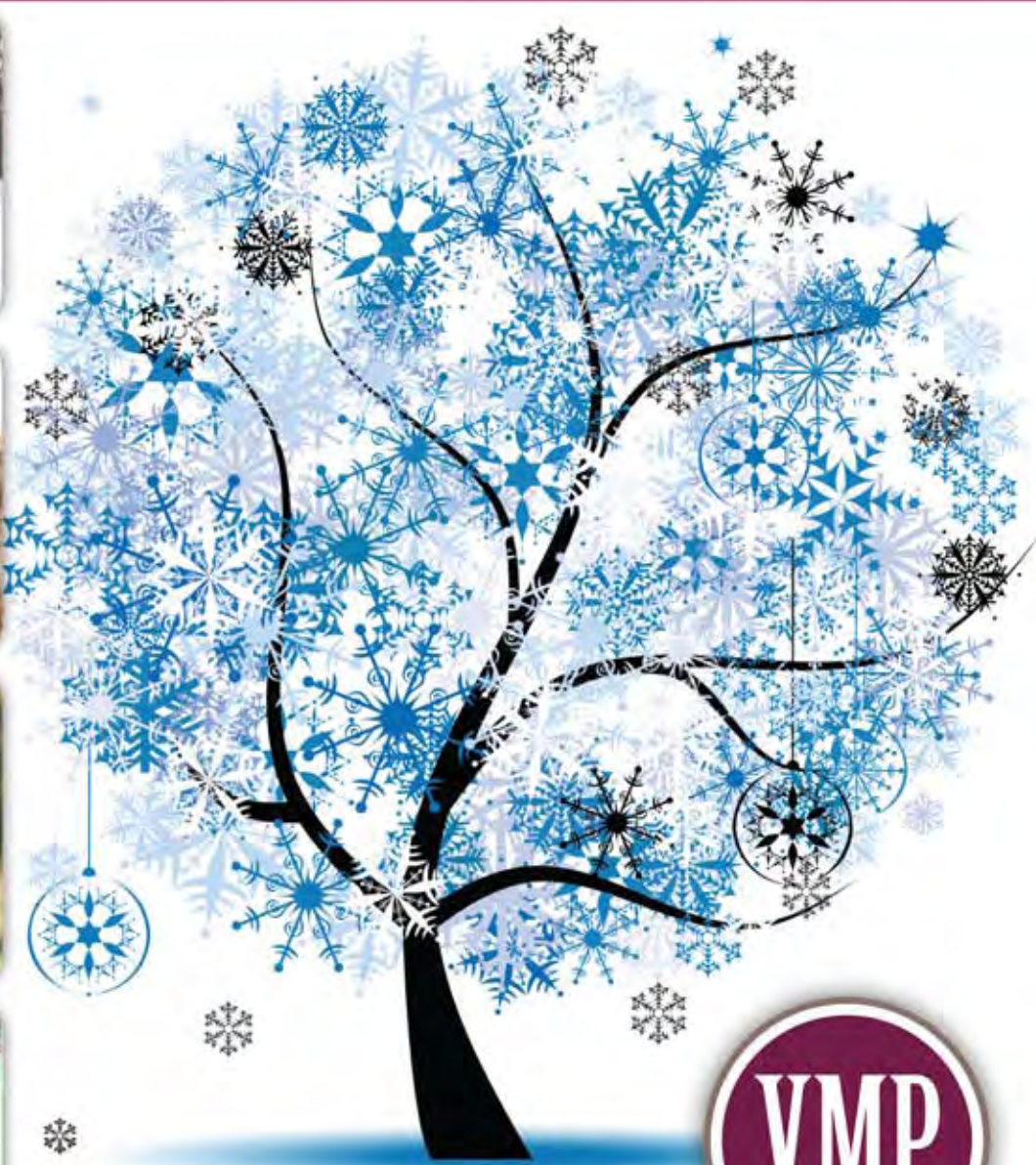


# Senior Community Club NEWSLETTER



*VMPcares.com*

**2019 WINTER ISSUE**  
January, February, March

HEALTHCARE &  
COMMUNITY LIVING

# VMP SENIOR COMMUNITY CLUB

## Policy & Procedures

### ATTENTION MEMBERS!

Per your suggestions please notice a change in the newsletter format. Trips and Events will now be listed together in date order. We hope this will make it easier for you to plan and/or choose what Trips and Events you would like to take advantage of. We look forward to an exciting 2019. We have a lot of Trips, Events, and Programs planned for you.



