentional laughter exercises with deep breathing (pranayama) and playful movements. It has three elements: laughter & playfulness, deep breathing, and mindfulness meditation. **Registration required.**

Tue, 2:00-3:00 - Kelly

♥ YouthFlô Yoga

YouthFlô Yoga is a Milwaukee non-profit dedicated to making yoga empowering and more accessible to people of all ages. Join us!

Sat, 10:30 am - Washington

WELLNESS & NUTRITION

COOKING DEMOS

♥ Nutrition Class and Cooking Demo

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

Tue, September 8, 1:00 - Kelly

Presented by Hunger Task Force

Tue, September 22, 10:00-11:00 - Washington

Presented by Hunger Task Force

♥ Cooking Demos

Bailey from Milwaukee County will be preparing a cooking demonstration for healthy eating with samples.

Thur, September 17, 9:00-10:00 - Washington

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

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

2nd Thur of the Month, 9:30-10:30 - Washington

3rd Thur of the Month, 10:00-11:00 - Clinton Rose

Presented by Healthy Eating Active Living

MIND & BODY

Toenail Trimmers, LLC by appointment

Toenail trimming services. Call 262-719-0336 for appointment.

Wed, September 9, 9:00-3:00 - Kelly

Mon, September 21, 9:00-3:00 - Kelly

Reflexology

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

Mon, September 14 & 28, 10:00-1:00 - Wilson

Guided Meditation

Join us for a relaxing meditation session and let your worries melt away.

Sat, 11:40 am - Washington

NUTRITION

♥ Cooking With Bailey

Join us for an interactive and engaging experience as our expert chef shares the secrets to preparing delicious and nutritious meals that are designed to support your health and well-being. This cooking demo is perfect for seniors who want to take control of their healthy meals, as well as caregivers and family members who want to learn how to prepare healthy meals for their loved ones.

Mon, September 21, 1:00-2:00 - Clinton Rose

Presented by DHHS

FoodShare Information Table

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

First Tue, 10:00-12:00 - Kelly

♥ Nutrition Education

Learn important tips and tricks to maintain your health with the Hunger Task Force.

Tue, September 25, 1:00-2:00 - Clinton Rose

WEIGHT LOSS

♥ Healthy Eating for Seniors

Learn how to stay active while eating a balanced diet.

Tue, August 18, 10:00-11:00 - Clinton Rose

Presented by Dr. Sandra Underwood

♥ Take Off Pounds Sensibly (TOPS)

Taking Off Pounds Sensibly can help you effectively shed those unwanted pounds. Best of all, you will learn health options from supportive TOPS members.

Wed, 9:30-11:00 - Kelly

****Registration is currently full at Kelly. Please call the TOPS Headquarters to find another location.**

WELLNESS & NUTRITION

WELLNESS CONSULTATION

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. Speak with the center staff to schedule an appointment.

Tue, 9:30-11:30 - Wilson
Wed, 9:30-11:30 - Washington
Thur, 9:30-11:30 - Kelly
Fri, 9:30-11:30 - Clinton Rose

LEARNING & ENRICHMENT

BIBLE STUDY & CLUBS

Bible Study

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

Tue, 9:30-10:30 - Clinton Rose

Wisdom Studies *With Rev. Clifton Joseph*

Wed, 10:15-11:15 - Wilson

Thur, 10:30-11:30 - Washington

With Minister Johnny Henderson.

Genealogy Club

Explore your roots with others interested in family history. Come to connect, learn, and share resources.

Registration recommended.

First & Third Tue, 12:30 - Kelly

LANGUAGES

German Classes

Whether you are just beginning or want to brush up on your skills, join us for a fun exercise in learning German.

Registration required.

