



# Wauwatosa Senior Centers Newsletter

A MONTHLY GUIDE TO ACTIVITIES & COMMUNITY RESOURCES FOR ADULTS AGE 50 +



### Card Making Class

Tuesday, January 12th 10:00-11:30

\$6/participant

Come join card making guru Connie Phillips at the Hart Park Senior Center and make several greeting cards. The price of the class covers all your materials. All you have to do is show up and use your creative minds. Class is limited to 8 participants so please call the Hart Park Senior Center to reserve your spot. 414.471.8495.



### Feeding America

When Senior Club reopened in July at the Civic Center location, by serving meals on Fridays only, we brought in more money than needed to purchase the food. In the past, we've used excess money to pay for activities and speakers. Since that wasn't an option, we decided to donate the money to "Feeding America". We asked for donations for handmade masks. We are pleased to let you know that, to date, we have donated \$500.00. A huge THANK YOU to all who have contributed.



### What's Happening:

#### Special Notes:

- The Hart Park Senior Center dining site will be closed on Monday, January 18th in observance of the Martin Luther King Holiday. Lunch will **NOT** be served that day.
- The Hart Park Senior Center **WILL** be open for activities.

### Inclement Weather Closings

Winter in Wisconsin can bring days in which our seniors centers will close because of inclement weather. If the Wauwatosa Schools are closed for weather related reasons, then all Wauwatosa Senior Center activities will be cancelled as well. Please reference our Facebook page for info or our local news channels for up to date closures.



WAUWATOSA RECREATION DEPARTMENT



Hart Park Senior Center and the Senior Club are programs under the auspices of the Wauwatosa Recreation Department. The Hart Park Senior Center also serves as a Nutrition Site for the Milwaukee County Department on Aging.

The Wauwatosa Senior Centers rely on the support and dedication of members, volunteers, donors and community partners. Together we work toward our common goal of continued excellent activities, a fun and friendly environment and meaningful volunteer experiences.

**Hart Park Senior Center Staff**

**Director:** Kosta Zervas  
 zervasko@wauwatosa.k12.wi.us  
**Program Coordinator:** Kristen Hecht  
 Email: hechtkr@wauwatosa.k12.wi.us  
**Phone:** (414) 471-8495

**Hours of Operation**

Monday-Thursday: 8am-4pm  
 Friday: 8am-2pm

**Civic Center Senior Center Staff**

**Program Coordinators:** Donna Weingarten and Bob DeLeon  
**Phone:** 414-479-8900 Ext. 5789

**Hours of Operation**

Tuesdays: 9am-3pm  
 Wednesdays: 11am-3pm  
 Fridays: 9am-3pm

**Membership: Wauwatosa Residents:** ..... \$15  
**Non-Resident:** ..... \$20

**Facebook:** [www.facebook.com/WauwatosaSeniorCenters](http://www.facebook.com/WauwatosaSeniorCenters)

**Payment and Registration Required**

Advance registration and full payment (cash or check) is required for all activities with fees. Register at least two weeks before the start date in the center office. Activities will be cancelled if minimum registrations are not met. For special accommodations let staff know at time of sign up. Pre-registration is recommended for programs without fees.

**Cancellation and Refund Policy**

Fees for activities and trips cancelled by the Senior Center will be refunded or rescheduled.

**Classes or Activities**

Participants may cancel activity or class enrollment prior to the registration deadline, and request a refund.

Registration fees **are not** refundable if cancelled on or after a program registration deadline, and may not be transferable.

Here is another dish my Mom would make for our family on a cold winters day. It's a perfect comfort food for the entire family.

**Chicken Kapama (Chicken Stew)**

- 4 pounds chicken thighs\*\* or 1 (4.5 to 5 pound) whole chicken cut into 8 pieces
- 2 tablespoons extra virgin olive oil
- 1 onion, chopped
- 3 garlic cloves, minced
- 1 14.5 ounce can crushed tomatoes
- 1 teaspoon ground cinnamon, or two cinnamon sticks
- 1/2 cup red wine vinegar
- 1/4 cup honey
- 2 tablespoons tomato paste
- 2 cups chicken broth or water
- 2 bay leaves
- 2 teaspoons Kosher salt
- 2 teaspoons black pepper



Hard salty cheese like kefaloriri, mizithra (or Romano) cheese for garnish

Preheat the oven to 325F

Pat chicken thighs dry and season them with 1/2 tablespoon olive oil, and 1 teaspoon each salt and pepper.

In a heated 7-9 quart Dutch oven over medium-high heat, brown the chicken in 1 tablespoon of olive oil for 5-7 minutes per side. Work in batches if needed, as as to not crowd the pan. Transfer the chicken to a plate. Drain any excess fat from the pot.

Return the pot to the heat and heat the remaining olive oil.

Add the onion and stir. Cook for 5 minutes, scraping up any browned bits from the bottom of the pot.