**Senior  
Community  
Club**

8536 W. Oklahoma Ave.  
West Allis, WI 53227  
(414) 607-4186

You're Never  
Too Old to Play™

#### OFFICE HOURS:

Tuesday – Thursday  
9:00AM – 4:00PM

**CLOSED**

**New Year's Day.**

#### CHANGE OF ADDRESS

Please let us know if you have moved or changed your phone number so we can update our records. We need a current address to mail your newsletter, as we cannot guarantee that the Post Office will forward it to you.

### MEMBERSHIP & RENEWALS

The annual membership fee is \$10.00 (per person). A separate check is required for the membership fee. Make check payable to **VMP-SCC** and mail to address on left side of page. Please indicate **Membership Renewal** on check.

### RESERVATIONS

Reservations can be made at any time for all programs, events, trips or classes. When making reservations for yourself and others please provide the following information for each individual: **Full Name, Phone Number, Membership Number, Pick-Up Location and Food Choice if Applicable.** *We cannot guarantee group seating on the bus, at venue, or for an in-house event if everyone in group does not sign up at the same time.*

If you have any special needs, i.e., dietary, seating preference or medical consideration, please inform us at the time of your reservation. We regret we cannot provide assistance for an individual's personal needs. A companion (separate registration and applicable fee required) must accompany any person who needs such assistance.

### PAYMENTS

We accept cash and checks **ONLY**. Credit cards not accepted. Make check payable to **VMP-SCC**. Upon receipt of your payment you will receive your event, outing or trip ticket. If you choose to mail in your payment, please include a self-addressed stamped envelope and send it to the VMP-SCC address on the left. **Please remit payment three weeks prior to the date of a trip or event!** VMP-SCC reserves and pays for tickets, meals, and entertainment weeks to months in advance.

### CANCELLATIONS

If you know you need to cancel, please notify the SCC Office as soon as possible. If you have pre-paid, VMP-SCC will issue a credit if someone takes your place from our waiting list or a late registration. If you find someone to take your place, please call with name(s) and phone number(s). **NO REFUNDS!**

### PARKING

**VMP MANOR PARK** / Street parking is available for in-house events on Oklahoma Ave. **For outings and trips we prefer you park at Bel-Oak Apts., 8821 W Oklahoma Ave. (visitor section).** Most outings and trips depart from Manor Park and Bel-Oak unless otherwise specified.

**BRIA TRINITY - 7300 W. Dean Rd** / Parking is available on Dean Rd. Most outings and trips depart from the main entrance unless otherwise specified.



## RESERVATIONS

Reservations can be made at any time, but don't wait too long as many trips sell out early. When making reservations for yourself and others please provide the following information for each individual: **First & Last Name, Phone Number, Membership Number, Pick-Up Location and Food/Entrée Choice if Applicable.** We cannot guarantee group seating on the bus or at a venue if everyone in the group does not sign up at the same time. **Please remit payment no later than three weeks prior to the date of a trip.** You are welcome to check for availability and if a trip is full we can put you on a wait list.

## TRIP & EVENT IDENTIFICATION

**Please Note: In the newsletter text, Events are indicated by (1) \*, Trips by (2) \*\*, and Overnight Trips by (3) \*\*\*.**

## "PROJECT CONNECT"

**This intergenerational interactive program is back for its 3rd Year. We kicked-off in September with "Getting to Know You" on Wed. Sept. 19.**

Experience an unforgettable pairing and sharing of ideas, enthusiasm, and energy that will cross the generational boundaries. First graders from Grace Christian Academy will visit the SCC the 3rd Wednesday of each month at 1:30pm for a themed gathering with senior friends. Please don't disappoint the children, sign up to be a part of these interactive programs.

### PROGRAM DATES & THEMES

**JAN. 16 - "RING IN A NEW YEAR"**

**FEB. 20 - "THE LOVES OF OUR LIVES"**

**MAR. 20 - "SPRING FORWARD"**

See JAN, FEB, and MAR sections for detailed information.

