

SERVING OLDER ADULTS

OF SOUTHEAST WISCONSIN, INC.

July 2022



THE CONNECTION

Bring Your Own Device Day (BOYD)

You've got questions, we've got answers. Each center will host this one-on-one workshop where you can bring your device (phone, iPad, laptop), and your questions, and work with one of our knowledgeable tech trainers. Talk to your manager to schedule an appointment.

Wilson: Mondays, 1:00 - 4:00

Kelly: Tuesdays, 9:00 - 12:00

McGovern: Tuesdays, 11:00 - 1:00

Clinton Rose: Wednesdays, 10:00 - 1:00

Washington: Thursdays, 10:00 - 1:00

CLOSURES

July 4th, all sites

Wilson: July 1st

McGovern: July 11th - 15th

Clinton Rose: July 18th - 22nd

HOURS

Monday - Friday, 8:30 - 4:30

SOA General Line: 414-704-3343

www.servingolderadults.org

Check out what's inside

Wellness Coordinator Schedule

The Wellness Coordinator is available at each center every week to help with proper exercise machine use and answer any health-related questions. See below for your center's day and hours.

Wilson - Mondays, 8:30 - 10:30

McGovern - Tuesdays, 8:30 - 10:30

Clinton Rose - Wednesdays, 8:30 - 10:30

Washington - Thursdays, 8:30 - 10:30

Kelly - Fridays, 8:30 - 10:30

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Aging Well

TOGETHER

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

SERVING OLDER ADULTS ADMINISTRATION

President/CEO: Cathy Wood

Chief Financial Officer: Jodi Bauer

Director of Senior Centers: Laz Jackson

Director of Marketing and Development: Chey Thunberg

Human Resources Director: Candace Richards

Main office: 4420 W Vliet St, Milwaukee WI 53208

USE GOOD JUDGMENT

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

GET INVOLVED TODAY!

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

PAYMENT AND REGISTRATION REQUIRED:

Registration and full payment is required for all activities with fees. Register at least two weeks before the start date in the center office. Activities will be canceled if minimum registrations are not met. For accommodations, please let staff know at time of sign-up.

CLINTON & BERNICE ROSE SENIOR CENTER

Manager: Sheila Carter

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

Main: (414) 263-2255

KELLY SENIOR CENTER

Manager: Miriam Kaja

6100 S Lake Dr, Cudahy, WI 53110

Main: (414) 481-9611

WASHINGTON PARK SENIOR CENTER

Manager: Diane Chilinski

4420 W Vliet St, Milwaukee, WI 53208

Main: (414) 933-2332

MCGOVERN PARK SENIOR CENTER

Manager: Vevette Hill-Nwagbaraocha

4500 W Custer Ave, Milwaukee, WI 53218

Main: (414) 527-0990

WILSON PARK SENIOR CENTER

Manager: Shannon Downie

2601 W Howard Ave,
Milwaukee, WI 53221

Main: (414) 282-5566



About Serving Older Adults

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

Highlighted Events

Rummage, Job, and Resource Fair - Clinton Rose

Saturday, July 9th, 10:00 - 4:30

Clinton Rose will be hosting our famous car wash, rummage sale, and food for sale on Saturday, July 9th from 10:00 - 4:30 pm. This year we are partnering with McGovern Park Senior Center and Victory over Violence to make this event even bigger. In addition we will be having a free employment and health and resource fair, free giveaways, and much more. Call 414-263-2255 to purchase your table today and car wash vouchers. Table cost is \$25 for an 8ft table and car wash vouchers are \$5 for exterior cleaning only. You won't want to miss this huge and special event.

Breakfast Day - Clinton Rose

Tuesday, July 12th, 9:15 - 10:15

Fee: \$6

Enjoy heartwarming and delicious breakfast provided by Rose Kitchen, donations will go to support Clinton Rose Senior Center.

Clinton Rose Cookout - Clinton Rose

Wednesday, July 27th, 12:00 - 1:00

Fee: \$6

Enjoy yummy food, outdoor activities and summer fun at the Clinton Rose Cookout. Sign-up begins June 1st.

Coffee Talk: Bucks History - Kelly

Tuesday, July 12th, 1:00

Talk sports history with Rick Schabowski, Bucks historian.

Travel Training with MCTA - Kelly

Thursday, July 21st, 1:30

Interested in the Milwaukee bus system but not sure how to get started? Come get all your questions answered, then practice your new skills with a free ride to Culver's for custard.

Travel Training with MCTA - Kelly

Thursday, July 21st, 1:30

Interested in the Milwaukee bus system but not sure how to get started? Come get all your questions answered, then practice your new skills with a free ride to Culver's for custard.

(New) Intro To Drawing And Painting - McGovern

McGovern

Tuesdays, 9:00 - 11:00

Learn the basic techniques for drawing and painting with oil pastels and more.

Nutrition Workshop - Physical Activity - McGovern

Presented By Hunger Task Force

Wednesday, July 6th, 11:30 - 12:30

Wear comfortable clothes to this class. We'll walk through some easy seated strength exercises and yoga poses to keep your muscles strong and limber.