Add the carrots, celery, garlic, and ground cinnamon (if using cinnamon sticks, wait to add them). Cook for 5 minutes.

Stir in the wine, vinegar, honey, and tomato paste. Simmer for 5 to 7 minutes, until reduced by half.

Add crushed tomatoes and cook 5 minutes more.

Return the chicken to the pot. Cover it with the chicken broth, add bay leaves and cinnamon sticks (if using). Pour in chicken broth or water. Stir to combine.

Bring contents of the pot to boil. Cover the pot and place in the oven. Braise for 2 hours, or until tender.

Serve over your favorite rice, potatoes, or pasta.



11324 West Center Street, Wauwatosa, WI 53222  
 Phone: 414-773-2900 [www.tosarec.com](http://www.tosarec.com)

The Wauwatosa Recreation Department helps to enhance the quality of life for Wauwatosa citizens of all ages by providing a variety of recreational activities, special events and services which encourage lifelong learning, fitness and fun.



**Happy January Wauwatosa Seniors!!!**

Happy New Year 2021!! I hope you all had a very happy, safe, relaxing and enjoyable Christmas and New Year holiday with your family and friends. As we reflect upon all the craziness 2020 brought us and look toward 2021, I hope that this new year brings us continued health and

happiness.

Your membership form for 2021 was included in this current newsletter and we are still taking your membership registrations. If you haven't done so already, please register. We will continue to work hard to safely offer programming inside our centers. Please adhere to the guidelines that will be set in place to make our centers safe.

I look forward to seeing you at the Wauwatosa Senior Centers. Stop by my office, located inside the Hart Park Senior Center, to say hello. I would love to see you. I wish you all a very happy and healthy new year.

*Kali Xronia!* (Happy New Year in Greek)

Kosta Zervas

We are excited to begin slowly re-opening the senior centers in November. In order to make sure our centers are a safe place to visit, we ask that the following guidelines are followed.

- Do not enter our centers if you have a fever over 100.4 or greater
- New or worsening cough
- New or worsening shortness of breath
- Sore throat
- Muscle Aches
- You or someone in your household is being treated for COVID-19
- You have been told to self-isolate by the health dept.
- **Masks must be worn by all adults**
- **Observe social distancing**
- **Wash and sanitize your hand frequently**

As always, if you have any questions or concerns please don't hesitate to talk with us.

The Wauwatosa Senior Center Staff



**LIVE THE HARWOOD LIFESTYLE — ENJOY RETIREMENT**

Fine Dining, Social Activities & Entertainment

- Shopping Trips, Day Trips
- Theatre & Concert Outings
- Health & Wellness Programs
- Health Care Continuum at the Lutheran Home

**Reduced entrance fee on select models!**



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# HART PARK SENIOR CENTER ACTIVITIES CALENDAR

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8:00 Yoga*	8:00 Tai Chi/ Qigong*	8:00 Yoga*	9:00 Nail Trimmers (Appointments Required)	8:00 Yoga*
11:00 Dining Site Meal Pick Up	11:00 Dining Site Meal Pick Up	9:00 Advanced Spanish*	9:00 Crafters*	9:00 Walking Club
12:00 Needlers (1st & 3rd Mondays)	12:30 Writer's Workshop*	10:15 Intermediate Spanish*	11:00 Dining Site Meal Pick Up	10:00 Poetry Circle (2nd & 4th Fridays)
		11:30 Beginning Spanish*	12:45 Contemp. Book Club (3rd Thursday)	11:00 Dining Site Meal Pick Up
		11:00 Dining Site Meal Pick Up		
		12:30 Movie (Check for Dates)		
* Indicates fee required Tosa Rec class				

**Legal Information Service:**

**Friday, January 8th**

Attorney Michael Pierski, Muskego Legal Center  
By appointment 9:45 am—12:15 pm Please call the Hart  
Park Senior Center to make an appointment.  
414.471.8495

**Toe Nail Trimmers, LLC**

**January 7th 14th and 28th**

Preregistration Required. Call 262-719-0336  
Fee: \$29/30 Minute Appointment  
Receive a safe toenail trimming, foot massage,  
moisturizing and thorough foot assessment with  
self-help education from a Registered Nurse.

**January Movie at Hart Park**

**Wednesday, January 20th at 12:30**

**“Fisherman’s Friends”**

Ten fisherman from Cornwall are signed by  
Universal Records and achieve a top ten hit  
with their debut album of Sea Shanties.



Congratulations to Darlene Sailer for winning the  
Tosa Trivia Contest! Darlene answered 9 out of 12  
questions correct! Thank you for participating in the  
contest. Darelene received 3 gifts from the  
Wauwatosa Historical Society.