## \*INSPIRATIONAL BREAKFAST

**Hearth Room**

**Tuesday, Jan. 8 from 8-9am**

*Have you ever wondered about Near Death Experiences (NDEs)? Join Rich Wagner, son of Richard and Josie Wagner, to consider questions such as: What was the experience of dying like? What did you experience while dead? Which religion had it right? What is the purpose of life? Bring your musings and wonderment as we discuss this fascinating topic!* All SCC members are welcome to join VMP Pastoral Care for their Inspirational Breakfast, where we enjoy a continental breakfast, coffee and juice, and time for music and interactive devotionals. Starting at 8am, we meet in the Hearth Room of Wesley Park (every other month, NORMALLY on the 2nd Tuesday, odd numbered months only). This is an on-going gathering. Please contact the Senior Community Club at 414-607-4186 by **Jan. 2** to reserve your seat. Please Pay at Door. **SCC Member & Residents/\$2.50 Guest/\$4**

## \*SASSY STAMPERS CARD MAKING CLASS

**Lower Level Craft Room**

**Tuesday, Jan. 8 at 10am** (one week later than normal)

Lee, our instructor, has been teaching card-making with rubber stamps for 12 years. She will inspire you with tips, tricks and techniques to help you create unique greeting cards. In this class you will have the opportunity to make three cards. Everything you need is ready to use - paper and ribbon is already cut, ink, stamps, glue, scissors, glitter, envelopes, etc. will be available... All abilities will be accommodated, from experienced to new stampers. You will enjoy the class. **Please pre-register through the SCC office. \$5 paid directly to instructor**

## \*POP UP JEWELRY BOUTIQUE & REPAIR

**Hearth Room**

**Tuesday, Jan. 8 from 2:30-4pm**

Diane's Designs, is your neighborhood expert for all your jewelry needs. With master goldsmiths coming your way we are sure to make all your jewelry shine like new. We offer repairs and new designs as well as free inspection and cleaning of your treasured items. We are located at 74th Street and Greenfield Avenue in downtown West Allis. We will be here the second Tuesday of every month. **Charge may apply depending on service required.**

## \*ENTERTAINMENT NIGHT WITH "JAN LEMAN BAND"

**Park Place Dining Room**

*Enter at 8536 W. Oklahoma Ave. Door Open 7-7:30pm*

**Tuesday, Jan. 8 at 7:30pm**

**See flyer for details.** For those of you who have

# JANUARY

## \*HAWAIIAN DANCE (NEW CLASS)

*Enter at 8536 W. Oklahoma Ave. Door open 6-6:30pm.*

**Lower Level**

**Wednesday, Jan. 02 at 6:30pm**

Looking for something NEW? Don't miss your chance to learn (about)

Hawaiian Dance. All ages are

welcome. We will meet on the first and third Wednesdays of each month. Anita Bradley (your instructor) looks forward to seeing you at her first class.



asked, a minimum free will offering of \$3.00/person is suggested. *Refreshments will be served after the performance.*

**\*FIRESIDE CHAT WITH SUE KOTAJARVI**

**Hearth Room**

**Wednesday, Jan. 9 from 3-4pm**

Get to know your neighbors and friends as never before. What did you do before you retired, work, hobbies, sports, etc. you know you are living history; tell people about it! **FREE**

**\*JOGGIN YOUR NOGGIN "HUMAN TRAFFICKING"**

**Conference Room**

**Thursday, Jan. 10 at 10am and 2pm**

*NOTE: This stimulating class will now meet twice on the second Thursday of each month.* You're invited to "Use Your Head" with Wesley Park resident, Sue Oldaker during a monthly program focused on YOU! Our agenda will include topics of interest and/or concern, and is open to residents and all SCC members. Please mark your calendar, and get involved in issues relevant to you. Programs will vary and may include discussion, activities, DVD presentations, and outside speakers. Let's make 2019 a "Thinking Cap" year, remember that "We're Never Too Old To Play!"™ **FREE**

**\*MUSIC AND MOVEMENT**

**VMP Manor Park, Olson Rehabilitation**

*Enter at 8520 W. Oklahoma Ave.*

**Thursday, Jan. 10, Feb. 14, and Mar. 14 at 2:00 PM**

Music & Movement is a monthly exercise class that will be hosted on the second Thursday of the month. The class is instructed by a Therapist and a Board Certified Music Therapist. The focus of the group is for individuals with Parkinsonian symptoms and it will use music to help motivate and enhance the exercise movements. Please RSVP to Jennifer McFadyen (414-607-4223). **FREE**