Battling Dangerous Belly Fat - McGovern

Presented by Humana

Wednesday, July 27th, 11:15

Ever wonder what causes belly fat? Learn what your waistline may say about your health, the potential risk it may pose, and what you can do to shed those unwanted love handles.

Washington Park Resale Gift Shop - Washington

Washington

Monday - Friday, 9:00 - 1:30 (later if requested)

Our gift shop is open! We are fully stocked with cold drinks, coffee, snacks, craft supplies, books, antiques, jewelry and more. Be sure to stop in and check it out. We gladly accept donations.

Cooking Demonstration with Chef Marvin - Washington

Thursday, July 14th, 11:00 - 12:00

Join us for a healthy cooking demonstration where you will learn how to make a simple and delicious meal, enjoy a tasty sample too!

"The Art of Laughter"

Presented by Care Patrol

Wednesday, July 13th, 10:00

Learn how laughter can improve quality of life and impact your overall wellbeing.

Wilson Variety Show

Friday, July 15th, 12:30

Enjoy performances of drama and music. Join your fellow members and support them in their long-awaited enterprise. Refreshments will be served after the show.

Talent Show Spectacular (all 5 centers)

Thursday, July 28th, 12:30 - 2:00

Washington Park will host this extra special event. Individual and group performances will showcase the talents of our SOA seniors. We welcome a variety of performances (singing, dancing, poetry reading, comedy, playing musical instruments and more). If you are interested in performing, please let your center manager know by 7/11. All Center participants are welcome to attend (please note: the other 4 centers will close at 12:00pm to allow for performers and those wishing to attend to travel time to Washington Park.)

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Serving Older Adults of SE Wisconsin, Milwaukee, WI.

A 4C 01-2067

SOA AGENCY WIDE

TALENT SHOW SPECTACULAR!

You are invited to share your amazing talents! Whether you're an individual or part of a group, you sing, dance, recite poetry, or perform magic bring your talent whatever it might be, we want to see!

Register to perform by July 7th.

**THURSDAY, JULY 28TH | 12:30 - 2:00
WASHINGTON PARK SENIOR CENTER
4420 W. VLIET ST.**

Please see your center manager to sign-up to share your talent, for additional questions call Diane Chilinski at 414-933-2332.



Clinton & Bernice Rose Senior Center

Speak Your Mind

Monday - Friday, 8:30 - 3:30

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

Walk with Ease (Time change)

Mondays, Wednesdays, & 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.

Open Sewing

Mondays, Tuesdays, & Fridays, 9:00 - 3:30

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. *Please note, open sewing & Miss Daisy's sewing groups are two different groups, if interested in doing both you must pay a total of \$16.00.*



Roselettes Dance Group

Tuesdays & 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.

Bingo

Sponsored by Eras Senior Network & WestCare

Wednesdays, 9:00 - 10:00

Let's get ready to play bingo! Eras & WestCare will be hosting bingo and providing amazing prizes to the winners. You don't want to miss this amazing opportunity. They will also be sharing resources and answering questions during the bingo games.

Senior Striders

Wednesdays, 10:00 - 11:00

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.

Fitness Center Orientation

Presented by Eric Pampuch, SOA Health & Wellness Coordinator

Wednesdays, 10:00 - 1:00

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.

Miss Daisy's Sewing Group

Thursdays, 12:00 - 2:00

Fee: \$8

You're invited to join a fabulous group of quilters. Miss Daisy's sewing group specializes in quilting. Miss Daisy's group is a project based group that strictly focuses on group projects. *Some sewing skills required. Please note, open sewing & Miss Daisy's sewing groups are two different groups, if interested in doing both you must pay a total of \$16.00.*

Gospel Choir Practice

Fridays, July 1st & 15th, 10:00 - 11:00

Love to sing and worship, then join the new gospel choir at Clinton Rose. Please sign up in the office or call 414-263-2255.

Nacho Tuesday

Tuesday, July 5th, 12:00 - 1:00

Fee: \$5

Enjoy cheesy and delicious crunchy nachos with spicy peppers. All proceeds go to support the senior center.

Movie Watchers Club

Friday, July 8th, 10:00 - 12:00

Come and enjoy watching a movie. After, enjoy a fun conversation about the movie. *Popcorn and hot dogs available for purchase.*

Rummage, Job, and Resource Fair

Saturday, July 9th, 10:00 - 4:30

Clinton Rose will be hosting our famous car wash, rummage sale, and food for sale on Saturday, July 9th from 10:00 - 4:30 pm. This year we are partnering with McGovern Park Senior Center and Victory over Violence to make this event even bigger. In addition we will be having a free employment and health and resource fair, free giveaways, and much more. Call 414-263-2255 to purchase your table today and car wash vouchers. Table cost is \$25 for an 8ft table and car wash vouchers are \$5 for exterior cleaning only. You won't want to miss this huge and special event.

Breakfast Day

Tuesday, July 12th, 9:15 - 10:15

Fee: \$6

Enjoy heartwarming and delicious breakfast provided by Rose Kitchen, donations will go to support Clinton Rose Senior Center.

Praise, Bible Study, & Prayer

Presented by Prophetess Willie Seward-Fowlkes

Tuesday, July 12th & 26th, 12:15 - 1:15

Come experience praise and worship while embarking on a spiritual journey.

