

SERVING OLDER ADULTS OF SOUTHEAST WISCONSIN, INC.

October 2026

TECH
CONNECT
NEWS!

PAGE 6



THE CONNECTION

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SOA CLOSURES

No closures in October.

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

Wilson Big Band Concert & Dance

Join us for a concert and dance.

Mon, October 12 - Wilson

Jeans and Pearls Ball

Get dazzled by diamonds and pearls at the 2nd annual jeans and pearls ball. Enjoy entertainment and delicious food. **Registration required.**

Fri, October 16, 12:00-2:00 - Clinton Rose

Suggested Contribution: \$20

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

Ascension Health Care

Come and get your flu shots early this year with Ascension Health Care.

Tues, October 27, 1:00-2:30 - Clinton Rose

Monster Mash

Join us for a spooktacular Monster Mash celebration! Come dressed in your favorite Halloween costume and enjoy an afternoon of fun, laughter, and festive activities. Are you ready??

Fri, October 30, 12:00-1:30 - Clinton Rose

PRESENTATIONS

Pedestrian Safety: Visibility Workshop

Learn about pedestrian safety and navigating daily walking/rolling routes around Milwaukee County. Make your own reflective keychain, bag charm, or zipper pull. Additional resources will be available.

Registration recommended.

Tue, October 6, 12:00 - Kelly

Presented by MilWALKee Walks

Women's Club Presents: Medicare & You

Learn about Medicare coverage, enrollment dates, and private plan choices like Medicare Advantage.

Registration recommended.

Mon, October 19, 1:30 - Kelly

Presented by Gina Ensslin, 65 Health

OTHER EVENTS

Stepping On

Stepping On is a 7-week class on fall prevention that research shows is effective in preventing falls at home and outdoors. Includes snacks and guest appearances by a physical therapist, pharmacist, and more.

Thur, October 1 through November 12

10:00-12:00 - Kelly

Aging with Grace

Come to a live skin care demonstration and learn how to properly perform a skin care routine and apply specific beauty products. Free sample products and prize giveaways. **Registration required.**

Friday, October 2, 2:00 - Kelly

Presented by That Braw Doll

Used Book Sale

We will be gathering gently used books and making them available for purchase. Proceeds benefit the Kelly Senior Center. For more information, stop at the front desk.

Donate books: October 5-9 - Kelly

Book Sale: October 12-16 - Kelly

Stand Up for Your Health

How much is too much time sitting during the day? Find out and learn strategies to help you Stand up for Your Health! In this class, you will learn about the consequences of sitting too much, the benefits of standing more, and strategies to incorporate more standing during the day!

Tue, October 6-27, 10:00-11:00 - Wilson

Wed, October 7-28, 12:30-1:30 - Washington

MCTS Forward Transit Presentation

Details TBA.

Thur, October 8, 9:00-12:00 - Wilson

Halloween Party

Come enjoy a ghoulish good time! Enjoy music by Best & Peebs Entertainment, Halloween treats (and tricks), and our annual costume contest. (Costumes are optional for attending parties.) **Registration required.**

Friday, October 30, 1:30-3:00 - Kelly

Presented by Aetna Medicare

MARIA LINDEN

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spend more time with them, **enjoying life.**

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wilsoncommonswi.com

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Serving Older Adults of Southeast Wisconsin, Milwaukee, WI

01-2067

SOA News & Events

You're Invited: Let's Celebrate Active Aging Together

Something exciting is coming this November, and we want you to be part of it!

On **Saturday, November 7, from 10:00 a.m. to 3:00 p.m.**, Serving Older Adults will host our Active Aging Festival, an intergenerational celebration of wellness, learning, connection, community, and all the possibilities that come with active aging. This is more than an SOA event. It is a celebration of our community, and that means a celebration of you!

Every day, the people who participate in our centers and programs bring something special to SOA. You bring your experiences, your friendships, your talents, your laughter, your ideas and, most importantly, yourselves. You help us create the kind of community we believe everyone deserves: a place where people feel welcome, included, valued, and where they truly belong.

On November 7, we want to bring that spirit together in one incredible celebration. The Active Aging Festival will bring together older adults, families, friends, businesses and community organizations for a day filled with activities, wellness opportunities, educational workshops, community resources, food, exhibits, Main Stage programming and plenty of opportunities to connect and have fun.