# Tosa Senior Club Activities

Tosa Senior Club Located at 7725 W. North Avenue

Phone 414-479-8900 ext. 5789

Sponsored by the Wauwatosa Recreation Dept. 12011 W. North Avenue

January 2021							
Tuesday		Wednesday		Thursday		Friday	
						1	
						HAPPY NEW YEAR !	
5		6		7		8	
10:30 - 12:00 BINGO		12:00 Brown Bag Lunch ACTIVITY: Help compile a Senior Club Cookbook				12:00 Light Lunch	
12		13		14		15	
10:30 - 12:00 BINGO		12:00 Brown Bag Lunch MOVIE: "Just Mercy"				12:00 Light Lunch	
19		20		21		22	
10:30 - 12:00 BINGO		12:00 Brown Bag Lunch 12:30 Book Discussion: "Call Me American" by Abdi Nor Iftin				12:00 Light Lunch	
26		27		28		29	
10:30 - 12:00 BINGO		12:00 Brown Bag Lunch MOVIE: "Crazy Rich Asians"				12:00 Light Lunch	

**Senior Aerobics Tuesday and Friday 9:00 - 9:45 am.**  
Optional additional exercise with hand weights following classes.

**Fridays at the Senior Club: Fabulous Friday Lunches**

Fabulous Friday Lunches continue at the Wauwatosa Senior Center. Call ahead and make your reservation with our gourmet chefs, Donna and Bob. **Reservations are required by calling and leaving a message with Donna at (414)795-6239.**



**\*\*Note: Classes will resume the week of January 4\***

**Monday, Wednesday and Friday Yoga \$3/class**

**8am-9am**

Come join Hart Park's yoga instructor Tiffany Bruett on Mondays/Wednesdays and Donna Wolff on Fridays. Pay as you come for each class and please bring your own mat and equipment. **Call us at the Hart Park Senior Center 414.471.8495 x2 to reserve your spot. Space is limited to 12 yogi's.**

**Tai Chi Tuesdays 8:00-8:45am \$6/class**

Tai Chi is back!!! Please join instructor John Burns in the Riverview Room at the Hart Park Senior Center. Pay as you come for each class. **Please call 414.471.8495 ext.2 to register for each class. Space is limited to 12 participants.**

**Writers Workshop on Tuesdays**

**12:30-2:30pm \$3/class**

Explore non-fiction, fiction and poetry writing with instructor Cindy Crebbin. Fellow writers will share feedback and encouragement. Pay as you come for each class. **Please call 414.417.8495 to register for class. Space is limited to 10 participants.**

**Spanish Classes on Wednesdays \$3/class**

Brush up on your Spanish speaking skills with instructor Lorna Peterson. Classes will be a hour long and you will pay as you come to each class. **Please call 414.471.8495 to register for classes. Space is limited to 10 students.**

**Advanced Spanish: 9am-10am**

**Intermediate Spanish 10:15-11:15**

**Beginner Spanish 11:30-12:30**

**Crafters Class on Thursdays 9am-10am**

**Fee: \$25**

Join fellow crafters and create unique crafts. Stay inspired and be creative weekly with craft comradery led by local artist, Bridgette Schiek. This class will meet the following dates: Nov.12,19 December 3,10,17. **Please call 414.471.8495 to reserve a spot in the class. Space is limited to 8. Please see flyer on pg. 8.**

**Walking Club at Hart Park Fridays at 9AM**

Join Kosta or Kristen for a leisurely walk around the Hart Park neighborhoods. While we walk, we look at different homes, gardens, landmarks and have great conversations. It's a lot of fun! Meet in front of the Muellner building. Dress comfortably and bring water. We'll walk for an hour or so, weather permitting. Please call so we know to expect you: (414)471-8495 x2.

**Wednesday January 6th at 12:00pm**

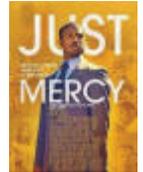
Bring your own brown bag lunch and help Donna compile a Senior Club Cookbook. Bring some of your favorite recipes to add to the book. **Call Donna at (414)795-6293 to reserve your spot.**

**Movie Time and Brown Bag Lunch**

**Wednesday, January 13th at 12:00pm**

**"Just Mercy"**

After graduating from Harvard, Bryan Stevenson heads to Alabama to defend those wrongly condemned or those not afforded proper representation. One of his first cases is that of Walter McMillian, who is sentenced to die in 1987 for the murder of an 18-year-old girl, despite evidence proving his innocence. In the years that follow, Stevenson encounter racism and leagal and political maneuvering as he firelessly fights for McMillian's life. **Please contact Donna at (414)795-6293 to reserve your spot.**



**Tuesdays, January 5th, 12th, 19th and 26th BINGO!!**

**Time: 10:30-12:00pm**

**B-I-N-G-O** in the at the Civic Center location! We'll be playing inside at the lower Civic Center room. Reservations are required because space will be limited but we're going to have a fantastic time! **Please contact Donna at (414)795-6293 to reserve your spot.**



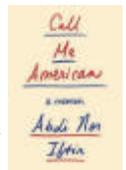
**Book Discussion and Lunch at the Senior Club**

**Wednesday, January 20 at 12:00pm**

**"Call Me American" By Abdi Nor Iftin**

The incredible true story of a boy living in war-torn Somalia who escapes to America--first by way of the movies; years later, through a miraculous green card. Abdi Nor Iftin first fell in love with America from afar. As a child, he learned English by listening to American pop artists like Michael Jackson and watching films starring action heroes like Arnold Schwarzenegger. Sporting American clothes and dance moves, he became known around Mogadishu as Abdi American, but when the radical Islamist group al-Shabaab rose to power in 2006, it suddenly became dangerous to celebrate Western culture.