Ladies of the Rose Monthly Meeting

Wednesday, July 13th, 12:00 - 1:00

Morning Blend with Hot Topics

Thursdays, July 14th & 28th, 10:00 - 11:00

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

Clinton & Bernice Rose Senior Center

Out & About Travel Committee Meeting

Thursday, July 14th, 12:15 - 1:15

Did you miss traveling this year due to the pandemic? Well get ready to start planning the 2022 trips with the travel committee. Let this group sail you away to fun adventures in the upcoming new year.

Golden Corral & Pleasant Prairie Shopping Center

Presented by The Out & About Travel Committee

Friday, July 15th, 9:00 - 5:00

Fee: \$35

Join us for a trip to Golden Corral (Kenosha, WI) to enjoy tasty food and great socialization. Then head to Pleasant Prairie (Pleasant Prairie, WI) for an afternoon of shopping. **Deadline July 5th, if interested call 414-263-2255.**

Clinton Rose Senior Center Clean up week

Monday - Friday, July 18th - July 22nd

Clinton Rose will be closed this week for clean-up week. Please visit our other SOA managed senior centers this week. This includes Washington Park, McGovern, Wilson, and Kelly Senior Center.

Cooking Demonstration w/ Chef Marvin "The Unsalted Chef"

Presented by HEAL (Healthy Eating Active Living)

Tuesday, July 26th, 10:15 - 11:15

Learn how to prepare different meals by eliminating loads of sodium while enjoying delicious flavors. Enjoy this cooking demonstration and enjoy a small sample & recipe card after the demo.

MCDA Outreach

Presented by Milwaukee County Department of Health & Human Services

Tuesday, July 26th, 10:30-12:30

Meet with Outreach social worker Andrew Bethke for up-to-date information about a wide array of resources and community based services available for seniors.

Advisory Committee Meeting

Tuesday, July 26th, 12:00 - 1:00

Learn about everything going on at Clinton Rose Senior Center and at the Milwaukee County Department of Health & Human Services Aging & Disability Services. If you would like access via zoom, please call 414-263-2255 for details.

Clinton Rose Cookout

Wednesday, July 27th, 12:00 - 1:00

Fee: \$6

Enjoy yummy food, outdoor activities and summer fun at the Clinton Rose Cookout.

Memories in the Making

Sponsored by the Alzheimer's Association

Thursday, July 28th, 10:00 - 11:30

Memories in the making is a unique art program, introduced in 1988, that allows individuals with Alzheimer's disease and related dementias to express themselves through art and storytelling. Get creative in this class where you will be able to express yourself through art.

Cooking Demonstrations W/ YMCA

Presented by Michelle Rimer, RDN

Thursday, July 28th, 12:00 - 1:00

The Y's Registered Dietitian will demonstrate how to prepare heart healthy recipes while answering your nutrition related questions. Recipes and samples are provided.

<p>Monday 9:30-10:30: OG Dance group practice 11:00-12:00: Walk with Ease Exercise</p>	<p>Tuesday 9:00-10:30: Roselette Dance Group practice 9:30-10:30: Wisdom Studies 10:30-11:30: The Extensions Practice 12:00-1:00: Praise & Worship 2nd & 4th Tuesday</p>	<p>Wednesday 9:00-10:00: Bingo 9:30-10:30: OG Dance Group Practice 10:00-11:00: Senior Striders Chair Exercise 11:00-1:00: Fitness Center Orientations 11:00-12:00: Walk with Ease 12:30-2:30: Open Jewelry Making Class** 1:00-3:00: Bring Your Own Device (BOYD) Day</p>
<p>Thursday 9:00-10:30: Roselette Dance Group Practice 9:30: Waling Aerobics 12:00-3:00: Miss Daisy's Sewing Group** 12:15-2:15: Out & About Travel Committee Meeting led by Jackie Trice every 3rd Thursday of the month.</p>	<p>Friday 10:00-11:00 Gospel Choir Practice 1st & 3rd 11:00-12:00: Walk with Ease 12:00-2:00: Movie Watchers Club</p>	<p>Daily 8:30-3:30 Fitness Center 8:30-3:30 Speak your mind 8:30-3:30 Billiards Area (pool games, cards, chess, checkers & Dominoes) 8:30-3:30 Library Area 8:30-3:30 Computer Lab 8:30-3:30 Open Sewing** 10:00-3:00 Rose Regift Shop open 11:00-12:00 Curbside dining carry out</p> <p>** These activities have a fee</p>

Kelly Senior Center

Morning Exercise

Mondays and Fridays, 8:45 - 10:00

Get moving with exercise! A variety of Balance, Strength, and Flexibility exercises will help you feel great all day long. Monday morning sessions are followed by Chair Dancing. Friday sessions include a Low Impact Cardio workout.

Tai Chi Practice Session

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.

Movement & Music: Parkinson Disease Exercise

Presented by Wisconsin Parkinson Association

Mondays 12:30 - 1:30

Manage your Parkinson's symptoms and improve the quality of your daily life while having fun! This class incorporates stretches, strength training, posture, balance and walking drills, as well as vocal exercises.

Quilting

Monday - Friday, 1:00 - 4:30

Fee: \$20 (July - September)

Pre-registration required.

