



The CONNECTION

Serving Older Adults

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These Senior Centers are managed by Serving Older Adults and funded through Milwaukee County DHHS Division on Aging and other generous donors.

OUR MISSION

Our mission is to provide opportunities and services to adults 50 and better.

OUR VISION

We envision 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.

CLINTON & BERNICE ROSE SENIOR CENTER

3045 N Dr. Martin Luther King Drive, Milwaukee, WI 53212
Main: (414) 263-2255

KELLY SENIOR CENTER

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

WASHINGTON PARK SENIOR CENTER

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

MCGOVERN PARK SENIOR CENTER

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

WILSON PARK SENIOR CENTER

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

SERVING OLDER ADULTS ADMINISTRATION

President/CEO: Cathy Wood

Chief Financial Officer: Jodi Bauer

Director of Senior Centers: Laz Jackson

Director of Marketing and Development: Marsha Bukofzer

Senior Center Analyst: Kate Hayden

Main office: 4420 W Vliet St, Milwaukee WI 53208



MILWAUKEE COUNTY
Department on Aging

HOURS

Monday - Friday
8:30 am - 4:30 pm

SOA General Line:

www.servingolderadults.org

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Reopening Guidelines



We are excited to announce that we have received permission from Milwaukee County to begin offering limited indoor programming at the 5 County-owned senior centers in addition to our ongoing virtual and outdoor programming options. We reopened as of May 24, 2021.

SOA has worked with Milwaukee County DHHS Division on Aging to modify and adjust our operating procedures and protocols to comply with the guidance we are receiving. Enhanced cleaning and disinfecting protocols have been put in place in keeping with guidance from the CDC and City and County health officials. We will continuously update our policies and procedures as new guidelines are established.

The Following are the guidelines for indoor programming:

- **ALL** Participants will be required to sign a COVID-19 Code of Conduct addendum when returning to the center or joining the center for the first time. The Code of Conduct also includes a waiver indicating that the participant assumes the risk/liability associated with attending the center should they contract COVID-19.
- Advance registration is required for **ALL** classes. This also includes registering for the lounge area, computers, and for pool tables. You can register by calling your local senior center.
- All participants must reserve a space in a scheduled activity or for a specific space in the lounge area. **NO EXCEPTIONS.**
- Capacity for programs and activities offered on site will be limited. There will be no drop-in visits to the center.
- There will be a 15-minute window for registered participants to arrive and sign in for their program.
- All participants will be required to answer COVID-19 screening questions when signing in for their program. If an individual answers yes to any of the COVID-19 screening questions, they will be asked to leave the center and check with their doctor.
- All participants will be required to wear a mask consistently and correctly in the building.
- All participants must practice social distancing of at least 6 feet. Upon completion of the program, participants will have a 15-minute window to leave the center.
- Participants who fail to show up for a class or fail to cancel at least 24 hours in advance three or more times will have their membership suspended for two weeks.

Call your local senior center to sign up for your next class/visit!



MILWAUKEE COUNTY
Department on Aging

MILWAUKEE COUNTY SENIOR DINING

LUNCH

FOR CURBSIDE PICK-UP

JUNE



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>60+ Suggested Contribution</p> <p>\$3.00</p>  <p>find us on facebook</p>	<p>Roast Beef 1 w/Mayo Italian Bread Broccoli Slaw Baby Carrots Fruited Yogurt Peanut Butter Cookie</p>	<p>7-Layer Salad 2 <i>Romaine Lettuce, Peas Hard Boiled Egg, Bacon, Cheddar, Chives, Dressing</i> Bran Muffin Mandarin Oranges & Pineapple Tidbits Sugar Cookie</p>	<p>Egg Salad 3 Whole Wheat Bread Marinated Vegetables Pickle Spear Pretzels Grapes</p>	<p>Taco Salad 4 <i>Taco Beef, Beans, Cheese, Tomato, Onion, Peppers, Dressing, Shredded Lettuce</i> Tortilla Chips Combread Muffin Orange</p>
<p>Seafood Pasta Salad 7 Breadsticks Black Bean Salad Lemon Pudding Fresh Fruit</p>	<p>Ham & Swiss 8 w/Mustard Marble Rye Bread Potato Salad Cucumber Salad Apple Carrot Cake</p>	<p>Asian Chicken Salad 9 <i>Grilled Chicken, Almonds, Mixed Greens, Vinaigrette, Mandarin Oranges, Chow Mein Noodles</i> Sesame Roll Snickerdoodle Cookie Banana</p>	<p>Turkey Club on Wheat 10 w/Lettuce, Tomato, Mayo Kidney Bean Salad Vegetable Pasta Salad Sun Chips Watermelon</p>	<p>Chicken Salad 11 Croissant Broccoli Salad String Cheese Grape Juice Fresh Pear</p>
<p>Roast Beef 14 w/Mayo Kaiser Roll Marinated Vegetables Creamy Coleslaw Yogurt Peach Pie</p>	<p>Chicken & Cheese 15 Tortilla Wrap Grated Carrot Raisin Salad Juice Chocolate Pudding Banana</p>	<p>Chef's Salad 16 <i>Ham, Turkey, Cheese Hard Boiled Egg Ranch Dressing</i> Whole Grain Dinner Roll Orange Juice Fresh Strawberries</p>	<p>Tuna Pasta Salad 17 on Bed of Lettuce Dinner Roll Juice Cinnamon Apples Brownie</p>	<p>18</p> 
<p>Shaved Turkey 21 w/Mayo on Sourdough Marinated Carrot Salad American Potato Salad Fruit Punch Yellow Delicious Apple</p>	<p>Sub Sandwich 22 w/Mayo, Mustard Rainbow Slaw 3-Bean Salad Potato Chips Plum</p>	<p>Chicken Gyro Salad 23 <i>Grilled Chicken, Romaine, Red Onion, Cucumber, Tomato, Tzatziki</i> Bread Clementine Cheesecake</p>	<p>Ham Salad 24 on Bed of Lettuce Broccoli Slaw Poppy Seed Roll Applesauce Graham Crackers</p>	<p>Roast Beef w/Mayo 25 Multi-Grain Bread Mixed Green Salad w/Grape Tomatoes Cottage Cheese Nectarine</p>
<p>Egg Salad 28 7-Grain Bread Kidney Bean Salad Broccoli Florets Fresh Orange Cereal Bar</p>	<p>Sliced Ham w/Mustard 29 Multi-Grain Bread Pickled Beets Pea & Cheese Salad Melon Wedge Baker's Choice</p>	<p>Tuna Pasta Salad 30 Lettuce Leaf, Tomato Sun Chips Fresh Fruit Cup Orange Juice Oatmeal Raisin Cookie</p>	<p>RESERVATIONS REQUIRED 9:30 - 11:30 24-HOUR NOTICE CALL SITE</p>	