**\*SKYWALK CIRCLE**

**Skywalk Room**

**Monday, Jan. 14, at 1pm**

Skywalk Circle is making changes in the way we do ministry. We welcome new people to join us. Marilyn, your group leader, would appreciate your suggestions and comments. Marilyn can be reached at 414-539-6333. This group meets monthly on the second Monday of each month. We look forward to seeing you. **FREE**

**\*PROJECT CONNECT "RING IN A NEW YEAR"**

**Conference Room**

**Wednesday, Jan. 16 at 1:30-2:30pm**

We will ring in the New Year by watching a movie. Refreshments will be enjoyed, including Popcorn of course. Please don't disappoint the first grade children of Grace Christian Academy, sign up today! **FREE**

**\*URBAN ECOLOGY PHOTOGRAPHY OPENING RECEPTION**

**Commons Area**

**Wednesday, Jan. 17 from 3:30-5:00pm**

The purpose of the Urban Ecology Center Photo Club is to promote the art and science of photography in the Milwaukee community and to develop the skills of our members through hands-on experience and educational opportunities. Our members are a diverse group of men and women with a common interest in photography. Our talent is varied, with our more experienced members encouraging the beginners to stretch and grow their photography skills. The photography will feature Places and Things and will be on display through March. **FREE**

**Do you know someone that needs out-patient rehab?**

Our goal is to get back to your previous health status and help RETURN back to your home. Listed below are some of the scenarios that we can help with:

**PHYSICAL | OCCUPATIONAL | SPEECH**

- needs therapy following a surgery
- needs therapy following an accident
- treatment to help medical condition
- recovering from a stroke

Ask about **complimentary transportation** for patients within a 5-mile radius.

**To learn more call 414-607-4139.**



**\*THOUGHTFUL THEATER WITH  
CHAPLAIN SUE**

**Conference Room**

**Thursday, Jan. 17, 2-4pm**

Join Chaplain Sue the third Thursday of every other month for an afternoon of entertainment with the viewing of a movie and reflective engagement afterward. The silver screen can entertain as well as challenge us. Occasionally we'll consider comedy for a diversionary break; other times a more purposeful examination. Cinema offers us a diverse world-view— let's take a look together! Popcorn and Punch will be served. **FREE**

**\*PARK PLACE DINNER WITH ALAN  
GRAVEEN'S "CLASSIC HIT SHOW"**

**Park Place Dining Room**

**Thursday, Jan. 17 at 5pm**

A little Elvis is great but sometimes songs by other famous artists also is great. Have the best of both worlds...hear songs by Frank Sinatra, Tony Orlando and Dawn, Dean Martin, Englebert Humperdinck, Tom Jones, Andy Williams and others mixed in to create this fabulous show! Prior to Alan's performance enjoy a Glass of Wine, Caesar Salad, Assorted Rolls, BBQ Ribs, Overstuffed Baked Potatoes, Parmesan Corn, Decadent Chocolate Layer Cake, and Beverage. **Member/\$21 Guest/\$24**

**\*TECHIE TUTORS WORKSHOP**

**Conference Room**

**Friday, Jan. 18 & 25 from 10-11am**

Technology got you all twisted up? 'Techie Tutors' to the rescue!! A team of technologically savvy students from Divine Savior Holy Angels High School will become your angels and help you better understand the workings and technology of your cell phone, iPad, or computer. Be sure to bring your item along. The group workshop will cover the basics followed by a question and answer session and individual tutoring. Please let us know if you are planning to attend by calling the SCC office. **FREE**

**\*1ST ANNUAL "SOCK HOP"**

**Boardwalk Bistro**

**Friday, Jan. 18 at 3pm**

Did you get socks for Christmas? If not maybe you will want to go out and get a pair (they are likely on clearance now) because you don't want to miss our *1st Annual "Sock Hop!"* Jan and Chaplain Sue invite you to gather for refreshments, music and more while you show off your ugliest, most unusual, most colorful socks. This will be a competitive event, with judging and prizes in each category! Chaplain Sue will definitely be your competition as I understand she is the proud the owner of quite the sock collection!! **The "entrance fee" will be a pair of warm socks for the homeless.** While we can gather in comfort in our warm facility, there are those who are less fortunate. Let's remember them in our giving.