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



Ceramics Studio

Tuesdays & Thursdays, 9:00 - 12:00

Fee: \$20 (July - September)

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.

Adaptive Chair Yoga

Tuesdays, 10:00 - 11:00

Students use a chair as a prop to support the 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. For all levels.

Acoustic Music Meetup

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

Meet fellow musicians to learn new tunes, share resources and show off your instrument and skills. Bring your ukulele, acoustic guitar or mandolin.



Sewing Class

Wednesdays, 9:00 - 12:00

Fee: \$30 (July - September)

Pre-registration required.

Learn the basics of sewing in our new three-month workshop. Open to all skill levels. Work with our instructor on projects that teach pattern making, garment design and alterations, and finishing touches. Sewing machines and supplies are provided - just bring your creative energy!

Take Off Pounds Sensibly (TOPS)

Wednesdays, 9:30 - 11:00

TOPS can help you reach your weight-loss goals by providing you with the tools, information, support and accountability you need to be successful. Come join Cudahy Chapter 33's weekly meetings. Former, current and new TOPS members are welcome. Enjoy the camaraderie while learning how to live a healthy lifestyle. Pre-registration required.

Open Art Studio

Wednesdays, 10:00 - 12:00

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

Drawing Fundamentals

Wednesdays, 3:00 - 4:30

Fee: \$36 (June 22 - July 27)

Join Linda Lustig, professional art teacher and art therapist, for a 6-week art class. This class will focus on shading and drawing for realism. No experience needed! Bring your own supplies (contact Kelly center for supply list).

Kelly Senior Center

Nature Walk in Warnimont Thursdays, 9:00

Walk with friends 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.

Knit & Crochet Thursdays, 9:00 - 11:00

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

Trivia Hour Fridays, 1:00 - 2:00

Show off your knowledge in Kelly's weekly trivia contest.

Movie Matinee Fridays, 2:00 - 4:00

Enjoy a Friday afternoon movie with friends.

Kelly Bingo

Sponsored by Allay Home and Hospice

Wednesday, July 6th, 1:00

Join us for an afternoon of Bingo, sponsored by Allay Home and Hospice.

Coffee Talk: Bucks History Tuesday, July 12th, 1:00

Talk sports history with Rick Schabowski, Bucks historian.

Saxophone in the Park Thursday, July 14th, 1:00 - 3:00

Join us for live saxophone, ice cream sponsored by Humana, and fun yard games in our beautiful courtyard.

Women's Club

Monday, July 18th, 1:30

It's Christmas in July! Teresa, music therapist with Synergy Home Care, will bring some holiday spirit to the summer with guitar and Christmas songs.

Cooking Demo

Tuesday, July 19th, 10:00

Join Michelle Rimer, YMCA nutritionist, for another healthy cooking demo.

Bingo

Wednesday, July 20th, 1:00

Sponsored by Williamstown Bay

Travel Training with MCTA

Thursday, July 21st, 1:30

Interested in the Milwaukee bus system but not sure how to get started? Come get all your questions answered, then practice your new skills with a free ride to Culver's for custard.

Allay Wellness Series: Mobility Clinic

Presented by Allay Home and Hospice

Tuesday, July 26th, 1:00

Learn more about fall prevention with a screening by a Physical Therapist for fall risk and receive recommendations for any necessary follow-up.

Kelly Advisory Meeting

Wednesday, July 27th, 1:00

Get the inside scoop on upcoming events and make your voice heard! Meet in a relaxed atmosphere to find out what's coming next and share your ideas for the future of Kelly Senior Center.



Monday 8:45 Morning Exercise 10:30 Tai Chi Practice 1:00 Dominoes 1:00 Wii Bowling	Tuesday 9:00 Ceramics * 10:00 Chair Yoga	Wednesday 10:00 Sheepshead 10:00 Art Studio 1:00 Dominoes 1:00 Wii Bowling
Thursday 9:00 Knit & Crochet 9:00 Ceramics * 9:00 Nature Walk 10:30 Shuffleboard 1:00 Quilt & Sew *	Friday 8:45 Morning Exercise 10:00 Bridge 1:00 Trivia Hour 2:00 Movie Matinee	Daily Fitness Center Computer Lab Tabletop Games Billiards Social Time * Has a cost

McGovern Park Senior Center

(New) Tai Chi

Monday - Friday, 8:30 - 10:30

Tai Chi video is a gentle exercise that prevents falls by improving balance and strength. Join us and experience amazing benefits from such a simple exercises

Billiards

Monday - Friday, 8:30 - 4:00

If you want to improve your skills or just like shooting around, come join this group of pool players who makes each game fun to play.

TOPS

Mondays, 9:00 - 10:00

Taking Off Pounds Sensibly is just right for anyone who is interested in wanting to safely and effectively lose the unwanted pounds. Best of all, you will learn health options from supportive TOPS members.

Dance For Fun and Fitness

Mondays, Wednesdays, Fridays, 10:00 - 11:00

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



Upper Body Exercise

Mondays & Fridays, 11:00 - 12:00

This is an upper body chair workout using dumbbells.

Phase 10 Card Game

Mondays & Thursdays, 12:00 - 2:30

Phase 10 is an exciting and challenging card game as well as additive and fun. If you like Gin Rummy you are sure to like Phase 10. I Hope you will join us.