(Beginning) Tue, 1:00 - Wilson

(Advanced) Thur, 9:15 - Wilson

(All Levels) Fri, 10:00-12:00 - Kelly

Suggested Contribution: \$10 (Covers Materials)

PRESENTATIONS

CPR Classes

Want to learn how to perform CPR? This free training will not lead to certification but will provide you with the necessary skills for effective CPR. Sign up for one of eight classes. Limit per class is eight. **Registration required.**

Tue, Sept. 1 & Thur, Sept. 3, 12:00-1:30 - Kelly

Presented by Cudahy Park & Recreation Dept.

Home Improvement Scams

Learn about the consumer protection laws that are in place to protect you before you enter into a home improvement contract. Learn about tips on hiring contractors, contractor requirements, and required contract provisions. **Registration required.**

Thur, September 3, 2:00 - Kelly

Sponsored by WI Department of Consumer Protection

Women's Club *presents* Staying Independent

Shawn McCamb from Right at Home share valuable information about staying independent. Learn how to maintain self-reliance and the ability to make personal choices, even when dealing with physical limitations and changes that come as we grow older.

Registration recommended.

Mon, September 21, 1:30—Kelly

Planning Ahead

Planning Ahead is an end-of-life planning course developed by UW-Extension. This 7-session program will help participants understand how to prepare for the end of life for themselves or a loved one, and why it's important to have a plan in place. **Registration required.**

Tue & Thur, September 22 thru October 15

2:00-3:30 - Kelly

Presented by UW-Extension

ARTS, MUSIC & CREATIVE EXPRESSION

ART CLASSES & STUDIOS

Card Making

Have fun making greeting cards for all occasions.

Registration required.

Tue, September 8, 11:00 - Kelly

Thur, 9:30-11:30 - Washington

Having Fun with Art

Do you love to sketch, doodle, and create? Join us!

Supplies will be provided. All levels are invited.

Thur, 12:30-1:30 - Washington

Memories in the Making

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.**

Second Mon, 12:00-2:00 - Kelly

Sponsored by The Alzheimer's Association

Fourth Thur, 9:30-11:30 - Clinton Rose

Open Art Studio

Work on your own projects and get assistance as needed. Open to all skill levels.

Wed, 10:00-12:00 - Kelly

Thur, 9:30-11:30 - Washington

Thur, 11:30 - Wilson

Open Art Therapy Workshops

This is an open art studio that will run for eight weeks. There will be an art showcase at the end.

Tue, 9:30-11:30 - Washington

Fri, 9:00-11:00 - Clinton Rose

Provided by Bloom Art & Integrated Therapies

Papercrafting

All required supplies and instructions will be included at no charge. Seventeen participants per session.

Registration required.

Wed, September 23, 9:00 & 1:30 - Kelly

Paper Piercing

This class offers a crafty way to express your inner child.

Second and Fourth Fri, 9:00-11:00 - Wilson

Plastic Canvas

Enjoy crafting with plastic canvas. No experience necessary.

Thur, Time TBA - Wilson

Scrapbooking

Get creative by designing one-of-a-kind pages.

Tue, 11:00-2:00 - Washington

Soulful Coloring

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

Wed, 10:00-11:00 - Clinton Rose

Sojourn Bears Group

Create handmade comfort teddy bears created specifically to support and inspire adults fighting cancer. No sewing experienced needed.

Tue, 12:30 - Wilson

CERAMICS

Ceramics Studio

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.**

Mon, 8:45-4:00 - Wilson

Wilson Suggested Contribution: \$25

Tue & Thur, 9:00-12:00 - Kelly

Kelly Suggested Contribution: \$20 (Quarterly)

Fri, 8:45-4:00 - Wilson

GLASS ART

Hot/Fused Glass -

Create art utilizing various glass fusion techniques.

Mon & Wed, 9:00-4:00 - Wilson

Suggested Contribution: \$25

Stained Glass

Create projects using patterns or your own designs.

Fri, 9:00-11:00 - Washington

Suggested Contribution: \$25 (Quarterly)

KNITTING & CROCHET

Beginning Crochet

Try your hand at crocheting. Beginning stitches will help you learn the basics. Materials are included.