And don't come alone! Bring a friend. Bring your children or grandchildren. Invite a neighbor. Bring someone who has never visited an SOA center before. Help us welcome more people into the community you have helped create.

We believe active aging is about much more than staying busy. It is about continuing to connect, contribute, discover and thrive throughout our lives. And there may be no better way to demonstrate that than by filling the Active Aging Festival with people of different ages, backgrounds and experiences celebrating together.

So, please mark November 7 on your calendar. Come spend the day with us, bring someone you care about, meet someone new, try something new and help us celebrate what active aging looks like in our community.

Most of all, thank you. Thank you for participating. Thank you for welcoming others. Thank you for sharing your time and talents. And thank you for helping make SOA a community where people know they have a place and know they belong.

We can't wait to celebrate with you on November 7!



Michael VanBlaricum

President & CEO

Serving Older Adults of Southeast Wisconsin





Introducing SOA Digital Connections



Tech Connect Is Evolving!

For years, Tech Connect has helped older adults build confidence using computers, smartphones, tablets, and other technology that has become increasingly important in everyday life.

As the needs of older adults continue to evolve, so must the way we deliver this important service.

SOA is transitioning Tech Connect to SOA Digital Connections, a redesigned approach to technology education and support that will utilize trained Digital Navigators, Tech Coaches, volunteers, and community partners to help older adults confidently navigate an increasingly digital world.

Through SOA Digital Connections, we envision continuing technology classes while expanding opportunities for individualized technology assistance, digital navigation, and connections to resources that help older adults remain independent, informed, and connected.

During this transition, some previously scheduled classes may be temporarily postponed or rescheduled as we develop the new model and recruit and train volunteers and partners. We understand that these changes may be disappointing to individuals who have participated in and valued Tech Connect, and we appreciate your patience during this transition.

We are grateful to the Tech Connect team for the foundation they built and for the many older adults whose lives have been positively impacted by their work.

Most importantly, **SOA is not stepping away from technology education. We are building a more sustainable model designed to continue—and ultimately expand—this important work.**

We look forward to sharing more information about SOA Digital Connections, including upcoming classes, technology assistance opportunities, and ways community members and volunteers can get involved.

Stay connected. More is coming.



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

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.

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

Footloose and Fancy Free (NEW)

Wed, 11:00-12:00 - Kelly

♥ Dacing With Diane

Details TBA.

Second Mon, 1:30-3:30

♥ 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' (Intermediate)

♥ Roselette Dancers

Want to join a group of fun, cheer, adventure, and dance? Join the Roselette Dancers. To join, you **MUST** go through tryouts.

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

(Regular rehearsal for members only)

Tryouts for this commitment-based group will be held on Tuesdays at 10:30. **Registration for tryouts**

recommended - 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

♥ World Folk Dance

Details TBA.

Mon, 10:15-11:15 - Wilson

♥ 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, 9:15-10:00 - 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, 11:30-12:30 - 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!

Tue, 9:30-10:30 - Kelly (NEW)

Registration recommended.

Sat, 12:00 - 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

Help 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. **Registration required.**

Fri, October 9 & 23, 1:00-2:00 - Clinton Rose

Tue, 2:00-3:00 - Kelly

WELLNESS & NUTRITION

COOKING DEMOS

♥ Nutrition Class and Cooking Demo

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

Tue, October 13, 1:00 - Kelly

Presented by Hunger Task Force

♥ Cooking Demos

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

Tue, October 20, 2:00-3:00 - Kelly

♥ 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, October 14, 9:00-3:00 - Kelly

Mon, October 19, 9:00-3:00 - Kelly

Reflexology

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

Second & Fourth Tue, 10:00-1:00 - Wilson

Qi Gong

Enjoy a relaxing session of Qi Gong.

Wed, Sept 9-Nov 18, 10:15-11:15 - Wilson

NUTRITION

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, October 6, 1:00-2:00 - Clinton Rose

WEIGHT LOSS

♥ 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.**



Washington Park's Silver Steppers (also seen on this month's cover).



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, 10:00-11:30 - 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, 10:00-11:00 - 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, 1:00-3:00 - Wilson

(Advanced) Thur, 9:30-11:30 - Wilson

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

Suggested Contribution: \$10 (Covers Materials)

PRESENTATIONS

Froedtert Hospital of Milwaukee Presentation

Learn about health and wellness options.

Thur, October 1, 9:00-11:00 - Clinton Rose

Landlord and Tenant Rights and Responsibilities

Many seniors live in rental housing. It is important to understand your rights and responsibilities.