Questions About Exercise

Tuesdays, 8:30 - 10:00

Have all your questions answered concerning exercise equipment, nutrition, and personal training.

(New) Intro To Drawing And Painting

Tuesdays, 9:00 - 11:00

Learn the basic techniques for drawing and painting with oil pastels and more.

Exercises For Seniors

Tuesdays & Thursdays, 10:00 - 11:00

Exercise helps people lose weight and lower the risk of some diseases including high blood pressure, diabetes, and obesity. Give this workout class a try with our experienced instructor and get results.

Technology Assistance

Tuesdays, 11:00 - 2:00

Are you having problems using your cell phone, tablet, or computer? Help is available. Please call to make an appointment.



Yoga

Tuesdays, 11:15 - 12:30

Yoga involves movement, meditation, and breathing techniques to promote mental and physical well-being.

Quilting

Wednesdays, 8:30 - 4:00

This is a group of people who love quilting and sharing their suggestions and ideas.

Open Crafts

Wednesdays, 8:30 - 4:00

If you're a craft lover then you are going to love being a part of our craft making projects. Your ideas are welcome.

Healthy Outcomes Through Peer Education (HOPE)

Tuesdays, 1:00

Preregistration required space is limited

Are you an African American grandmother who cares for your grandchildren? Would you like to lose a little weight, so you decrease your risk for type 2 diabetes and set a good example for your grandchildren? You may be eligible to participate in this one-year virtual diabetes prevention program. Participants will receive support from diabetes specialists and peer educators who will help them improve their health and reduce their risk of diabetes.

McGovern Daily Schedule

Nutrition Workshop - Physical Activity

Presented By Hunger Task Force

Wednesday, July 6th, 11:30 - 12:30

Wear comfortable clothes to this class. We'll walk through some easy seated strength exercises and yoga poses to keep your muscles strong and limber.

Healthy Eating Active Living: Cooking Demonstration

Thursday, July 7th, 12:00 - 1:30

Join Chef Marvin as he demonstrates how to cook up a healthy recipe with items from your stockbox. You will enjoy a sample of his delicious recipes.

National Hot Dog Day

Wednesday, July 20th, 12:00

National Hot Dog Day in July celebrates a summertime staple on a bun. Enjoy one piping hot and add some ketchup, mustard, relish, and onions.

Advisory Meeting

Thursday, July 21st, 9:00 - 10:00

Learn more about what's happening within the organization and McGovern Park Senior Center. This is the time to have all your questions answered. We hope you join us. We would love to hear your thoughts.

Battling Dangerous Belly Fat

Presented by Humana

Wednesday, July 27th, 11:15

Ever wonder what causes belly fat? Learn what your waistline may say about your health, the potential risk it may pose, and what you can do to shed those unwanted love handles.

Bible Study

Every 1st, 2nd, and 4th, Friday, 10:00 - 11:30

Looking to grow spiritually? This group will welcome you with a warm heart and answer any questions you may have.



<p>Monday 9:00 TOPS 10:00 Tai Chi (Video) 10:00 Dance For Fun and Fitness 11:00 Upper Body Exercise</p>	<p>Tuesday 8:30 Lapidary 8:30 Fitness and Nutrition 8:30 Questions About Exercise 8:30 Personal Training 11:00 Tech Assistance 10:00 Exercise For Seniors 11:00 Medal Smithing 11:00 Sheepshead 11:30 Phase10 Card Game</p>	<p>Wednesday 8:30 Quilting 8:30 Open Crafts 10:00 Dance For Fun And Fitness 1:00 Fabric Journal Covering</p>
<p>Thursday 9:00 Advisory Meeting (every 3rd Thursday) 10:00 Exercise For Seniors 11:00 Sheepshead 11:30 Phase 10</p>	<p>Friday 10:00 Dance For Fun And Fitness 10:00 Bible Study (every 1st, 2nd, and 4th Friday) 10:00 Dance For Fun And Fitness 11:00 Upper Body Exercise</p>	<p>Daily 8:30 Exercise Workout Videos 8:30 Billiards 8:30 Fitness Center 8:30 Coffee Crew 8:30 Computer Lab 9:00 - 1:00 Re-Gift Shop 10:30 - 12:30 Lunch (pick-up)</p>

Washington Park Senior Center

Billiards

Mondays, 9:00 - 10:00 (lessons)

Tuesday - Friday, 9:00 - 3:00 (open play)

Learn to play pool with an instructor, or work on your skills individually.

Yoga

Mondays, 9:00 - 10:00

Fee: \$6.00 per class (payment is made monthly)

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

Hand Weights

Mondays, Wednesdays, & Fridays, 11:00 - 12:00

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

Washington Park Chit Chat Club

Monday - Friday, 8:30 - 4:00

Join your fellow Washington Park participants in the lobby for some friendly conversation, current event discussions or topics of interest. Coffee and snacks are available in the gift shop for purchase during this time.



Washington Park Resale Gift Shop

Monday - Friday, 9:00 - 1:30 (later if requested)

Our gift shop is open! We are fully stocked with cold drinks, coffee, snacks, craft supplies, books, antiques, jewelry and more. Be sure to stop in and check it out. We gladly accept donations.