**Please contact Donna at (414)795-6293 to reserve your spot.**



**Movie Time and Brown Bag Lunch**

**Wednesday, January 27th at 12:00pm**

**"Crazy Rich Asians"**

Rachel Chu is happy to accompany her longtime boyfriend, Nick, to his best friend's wedding in Singapore. She's also surprised to learn that Nick's family is extremely wealthy and he's considered one of the country's most eligible bachelors. Thrust into the spotlight, Rachel must now contend with jealous socialites, quirky relatives and something far, far worse-- Nick's disapproving mother.



**DID YOU KNOW WE HAVE A NEW PUZZLE LIBRARY?**



Doing a puzzle as an adult has many valuable benefits! Puzzles are a great way to keep your mind actively engaged in a situation that requires planning, thought, concentration and patience. Keeping your mind active also allows you to reduce stress levels and fatigue while improving your self confidence.

**COME & CHECK OUT A PUZZLE. WE HAVE MANY DIFFERENT SIZES. ALL PUZZLES ARE CLEANED & SANITIZED FOR YOUR SAFETY & ENJOYMENT**

**Hart Park Senior Center  
(414)471-8495**

**Contemporary Book Club at the Hart Park Senior Center**

**Join our group for these upcoming discussions!**

**Space is limited. Call to reserve your spot!  
414/471-8495**

Thursday, January 21st  
1:00pm  
**"These Truths"**  
This is a book of American history by Jill Lepore. It traces histories of American politics, law, society and technology from the Age of Discovery through the present day.

Thursday, February 18th  
1:00pm  
**"Before We Were Yours"**  
Based on one of America's most notorious real-life scandals in which Georgia Tann, director of a Memphis orphanage, kidnaps and sells poor children to wealthy families all over the country.

Thursday, March 18th  
1:00pm  
**"The Island of Sea Women"**  
This story by Lisa See follows Young-sook and Mi-ja, girls from strikingly different backgrounds who bond over their shared love of the sea. Working in their village's all-female diving collective, the two friends come of age in a community where gender roles are anything but typical.

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# GRATTITUDE JOUNALING

# WINTER CRAFTERS CLUB

## Discover Gratitude & Cultivate Kindness Journaling & Discussion Group

Fridays starting January 8th at 12:30pm



Join us for this 8 week workshop where we will design and create your own Gratitude and Kindness Journal that we will write in from weekly journal prompts. We will have discussion and journaling topics for each week with a guided activity and some special treats. Let go of some of the anger, sadness, frustration and fear of 2020 through gratitude, art and food for the mind and soul. Learn some new coping skills to make 2021 a thoughtful and caring year. The cost is \$15 and includes your journal, writing pen, markers and colored pencils.

Register by calling Hart Park at (414)471-8495

HART PARK SENIOR CENTER

## Winter Crafters Club

A curated crafting club for every level!  
We will be creating three different projects over the winter.

**THURSDAYS**  
**FEBRUARY 4TH - MARCH 11TH**  
**10AM - NOON**

\$45 includes all instruction as well as all supplies.  
Call Hart Park Senior Center to register at (414)471-8495



## HART PARK SQUARE SENIOR COMMUNITY

Hart Park Square is in the heart of Wauwatosa and is a vital part of the community. People who live and work here belong to local organizations and support local businesses.

Our community has proudly been deficiency-free on every state survey since opening in 2005 – a milestone in senior living.

It is because of our experience and the contributions to the Wauwatosa community that so many people choose to live at Hart Park Square senior community.

SCHEDULE YOUR TOUR TODAY!  
**414-476-8787**

- Active Community Lifestyle
- Meals are Chef Prepared and Senior Approved
- 24-Hour Staff for Peace of Mind
- Veteran Appreciation Programs

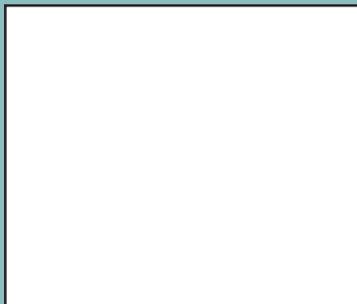
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# 2021 MEMBERSHIP FORM



Wauwatosa School District  
Recreation Department  
11324 W. Center Street  
Wauwatosa, WI 53222  
tosarec@wauwatosa.k12.wi.us

(414) 773-2900  
FAX (414) 773-2920  
www.tosarec.com

## Wauwatosa Active Older Adults Membership 2021

### Registration Form (Activity #663000-21)

\$15 Resident     \$20 Non-Resident    (Make checks payable to: Wauwatosa Recreation Dept.)

