

SHOREWOOD SENIOR RESOURCE CENTER - NOVEMBER 2019 PROGRAMS

MONDAYS IN NOVEMBER

Weekly

10:15 - 11 am **Qi Gong with Sherrod Milewski of the Milwaukee T’Ai Chi Ch’uan Center.** This class is ongoing and may be joined at any time. Focus is on reducing stress, improving balance and general coordination. 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!

November 11

12 pm **Soup Lunch** includes Panera’s soup, bread, dessert and coffee. Residents \$5/nonresidents \$6. Payment is due no later than Nov. 7. Please volunteer to bring a dessert and eat for free.

November 18

1 - 2:30 pm **History Repeats** –Join amateur historian Kathleen Smith for discussion of a complex man – President Woodrow Wilson, whose re-election campaign slogan was, “He kept us out of war.”, and who later became the architect of the League of Nations and the Treaty of Versailles.. This discussion is based on the book: *The Moralist: Woodrow Wilson* by Patricia O’Toole.

November 25

1 - 3 pm **One-of-a-kind Greeting Cards** – Create and keep four hand-stamped greeting cards with Kathy Beck and Jann Schmedeman. Please pre-register with payment. Residents \$4/nonresidents \$6.

TUESDAYS IN NOVEMBER

Weekly

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

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

Residents \$5/nonresident \$10/per class. Pay at the door. No floor work. Class size is limited.

November 5

6:30 - 8 pm **The 2.2 Million: The History and Human Cost of Mass Incarceration** In this talk we expose the roots of our country’s current system of mass incarceration, including the laws and policies which have made it possible to incarcerate over 2 million Americans. We will examine in detail many of the issues in this system prevalent in Wisconsin. Reggie Jackson of Nurturing Diversity 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. This program is in collaboration with the Shorewood Library. *Free, No pre-registration required.*

November 12

11:15am -12:15 pm **The Holistic Way to Health and Wellness** with Certified Holistic Health Practitioner Maria Viall. Today’s topic: **Foods for Memory and Brain Health.** Pay what you wish, suggested payment is residents \$4/nonresidents \$6. Please pre-register with payment.

November 19

6 - 7:30 pm **Become a Dementia Friend** – *Please see our front panel for program details.*

November 26

11:15 - 12:15 pm **Ask a Dietitian - - Food for Thought - Can Diet Prevent Alzheimer’s Disease?** Join Registered Dietitian, Carmel Bankier-Sweet RD, CD to learn more. Free. Pre-registration is required.

WEDNESDAYS IN NOVEMBER

Weekly

3 - 3:45 pm **ZUMBA GOLD with Mimi Oxman.** Residents \$5/nonresidents \$12. Pay at the door. (No Zumba November 27)

November 6

1 - 2 pm **“Like Virginia”.** This touching documentary showcases a playful inter-generational bond between former Shorewood resident, Virginia Stanislawski and Kelly Schroeder Strong, Shorewood Resident and SRC volunteer and dance instructor. In case you missed our 2018 showing, here’s an opportunity to see it!

November 13

10 am - 11:30 am **Men’s Morning: UWM’s World Class Map Collection** – with Reference Librarian Jovanka Ristic of the **(CONTINUED ↗)**

(continued) American Geographical Society Library. UWM is the premier geographical research library, global in its scope with maps dating to the 15th century. Come and learn what these maps can tell us. Donuts, coffee and juice will be served. Please pay \$3 at the door. Tell a friend!

November 20

11:30 am **Lunch** prepared by Bev’s Catering includes roasted turkey breast, gravy, sweet potato casserole, green bean almandine, corn bread and pumpkin pie. Residents \$10/nonresidents \$12. *Please make reservation with payment by November 18 at noon.*

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

1-2 pm **“Put on your Blue Suede Shoes and get All Shook Up”** at this Elvis Tribute show featuring Elvis impersonator John Van Thiel.

THURSDAYS IN NOVEMBER

November 7

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.

November 14

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

November 14

11:30 am **Lunch Bunch** - The group will meet at Pastiche, 4313 W. River Lane for fun and food. If you want to join us but need a ride, please call the SRC office and we will try to accommodate you. Please register with the SRC office if you plan to attend.

Thursday, November 28 and Friday November 29 SRC Closed – Happy Thanksgiving!

FRIDAYS IN NOVEMBER

Weekly

9 - 10 am **If it Goes Beep...**an informal discussion of things like computers, digital cameras, telephones and anything that beeps. **(No program Nov. 29)**

9am - 12 pm **One-to-One Tech Support Fridays!** Here’s a chance to learn and be more comfortable using your gadgets. Bring in your portable technology such as cell phone, laptop, iPad, Kindle, camera etc. and get one-to-one support from Volunteer Tech Tutors. **(No program Nov. 29)**

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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