Thur, 10:00-11:30 - Wilson

Suggested Contribution: \$10

Knitting & Crochet

Learn how to knit or crochet. Please bring your own basic supplies (we do have some to share).

Mon, 9:00-11:00 - Washington

Thur, 9:00 - Kelly

ARTS, MUSIC & CREATIVE EXPRESSION

MUSIC

Acoustic Music Meetup

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

Tue, 10:30 - Kelly

Drumming Circle

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

Third Mon, 10:30-11:00 - Clinton Rose

Fourth Tue, 2:00-3:00 - Kelly

Karaoke with Harold Turner

Brush up on your singing skills and jam to the beat of your favorite tunes with Harold Turner.

Thur, September 10, 1:00-2:00 - Clinton Rose

Tue, September 15, 1:30-2:00 - Clinton Rose

Gospel Choir

Join the gospel choir and sing songs of praise.

Tue, 10:00-11:00 - Washington

Guitar/Stringed Instruments Open Jam Session

All stringed instruments and singers are welcome!

Tue, 10:00-11:00 - Washington

Thur, 12:00 *Guitar Only - Wilson

Piano Class

Learn to play the piano with individual instruction. Call to make an appointment. All skill levels welcome.

Schedule a Date and Time - Washington

Suggested Contribution: \$12 a lesson

Recorder Ensemble

All experience levels welcome. Stop in to learn more. Loaner instruments available.

Thur, 1:00 - Wilson

Ukulele

Join this small group of music lovers and enjoy the sounds of this beautiful instrument.

Thur, 12:00-3:00 - Wilson

SEWING, QUILTING & WEAVING

Beginning Sewing

Learn the foundations of sewing in this beginner class. By the end of the class, you'll learn to create a sewing bag for all your supplies.

Mon & Fri, 1:30-2:30 - Clinton Rose

Suggested Contribution: \$20 (4 weeks)

Open Sewing

An orientation is required prior to usage of the room.

Mon, Tue, Wed & Fri, 8:30-4:30 - Clinton Rose*

Suggested Contribution: \$10 (4 weeks)

Mon, 8:30-12:30 - Wilson

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

Mon, 9:00-11:00 - Washington

Tue, 9:00-12:00 - Wilson

Wed, 12:00-3:00 - Wilson

*Mon & Fri room at Clinton Rose closed from 12:30-1:00 due to class.

Quilting Classes

Learn new techniques/patterns or complete projects. Volunteer leaders are available to help or train you.

Registration required.

Mon & Tue, 1:00-3:00 - Wilson

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

Wed, 9:00-12:30 - Washington

Suggested Contribution: \$20 (Quarterly)

Thur, 9:00-11:00 - Wilson

Various Dates - Kelly

Suggested Contribution: \$20 (Quarterly)

Weaving (Intermediate) -

Experienced weavers are encouraged to join.

Thur, & Fri, 9:00-2:00 - Wilson

Suggested Contribution: \$15

WOOD WORKING

Woodcarvers & Burners

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

Wed, 8:30-11:30 - Wilson

Wood Carving

Work on your projects or get advice from pros!

Fri, 8:30-10:00 - Kelly

Woodshop

New participants must attend an orientation prior to registration. Sign up for an orientation in the office.

Suggested Contribution: \$25/month

Mon-Fri, 9:00-1:00 - Washington

Mon-Fri, 9:00-3:00 - Wilson

(Subject to change if hosts are unavailable)

WRITING

Writing Workshop

Write poetry, short stories, or any other forms of creative writing. Come and join us for free.