Name: \_\_\_\_\_

Address: \_\_\_\_\_ City: \_\_\_\_\_ Zip: \_\_\_\_\_

Phone: \_\_\_\_\_ Birthday (Month/Day/Year): \_\_\_\_\_

Cell Phone: \_\_\_\_\_ Email Address: \_\_\_\_\_

Are you interested in having your name/address/phone posted in a directory?  Yes  No

I, the undersigned, do hereby understand that I have registered the individuals named herein to participate in the aforementioned activity (ies) and I further agree to indemnify and hold harmless the Wauwatosa Recreation Department and its employees, officers and agents from and against any and all liability. In addition, I understand that this requested program, like all activity has some inherent risk involved. Furthermore, the individuals named herein are in good physical condition appropriate for the slated activity (ies) and that participants must assume full responsibility for injuries incurred while taking part in an activity. No accident insurance is provided by the Wauwatosa Recreation Department. I/We have read and agree to the registration and program policies.

Signature: \_\_\_\_\_ Date: \_\_\_\_\_

### Medical Information

Emergency Contact Person: \_\_\_\_\_

Emergency Contact Phone: \_\_\_\_\_

Medications: \_\_\_\_\_

Allergies: \_\_\_\_\_

## CHRISTMAS WISH

### Floating

Two yellow kayaks floating through the serene silence

Says she, "wait, my love, listen"

Songbirds, loons, frogs, and whistling trees serenade.

Says he, "wait, honey, look"

muskrats sleekly swim near shore

painted turtles slip off logs

above, eagle and osprey soar

lily pads graced by one late yellow bloom

a sunlit maple glows like shimmering rubies.

Two yellow kayaks slip into a hidden cove

A fairy tale forest resplendent with iridescent moss,  
trees of every hue.

She smiles, thinking of another cove,

a kiss and the black-haired boy who stole her heart.

Two white-haired paddlers, nearly five decades floating be-  
hind them

Such adventures we've had, joined by love, fueled by nature.

Submitted by Rita Piper-Senior Center Member

## ENERGY ASSISTANCE PROGRAM

### Home Energy Assistance

Heating bills a struggle? Applying for the Wisconsin Home Energy program is the answer! The WHEAP runs from October 1st, 2020 thru May 15th 2021. The program offers a one time payment per household, per heating season to assist with your utility costs. All applicants must meet the 3 month gross income eligibility limit. The size of the benefit will depend on the following...

- ◆ Household size
- ◆ Income
- ◆ Heating costs

The WHEAP program also partners with the Winterization Program and may be able to provide assistance if your furnace should break down during the season. **For further information please call 414.270.4653.**



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Hart Park Senior Center, Wauwatosa, WI D 4C01-2027

## TRAVEL

**\*\*Travel is back for 2021!! We hope these tours offer an opportunity for our members to start planning and looking ahead to traveling together in 2021.\*\***

### Travel Time with Barb

Friday, January 29th (Hart Park Firefly Room)

12:30pm-2pm

Drop by to meet with Barb and get your questions asked about plans for traveling safely in 2021. Meetings will be physically distanced and face masks covering both your nose and mouth are required. Advance reservations can be made by calling (414)471-8495.

**MARCH 8-12** Join Happy Times Tours\* for a trip to Memphis “Can’t Help Falling in Love with Memphis” Enjoy all the sites of Memphis via motorcoach including the National Civil Rights Museum, March of the Ducks at the Peabody, VIP Tickets to Graceland, Sun Studio and much more. Nine meals and attraction admissions included on this small group trip. **DEADLINE IS FEB 1, 2021 \$1299/person based on double**

**APRIL 21- May 2** South Africa and Victoria Falls. Motorcoach from Milwaukee to O’Hare, fly to Cape Town for three days, onto Kruger National park for five safaris then view spectacular Victoria Falls for two days with a final day in Johannesburg before flying home. This tour was held over from 2020 and is limited to 12 travelers. **DEADLINE IS JAN 20**

**MAY 23-28** Join Happy Times Tours\* to experience “Stunning South Dakota”. Travel by motorcoach through Badlands National Park, Mount Rushmore, Crazy Horse Memorial, Custer State Park staying three nights in Deadwood. Eight meals and attraction admissions included on this small group trip.