Woodshop

Monday - Friday, 9:00 - 3:00

Fee: \$25 per month

The Woodshop 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.

Guitar/Stringed Instruments

Tuesdays, 10:00 - 11:00

Open jam session. All stringed instruments and singers are welcome and encouraged!

Scrapbooking

Tuesdays, 10:30 - 1:30

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.

Game Day

Tuesdays, 11:30 - 2:00

Join your Washington Park friends for a variety of card and board games. Let the games begin!

Advisory Meeting

Second Tuesday of the Month, 10:00 - 11:00

Learn more about what's happening within SOA, Washington Park Senior Center and Milwaukee County Aging Services. We encourage all participants to attend.



Silver Steppers

Tuesdays & Thursdays, 10:00 - 11:00

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

Bocce Ball (Weather Permitting)

Wednesdays, 10:00 - 11:00

Join your fellow Washington Participants for this friendly outdoor game and get some exercise too.

Quilting

Wednesdays, 9:00 - 12:30

Fee: \$20 (July - September)

Quarterly quilting is back and we can't wait to see what you'll make! Join this fun group and bring your creativity. Quilting instruction and support is provided by our knowledgeable leader.

Bible Study

Thursdays, 10:30 - 11:30

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

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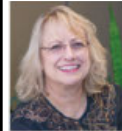
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B 4C 01-2067

Washington Daily Schedule

Zumba for Seniors

Thursdays, 11:00 - 12:00

This class is a great cardio workout! All levels are welcome to attend. Instructor lead.

Cooking Demonstration with Chef Marvin

Thursday, July 14th, 11:00 - 12:00

Join us for a healthy cooking demonstration where you will learn how to make a simple and delicious meal, enjoy a tasty sample too!

Bingo

Fridays, 12:15 - 1:30

Please join us for a Washington Park favorite. We will have new easy slide bingo cards and prizes. Snacks and refreshments will be available for purchase in the gift shop prior to the start. Who is ready to win!

Move Your Way

An Extension of Hand Weights

Fridays, 10:00 - 10:45

Move your way to get your heart rate up with no rules to follow. Express yourself and enjoy good vibes.

Piano

Fridays, 9:00 - 3:00

Fee: \$8 per week (pay month to month)

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.

Tennis

Fridays, 9:00 - 11:00 (outside weather permitting)

Tennis is back! Join the Washington Park Tennis Players for a friendly game of tennis. Get in shape and have fun too!



<p>Monday 9:00 - 10:00 *Yoga 9:00 - 1:00 Wii Bowling 9:00 - 10:00 Billiards (lessons) 10:00 - 11:00 Chair Arthritis 11:00 - 12:00 Hand weights</p>	<p>Tuesday 9:00 - 1:00 Wii Bowling 9:00 - 10:00 Walking 10:00 - 11:00 Gospel Choir 10:00 - 11:00 Guitar/Stringed Instruments 10:00 - 11:00 Silver Steppers 10:30 - 1:30 Scrapbooking 11:30 - 2:00 Game Day</p>	<p>Wednesday 9:00 - 12:30 *Quilting 9:00 - 1:00 Wii Bowling 10:00 - 11:00 Bocce Ball 11:00 - 12:00 Hand weights 12:15 - 1:30 Matinee Movie</p>
<p>Thursday 9:00 - 1:00 Wii Bowling 10:00 - 11:00 Silver Steppers 10:30 - 11:30 Bible Study 11:00 - 12:00 Zumba</p>	<p>Friday 9:00 - 1:00 Wii Bowling 9:00 - 11:00 *Stained Glass 9:00 - 3:00 *Piano 9:00 - 11:00 Tennis 10:00 - 10:30 Move Your Way 11:00 - 12:00 Hand weights 12:15 - 1:45 Bingo</p>	<p>Daily - Open 8:30 - 4:00 Fitness Center Library Computer Lab Chit Chat Club (lobby) 9:00 - 3:00 Gift Shop Open 9:00 - 3:00 Billiards 9:00 - 3:00 *Woodshop</p> <p>*Has a fee and requires pre-registration</p>



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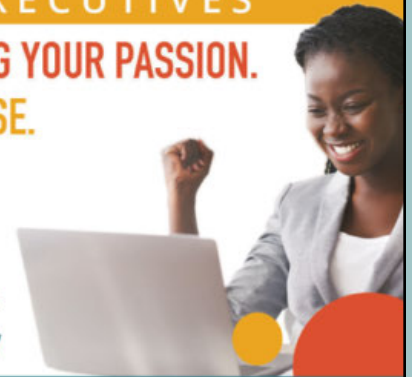
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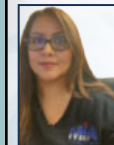
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This project was supported, in part by grant number 90MPPG0041-01-00, from the U.S. Administration for Community Living, Department of Health and Human Services, Washington, D.C. 20201.



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Serving Older Adults of SE Wisconsin, Milwaukee, WI.

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Wilson Park Senior Center

Ceramics Studio

**Mondays, Wednesdays, & Fridays, 8:45 - 3:30,
April 1 - June 29**

Fee: \$25 (13 weeks)

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

Intermediate Line Dance

**Mondays, 10:30 - 12:15,
July 4th - September 26th**

Fee: \$12/13 weeks

Kick up your heels and get into shape.