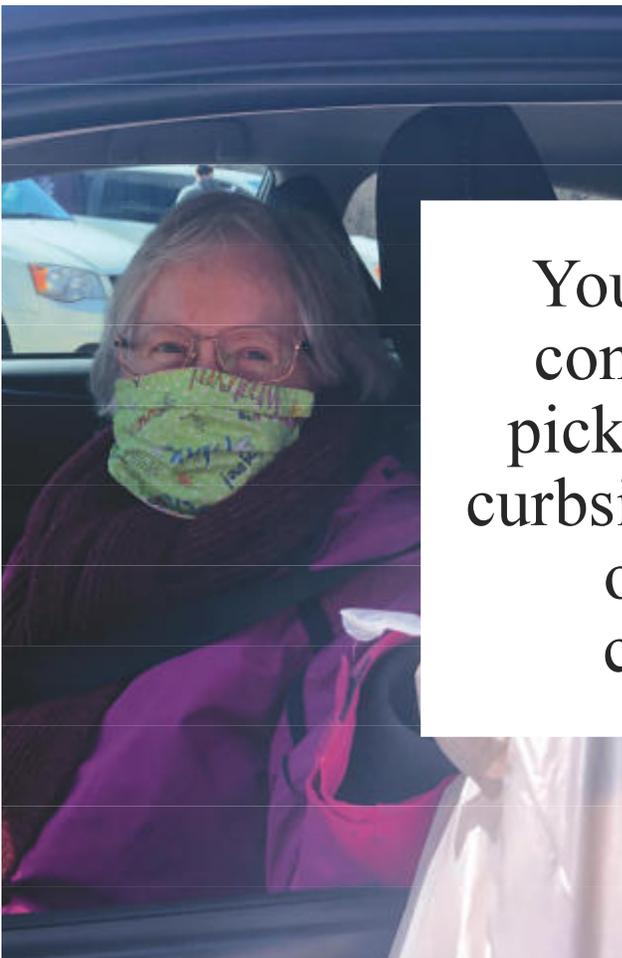
View Menus Online! Milwaukee County DHHS - Division on Aging: county.milwaukee.gov/aging • Senior Dining Office: 414-289-6995

Dining at the Five Senior Centers

We would like to welcome anyone 60 or better to receive a delicious, nutritious, and balanced lunch. Available at any of our five senior centers as part of Milwaukee County's Senior Dining Program. Currently, all of our dining sites are closed for dine-in; however, we are still providing nutritious meals through a drive-thru service. Reservations must be made between 9:30 – 11:00 am the day prior to dining. There is a suggested contribution of \$3 for diners 60 and over and a cost of \$8 for their guests under 60. See page 4 for a complete list of this month's meals. Call your center for more information or to make a reservation.

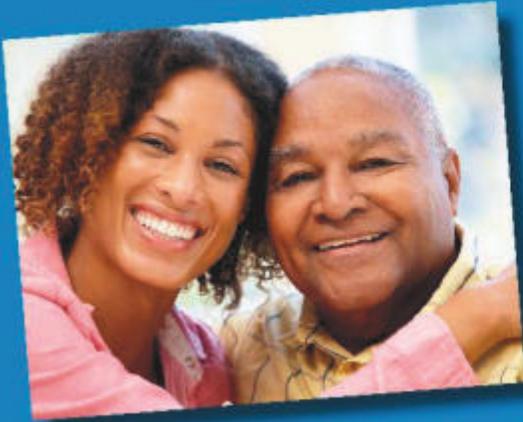
PLEASE CALL AHEAD:

Clinton Rose	414-263-2255	Dining Site Supervisor: Alice Love
Kelly	414-483-3532	Center Manager: Chuck Stebelton
McGovern	414-527-0990	Center Coordinator: Pat Dixon
Washington	414-933-2332	Dining Site Supervisor: Sylvia London-Jenkins
Wilson	414-282-5566	Dining Site Supervisor: Letti Orozco



You can now conveniently pick-up a meal curbside at any of our five centers!