**\*\*POTAWATOMI DAY TRIP**

**Milwaukee, WI**

**Monday, Jan. 21**

*Departs Bria Trinity at 8:20am*

*Departs Potawatomi at 2pm*

**Registration is required and must be confirmed FOUR business days prior to the departure date (Wednesday before).** Potawatomi offers you an added value package which includes a \$10 food voucher that can be used at any food venue and \$10 bonus play on your Fire Keepers Club Card. Please provide the following information when you call to register: First and Last Name, Address, Phone Number, Birthdate, and Fire Keepers Club Card Number. If you do not have a card, a Potawatomi staff member will meet you at the bus and register you. **Per casino be sure to bring PHOTO ID.** Payment for this trip is made directly to Universal Services. Either check or cash will be accepted as you board the bus. **\$20** (In the interest of keeping trips open and not cancelling, if there are fewer than 20 people signed up, an additional \$5.00 surcharge will be added to prevent trip cancellation.)

**\*FULL CIRCLE LIFE-EXCITE  
CENTER WORKSHOP**

**"MAGNIFICENT MEDITATION!"**

**Conference Room**

**Monday, Jan. 21 at 2:30pm**

Do you have "Hummingbird" brain that flits from one subject to another especially when you're trying to sleep? Join Gail to learn meditation techniques along with deep breathing exercises. Gail, CRR, RYT a Certified Registered Reflexologist, Registered Yoga Teacher, Arthritis Foundation Exercise leader and Certified Laughter Yoga Leader to learn meditation techniques along with deep breathing exercises. Please join us; you'll be glad you did. **FREE**

**\*\*LEGENDS OF COUNTRY AT  
FIRESIDE**

**Ft. Atkinson, WI**

**Thursday, Jan. 24**

*Departs Bria Trinity 8:15am*

*Departs Manor Park 9am, Bel-Oak 9:05am*

Country music has been a staple of American entertainment for more than 60 years! Now imagine seeing six of the biggest country artists of all time in one great performance: Dolly Parton, Tim McGraw, Reba McEntire, Brooks and Dunn, Shania Twain, and Johnny Cash!! LEGENDS IN CONCERT presents dynamic and talented performers re-creating the unforgettable concert appearances of these show biz immortals. Using only their natural voice and talent they create a performance so real that you would swear that these legends are right there in front of you. Our featured lunch menu includes Cream of Potato Soup, Freshly Baked Breads, Barbecued Ribs, served with Monterey Jack Macaroni and Cheese, Fresh Green Beans, Georgia Pecan Pie, and Coffee, Tea or Milk.

**Member/\$90 Guest/\$95**

**\*EDUCATION & ENTERTAINMENT  
“THE GREAT PYRAMIDS OF GIZA”**

**Conference Room**

**Thursday, Jan.24 at 2pm**

*The Great Pyramids of Giza*, one of the “Seven Wonders of the World”. 10 Things You Don’t Know About The Pyramids Of Egypt. It looks as if scientists have finally discovered the true purpose of the pyramids! It seems these unique structures might have had a function that was a far cry from “just” burying their dead. Come and discover/learn how they were built, who built them, why they were built, and what secrets may still lie hidden within their stones. **FREE**

**\*COCKTAIL CONNECTION**

**Wesley Park Courtyard or Hearth Room/Library**

**Friday, Jan. 25, at 3pm**

Note: Cocktail Connection will now meet on the fourth Wednesday of the month. Come together with conversation & cocktails...enjoy some time chatting with friends & neighbors while toasting the good times! *Bring your own beverage, snacks, & positive attitudes!*

## FEBRUARY

**\*WEAR RED FASHION LUNCHEON**

**Park Place Dining Room**

*Enter at 8621 W. Beloit Rd. or  
8536 W. Oklahoma Ave.*

**Friday, Feb. 1 at 11am**

Join us for this special themed luncheon featuring a Glass of Red Wine, Cinnamon Applesauce Mold, Red Pepper Chicken, Roasted Red Potatoes, Green Bean Almondine (Good For The Heart), Angel Food Cake with Fresh Strawberries, and a Beverage. You are encouraged to participate in this event as part of a day when Americans nationwide will wear red to show their support for Women’s Heart Disease Awareness. Enjoy a special “RED” themed fashion show by Kohl’s. You are encouraged to invite family and friends. Don’t forget to WEAR RED! **Member/\$15 Guest/\$18**