Registration required.

Thur, October 1, 2:00 - Kelly

Sponsored by WI Department of Consumer Protection

Medicare Information Tables

Get one-on-one, in-person help and general information about Medicare. **Registration recommended.**

October 5, 12, 15 & 20, 12:00-2:00 - Kelly

Presented by Aetna Medicare

Planning Ahead

This is a 7-session end-of-life planning course developed by UW-Extension. Prepare for the end of life for yourself or a loved one. **Registration required.**

Tue & Thur, October 6 thru October 15

2:00-3:30 - Kelly

Presented by UW-Extension

Spanish-Speaking Healthcare Presentation

Details TBA.

Tue, October 6, 2:00 - Wilson

UnitedHealth Medicare Presentations

Join us for presentations covering Medicare Parts A, B, C, and D, enrollment periods, and coverage options.

Registration recommended.

Wed, October 7 & Thu, October 22, 1:00 - Kelly

Presented by Frank Filardi, ePlatinumHealth

AARP Safe Driving Class

Learn methods to help keep you and others safe on the road. The class costs \$20 for members and \$25 for non-members. **Registration required.**

Fri, October 16, 11:00-3:30 - Kelly

Health Insurance Marketplace Presentation

Make insurance easier by learning about open enrollment options.

Tue, October 20, 9:00-11:00 - Clinton Rose

Lunch & Learn

Learn about a wellness topic while enjoying a light lunch. **Registration required.**

Thur, October 22, 12:00-2:00 - Clinton Rose

Presented by CLAWW

ARTS, MUSIC & CREATIVE EXPRESSION

ART CLASSES & STUDIOS

Card Making

Have fun making greeting cards for all occasions.

Registration required.

Tue, October 13, 11:00 - Kelly

Tue, 9:00-11:00 - Wilson

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.

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

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, October 14, 9:00 & 1:30 - Kelly

Tue, 9:00-11:00 - Wilson

Paper Piercing

Enjoy a crafty way to express your inner child.

Second and Fourth Fri, 9:00-11:00 - 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 teddy bears to support and inspire adults fighting cancer. No sewing experienced needed.

Tue & Wed, 12:30-3:00 - Wilson

CERAMICS

Ceramics Studio

Use ceramic molds, paints, and glazes to create artful objects. 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-Fri, 8:30-4:30 - Wilson

Suggested Contribution: \$25

Stained Glass

Create projects using patterns or your own designs.

Mon-Fri, 8:30-4:30 - Wilson

Fri, 9:00-11:00 - Washington

Suggested Contribution: \$25 (Quarterly)

KNITTING, CROCHET & FIBER ART

Beginning Crochet

Learn crochet 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

Wed, 10:00-12:00 - Wilson

Thur, 9:00 - Kelly

Plastic Canvas

Enjoy crafting with plastic canvas. No experience necessary.

Thur, 9:00 - Wilson

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.

Fri, October 2 & 23, 1:00-2:00 - 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, 12:00-1:00 *Guitar Lessons - 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, 1:00-2:00 - 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, 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 1:00-2:00 due to class.

Quilting Classes

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

Registration required.

Fri, October 2, 12:00-3:00 - Wilson (Beginner)

Suggested Contribution: \$10

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

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

Wed, 9:00-12:30 - Washington

Suggested Contribution: \$20 (Quarterly)

Thur, 9:30-12:00 - Wilson

Various Dates - Kelly

Suggested Contribution: \$20 (Quarterly)

Weaving (Intermediate)

Experienced weavers are encouraged to join.

Thur, 9:00-1:00 (Class) - Wilson

Fri, 8:30-4:00 (Open studio) - 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)

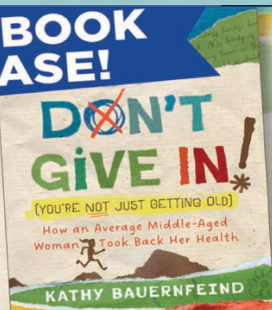
WRITING

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

NEW BOOK RELEASE!



kathybauernfeind.com

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Serving Older Adults of Southeast Wisconsin, Milwaukee, WI

01-2067

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)
Mon-Fri, 9:00-3:00 - Wilson (Open Play)
Tue-Fri, 10:00-3:00 - Washington (Open Play)

BINGO

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

Senior Living Presentation

Play bingo while learning about senior living options.