Know anyone experiencing memory loss?

We can help. Our Dementia Care Specialists are here to help individuals, families and the community. They can assist with memory screens, care plans, community resources and more.



Let's Talk Over Coffee

Virtual Conversations for Dementia Caregivers

Take some time out of your day to discuss lighthearted topics. Join our Dementia Care Specialists in creative conversations online with other caregivers. Nothing beats a delicious cup of freshly brewed coffee and fun conversation to start the day.

3rd Tuesday of Every Month, 9:00-10:00am

To register contact us at: dcs@milwaukeecountywi.gov or (414) 289-6259



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Department on Aging



county.milwaukee.gov/aging (414) 289-6874

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Serving Older Adults of SE Wisconsin, Milwaukee, WI.

A 4C 01-2067

Understand a Food Label

...and make better choices for your health

1 Count Calories

- Look at the serving size, the number of servings, and the number of calories per serving.

2 Check these for heart health

- Choose foods that are lower in saturated fat and sodium.
- Keep trans fat to 0.

3 Is it nutritionally valuable?

- Select foods that are nutrient dense and a good source of fiber.

Tip...

Consider how added sugars fit your daily budget.

Nutrition Facts

8 servings per container

Serving size 2/3 cup (55g)

Amount per serving

Calories 230

	% Daily Value*
Total Fat 8g	10%
Saturated Fat 1g	5%
<i>Trans Fat</i> 0g	
Cholesterol 0mg	0%
Sodium 160mg	7%
Total Carbohydrate 37g	13%
Dietary Fiber 4g	14%
Total Sugars 12g	
Includes 10g Added Sugars	20%
Protein 3g	
Vitamin D 2mcg	10%
Calcium 260mg	20%
Iron 8mg	45%
Potassium 235mg	6%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



Welcome Camille Jackson

We are excited to welcome Camille Jackson as Center Coordinator for Washington Park Senior Center. She has years of experience in social services and is committed to serving her community. Between her education and experience in human services and social work, she will be a vital asset to Serving Older Adults. We are excited to have her on board, and look forward to all she will accomplish at Washington Park.

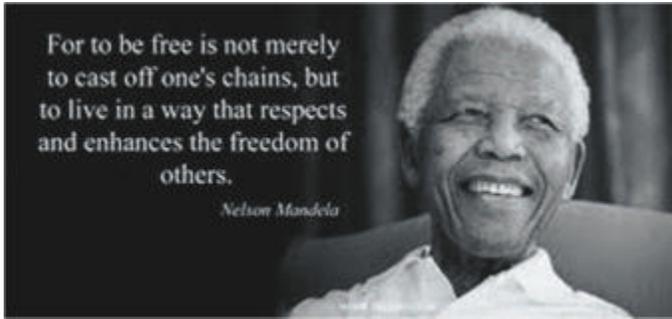


Welcome Miriam Kaja

We are pleased to announce Miriam Kaja has joined our team as the new Kelly Senior Center Coordinator. Miriam has been instrumental in helping roll out our reopening, ensuring participants can return to activities in a safe and welcoming way. She is going to be a wonderful advocate for SOA's participants and programs. In her previous professional and volunteer roles Miriam has served diverse populations of all ages and abilities. She brings great energy and new program ideas, as well as community connections from her time with the Volunteer Center of Washington County, Boys & Girls Clubs of Milwaukee, and The Gathering. Please extend Miriam a warm welcome.



Happy Juneteenth Day!



OH FREEDOM

by Vevette Hill-Nwagbaraocha, MBA, CSW
McGovern Park/ Washington Park
Senior Center Manager

Juneteenth is liberation day, a day to commemorate the end of slavery. On June 19, 1865, word finally reached Galveston, Texas that the Civil War had ended, and the emancipation of enslaved Black people had begun. Freedom! Freedom. Freedom?

The proceeding 156 years would continue the struggle between freedom and bondage. Just within our own lifetime can we see the pain and privilege from such a system of struggle.

Written in the 1860s, "Oh Freedom" embodies the jubilee that must have ensued following the emancipation announcement of a people who had already endured unspeakable atrocities. The change that followed would be ever so slow, taking leaps backwards to inch unassumingly forward. Parents whispered this anthem of freedom into the ears of their sleeping babies, embedding the hope of true liberty in the crevasse of their hearts and minds. The lullaby took to the streets in the 1960s as the freedom cry of the Civil Rights Movement. Oh, Freedom could be heard from Milwaukee's Viaduct marches with Fr. James Groppi (16th Street Bridge) to the March on Washington in 1963. In 2019, Milwaukee became one of the first to declare racism a public health crisis. The acknowledgement was not as celebrated as was that of the emancipation, but its significance offers the same glimmer of hope toward the dismantling of an oppressive system. The disproportionate impact centuries of racism have had on people of color emits the similar cries for the freedom yearned for on June 19, 1865. Shackles on the mind are in many ways more deeply seeded than those that are visibly tangible. The anthem of the 1860s still beckons in the hearts of those longing for a better America.