2nd and 4th Mon, 1:00-2:30 - Washington

SOCIAL & RECREATION

BILLIARDS

Mon, 9:00-10:00 - Washington (Lessons)
Wed, 1:00-4:00 - Kelly (Play w/ the Billiards League)
Mon-Fri, 8:30-4:00 - Clinton Rose (Open Play)
Tue-Fri, 10:00-3:00 - Washington (Open Play)

BINGO

Aetna Bingo

Learn about Aetna Insurance while playing bingo.
Tue, September 8, 1:00-2:00 - Clinton Rose
Presented by Timothy Oyler

My Choice Bingo

It's the perfect way to spend your afternoon.
Mon, September 14, 1:00-2:00 - Clinton Rose

ArchWell Bingo

Learn about Archwell HealthCare while playing bingo.
Tue, September 22, 1:00-2:00 - Clinton Rose
Presented by Archwell HealthCare

HealthCare Fun

Enjoy a fun game of bingo while learning about your medical options.
Mon, September 28, 1:00-2:00 - Clinton Rose
Presented by Mr. Charlie

Presentation Bingo

Learn about the programs and services provided by The Chinese Chambers of Commerce while playing bingo.
Tue, September 29th 1:00-2:00 - Clinton Rose
Sponsored by The Chinese Chambers of Commerce

Lions Club Bingo

Learn about Milwaukee's Oldest African American Lions Club.
Wed, September 30, 1:00-2:00 - Clinton Rose

Bingo with Eras

Eras will be providing prizes and answering questions.
Wed, 9:00-10:00 (Except for the 1st Wed of the month) - **Clinton Rose**
Sponsored by Eras Senior Network

Regular Bingo

Enjoy this game of chance while making connections.
Registration recommended.
Tue, September 1, 1:00-Kelly
Sponsored by Aetna Medicare
Tue, September 15, 1:00-Kelly
Sponsored by The Waters
Second Tues - Wilson
Fri, 12:30-1:45 (dining hall) - Washington

BOOK CLUBS

Book Club

Come ready to discuss the book of the month.
Book: Darling Girls
Author: Sally Hepworth
Thur, September 10, 12:30-1:30 - Washington

Book: Autumn
Author: Ali Smith
Wed, September 30, 10:00 - Wilson

CARDS, CHESS & GAMES

Comfort Zone

Come and enjoy billiards, ping pong, card games, and more.
Mon-Fri, 8:30-4:00 - Clinton Rose

Game Day

Play a variety of card and board games with friends.
Mon-Fri, 12:30-3:00 - Washington

Chess

Join a friendly game of chess. All levels are welcome.
Tue, 10:00-1:00 - Washington

Bid Whist & Spades

Hang out with your peers in a friendly game of cards.
Tue & Thur, 12:30-3:00 - Washington
Thur, 12:00 - Clinton Rose
Fri, 1:00 - Clinton Rose

Dominoes

A relaxing, tile-based game.
Mon & Wed, 1:00 - Kelly

Mahjong

A game of skill, strategy, and luck.
Mon, 12:30 - Kelly

Sheepshead

Try your hand at this popular card game!
Mon & Tue, 10:00 - Kelly
Wed & Thur, 1:00 - Kelly

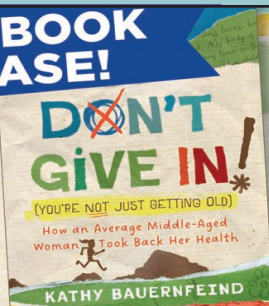
Canasta

A fun rummy-style card game.
Wed, 12:30 - Kelly

Bridge

Always looking for new players, and willing to teach!
Fri, 9:30 - Kelly

NEW BOOK RELEASE!



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Serving Older Adults of Southeast Wisconsin, Milwaukee, WI

01-2067

SOCIAL & RECREATION

CORNHOLE, DARTBALL & SHUFFLEBOARD

Cornhole League

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

Tue, 1:00-2:00 - Wilson

Dartball

Play dartball with other participants. Beginners welcome.