Hot/fused Glass

Monday, 9:00 - 12:00; Wednesdays, 9:00 - 12:00, 1:00 - 4:00, April 4 - June 29

Fee: \$25/ 13 weeks

Create beautiful works of art utilizing various glass fusion techniques.

Wood Shop

Monday - Friday, 9:00 - 3:00 (Subject to change)

Fee: \$25/month

Build your own creations with the wide selection of equipment housed in the shop.

Guided Art Studio

**Tuesdays & Thursdays, 9:00 - 3:15,
July 5th - September 29th**

Fee: \$25/13 weeks

Work on your own creative projects, with support as needed from an extremely talented artist.

Stained Glass

**Tuesdays & Thursdays, 9:00 - 4:00,
July 5th - September 29th**

Fee: \$25/13 Weeks

Create beautiful projects using patterns, or your own designs.

Paper Crafting

**Tuesdays, 9:00 - 11:00,
July 5th - September 27th**

Fee: \$10/13 weeks

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

(New) Guitar lessons

Thursdays, 12:00 - 1:30

Get guided instruction as you learn the guitar, all skill levels welcomed.

Weaving-Intermediate

**Thursdays, & Fridays, 9:00 - 2:00,
July 7th - September 29th**

Fee: \$15 / 13 weeks

Join the fun as you create one of a kind creations. This program is designed for experienced weavers. If you are interested in learning how to weave from a beginner level stop by the office and let us know!.

Garden Club

2nd & 4th Tuesday, 10:00

The perfect group for those who love to garden this class offers discussion, demonstration, presentations and more.

Wilson Senior Center Advisory Meeting

Wednesday, June 20th, 10:00 - 10:30

Get involved in your senior center; hear updates, stay informed and ask questions. You may attend in person or virtually.

Woodcarvers and Burners

Wednesdays, 8:30 - 11:30

Create new projects with other woodcarvers and/or wood burners who share the passion for making unique creations. All skill levels are welcome, tools and materials are available to get you started.

Gentle Yoga

Wednesdays, 2:00; Fridays, 11:00

This low impact exercise can be adapted to improve anyone's fitness, starting right where you are now.

Genealogy 101 - Research Strategies

Wednesday, July 6th, 1:00

Learn additional genealogy research strategies to help you find your ancestors. Handouts provided.

Save the Monarch Butterflies

Tuesday, July 12th, 10:00

Join us to learn how fun and easy it is to experience this wonder of nature and how you can help these pollinators reach adulthood.

Teddy Bear Picnic

Tuesday, July 12th, 10:30

Fee: \$5 per Child

National Teddy Bear Picnic Day. Bring in your grands, great grands, nieces, nephews, or neighbors between the ages of 4 and 10. They will build a basic Teddy Bear, clothe it, and enjoy a picnic lunch.

"The Art of Laughter"

Presented by Care Patrol

Wednesday, July 13th, 10:00

Learn how laughter can improve quality of life and impact your overall wellbeing.

Wilson Variety Show

Friday, July 15th, 12:30

Enjoy performances of drama and music. Join your fellow members and support them in their long-awaited enterprise. Refreshments will be served after the show.

Wilson Senior Center Advisory Meeting

Wednesday, July 20, 10:00 - 10:30

Get involved in your senior center; hear updates, stay informed and ask questions. You may attend in person or virtually.

Guitar and Ukulele Jam and concert

Sponsored by Humana

Friday, July 22nd, 12:00

Join in to support Wilson's musicians while you listen to musical hits sure to please.

Book Club

Wednesday, July 27th, 10:15

This month's read is "Dead Wake - The Last Crossing of the Lusitania" by Erik Larson, available for pick up from the Zablocki Library the first week of each month. Join in by reading the chosen book and meet up to discuss.

<p>Monday</p> <p>8:30 Walking Group 9:00 Scrabble 9:00 Ceramic Studio* 9:00 Fused Glass* 9:00 Quilting* 9:15 Morning Exercise 10:20 Intermediate Line Dancing* 11:00 Open Sew* 12:00 Sheepshead 1:00 Low Impact Aerobics</p>	<p>Tuesday</p> <p>8:30 Walking Group 9:00 Paper Crafting* 9:00 Stained Glass Studio* 9:00 Open Sew* 10:00 Garden Club (2nd/4th) 11:00 Coin & Stamp (3rd) 11:30 Guided Art Studio 12:30 Sojourn Bear Group 1:00 Beg. German* 1:00 Quilting*</p>	<p>Wednesday</p> <p>8:30 Walking Group 9:00 Wood Carving & Burning 9:00 Scrabble 9:00 Ceramic Studio* 9:00 Fused Glass* 9:15 Morning Exercise 10:00 Book Club (3rd) 10:00 Knit & Crochet 10:30 Hot Glass* 12:00 Sheepshead 12:30 Sojourn Bear Group 1:00 Model Railroad 1:00 Fused Glass*</p>
<p>Thursday</p> <p>8:30 Walking Group 9:00 Weaving* 9:00 Adv. Beg. Tap Dance* 9:00 Plastic Canvas 9:00 Stained Glass* 9:00 Quilting* 9:15 Adv. German* 9:45 Int. / Adv. Tap Dance* 10:30 Beg. Tap Dance* 11:30 Guided Art Studio 12:00 Guitar for Beginners 12:30 Dartball* 1:00 Low Impact Aerobics Model Railroad Ukulele Recorder Ensemble</p>	<p>Friday</p> <p>8:30 Walking Group 9:00 Ceramic Studio* 9:00 Mah Jong 9:00 Open Glass Studio* 9:00 Scrabble 9:00 Quilting* 9:15 Morning Exercise 10:00 Guitar Jam Session 11:00 Gentle Yoga 12:30 Bridge 1:00 Buddhist Meditation* Movie</p>	<p>Daily</p> <p>8:30 Fitness Center, Billiards, Library, Computer Lab, Walking Group</p> <p>9:00 - 3:00 Wood Shop* 10:00 - 2:00 Re-Gift Shop 11:00 - 12:00 Lunch (curbside)*</p> <p>*Fee/Preregistration Required (Classes have a start and end time) **Pre-registration required</p>