**DEADLINE IS APRIL 15 \$799/person based on double**

**AUGUST 26-29** Fly nonstop to Washington D.C. to take in the sights and museums. (Held over from 2020) This is a self-guided trip escorted by Barb Schumacher. In addition to airfare and roundtrip airport transfers, included are three night stay with breakfast at the Holiday Inn Express directly across from the Smithsonian, and 48 hour hop on hop off bus. An added bonus is the Library of Congress free bookfair. Limited to 20 travelers

**September 27-30** Back by popular demand, the “Amazing Apostle Islands”. Travel by motorcoach to Bayfield WI staying three nights at the Legendary Waters Resort. Visit Madeline Island, enjoy scenic views of several lighthouses and the famous sea caves. Join Barb Schumacher on this fun filled trip

**Call Barb Schumacher to sign up or get more information on these trips. 414-305-1060** and also

check the February newsletter Travel Page for information on the annual overnight mystery tour and the Southwest Parks Tour rescheduled from Sept. 2020

\*Happy Times Tours formally Badger Tour and Travel



## Wauwatosa’s Newest Senior Apartments and Family Townhomes

6300 River Parkway, Wauwatosa, WI 53213 • [riverparkwaytosa.com](http://riverparkwaytosa.com)



414-488-7000

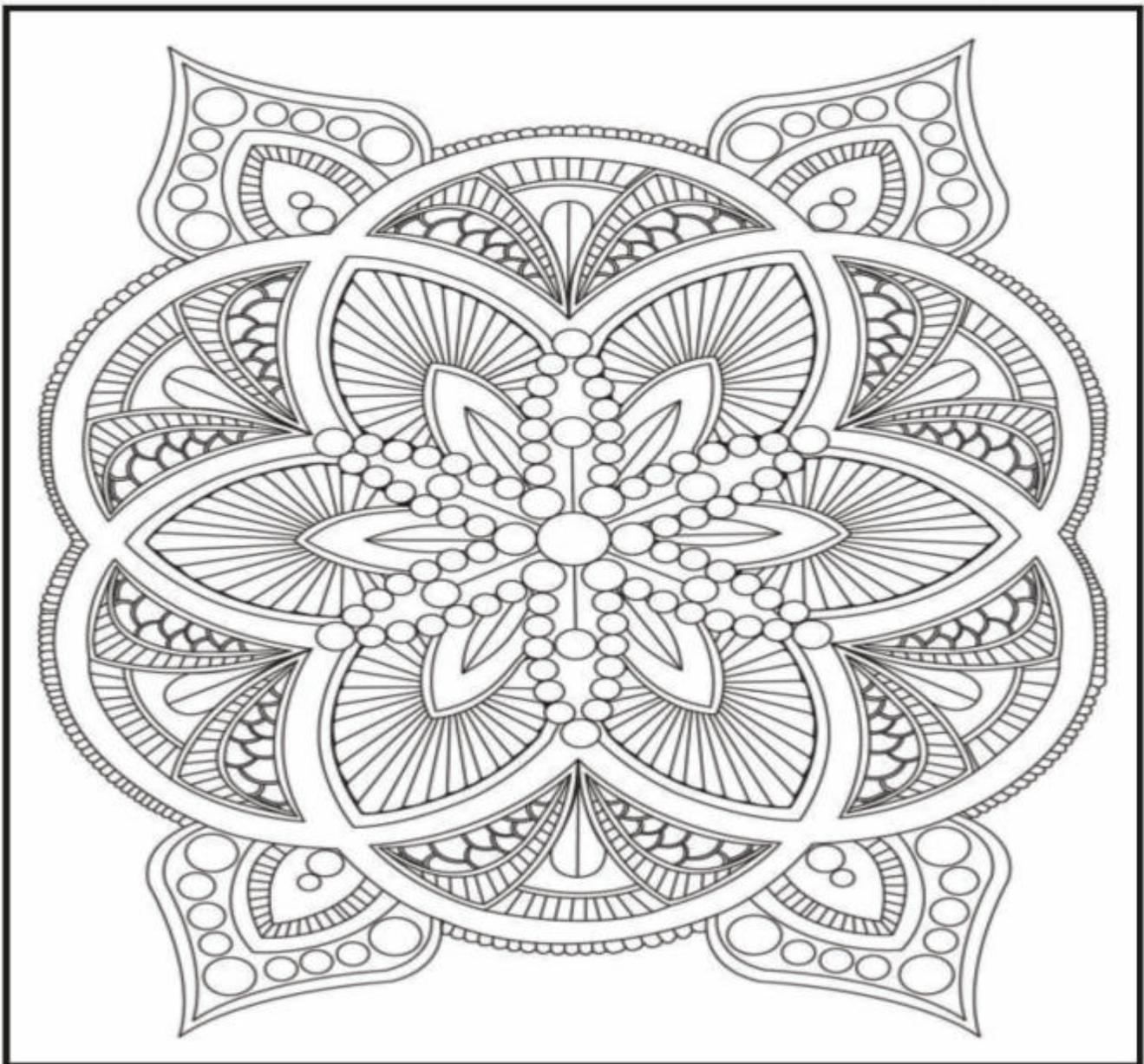


For ad info. call 1-800-950-9952 • [www.lpiseniors.com](http://www.lpiseniors.com)

Hart Park Senior Center, Wauwatosa, WI E 4C01-2027

## COLORING THE MANDALA

Feeling stressed? Some people work out, others go for a long walk, have a glass of wine or practice yoga or meditation. While there are many ways to relieve stress, one great way is to color Mandalas. Research has shown that coloring mandalas results in reduced anxiety and stress levels. According to doctors at the Cleveland Clinic, the repetitive nature of coloring a mandala relaxes the brain in a way that is different than simply doodling or coloring on a coloring page. Coloring a mandala helps adults to refocus their thoughts. It's the turning off of the brain and focusing on the fluid and repetitive patterns and hand-eye motions that causes the brain to refocus on the art rather than the stressor. Mandalas are an exceptional form of art to relieve stress when you want something close at hand. Enjoy!