OH FREEDOM
Oh, freedom, Oh, freedom
Oh freedom over me
And before I'd be a slave
I'd be buried in my grave
And go home to my Lord
and be free

We have arrived at this place in history to pay homage to ancestors that never quit hoping, never quit striving, and never gave up on believing in our greatest human potential, love. From the Civil War to Civil Rights to Civil Justice the quest for freedom calls to the hearts of human beings. True freedom will come when love takes root in our hearts and blooms in our service to each other. Until then, Oh Freedom will remain the mantra of the ages to come.

We have heard from many of our center participants stories of how they have championed the cause of freedom. We salute you and we want to continue to honor your sacrifices! It is because of your sacrifices; doors have been opened that were once closed to African Americans. SOA thankfully acknowledges all those whose efforts have brought about systemic change. As you consider your journey toward freedom and equality in Milwaukee, please consider sharing what Juneteenth means to you. To share your story, please contact a Milwaukee County senior center.

Welcome Home!

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Serving Older Adults of SE Wisconsin, Milwaukee, WI.

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Clinton & Bernice Rose Senior Center

OG Dance Group

Indoors/Outdoors

Mondays, 9:00 - 10:30 and Wednesdays, 10:15 - 10:45

Come dance to the rhythm of R & B music, while staying in step with our all male dance group.

Fitness Center

Mondays, 9:30 - 10:45 and 12:30 - 2:45; **Tuesdays**, 9:15 - 10:15 and 12:00 - 2:45; **Wednesdays**, 9:00- 10:15 and 1:30 - 2:45; **Thursdays**, 9:15 - 10:15 and 12:30 - 2:45; **Fridays**, 9:00 - 10:45 and 1:30 - 2:45

It's time to take care of yourself and you can start by getting the muscles working. Our exercise equipment is up to date and always sanitized and ready for your workout. Workout at your own pace.

Taste of African Dance

Mondays, June 7th and June 14th 10:00 - 11:00

Fee: \$10

Join the **African Dance** class and learn dances deeply woven into the social fabric of Africa, while getting a great cardio-vascular workout. Regular class will start in August.

Speak Your Mind

Mondays, 9:15 - 10:15

Indoors/Outdoors

Here's a time to tell us what's on your mind or maybe you just want to sit in talk with your fellow participants.

Walk with Ease

Indoors/Outdoors

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

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

Billiards Room

Indoors

Monday - Friday, 1:00 - 3:00

Come on in and chase the eight ball around the table. There are always plenty of friendly faces ready for a pool game.

Computer Lab

Indoors

Mondays and Tuesdays, 1:30 - 2:30

Need access to the internet or maybe you just need access to a computer. Our computer lab is here for all of our participants.

Roselettes Dance Group

Indoor/outdoors

Tuesdays and Thursdays, 9:00 - 10:30

Get up, get your feet moving. Join our group of eloquent lady dancers who dance for enjoyment and community involvement.

Open Sewing

Indoors

Tuesdays and Fridays 9:30 - 11:00 and Thursdays 9:30 - 10:45

Fee:\$8 (4 weeks)

If you enjoy sewing and being in the company of others who like to sew, then our open sewing room is the place for you. You must have a sewing room orientation before you can join the sewing fun.

Wisdom Studies

Indoors

Tuesdays, 10:00 - 10:45

Embark on a spiritual journey with Rev. Clifton Joseph

Senior Striders

In-person and virtual

Wednesdays, 9:30 - 10:30

Enjoy the benefits of exercising while sitting. This exercise class will help seniors with limited mobility improve their flexibility, strengthen their bodies and improve circulation.

BINGO

Indoors/Outdoors

Wednesdays, 10:00 - 11:00

Fee \$10.00 (4 weeks)

Let's play bingo. Enjoy a game and maybe you'll win a prize.

Jewelry Making Class

Indoors

Wednesdays, 12:30 - 2:30

Fee: \$7 (4 weeks)

Learn to create custom wearable jewelry. This class is open to all levels.

Morning Blend with Hot Topics

Indoors/Outdoors

Thursdays, 10:30 - 11:00

Here's your chance to discuss today's hot topics with a group of your peers.

Miss Daisy's Sewing Group

Thursdays, 12:00 - 2:00

Fee: \$8 (4 weeks)

You're invited to join a fabulous group of quilters. Miss Daisy's sewing group specializes in quilting. *Some sewing skills required.*

Travel Committee

Last Thursday of the month, 12:45 - 2:15

Join the Out and About Travel Committee as they plan and promote day trips for seniors.

Walk Aerobics

Indoors/Outdoors

Fridays, 10:00 - 10:30

Join us as we walk in place and exercise at the same time.

Movie Friday

Fridays, 12:30 - 2:15

Sit back and enjoy a movie on a large screen. Take a little time after the movie and discuss it with fellow movie goers.

Kelly Senior Center

Morning Exercise

Indoor

Mondays and Fridays, 8:45 - 10:00

A variety of simple morning exercises, either seated or standing, to help you feel great all day long.

Knit & Crochet

Indoor

Wednesdays, 9:00 - 11:00

It doesn't matter if you are a beginner or seasoned crafter. Experienced knitters and crocheters are on hand to help you make that special project. Come join the fun.