Thur, October 22, 1:00-2:00 - Clinton Rose

Regular Bingo

Enjoy this game of chance while making connections.

Registration recommended.

Tue, October 6, 1:00 - Kelly

Sponsored by United Health

Tue, October 20, 1:00-Kelly

Sponsored by Serenity Healthcare

Second Tues - Wilson

Fri, 12:30-1:45 (dining hall) - Washington



Moments from Kelly's Music & More series



BOOK CLUBS

Book Club

Come ready to discuss the book of the month.

Details TBA - Washington

Book: Mrs. Lincoln's Sisters: A Novel

Author: Jennifer Chiaverini

Wed, Date TBA, 10:00 - Wilson

CARDS, CHESS & GAMES

Comfort Zone

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

Tue, 10:00-1:00 - Washington

Bid Whist & Spades

Tue & Thur, 12:30-3:00 - Washington

Thur, 12:00 - Clinton Rose

Fri, 1:00 - Clinton Rose

Dominoes

Mon & Wed, 1:00 - Kelly

Mahjong

Mon, 12:30 - Kelly

Fri, 9:00-11:00 - Wilson

Scrabble

Mon, Wed, Fri - 10:15 - Wilson

Sheepshead

Mon & Tue, 10:00 - Kelly

Mon & Wed, 12:00 - Wilson

Wed & Thur, 1:00 - Kelly

Canasta

Wed, 12:30 - Kelly

Bridge

Fri, 9:30 - Kelly

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5325 W. Greenfield Ave.

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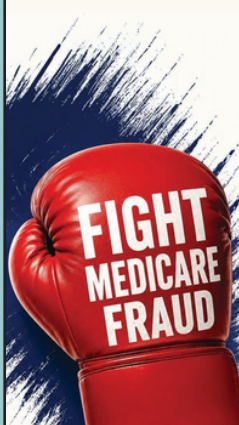


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Serving Older Adults of Southeast Wisconsin, Milwaukee, WI

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**

Second & Fourth Tue, 10:00 - Wilson

(Winter meetings may vary)

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

MOVIES

Matinee at Washington

Each week will feature a different movie genre.

Wed, 12:30-2:00 - Washington

Movie Watchers Club

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

Fri, October 2, 9:00-11:00 - Clinton Rose

Movies at Wilson

Enjoy a movie and get some popcorn.

Fri, 1:00 - Wilson

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, 10:00-3:00 - Wilson

SOCIAL GROUPS

Grief Support

Learn how to cope with loss.

Tue, 9:00-11:00 - Wilson

Joy Comes in the Morning

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

Wed, Date TBA, 9:30-10:30 - Washington

Presented by Gloria Webster

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

Social Club

Enjoy coffee and conversation.

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



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, October 27, 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

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).

Thur, October 8, 11:00-12:00 - Clinton Rose

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

Thur, October 22, 12:30-1:30 - Kelly

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

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



Community Care

Set your independence in motion. It starts with a community that cares.

Contact your local Aging and Disability Resource Center (ADRC) at 844-WIS-ADRC (844-947-2372) to learn more about long-term care options in your area.



Call 866-992-6600 for additional information



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

\$25 and Under

- All-purpose cleaner: C, K, Wi
- Artificial cleaner: K
- Batteries AA, AAA, 9V, C:
C, K, W
- Bleach: K, W
- Cases of water: C, K, W, Wi
- Cleaning cloths: K
- Clorox wipes: C, K, W, Wi
- Coffee: C, Wi
- Copy paper: C, K, W, W
- Creamer: 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)
- Weed Wacker(s) battery operated:
C
- Whiteboards: C

\$501 - \$1,000

- Lawnmower
- 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

W – Washington Park

Wi – Wilson Park

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

www.servingolderadults.org/wishlist



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



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
 Safe and Sound
 Salvation Army
 Senior Helpers
 Sorenson
 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
 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 July 2025 - August 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

United Seniors of Wisconsin, Inc.
EveryDayGood Foundation

\$10,000 - \$49,999

Anonymous (2)
Spectrum

\$5,000 - \$9,999

The Catholic Community Foundation
Forest County Potawatomi Foundation
Francie Luke Silverman Foundation
Janice & Johnny Gardetto
Ralph Evinrude Foundation
James Sheridan