# JUMBLES

## JUMBLE

Unscramble these four Jumbles, one letter to each square, to form four ordinary words.

CFKIL

○ ○ ○ ○

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LPKNA

○ ○ ○ ○

EFRUES

○ ○ ○ ○

OLNEDO

○ ○ ○ ○

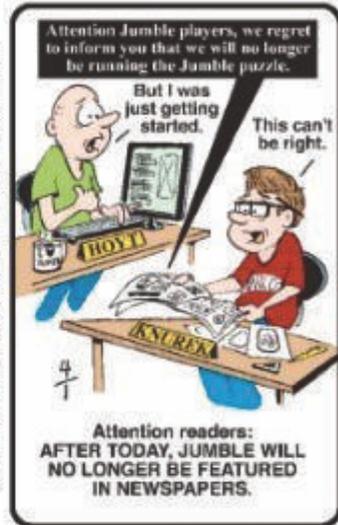
Ans: " ○ ○ ○ ○ ○ ○ ○ ○ ○ ○ ○ ○ ○ ○ "

(Answers tomorrow)

Yesterday's | Jumbles: CLIFF PLUMB GALLON ACROSS  
 Answer: The architect who designed the skyscraper had these — BIG PLANS

## THAT SCRAMBLED WORD GAME

by David L. Hoyt and Jeff Knurek



Now arrange the circled letters to form the surprise answer, as suggested by the above cartoon.

Sign Up for the (AFLDCI) (OFFICIAL) Jumble Facebook fan club

## JUMBLE

Unscramble these four Jumbles, one letter to each square, to form four ordinary words.

DUELE

○ ○ ○ ○

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INJOT

○ ○ ○ ○

CANYEG

○ ○ ○ ○

SAYILE

○ ○ ○ ○

Print your answer here: ○ - " ○ ○ ○ ○ " ○ ○ ○ ○

(Answers Monday)

Yesterday's | Jumbles: EXERT ONION UPROOT SUDDEN  
 Answer: He wanted to go out to lunch with his friends after the marathon, but he — NEEDED TO RUN

## THAT SCRAMBLED WORD GAME

by David L. Hoyt and Jeff Knurek

Unscramble these four Jumbles, one letter to each square, to form four ordinary words.

DUELE

○ ○ ○ ○

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INJOT

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CANYEG

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SAYILE

○ ○ ○ ○

Now arrange the circled letters to form the surprise answer, as suggested by the above cartoon.

Check out the new, free JUST JUMBLE app



# HAPPY NEW YEAR!



	W I H V V A X R N R Z G O A L S A Z Y F	
	G R B K G Z T Y Z I Z Z J Q C O M P X B	
	M D M B T B K T P X N S L T K C X X W T	
	M I Q C R A E Y W E N O Z J K S K R N H	
	L P D M V X P N Z J L O V Z V Y D Z Q G	
	G P E X A X K O Q N C O U N T D O W N I	
	F V Z N D S S M B P C Y W V F T W F B N	
	T R S P S P A R K L E R S H Q T O J A D	
	P J O L B Y V M S Y L N N N R C A F L I	
	Y L P E N S K R O W E R I F Z N Y C L M	
	X J K E B D P P G W B K N J U G J W O J	
	W I S C F S F L D B R G P A J E X A O K	
	Q S C A O W D J R M A W R T J H Q H N C	
	F R Q K J N W P A R T Y P O P P E R S O	
	K E P A U J F G X M I Z X R T S X K Q L	
	V E N R I Y E E B G O Q Y I U P H K Y C	
	Y H I S I R E O T J N O I T U L O S E R	
	Q C S H A P P Y G T B O U V C D L R Z G	
	R M Q G Q X Y B N O I S E M A K E R G F	
	N A E N K V K T Y F H R R A Y R Y I A V	

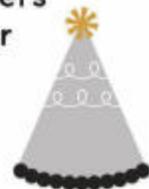
Countdown  
Confetti  
Midnight  
Balloons

Celebration  
Fireworks  
January  
Happy



New Year  
Clock  
Cheers  
Goals

Party Poppers  
Noisemaker  
Resolution  
Sparklers



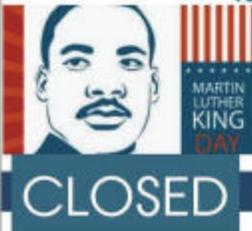
# MILWAUKEE COUNTY SENIOR DINING~HART PARK (JANUARY MENU)