Open Art Studio (Paint & Draw)

Indoor

Wednesdays, 10:00 - 12:00

All levels are welcome. Join in the fun and get assistance with painting and drawing from experienced artists.

Writers' Roundtable

Virtual

1st & 3rd Tuesdays, 10:30 - 12:00

Writers' Roundtable is a small but growing group of supportive creative writers. We are open to anyone with an interest in writing of any type, including but not limited to fiction, non-fiction, and poetry.

Acoustic Music Meetup

Indoor

2nd & 4th Tuesdays, 10:30 - 12:00

Meet fellow musicians to learn new tunes, share resources and show off your instrument and skills. Strum along or just listen in.

Adaptive Chair Yoga

Outdoor

Tuesdays, 9:00 - 10:00

Fee: \$30 (5 Weeks)

Use a chair as a prop to support your practice. Seated and standing postures are incorporated. No matter your experience level or age, a chair can be a useful tool to not only make various movements and poses more accessible, but also enhance your experience throughout the practice. Appropriate for all levels.

Tai Chi Practice Session

Indoor

Mondays, 10:30 - 11:30

Tai Chi is a slow-motion, meditative, exercise for relaxation and health. This is a guided practice time for Tai Chi practitioners at all levels.

Nature Walk in Warnimont

Outdoors

Thursdays, 9:00

We'll walk along the Oak Leaf Trail in beautiful Warnimont Park while enjoying the seasonal sights and sounds of nature. Please dress for the weather and have good footwear for varied terrain.

Wii Bowling

Indoor

Mondays, 1:00 - 2:30

How about a little competitive sport? Keep your bowling skills sharp in this fun, ongoing series of virtual tournaments.

Wii Bowling

Indoor

Wednesdays, 1:00 - 2:30

How about a little competitive sport? Keep your bowling skills sharp in this fun, ongoing series of virtual tournaments.

Advisory Meeting

Virtual

Friday, June 25, 1:00 - 2:00

Get program updates and bring your ideas for making sure the Kelly Senior Center meets our participants' needs. What skills and talents would you enjoy sharing? Advisory committee meets on the last Friday of every month. All are welcome to attend.

Women's Support Group

Indoor

2nd & 4th Fridays, 1:00 - 2:00

Would you like to chat with other seniors who are facing challenges that come with the aging process? See how others are handling this journey and what strategies they are using. This is a time to share your concerns, fears, and difficulties with others who can understand your situation.

Ceramics Studio

Indoor

Tuesdays, 9:00 - 1:00

Use ceramic molds, paints and glazes to create artful objects for your home and garden. Fee includes use of the kiln for finishing your ceramics pieces.

Billiards

Indoor

Thursdays, 12:45 - 3:30

Pool table is available by appointment for afternoon play. A limited selection of cue sticks are available, or bring your own.

Fitness Center

Indoor

Daily, 9:30 - 11:30 by appointment

Daily, 1:30 - 3:15 by appointment

Get your legs moving and heart pumping in the Fitness Center! Make a 30 minute reservation and choose between the NUSTEP or a treadmill.

Quilt & Sew

Indoor

M 12:45 - 3:00; T 1:00 - 3:00; W 1:15 - 3:00 R 1:30 - 3:00; F 1:00 - 3:15

Each class will learn new techniques and patterns to plan or complete their sewing projects. Volunteer instructors are available to help participants on their own machines and train them on shared equipment.

Social Time

Indoor

Daily, 1:15 - 3:30

Do you miss socializing with friends? Come on by for this casual social hour to meet new people and reconnect with old friends.

Shuffleboard

Indoor

Thursdays, 10:30 - 12:00

Shuffleboard is back! Sign-up to play on the indoor shuffleboard court. Space is currently limited to two courts for a maximum of four players.

McGovern Park Senior Center

Sewing/Quilting

Indoors

Mondays, 9:00 - 10:30 and 1:00 - 2:30

Want to get back in the groove again? Come and refresh your skills and bring your new ideas to the table.

Dance For Fun and Fitness

Outdoors/ Indoors

Mondays and Wednesdays, 9:30 - 10:30

Shake up your fitness routine with line-dancing workouts you are sure to enjoy.

Billiards

Indoors

Monday - Friday, 1:30-3:30

Billiards is an exciting competitive sport played by a diverse group of people. Don't miss out on the fun.

Lapidary/Metal Smithing

Indoors

Tuesdays, 9:30 - 11:00 and 1:00 - 2:30

Get creative by carving, polishing, and designing your own custom art pieces.

Exercise and Fitness

Indoors

Tuesday - Friday 9:00-10:30

If you need a workout, come to our fitness center. We have various exercise machines that can help you get back into shape.

Exercises For Seniors

Outdoors/Indoors

Tuesdays, 10:00-10:45

This exercise group enjoys working with our fitness instructor. If you are interested in strength training and getting nutrition information you will want to be a part of this class

Positive Socialization

Indoors

Wednesdays and Thursdays, 1:00 - 2:30

Tired of sitting at home? Socialization is very important especially now. Let's continue to learn, grow, and share experiences as we connect together again.