\$2,000 - \$4,999

Anonymous (2)
Bob & Mary Ellen Acker
Anderson Commercial Group
Direct Supply
Ben Hackett
Heartland Properties
Marjorie L. Christianson Foundation
Pieper Electric, Inc./Ideal Mechanical
Starfire Electric

\$1,000 - \$1,999

David Frank
Dennis
Shane DeFendi
Kevin & Bridgette Frommell
Larry Frommell
Ryan Gardetto
Health Connections, Inc
HealthMarkets Insurance Agency
Inpower Solutions
Mares Law Offices LLC
Network Health
Operose Advisors
Chad Ritterbusch
Todd Rivers
Rob Schmeling
T-Lon
We Energies Foundation
Wild Marketing Group
Ken Wyatt

\$500 - \$999

Anonymous (2)
Preston Alvadj
American Republic Insurance Service
Avina of Milwaukee
Raymond Berg
Sequoya Borgman
Bucyrus Foundation
Margaret Calteaux
ClearCaptions
Dia y Noche
Dorene Drumel Realty
Ivan Gamboa
Colleen Grundy
Hayat Pharmacy, Your Community Health Market
Thomas Michals

\$500 - \$999 cont.

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Rick Howard
The Jewelry Center
Johnson Bank
Johnson Financial Group
Carol Kellogg
Jeanne Kennedy
John C. Lapinski
Dennis Lech
LSS/Connections
Jaime Maliszewski
Tony & Marcia Martinez
Chris Marschka
Timothy Petre
Master Printwear
Roy & Lynn Meythaler
Jerry & Mary Mikulay
My Choice Wisconsin by Molina Healthcare
Judith A Roth
Savage Creative
Dan Shaykevich
Cynthia Sheridan
Suburban Asphalt Co., Inc.
Support Plus Personal Care
Synergy Homes WI
TightSeal LLC
Michael Tillman

\$250 - \$499

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Darryl Anderson
Paul Baniel
Troy Bartoshevich
Frank Brindza
Greg Budzisz
Patricia Buente
Chris Catalano

\$250 - \$499 cont.

Comfort Keepers
Eras Senior Network
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Kevin & Bridgette Frommell
Gary Gardetto
Greg & Jill Gardetto
Joe Gardetto
Don & Chris Gardner
Mike Harvey
Scott Iwinski
Kyle Julseth
Joe Kossow
David Ksobiech
Michael & Catherine Krzykowski
Sherry Kulhanek
Tom Lake
Janice Lee
Patrick Lee
Legal Action of Wisconsin-Senior LAW
Rory Leydan
Lutheran Homes & Harwood Place
Susan Marsolek
Tom Massopust
Scott Matthews
Patrick & Piper Mehigan
Randy Merg
Mike Michalski
Jerry & Mary Ellen Mikulay
Milwaukee Public Schools
Ken & Maureen O'Reilly
Patricia Garrity & John Misorki
John Niemiec
Greg Petre
Pledgeling Foundation

\$250 - \$499 cont.

Bruce Richmond
Patrick Richmond
Tim Richmond
Jared Roffers
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
Wilson Commons Senior Living Community
Wisconsin Talking Book and Braille Library
Gary Zimmerman



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

Anonymous (1)
Patricia Buente
Marsha & Paul Bukofzer
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
Craig Berg
Bonnie Biba
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Tom & Cheri Briscoe
Katie Brown
Martha Brown
Shirley Browne
Marsha & Paul Bukofzer
Connie & Michael Caiati
Alton Campbell
Marie Campos
Angeline Catena
Saint Louis Science Center
Rose Hill Missionary Baptist Church
Sandra and Tyrone Cleveland
Michael Coffey
Barbara Conner
Phyllis Copeland
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Eileen Komassa
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Johnny & Jackie Lipsey
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Dorothy Majchrzak
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Lois & Henry Redic
Ricky
Michele Rinka
Thelma Roberson
Cora Robinson
Florine Robinson
Willie Rogers
Rose Hill Missionary Baptist Church

William T. Rossi
Janette Rupinski
Charlie Rush
Ellen Swiggum Rylander
Saint Louis Science Center
Jimmie Sanders
John P Sargent
Robert Sarver
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Stuart & Gayle Schenk
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Alice Stokes
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Jeanne Sunday
Suzy
Angela Thomas
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Celia Wiberg
Cindy Wiktorek
Vickey Wilburn
Johnnie Williams
Tim Willmes
Wilson Guitar Jam
Steve Woods
Dawn Zakian



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: _____