

SHOREWOOD SENIOR RESOURCE CENTER - MAY 2019 PROGRAMS

MONDAYS IN MAY

Weekly

10:15 - 11 am **Qi Gong with Sherrod Milewski of the Milwaukee T'Ai Chi Ch'uan Center.** This class is ongoing. Participants may join a session at any time. Residents \$5/Class, nonresidents \$12/Class

11 am - 3 pm **Party Bridge** - Players with some bidding knowledge always welcome!

11 am - 2 pm **Mah Jongg** - New players always welcome!

1 - 3 pm **Gamers Choice** - Players choose from a variety of games to play together.

1 - 3 pm **Scrabble** - New players always welcome!

2 - 4 pm **Chess** - Play Chess with beginners.

May 6

12 - 3 pm **Book Binding** with Pat Mikkelsen. Back by request! Book binding is the process of assembling a book from folded or unfolded paper. Use custom papers from around the world to create a beautiful book to use as a notebook, photo album, guest log or diary. Supplies will be provided. Residents: \$16/nonresidents: \$18. Please register with payment by May 2.

May 13

12 pm - 1 pm **Community Safety Brown bag lunch discussion** with Police Chief Peter Nimmer. Please bring your lunch and take this opportunity to share your safety concerns and questions with the Chief.

May 20

1 - 2 pm **History Repeats** - Polish General and hero Thaddeus Kosciuszko came to America to help us in our fight for freedom during the Revolutionary War. Join amateur historian Kathleen Smith to learn more about the important role he played and the lasting legacy he leaves. This discussion is based on the book *The Peasant Prince* by Alex Storzynski. *The program is free! No pre-registration required.*

May 27 Closed in Honor of Memorial Day

TUESDAYS IN MAY

Weekly

9 - 10 am **Gentle Yoga with Meredith Watts**

10:15 - 11:15 am **Gentle Yoga with Meredith Watts**

Residents \$5/nonresidents \$12 per class. No floor work/class size is limited.

May 14, 21, 28 and June 4

10 - 11 am **Brain Camp** - Just as we exercise our bodies, it is equally important to exercise our minds. In each session with Kelly Schroeder Strong, we will work our brains with challenging yet FUN activities and learn about brain health along the way. We will also end each class with a meditation to allow our minds to rest. Residents \$12/4-week series, nonresidents \$16. Preregistration is required.

May 7

11:15 - 12:15 pm **Living Wisely:** How to deal with change and loss from the perspective of Tao Te Ching (Taoism) with peripatetic philosopher Carolyn Sweers. Pay what you wish, suggested payment is residents \$4/nonresidents \$6. Seats are limited. Please pre-register with payment. Seats are limited.

May 14

11:15 - 12:15 pm **The Holistic Way to Health and Wellness** with Certified Holistic Health Practitioner Maria Viall. Today's topic is **Tips on Eating a (more) Plant Based Diet.** Pay what you wish, suggested payment is residents \$4/nonresidents \$6. Please pre-register with payment.

WEDNESDAYS IN MAY

Weekly

3 - 3:45 pm **ZUMBA GOLD.** Residents \$5/nonresidents \$10. Pay at the door.

May 1

12 pm **Pizza Lunch** includes a choice of Zaffiro's cheese or cheese and sausage pizza, Italian salad, fruit and dessert. Residents \$5/nonresidents \$6. Payment is due at time of registration, no later than April 29. Volunteer to bring a dessert and eat for free.

12:30 - 1 pm **My Favorite Grandparent or Older Adult Award Ceremony** Sixth Grade Students Essay Contest Award Ceremony with reading of the winning entries and the honorable mentions.

1:30 - 2:30 pm - **One Hour Bingo with Kelly**

May 8

10 am - 11:30 am **Men's Morning: The Magnificent Machines of Milwaukee.** Milwaukee was the center of industrial innovation following the Civil War. Thomas Fehring shares this story of progress. Donuts, coffee and juice will be served. Please pay \$3 at the door No pre-registration is required. Women welcome too!

May 8

1 - 2 pm - **Hands Only CPR for 60+--** Learn a simple technique that could save a life from North Shore Fire Department Battalion Chief John Maydak. Participants will also be shown how to use an Automatic External Defibrillation device (AED) that is available in many public spaces, including the Shorewood Village Center. Free. Please pre-register.

May 15

11:30 am **Monthly Luncheon** prepared by Bev's Hospitality Catering includes **choice of:** Baked chicken or sliced baked ham with scalloped potatoes, peas, rolls and dessert. Residents \$9/nonresidents \$11 due no later than noon May 13. Please make menu choice at time of registration

11:50 - 12 pm **Resource Highlights with SRC Ambassador Donna Aschenbrenner**

12 - 1 pm **Olga Volodarskaya** entertains at the piano with easy-listening favorites.

1 pm **Live Improvisational Comedy with The See Team** - You never know what to expect from this zany bunch - except fun! They'll perform games and sketches based entirely on our suggestions. Bring an open mind, and some idea starters to shout out. then leave it to The See team!

THURSDAYS IN MAY

Weekly

11 am - 12 pm **Let's Dance! Dance Fitness Class** - A dance fitness class with Kelly Schroeder-Strong to move our bodies and bring a smile to our souls. The exercises will include a warm-up, learning easy-to-follow steps with fun music, and a cool-down. Residents: \$5 per class/nonresidents \$10/class. 11:45 am - 12 pm optional Guided Meditation with Kelly follows dance class.

May 2

3:00 pm **Share the Walk** - Join Senior Resource Center advocates, representatives from the Pedestrian and **(CONTINUED ↗)**

Bike Safety Committee and other residents in a fun walk to support pedestrian safety. We'll meet in front of Metro Market and walk through the business district to Shorewood Village Hall. Our walk is designed to increase awareness about pedestrian issues in Shorewood and improve safety for everyone. We hope you can make it!

May 9

11:30 am **Lunch Bunch** - The group will meet at The Knick, 1036 E Juneau Avenue for fun and food. If you want to join but need a ride, please call the SRC office and we will try to accommodate you. Please register in the SRC office if you plan to attend.

FRIDAYS IN MAY

Weekly

9 - 10 am **If it Goes Beep...** an informal discussion of things like computers, digital cameras, telephones and anything that beeps. Free - no registration required.

9 am - 12 pm **One-to-One Tech Support Fridays!** - Want to start a Facebook page, learn about Instagram or Twitter? Or do you just want to be more comfortable using your gadgets? **(CONTINUED ↗)**

Bring in your portable device such as cell phone, laptop, iPad, Kindle etc. and get help from UWM student volunteer tutors. Please feel free to come in any time the tutors are here for one-to-one tutoring. Free - no registration required.

10:30 - 11:30 am **Gentle Yoga at the Milwaukee Yoga Center** located at 3514 N Oakland Ave. \$10. Pay \$10 at the door.

To register for SRC Programs please include your contact information including phone number and/or email address and send payment to 2010 E Shorewood BLVD, Shorewood, WI 53211. Unless otherwise noted in the program description, programs and payments are at the SRC.

Call Elizabeth Price at the SRC office: 414-847-2727 Monday - Thursday, 10 am - 2 pm with your questions.

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