Exercises For Seniors

Outdoors/Indoors

Tuesdays, 10:00 - 10:45

This exercise group enjoys working with our fitness instructor. If you are interested in strength training and getting nutrition information you will want to be a part of this class

Bible Study

Indoors

Fridays, 9:30 - 11:00

Looking to grow spiritually? You are warmly welcome to join this study group. Please come with your questions.

Open Sewing

Indoors

Fridays, 1:00 - 2:30

Space is available to come work on your sewing project.

Bingo

Indoors

Every 3rd Thursday, 1:00 - 2:30

Are you feeling lucky? Ready to play bingo? Enjoy a fun game and win prizes.

Juneteenth Celebration

Saturday June 19, 2021

Exciting News! The Juneteenth Day Parade will resume for 2021. The festivities will be held from Center street to Ring street. So come on down and enjoy the most important holiday for African Americans



Nelson Mandela Exhibition

April 23,- August 1, 2021

The Milwaukee Public Museum and America's Black Holocaust Museum are partnering for the United States debut of Nelson Mandela: Go on a personal journey through the life of the world's most iconic freedom-fighter and political leader.

Visit www.mpm.edu/mandela for tickets. Available until August 1st, 2021.



Advisory Meeting

Virtual

Every 3rd Thursday, 9:00 - 10:00

Learn more about what's happening within the organization and McGovern Senior Center.

This is the time to have all your questions answered. We hope you join us. We'd love to hear from you.

Washington Park Senior Center

Yoga

Outdoor

Mondays, 9:00 - 10:00 June 7th - 28th

Yoga classes use gentle movements to improve flexibility, balance, strength and posture. All levels are welcome.

Hand Weights

Indoor/outdoor/virtual

Monday, Wednesday, and Thursday, 9:30 - 10:30

Get your heart rate up and stay active with this class that will give you a full body workout. All levels are welcome.

Fitness Center

Indoor

Monday - Friday, 1:00 - 3:00

let's get physical and healthy! The Wilson Fitness Center includes treadmills, exercise bikes, weights and more.

Wood Shop

Indoor

Monday - Thursday, 1:30 - 3:30

The Wood Shop is equipped with the tools you will need to make almost any woodworking project. New participants must attend an orientation prior to registration. Call or stop into the office to sign up for the woodshop orientation with Craig the woodshop coordinator.

Advisory Meeting

Outdoor

Tuesday, June 14th, 9:00 - 10:00

Fee: \$20 (June - September)

Learn more about what's happening within the organization and McGovern Senior Center.

This is the time to have all your questions answered. We hope you join us. We'd love to hear from you.



Coffee with the Crew

Indoor

Tuesdays and Thursdays, 9:00 - 10:00

Enjoy coffee and each other's company in this hour of social time. Catch-up with old friends on how the past year has gone, and get to know the new staff at Washington Park.

Scrapbooking

Indoors

Tuesdays, 9:30 - 11:30

Get creative by designing one of a kind pieces that will be with you for years to come. This class is open to all interest and skill levels.

Quilting

Indoors

Wednesdays, 9:00 - 12:30, , June - September

Fee: \$26

Quarterly quilting is back and we can't wait to see what you'll make! Join this fun group and bring your creativity.

Bocci Ball

Outdoors

Wednesdays, 9:00 - 10:00

Enjoy the sunshine and some great company with a lively game of bocci ball. Held in beautiful Washington Park weather permitting.

Bible Study

Indoors

Thursdays, 10:30 - 11:30

Enjoy a short lesson and some good conversation, along with hand outs you can take home.

Silver Steppers

Indoors

Fridays, 9:00 - 10:00

Get moving with this upbeat line dance class that will whip you into shape while grooving to fun tunes.

Stained Glass

Indoors

Fridays, 9:00 - 11:00

Fee: \$25 (June - September)

Create beautiful projects using patterns, or your own designs.

Piano

Indoors

Fridays, 9:00 - 3:00

Fee: \$32 (4 Weeks)

Learn to play the piano with individual instruction. Time slots for piano lessons are now available, and the time slots fill up quickly, so come to the office to reserve one. All skill levels are welcome.

welcome

Wilson Park Senior Center

Fitness Center

Indoor

Monday - Friday, 8:30 - 12:30

let's get physical and healthy! The Wilson Fitness Center includes treadmills, exercise bikes, weights and more.

Ceramics Studio

Indoor

Mondays and Wednesdays 8:45 - 12:45, Fridays

12:00 - 4:00

Fee: \$10 (June - September)

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

Hot Glass

Indoor

Mondays, 9:00 - 12:00; Wednesdays, 9:00 - 12:00;

and Wednesday from 1:00 - 4:00,

Fee: \$25 (June - September)

Explore how using glass can be used in creating a variety of items; from jewelry to one of a kind works of art.

Morning Exercise

Indoor

Mondays, Wednesdays, and Fridays, 9:15 - 10:00

Join in for low impact full body instructor lead exercises that will help you to get in shape, improve your range of motion and overall health.

Intermediate Line Dance:

Indoor

Mondays, 10:30 - 12:15

Fee: \$10 (June - September)

Kick up your heels, get into shape, and have fun while line dancing to your favorite songs.

Billiards

Indoors

Mondays, Wednesdays, and Fridays, 10:45 - 3:45

Sharpen your skills on the pool table, and have a relaxing time.

