

SHOREWOOD SENIOR RESOURCE CENTER - JANUARY 2020 PROGRAMS

MONDAYS IN JANUARY

Weekly

10:15 - 11 am **Qi Gong with Sherrod Milewski of the Milwaukee T’Ai Chi Ch’uan Center.** This class will focus 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/Class, nonresidents \$12/Class

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!

January 13

12 pm **Soup Lunch** includes Panera’s Broccoli Cheese soup, bread, dessert and coffee. Residents \$5/nonresidents \$6. Payment due at time of registration, no later than January 9. Please volunteer to bring a dessert and eat for free.

12:30 - 1 pm **Village Manager Rebecca Ewald** will talk about what is new in Shorewood and planned projects in 2020.

1:15 - 2:15 pm **One Hour Bingo Fest!**

January 20

1 - 2 pm **History Repeats** - Amateur historian Kathleen Smith provides a thoughtful and moving look into the life of Marcus Garvey- an African American leader in the 1920’s who organized a movement to create a settlement for blacks in Africa. *Free! No pre-registration required.*

January 27

1 - 2 pm **Identity Theft: Protect and Prevent** - A representative of the Wisconsin Bureau of Consumer Protection will explain the different types of identity theft (the fastest growing crime in the U.S.), how to recognize and prevent it, including information about Fraud Alerts and Security Freezes, tips for safeguarding personal information and how to spot a scam. This program is in collaboration with the Shorewood Library. *Free! No pre-registration required.*

2:30 - 3:30 pm You Can Help Stop Medicare Fraud!

Medicare loses billions, yes BILLIONS of dollars each year due to fraud, errors and abuse. Learn how you can detect and report these problems and get alerts on trending scams from the Wisconsin Senior Medicare Patrol. *Free! No pre-registration required.*

TUESDAYS IN JANUARY

Weekly

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

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

Residents \$10/nonresidents \$15 per class. No floor work/class size is limited.

January 7

11:15 - 12:15 pm **Living Wisely** with Carolyn Sweers. Each month we will discuss the practical applications of philosophical insights from the wisdom traditions of the world. Pay what you wish, suggested payment is residents \$4/nonresidents \$6. *Please pre-register with payment.*

January 14

11:15 -12:15 pm **The Holistic Way to Health and Wellness** with Certified Holistic Health Practitioner Maria Viall. Today’s topic is **Eating to Boost Metabolism.** Pay what you wish, suggested payment is residents \$4/ nonresidents \$6. *Please pre-register with payment. Seats are limited.*

January 28

11:15 am - 12:15 pm **Ask a Dietitian** with Registered Dietitian, Carmel Bankier-Sweet RD, CD **What is “Leaky Gut”?** *Free. Please pre-register. Seats are limited.*

WEDNESDAYS IN JANUARY

Weekly

3 - 3:45 pm **ZUMBA GOLD** is a “feel-happy” workout that uses motivating music to provide a safe, effective way to improve the mind, body and soul. Helpful for beginners, active older adults, and adults who need modifications in their exercise programs. It’s also a good time. Join the fun! Residents \$5/nonresidents \$12. Pay at the door.

January 8

10 - 11:30 am **Men’s Morning:** D-Day 1944 --- the view from Normandy 75 years later with Marilyn John as she shares her recent visit to Normandy retracing D-day events. Donuts, coffee and juice will be served. Please pay \$3 at the door. No preregistration is required. Women welcome! Bring a friend!

January 22

11:45 am **Lunch** prepared by Irene’s catering includes traditional meatballs served over penne pasta with red sauce, Italian salad, bread and brownies. Residents \$10/nonresidents \$12 due no later than noon January 20.

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

1 pm **Joy Singers** perform their winter concert

THURSDAYS IN JANUARY

Weekly

9 am - 9:45 am **Let’s Dance! Dance Fitness Class** with Kelly Schroeder-Strong to move our bodies and bring a smile to our souls. This class is ongoing. Participants can join at any time. Residents: \$5 per class/ nonresidents \$10/class. 9:45 am optional Guided Meditation with Kelly follows dance class.

January 9

11:30 am **Lunch Bunch.** We will meet at Harry’s Bar & Grill located at 3549 N Oakland Avenue for fun and food. If you want to join the group but need a ride, please call the SRC office and we will try to accommodate you. *Please register with the SRC if you plan to attend.*

January 16, 23 & 30

1:30 - 3 p.m. **I’m Retired! Now What Do I Do with the Rest of My Life?** *It’s time to enjoy life to the fullest. You’ve earned it. Get started with Linda McGuire, certified Retirement Coach. Through presentations, discussions, and facilitated group sharing and reflection, you will investigate activities that will help initiate change, find balance and choose a lifestyle and direction. Residents \$20/nonresidents \$30. Please pre-register.*

FRIDAYS IN JANUARY

Weekly

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

9 - 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 a UWM student volunteer. *Free! No pre-registration required. (No tutors 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). Pay \$10 at the door.

The SRC will be closed January 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.

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