Thur, 1:00 - Wilson

Suggested Contribution: \$15

Dartball League

Join the dartball players for some fun around the dartboard. Open to all skill levels. **Registration required.**

Mon, 1:00-4:00 - Kelly

Suggested Contribution: \$15 (for the Season)

Shuffleboard

Join the fun and learn a new game. Open to all levels.

Fri, 1:00-3:00 - Kelly

GARDENING

Garden Club

Get in touch with Mother Earth and help to beautify the natural surroundings at your senior center. New members are always welcome!

Second Tue, 9:00-10:00 (Club Meeting) - **Washington**

Mon-Thur, 9:00-2:00 (Open Gardening) - **Washington**

MOVIES

Movie Watchers Club

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

Fri, September 4, 9:00-11:00 - Clinton Rose

Matinee at Washington

Each week will feature a different movie genre.

Wed, 12:30-2:00 - Washington

QUARTERLY BIRTHDAYS

Quarterly Birthday Celebration

Join us for cake to celebrate July, August, and September birthdays. **Registration required.**

Wed, September 9, 12:00-1:00 - Clinton Rose

Sponsored by The Birthday Club

Wed, Sept 23, 12:00 - Washington

RAILROAD CLUB & COLLECTING GROUPS

Coin & Stamp Collectors Group

Share some of your treasured collections with other enthusiasts.

Third Tues, 11:00-12:00 - Wilson

Railroad Club

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

Wed & Thur, 1:00 - Wilson

SOCIAL GROUPS

Morning Blend with Hot Topics

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 with Hot Topics has got you covered. We'll dive into the latest trends, breaking news, and trending topics, all while keeping it light and entertaining.

Mon, 9:00-10:00 - Clinton Rose

Joy Comes in the Morning

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

Wed, September 2 & 16, 9:30-10:30 - Washington

Presented by Gloria Webster

Social Club

Enjoy coffee and conversation.

Mon-Fri, 9:00-11:00 - Kelly



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Serving Older Adults of Southeast Wisconsin, Milwaukee, WI

01-2067

TRIPS & OUTINGS

Rivers Casino or Woodfield Mall

Tue, October 20, 8:30-5:00 - Clinton Rose

Get ready to shop until you drop, enjoy the arcade, and taste great food at Woodfield Mall. Or, if you're feeling lucky, try the slots at Rivers Casino. This trip has two options: Woodfield Mall or the Rivers Casino. Suggested contribution covers transportation only.

Suggested Contribution: \$45

** The Barack Obama Presidential Center trip has been postponed until 2027.

SUPPORT & RESOURCES

ADVISORY MEETINGS

Advisory Committee Meetings

Join us to get the scoop on the latest developments and updates on our current projects at the senior centers.

Tue, September 29, 10:30-11:00 - Clinton Rose

Second Tue, 10:00-11:00 - Washington

Third Wed, 10:00-10:30 - Wilson

Fourth Wed, 1:00 - Kelly

COMMUNITY RESOURCES

Drive-Thru Vaccine Clinic

The Cudahy Health Department will operate a drive-thru lane where you can receive immunizations. You can utilize the drive-thru or the inside Kelly station for flu and other routine vaccines.

Fri, September 25, 9:00-11:00 - Kelly

Hosted by Cudahy Health Department

ADS Resource Table

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

First Tue, 9:30-10:30 - Washington

Third Tue, 10:00-11:00 - Wilson

Every Tue, 10:00-11:00 - Kelly

STOCKBOX & DINING

Stockbox Distribution

Hosted by Hunger Task Force

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 \$1,957 or less per month (\$2,664 for a two-person household).

Tue, September 1, 9:30-10:30 - Washington

Thur, September 3, 11:00-12:00 - Clinton Rose

The Concession Gals of Clinton Rose will be selling concessions. All proceeds go to support the center.