Open Sew

Indoors

Mondays, and Tuesdays, 11:15 - 1:30

Fee: \$10 (June - September)

Please join us for open sew time to create your one of a kind projects.

Stained Glass

Indoors

Tuesdays, and Thursdays, 8:45 - 12:15

Fee: \$25 (June - September)

Create beautiful projects using patterns, or your own designs.

Wood Shop

Indoors

Tuesdays, and Thursdays, 9:00 - 1:00

Fee: \$20 (June - September)

Looking to sharpen your woodworking skills, let our skilled instructors work with you to create special projects.

Coffee Clutch

Indoors

Tuesdays, and Thursdays, 9:30 - 11:30

Join us for a morning of yummy coffee, treats and conversation.

Guided Art Studio

Indoors

Fee: \$10 (June - September)

Tuesdays, and Thursdays, 12:45 - 3:15

During this open art studio time you can work on your own creative projects, with support as needed from an extremely talented artist.

Open Computers

Indoors

Tuesdays, and Thursdays, 1:15 - 3:30

Let Wilson Center be your computer go-to place to use computers and discover the virtual world.

Sojourn Bears

Indoors

Wednesdays, 12:30 - 3:00

Join a group of folks making a difference in the lives of patients with cancer by creating one of a kind bears that will then be delivered to local hospitals to brighten the day of someone special. No sewing experience is needed.

Wood Carvers

Outdoors

Wednesdays, 9:00 - 11:30

Learn the art of wood carving. From hands on instruction; or for those more skilled carvers; come and create new projects with other wood carvers. All tools and materials are provided.

Yoga

Outdoors

Wednesdays, 9:00 - 10:30

Join us for Yoga on the Green. Yoga is used by all ages, body types and ability levels as the instructor will assist and adapt as needed and can improve overall health.

Ukulele

Indoors

Thursdays, 1:30-2:30

Bring your ukulele, sing along or just listen to the relaxing sounds of this fun Hawaiian instrument.

Model Railroad

Indoors

Thursdays, 1:15 - 4:00

Calling all model railroad enthusiasts! Join others who share your passion. New enthusiasts always welcome.

Brain Buster

Indoor

Fridays, 9:00 - 11:00

Are you looking to give your brain a workout? If so, join us for a variety of brain enrichment activities; including word search, crossword puzzles, trivia, sudoku and more.

Movie and Popcorn

Indoors

Fridays 1:00 - 3:30

June 4th - Murder Mystery

June 11th - Yes Day

June 18th - The Sleepover

June 25th - Thunder Force

Please join us for movies and refreshments. During the month of June we will feature comedies.



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Activity Corner

#5 - Easy

3			8					4
				6	5		2	
4	7				2	8		
	8		1		9	3		
		6		8		1		
		1	7		6		5	
		7	3				8	5
	1		5	9				
5					8			1

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#5 - Medium

				1		9		
	4	8		5		1	7	
		7	3			5	2	
		9						1
	2		9		3		5	
6						8		
	1	2			8	6		
	9	3		4		7	8	
		6		7				

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Stockboxes



A Stockbox is a box of healthy foods that Hunger Task Force delivers to low-income seniors free of charge. Each box contains 16 nutritious items including rice, cereal, juice, beef stew, pasta and vegetables. Every month, nearly 9,000 boxes are delivered to seniors in Southeastern Wisconsin. Each of our five senior centers participate in a Stockbox distribution day once a month. Please contact the center nearest you for more information.

In order to qualify for a Stockbox you must:

- Be 60 or better
- Live in the Milwaukee area
- Meet certain income requirements:

Kelly Senior Center	Thursday, June 17th 12:30 - 1:30
Clinton Rose Senior Center	Thursday, June 3rd 11:00 - 12:30
McGovern Senior Center	Thursday, June 24th 12:00 - 1:00
Washington Senior Center	Tuesday, June 1st 9:30 - 10:30
Wilson Senior Center	Tuesday, June 15th 10:00 - 11:00

Household Size:	Monthly Income:
1	\$1,383
2	\$1,868
3	\$2,353

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Serving Older Adults of SE Wisconsin, Milwaukee, WI.

D 4C 01-2067

Tech Connect for Older Adults

SOA is excited to announce a new program, **Tech Connect for Older Adults**. This program is designed with our many participants in mind who want an introduction to technology or help with new ways to use the technology they have. Programming will provide training and support on various devices and help find alternative ways to connect through technology - whether it be engaging with family members and friends, scheduling and attending virtual medical appointments, joining in on SOA's weekly scheduled virtual programs, or learning to navigate the internet - there will be something for everyone! The program includes three stages that will be rolled out as funding becomes available.

Stage One includes a tablet lending program, allowing those who qualify an opportunity to check out a tablet to be used at home. Training is included to give you the basics on learning how to use the tablet to connect with family and friends, schedule virtual medical appointments, view church services, and more. This part of the program is already being implemented and is primarily designed for those who have little experience with a tablet or the internet but would like to learn.



Step Two features small classroom training sessions to teach everything from tablet, computer, and phone basics to how to navigate the internet, Zoom 101, purchasing online, computer safety and scams, connecting with family and friends, how to access SOA virtual programming, and much more based on the needs of our participants. This program is designed for those who want to take their technology skills to a new level, and we hope to begin classes shortly after we reopen.

