

SHOREWOOD SENIOR RESOURCE CENTER - JULY 2019 PROGRAMS

MONDAYS IN JULY

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 (No class July 22)

11 am - 2 pm **Party Bridge** - Players with bidding knowledge are welcome to join.

11 am - 2 pm **Mah Jongg** - New players with basic skills 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**.

July 15

1 - 2 pm **History Repeats** - Join amateur historian Kathleen Smith for new insights on Elizabeth II. The discussion is based on the book *Our Times: The Age of Elizabeth II* by Robert Lacey. *The program is free! No pre-registration required.*

TUESDAYS IN JULY

Weekly

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

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

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

July 2 & August 6

10 - 11:30 am **Coffee & Conversation for Caregivers** - Are you caring for someone who has dementia? Then, give yourself a break! Connect with fellow caregivers and share challenges, tips and stories. This support group is facilitated by members of the Shorewood Connects Dementia Awareness Workgroup.

WEDNESDAYS IN JULY

Weekly

10 - 11:30 am **Cuppa Joe at Caribou Coffee and Einstein's Brothers Bagels** 4301 N Oakland Avenue. Connect with your peers, share a story and enjoy the morning while taking advantage of the 10% discount on all items at this friendly, local spot.

3 - 3:45 pm **ZUMBA GOLD** with Mimi Oxman. Residents \$5/nonresidents \$12. Pay at the door. (No class July 17)

July 10

10:15- 1:30 pm **Lunch and Tour at Eastcastle Place**

Enjoy a complimentary lunch at Eastcastle Place and learn about this continuing care community on Milwaukee's East side. Transportation will be provided from the SRC. **Preregistration is required.**

July 17

11:15 am - 5 pm **Milwaukee Brewers vs. Atlanta Braves**-Treat yourself to a day at the ballpark! We have great infield box seats in the shade on the first base side. Residents \$26/nonresidents \$29. The school bus will leave from Shorewood High School at 11:15 am. We will return immediately after the game or at 4:30 pm.

July 31

10:30 am - 1:30 pm **Tour and Lunch on the Patio at Milwaukee Catholic Home**, a continuing care retirement community on Milwaukee's East side. The tour and lunch are free though **preregistration is required.** Transportation is provided from the SRC.

THURSDAYS IN JULY

Weekly

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

July 4

Closed in honor of Independence Day Enjoy Shorewood's many community events including the parade (3 pm) and fireworks (9:30 pm).

July 11

11:30 am **Lunch Bunch** - The group will meet at Café at the Plaza 1007 N Cass Street for fun and food. Please register in the SRC office if you plan to attend.

July 18

2:30 - 4 pm **Memory Café** at Three Lions Pub 4515 N Oakland Avenue. Greet old friends and meet new ones. What could be better than an afternoon together sharing laughter! We're looking forward to seeing you and we welcome anyone living with memory issues and their care partners. If this is your first time please RSVP in advance to Elizabeth Price, SRC Director. Our Memory Cafes are always free. Coffee, sodas and water are provided by our generous hosts, and British pub food is always available for ordering from the menu.

July 25

6 - 8 pm **Library Summer Celebration!** An evening of fun with the music of Frogwater, Culver's Sundae bar, games, trolley rides and the Brewers Racing Sausages. A great place to meet your neighbors. Bring your grandkids!

FRIDAYS IN JULY

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? Bring in your **(CONTINUED ↗)**

Weekly (continued)

portable device such as cell phone, laptop, iPad, Kindle etc. and get technical support from UWM student Meg Ormsby. Come in any time the tutors are here for one-to-one tutoring. *Free - no registration required.* (No tutors July 5th)

10:30 - 11:30 am **Gentle Yoga** at the Milwaukee Yoga Center located at 3514 N Oakland Ave. (Public parking available across the street). 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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