Thu, September 24, 12:30-1:30 - Kelly

Third Tue, 10:00-11:00 - Wilson

Senior Dining

We are open for in-person dining at all 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
Washington Park	414-933-2332
Wilson Park	414-282-3284

NORTH WEST SENIOR PROGRAMMING

Havenwoods State Forest Nature Center
6141 N Hopkins St, Milwaukee, WI 53209

TIME	TUESDAY PROGRAMS	THURSDAY PROGRAMS
2:00 PM	Balance & Stretch	Mindfulness in Nature Walk
2:00-4:00 PM	Card Games	Card Games
2:15 PM	Movie & Popcorn	
2:30-3:30 PM	Spill the Tea	Spill the Tea

The Embassy Center
3725 N Sherman Blvd, Milwaukee, WI 53216

TIME	MONDAY PROGRAMS	WEDNESDAY PROGRAMS	FRIDAY PROGRAMS
9:00 AM	TOPS, Walking Group	Quilting & Sewing, Walking Group	Walking Group
10:00 AM	Dance Fitness	Dance Fitness	Dance Fitness
11:00 AM	Dance Fitness, Handweights	Dance Fitness, Handweights	Dance Fitness, Handweights
12:00 PM	Spill the Tea, Cards & Games	Stand Up, Cards & Games	Bingo
1:00 PM	Cards & Games	Cards & Games	

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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Growing Connections

A free gardening program created for people with dementia and their care partners. This is a casual program that focuses on learning and having fun. No gardening experience or green thumb required!

The first Wednesday of the month
Washington Park Urban Ecology Center
1859 N 40th St. Milwaukee
3:00–4:30 PM

Preregistration Required

Contact DCS Candice LeGros
(414) 731-0891

Candice.LeGros@Milwaukeecountywi.gov



What's Going On? Ask Alice

Submitted by Alice Steuck Konkell

Hello Senior Center Members!

This is the latest update from my membership on the Commission on Aging Senior Center Advisory Committee. The following are answers to some of your questions:

What's the Update on the McGovern Senior Center?

The McGovern building has been determined to need too much repair to be practical. As you know, McGovern has transferred some of its programming to Clinton Rose. Some of the members have chosen to meet on their own in the community at other locations such as the library. The County has allocated dollars to open two alternate locations soon for McGovern programming for 5 days per week. Times and locations will be announced as soon as possible.

Meanwhile, the County has allocated money to The Department of Health and Human Services to explore and find a permanent place for the McGovern Community. Please see the NORTH WEST SENIOR PROGRAMMING (p.17) for a schedule of activities.

If the County is in such financial straits, why do other projects, like the Domes, The Stadium, the Public Museum and other projects get funding, when the Senior Centers are falling apart? What is happening to prevent deteriorating buildings so that we don't have another problem like we had at McGovern?

The places referenced here are all important public institutions who have faced similar funding challenges as the Senior Centers. One of the solutions to secure some financial stability they have pursued is to create public/private partnerships with things like Friends Groups and so on. Perhaps the time has come for senior centers to do the same. As to preventing deterioration of the Senior Centers, ongoing maintenance and building improvements are mainly a county responsibility. Maintenance has been deferred for many years. You may want to ask your County Supervisor about the reasons for that.

We have a hard time getting supplies and materials for our classes. Also getting tools fixed or replaced when they break. We take up collections among ourselves to keep the classes going. Where do our class donations go?

The short answer to that is that any donations (formerly known as fees) that are made go into the general fund. According to my consult with Michael Vanblaricum, SOA President/CEO, the exception to that is donations that are specifically ear-marked by the donor for a specific use. For instance, if a donor gives money to be used for the purchase of a specific item, program or use, that donation is reserved for that purpose only. As a 501(c)(3) non-profit, SOA's finances are subject to an independent audit and oversight by its Board of Directors, ensuring donations are managed responsibly and in accordance with the organization's mission. Mr. Vanblaricum indicated that he is planning a general meeting with members so that he can expound on some of these issues with more complete answers.

