

SHOREWOOD SENIOR RESOURCE CENTER - DECEMBER 2019 PROGRAMS

MONDAYS IN DECEMBER

Weekly

10:15 - 11 am **Qi Gong with Sherrod Milewski of the Milwaukee T'Ai Chi Ch'uan Center.** The focus is on reducing stress, improving balance, general coordination and lively awareness with relaxing, energizing and beautiful movements from several Tai Chi and Qi Gong systems. This class is ongoing. Participants may join a session at any time. Residents: \$5/ nonresidents \$12

11 am - 2:30 pm **Party Bridge** - Players with some bidding knowledge always welcome!

11 am - 2 pm **Mah Jongg** - New players with basic skills are welcome to join!

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 **Play Chess** with Beginners!

December 16

1 - 2 pm **History Repeats** - Join amateur historian Kathleen Smith for an interesting program on Douglas McArthur, the U. S. general who promised the people of the Philippines he would return to help them wage war against the Japanese during WWII. This discussion is based on the book *American Caesar: Douglas McArthur* by William Manchester. The program is free! No pre-registration required.

TUESDAYS IN DECEMBER

Weekly

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

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

Residents: \$5/nonresidents \$10/per class. These classes are ongoing. Participants may join at any time. Pay at the door. No floor work. Class size is limited. (No class Dec. 10, 24, 31)

December 3

11:15 am - 12:15 pm **Living Wisely: Stoic Insights - Peace of Mind** continued discussion with peripatetic philosopher Carolyn Sweers. Pay what you wish, suggested payment is residents \$4/nonresidents \$6. Please pre-register with payment.

WEDNESDAYS IN DECEMBER

Weekly

3- 3:45 pm **ZUMBA GOLD** Residents: \$5/nonresidents \$12. Pay at the door. (No class December 11 or 25)

December 4

12 Noon **Monthly Luncheon and Floral Arranging at the North Shore Funeral Services** (3601 N Oakland Ave). Everyone will leave with a holiday table center piece of their own creation. **Catered by Bev's Hospitality:** includes a box lunch CHOICE of Roasted Chicken Breast OR Roast Beef Sandwich OR Roasted Turkey. Served with potato chips, pickle and cookie. (Vegetarian option available upon request). Registration is complete upon payment and is available until seats are filled.

12:30 pm **Shorewood Chamber Singers**

1 pm **Floral Arranging with Jim Brown of Regency Florists**

Residents: \$10/nonresidents: \$12. Payment and sandwich choice are due at time of registration.

December 11

Holiday Party!!!! 11:45 am Lunch prepared by Prime Minister includes: Choice of Tender slices of beef tenderloin or breast of chicken served with oven-browned potatoes, glazed carrots, salad, rolls and dessert. Residents: \$15/nonresidents \$16 due no later than December 9 at noon.

12 - 1 pm **Olga Volodarskaya** easy listening piano melodies

1-1:45 pm **Young at Heart Winter Show - Come Dance with Me** created and performed by the Young at Heart Players with Olga Volodarskaya as the accompanist and under the direction of Carolyn Curran.

1:45 pm **Brownie Troop Christmas Carols**

2 - 2:15 pm **Door Prizes!**

December 18

12 pm **Soup Lunch** includes Panera's Cream of Chicken and Wild Rice soup, bread, dessert and coffee. Residents: \$5/nonresidents \$6. Payment due at time of registration, no later than December 14. Please volunteer to bring a dessert and eat for free.

1 - 2 pm **One Hour Holiday Bingo Fest with Kelly and Special Prizes**

THURSDAYS IN DECEMBER

Weekly

9am - 10 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. Residents: \$5 per class/nonresidents \$10/class. 9:45 am - 10 am optional Guided Meditation with Kelly follows dance class.

December 12

11:30 am **Lunch Bunch** - The group will meet at Elsa's on the Park at 832 N Jefferson Street. If you want to join but need a ride, please call the SRC office and we will try to accommodate you. Register in the SRC office if you plan to attend.

December 19

2:30 - 5 pm **Memory Café Holiday Party,**

Come join our fun, end-of-season party to celebrate and connect with each other. We welcome persons with memory challenges and their care partners to enjoy some music, refreshments and the opportunity to see good friends and make new friendships at The Three Lions Pub, 4515 N Oakland Avenue.

Please contact Elizabeth Price 414-847-2727 to R.S.V.P if this is your first time at the Café, or to learn more about other Memory Cafes in the area.

FRIDAYS IN DECEMBER

Weekly

9 - 10 am **If it Goes Beep...**an informal discussion of things like computers, digital cameras, telephones and anything that beeps.

9 am - 12 pm **One-to-One Tech Support Fridays** - Bring in your portable technology such as cell phone, laptop, iPad, Kindle, camera etc. and get one-to-one support from Volunteer Tech Tutors. They can help you with Facebook, email, downloading apps, deleting or finding programs and apps, managing contacts on a cell phone or iPad, Skype, FaceTime, voice memo and much more. Free -no pre-registration is required.

No program on December 27 or January 3.

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

The SRC will be closed December 24, 25, 31 & January 1 - Happy Holidays!

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.

www.villageofshorewood.org/src src@villageofshorewood.org [facebook.com/shorewoodSRC](https://www.facebook.com/shorewoodSRC)