MILWAUKEE COUNTY  
Department on Aging

## HART PARK 7300 CHESTNUT STREET FOR CURBSIDE PICK-UP JANUARY



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 <b>RESERVATIONS REQUIRED</b>  <b>257-3534</b>				
			<b>60+</b> Suggested Contribution <b>\$3.00</b> 	
Chicken Salad <b>4</b> on 7-Grain Bread Marinated Vegetables Coleslaw Cinnamon Apple Slices Cereal Bar	Turkey & Cheddar <b>5</b> on Wheat Bread w/Mayo Broccoli Salad 🍏 Juice Grapes Sugar Cookie	Chef's Salad <b>6</b> Mixed Greens, Julienne Ham, Turkey, Cheese, Egg, Tomato, Croutons, Ranch Kidney Bean Salad Fruited Muffin Banana	Sub Sandwich <b>7</b> w/Lettuce & Tomato Chips Spinach Salad Raspberry Dressing M & M Cookie Bartlett Pear	Ham Salad <b>8</b> on Marble Rye Bread Red Cabbage Slaw String Cheese Carrot Cake Applesauce
Sliced Turkey <b>11</b> w/Mayo on Vienna Bread 3-Bean Salad Sun Chips Strawberry Yogurt	Shaved Ham <b>12</b> w/Mustard on Rye Bread German Potato Salad 🍇 Grape Juice Chocolate Chip Cookie Apple	Chicken Caesar Salad <b>13</b> Grilled Chicken, Romaine Tomatoes, Croutons Parmesan, Dressing Baking Powder Biscuit Fresh Fruit Chocolate Iced Brownie	Roast Beef w/Mustard <b>14</b> on Kaiser Roll Creamy Coleslaw Pickle Spear Banana Rice Krispie Treat	Chopped Chicken <b>15</b> Fajita Salad Chicken, Lettuce, Tomato Olives, Green Peppers Ranch Dressing Cornbread Muffin Pineapple Tidbits
 <b>CLOSED</b>	Turkey Salad <b>18</b> on Wheat Bread Marinated Bean Salad Baby Carrots Mandarin Oranges Banana Cream Pudding	Big Mac Salad <b>19</b> Ground Beef, Romaine Onion, Tomato, Pickles Shredded Cheddar 1,000 Island Dressing Sesame Bread 🍷 Juice Cinnamon Apple Slices	Egg Salad <b>20</b> on 7-Grain Bread Pretzels Spinach Salad Ranch Dressing Iced Marble Cake Chilled Peaches	Seafood Salad <b>21</b> on Bed of Lettuce Dinner Roll Veggie Pasta Salad Tropical Fruit Cup Coffee Cake
Sliced Ham & Cheese <b>25</b> w/Mustard on Multi-Grain Bread Broccoli Slaw Pretzels Fruit Cocktail	Shaved Roast Beef <b>26</b> Whole Wheat Bun w/Mayo & Horseradish Pea & Cheese Salad Fruit Salad Peanut Butter Cookie	Turkey BLT Salad <b>27</b> Chopped, Roast Turkey Crumbled Bacon Lettuce, Tomato Ranch Dressing Italian Bread Blueberry Yogurt Fresh Fruit	Taco Pasta Salad <b>28</b> with Black Beans on Shredded Lettuce Tortilla Chips Baby Carrots Sliced Pears	Tuna Salad <b>29</b> on 7-Grain Bread Pickled Beets Grape Tomatoes Cottage Cheese 🍏 Apple Juice Baker's Choice Pie

View Menus Online! Milwaukee County Department on Aging: [county.milwaukee.gov/aging](http://county.milwaukee.gov/aging) ♦ Senior Dining Office: (414) 289-6995

Hart Park Senior Center  
7300 Chestnut Street  
Wauwatosa, WI 53213

Senior Club  
7725 West North Ave  
414-479-8900 Ext. 5789

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## CENTER NEWS

### Hart Park Senior Dining

Meals Served Weekdays at 11:00

Suggested Donation: \$3.00/Age 60+

Reservations ..... (414) 257-3534

Enjoy a nutritious meal and meet new friends. New diners are always welcome! Just make a reservation by noon the day before you wish to dine.

### Weather Cancellations:

When the Wauwatosa School District cancels classes and/or extra-curricular activities, Wauwatosa's Senior Centers are also cancelled. Tune to local radio and TV stations for cancellation information.

### Participant Code of Conduct

Any participant whose behavior infringes on the rights of other participants and/or staff, volunteers and instructors, could be asked to leave the center.

### EMERGENCY PROCEDURES

**Tornado?** Proceed to basement of the building.

**Fire?** Get out of the building

**Intruder?** Hide! Take care of YOU!

If you need medical assistance, we will call 911.



The Hart Park Senior Center dining site handed out a special Thanksgiving treat to all our diners on Wednesday, November 25th.