Please submit your questions and comments to me in writing by the 15th of each month. Thank you for being an involved member! You may or may not include your name. You can address them to Alice Steuck Konkell C/O Wilson Park Senior Center and send them to Wilson Park Senior Center, or leave them at the desk of your center and they will forward them to me.

Community Partners

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



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American Red Cross
Aurora St. Luke's Southshore
Autumn Leaves
Badger Hospice
Bread Smith
Capri Community
CarePatrol
Caring Senior Services
CHI Living
Cornerstone
Cudahy Family Library
Cudahy Fire Department
Cudahy Place Senior Living
Cudahy School District
Cudahy Health Department
Einstein Bagels

Empire Beauty School
Groundcorp
Groundworks
MKE Harbour Village
Hear Wisconsin
Historic 41 Business Association
Howard Village
Humana
Hunger Task Force
Hayat Pharmacy
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Impower
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MATC
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Milwaukee Steppers & Boppers
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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
Synergy 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 **June 2025 - July 2026**. We made every attempt to recognize all donors. If your name was missed, please contact us at Development@servingolderadults.org.

\$50,000 - \$99,000

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Dorene Drumel Realty
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Hayat Pharmacy, Your Community Health Market

\$500 - \$999 cont.

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Chris Marschka
Master Printwear
Roy & Lynn Meythaler
Jerry & Mary Mikulay
My Choice Wisconsin by Molina Healthcare
Northwestern Mutual Foundation Volunteer Support Program
Judith A Roth
Savage Creative
Dan Shaykevich
Cynthia Sheridan
Support Plus Personal Care
TightSeal LLC
Michael Tillman

\$250 - \$499

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Paul Baniel
Troy Bartoshevich
Raymond Berg
Frank Brindza
Bucyrus Foundation
Greg Budzisz
Patricia Buente
Chris Catalano

\$250 - \$499 cont.

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Greg & Kill Gardetto
Joe Gardetto
Don & Chris Gardner
Colleen Grundyski
Mike Harvey
Scott Iwin
Kyle Julseth
Joe Kossow
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Tim Richmond
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Senior Medicare Patrol
Mark Scheel
Alex Simonson
St. Ann Center for Intergenerational Care
Saint John's on the Lake
Scott Shaver
State of Wisconsin Board on Aging and Long Term Care
Barbara Toles
Roxann Tolliver
Michael Uzelac
Bobby Watson
Robert Watson
Wilson Commons Senior Living Community
Wisconsin Talking Book and Braille Library
Gary Zimmerman



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

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Patricia Buente
Marsha & Paul Bukofzer
Janice & Johnny Gardetto

Colleen Grundy
Mares Law Offices LLC
Pamela Miller
Ken & Maureen O'Reilly

Charlie Rush
Barbara Toles
Roxann Tolliver
Ken Wyatt

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 18)
Annemarie Adsen
Patricia Ahrendt
Sharon Anderson
Mary Ard
Carolyn Marie Arena
Karen A'Rowan
Vision Forward Association
Jean Badura
Mary Ann Bagemehl
James & Diana Balk
Donna J Basterash
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Antastasia Blyden
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Tim Willmes
Wilson Guitar Jam
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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:

- | | |
|---|--|
| ☐ Where need is greatest | ☐ McGovern Park Senior Center |
| ☐ Clinton Rose Senior Center | ☐ Washington Park Senior Center |
| ☐ Kelly Senior Center | ☐ Wilson Park Senior Center |

MY DONATION:

- | | |
|--|---|
| ☐ \$25 - Supporter | ☐ \$500 - Advocate |
| ☐ \$50 - Associate | ☐ \$1,000 - Connector |
| ☐ \$100 - Friend | ☐ \$5,000 - Benefactor |
| ☐ \$250 - Companion | ☐ \$10,000 - Champion |
| ☐ Other: _____ | ☐ 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: _____