Stage Three will include "Bring Your Device" events that will provide one-on-one training and troubleshooting on your own devices. These events will be conducted by volunteers that will work with anyone who wants to learn something new on their device or needs to fix a problem. The events will hopefully begin in the fall and are open to all participants.

We are very grateful for the financial support we have received from the Every Day Good Foundation and Milwaukee County DHHS Division on Aging to jump start this program. We know this is a valuable program for the older adults we serve and hope to find ways to expand the program in the future to meet the needs of our participants.

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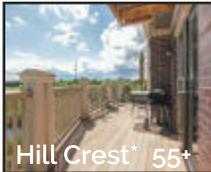
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Thank you to our many partners!

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 Milwaukee County. This list represents all who donated from December 2020 - April 2021. We made every attempt to recognize all donors. If your name was missed, please contact us at Development@servingolderadults.org.

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**In honor of Marvin Pratt,
former Board member

thank you!

Answers

#5 - Easy - Solution

3	6	2	8	1	7	5	9	4
1	9	8	4	6	5	7	2	3
4	7	5	9	3	2	8	1	6
2	8	4	1	5	9	3	6	7
7	5	6	2	8	3	1	4	9
9	3	1	7	4	6	2	5	8
6	4	7	3	2	1	9	8	5
8	1	3	5	9	4	6	7	2
5	2	9	6	7	8	4	3	1

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#5 - Medium - Solution

2	3	5	8	1	7	9	4	6
9	4	8	6	5	2	1	7	3
1	6	7	3	9	4	5	2	8
3	7	9	4	8	5	2	6	1
8	2	1	9	6	3	4	5	7
6	5	4	7	2	1	8	3	9
7	1	2	5	3	8	6	9	4
5	9	3	1	4	6	7	8	2
4	8	6	2	7	9	3	1	5

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3045 N Dr. Martin Luther King Drive
Milwaukee, WI 53212

Main: (414) 263-2255

Email: Clintonrose@servingolderadults.org

Manager: Sheila Carter

Center Coordinator: Julia Guyton



KELLY SENIOR CENTER

6100 S Lake Dr, Cudahy, WI 53110

Main: (414) 481-9611

Dining: (414) 483-3532

Email: Kelly@servingolderadults.org

Manager: Chuck Stebelton

Center Coordinator: Miriam Kaja



MCGOVERN PARK SENIOR CENTER

4500 W Custer Ave, Milwaukee, WI 53218

Main: (414) 527-0990

Email: Mcgovern@servingolderadults.org

Manager: Vacant

Center Coordinator: Pat Dixon



WASHINGTON PARK SENIOR CENTER

4420 W Vliet St, Milwaukee, WI 53208

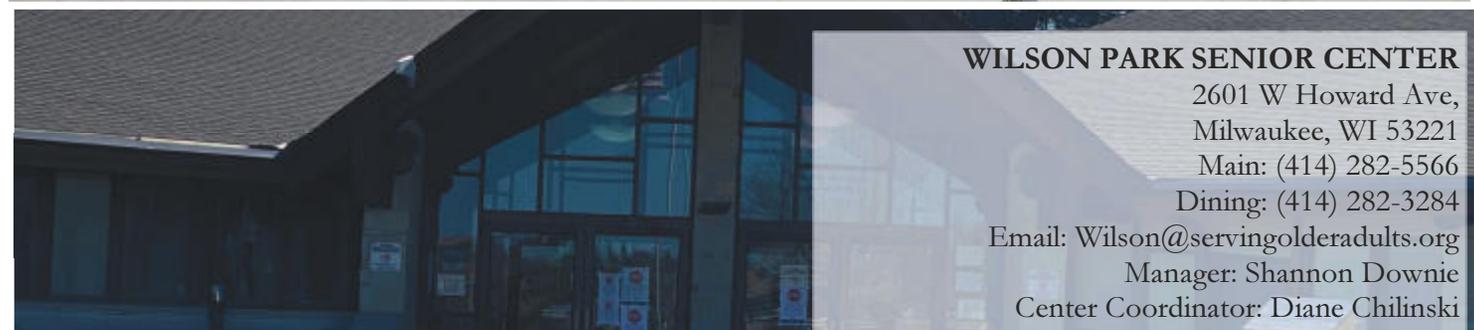
Main: (414) 933-2332

Email: Washington@servingolderadults.org

Manager: Vevette Hill-Nwagbaroacha

Center Coordinator: Rachel Ritchhart

Center Coordinator: Camille Jackson



WILSON PARK SENIOR CENTER

2601 W Howard Ave,
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Main: (414) 282-5566

Dining: (414) 282-3284

Email: Wilson@servingolderadults.org

Manager: Shannon Downie

Center Coordinator: Diane Chilinski

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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 tearing and filling out this form, and returning it to the front desk of your senior center, or mail to:

SOA Partnership Program
2601 W. Howard Avenue
Milwaukee Wi, 53221

*See our Partner pages for a complete list of partners.

Donors who contribute \$25.00 or more will be recognized on SOA's website, in the monthly *Connection*, and in SOA's Annual Report. Acknowledgement boards at each senior center will list contributors who donated to that specific center and those who contributed to wherever it is most needed at SOA.