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Note: This is not for Chromebook users or Apple computer users. If you are unsure what type of computer or laptop you have, email techconnect@servingolderadults.org or stop into your center.

DATES:

Wilson: Tuesdays, July 5th - August 9th 1:00 - 2:30

Washington: Wednesdays, July 6th - August 10th, 10:00 - 11:30

TO SIGN-UP VISIT OUR WEB-SITE

www.servingolderadults.org/tech-connect/

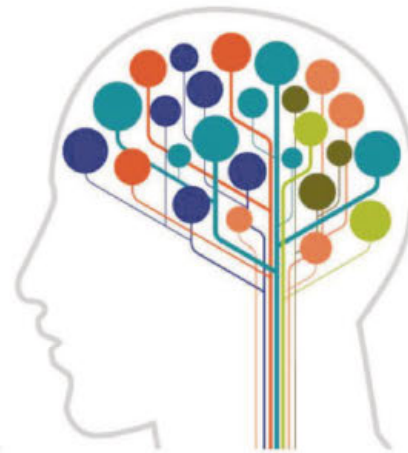
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Community Resources

Senior Dining

Meals available for pick-up at 11:00 for Wilson, Washington, and McGovern Park Senior Centers and for dine-in at Kelly and Clinton Rose Senior Centers. Suggested donation \$3 for 60+ and \$8 cost for guests under 60. Please call the day before to make a reservation.

Clinton Rose Senior Center	414-263-2255
Kelly Senior Center	414-481-9611
McGovern Senior Center	414-527-0990
Washington Senior Center	414-933-2332
Wilson Senior Center	414-282-5566

Stockbox

A Stockbox is a box of healthy foods that Hunger Task Force provides to low-income seniors free of charge. Each box contains 16 nutritious items including rice, cereal, juice, beef stew, pasta and vegetables.

Clinton Rose Senior Center	Thursday, July 7th 11:00 - 12:30
Washington Senior Center	Tuesday, July 5th 9:30 - 10:30
Kelly Senior Center	Thursday, July 21st, 12:30 - 1:30
Wilson Senior center	Tuesday, July 19th, 10:00 - 11:00
McGovern Senior Center	Thursday, July 28th, 12:00 - 1:00

Advisory Committee Meetings

This is a great opportunity to get involved in your senior center; hear updates, stay informed and ask questions.

Washington Senior Center	Tuesday, July 12th, 10:00 - 11:00
Clinton Rose Senior Center	Tuesday, July 26th, 10:30 - 11:30
Wilson Senior center	Wednesday, July 20th, 10:00 - 10:30
Kelly Senior Center	Wednesday, July 27th, 1:00 - 2:00
McGovern Senior Center	Thursday, July 12th, 9:00 - 10:00



Congratulations Marsha Bukofzer

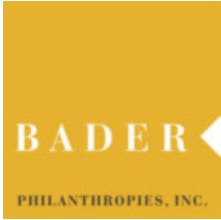
Congratulations Marsha on your recent retirement! Marsha started with SOA in 2020 as the Director of Development & Marketing. She was instrumental in writing grants to help expand programming and bring new programs to the centers, this includes the grant for our innovative new Tech Connect for Older Adults Program.

Marsha also helped promote Serving Older Adults and grow our presence throughout Milwaukee County. We were fortunate to have her on our team and wish her well in her retirement.



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, and for that we thank you.



Marjorie L. Christiansen
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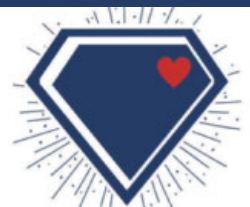
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We wish to thank all of our partners. Without your support we would not be able to provide vital programs and services to older adults in our community. This list represents all who donated from April 2021 - May 2022. We made every attempt to recognize all donors. If your name was missed, please contact us at 414-933-2332 ext. 1009 or email Development@servingolderadults.org.

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DONATION FORM

I/We wish to make a contribution to SOA in support of services for older adults in our community.



Please use my donation at:

- Agency-wide
- 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!

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: _____

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Signature _____

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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 tearing and 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 Partner pages for a complete list of partners.

Donors will be recognized each month on the Partnership pages of *The Connection*. 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.

thank
you!