

SHOREWOOD SENIOR RESOURCE CENTER - JUNE 2019 PROGRAMS

MONDAYS IN JUNE

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 are welcome!

11 am - 2 pm **Mah Jongg** - Players with some experience are 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.

June 17

1 - 2 pm **History Repeats** - Join amateur historian Kathleen Smith for an interesting program on Ronald Reagan, the "Teflon president" based on the book *Ronald Reagan* by Jacob Weisberg. *The program is free! No pre-registration required.*

June 24

1 - 3 pm **One-of-a-kind Greeting Cards** - Tired of seeing the same old cards in the stores? Create and keep your own hand-stamped greeting cards with Kathy Beck and Jann Schmedeman. Please pre-register with payment. Residents \$4/nonresidents \$6.

TUESDAYS IN JUNE

Weekly

9 - 10 am **Gentle Yoga with DeWitt Clinton filling in for Meredith Watts**

10:15 - 11:15 am **Gentle Yoga with DeWitt Clinton filling in for Meredith Watts** Residents \$5/nonresidents \$12/class. No floor work/class size is limited.

June 4

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

June 11

11:15 - 12:15 pm **The Holistic Way to Health and Wellness** with Certified Holistic Health Practitioner Maria Viall. Today's topic is **Do your genes affect your diet?** Pay what you wish, suggested payment residents \$4/nonresidents \$6. *Please pre-register with payment.*

June 18

6 - 7:30 pm **Unconscious Bias (Part II): Can We Manage It?** The human brain is an effective pattern-making machine. Most of these patterns operate outside of our awareness. Most are beneficial, but some - like bias against people different from ourselves - are maladaptive in today's highly interconnected world. This talk explores ways we can monitor and manage our "blind spots" in order to build more inclusive and equitable multicultural relationships and institutions. Although this session is most recommended for those who are already familiar with Part I, an abbreviated version of Part 1 will set the stage for this continuation of this interactive program with Reggie Jackson. His work helps us understand how our country's racial hierarchy developed historically, its impact on our lives today, and how we can realize America's promise for all citizens. He is joined by Dr. Fran Kaplan who has spent 55 years working against poverty and for social justice. This program is in collaboration with the Shorewood Library. *Free, No pre-registration required.*

WEDNESDAYS IN JUNE

Weekly

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

June 5

12 pm **Salad Lunch** Just right for summer, this delightful lunch includes shrimp salad, seven layer salad and fruit salad served with bread, dessert and coffee. Residents \$5/nonresidents \$6. Payment due at time of registration, no later than June 3. Please volunteer to bring a dessert and eat for free.

12:30 - 1 pm **Hear What's Shaking in Shorewood.** Rebecca Ewald, Village Manager gives a brief update on Shorewood projects/initiatives.

1:15 - 2:15 pm **One Hour Bingo with Kelly**

June 19

11:30 am Lunch prepared by Irene's Catering includes: Beef broccoli stir fry over rice served with spring roll, refreshments and cheesecake. Residents \$10/nonresidents \$12. *Please make reservation with payment by June 17 at noon.*

12 - 1 pm **Olga Volodarskaya entertains at the piano.**

12:50 - 1 pm **Resource Highlight with SRC Ambassador Donna Aschenbrenner**

1-2 pm **Dreamy Tom** returns with an eclectic mix of music that will move your soul.

THURSDAYS IN JUNE

Weekly

June 6, 13, 20 & 27

9:30 - 10:30 am **Challenge Yourself not to Fall** - Have you limited your activities because of a fear of falling? Have you fallen and injured yourself? Do you notice there are times when your balance is worse? Then this class is for you. Get practical advice and hands-on experience on how to prevent falls with physical therapist Donna Horrigan of the Orthopaedic Hospital of Wisconsin. You will learn balance and strength building techniques, the art of falling and what to do if you fall. This is an important program for all older adults especially people living independently and those walking without the assistance of a walker, scooter, or wheelchair, most of the time indoors. 4 week exercise series for residents is \$20/nonresidents \$30. *Please pre-register*

11am - 11:45am **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. Residents: \$5 per class/nonresidents \$10/class. 11:45 am - 12 pm optional Guided Meditation with Kelly follows dance class.

June 13

11:30 am Lunch Bunch - Our get together today for fun and food is at The Smoke Shack, 332 E Milwaukee Street. Please register in the SRC office if you plan to attend.

FRIDAYS IN JUNE

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!** - Do you 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 tutors. Free. No pre-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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