**\*\*MSO: CHICAGO THE  
MUSICAL-IN CONCERT**

**Milwaukee, WI**

**Sunday, Feb. 3**

*Departs Manor Park 1:30pm, Bel-Oak 1:35pm*

Experience the Broadway musical Chicago in concert with the Milwaukee Symphony Orchestra. An unstoppable evening of hits... “All That Jazz,” “Cell Block Tango,” “Razzle Dazzle,” “Mister Cellophane,” and so many more. After we will dine at Johnny V’s where we will have a Salad, Spaghetti & Meatballs, Beverage, and Dessert. **Member/\$70 Guest/\$75**

**\*SASSY STAMPERS CARD MAKING  
CLASS**

**Lower Level Craft Room**

**Tuesday, Feb. 5 at 10am**

**See Jan. 8 descriptive. Please pre-register through the SCC office. \$5 paid directly to instructor**

**\*AARP TAX ASSISTANCE**

**Conference Room**

**Wednesdays, Feb. 6, 13, 20, 27**

**BY APPOINTMENT ONLY!**

**This service is not available if you have income property. Tax counselors will assist low to moderate-income taxpayers with their returns, especially those 50 and older.**

You will be asked to fill out a questionnaire form before meeting with a Tax Counselor. You may pick up the form in our office ahead of time during normal business hours or at the time you make your appointment. If you had your previous year’s taxes filed through AARP Tax Assistance, refer to your tax folder.

**The checklist below includes items you need to bring for AARP to help you prepare your tax return(s).**

- Previous year’s tax return(s).
- Social Security cards and/or ITIN notices/cards or other official documentation that show the taxpayer identification numbers for every individual on your return.
- Photo ID for each taxpayer.
- Checkbook if you want to direct deposit any refund(s) or direct debit any amounts due.
- Identity Protection PIN (IP PIN) (for each individual if applicable).

**Income**

- W-2 from each employer.
- 1099-G form for unemployment compensation or state/local income tax refunds.
- SSA-1099 form showing the total Social Security benefits paid to you for the year, or RRB-1099, Tier 1 Railroad Retirement benefits form.
- 1099 forms (or other statements) reporting interest (1099-INT), dividends (1099-DIV) and/or proceeds from sales (1099-B), plus documentation showing the original purchase prices if you sold stocks or other assets.
- 1099-R form if you received a pension, annuity, or IRA distribution.
- 1099-MISC, 1099-K, or other 1099 forms.
- If you have a business, bring a summary list of all your income (cash and noncash) and all business-related expenses.
- Information about any other income of any form including cash or other than cash.

**Payments**

Records of any federal and/or state and/or local income tax paid (including quarterly estimated tax payments) if not shown on income documents.

**Health Insurance**

- 1095-A forms if you purchased insurance through the

Marketplace (Exchange).

- 1095-B/1095-C forms (optional).
- Any exemption correspondence from the Marketplace (if applicable).

### **Deductions**

Most taxpayers have a choice of taking either a standard deduction or itemizing their deductions.

If you have a substantial amount of deductions, you may want to itemize. If so, bring the following information:

- 1098 form showing home mortgage interest.
- A summary list of medical/dental/vision expenses including doctor and hospital bills and medical insurance premiums, prescription medicines, assisted living services, long-term insurance and bills for medical related home improvements such as ramps and railings for people with disabilities.
- Summary of cash and noncash contributions to charity.
- Property tax bills paid during the year (frequently shown on mortgage statement).
- Records of unreimbursed business expenses related to your job or expenses related to your investments.

### **Credits**

- Dependent care provider information – name, address, telephone number and employer ID or Social Security number and amount paid to provider.
- 1098-T form for education expenses plus statement of account from the educational institution showing tuition and fees actually paid and scholarships, grants, etc. received. Also bring a summary of any other education expenses.
- 1098-E form for student loan interest.

### **FREE**

## **\*\*POTAWATOMI DAY TRIP**

**Milwaukee, WI**

**Monday, Feb. 11**

*Departs Manor Park 8am, Bel-Oak 8:05am*

*Departs Potawatomi at 2pm*

**Registration is required and must be confirmed FOUR business days prior to the departure date (Wednesday before).** Potawatomi offers you an added value package which includes a \$10 food voucher that can be used at any food venue and \$10 bonus play on your Fire Keepers Club Card. Please provide the following information when you call to register: First and Last Name, Address, Phone Number, Birthdate, and Fire Keepers Club Card Number. If you do not have a card, a Potawatomi staff member will meet you at the bus and register you. ***Per the casino be sure to bring PHOTO ID.*** Payment for this trip is made directly to Universal Services. Either check or cash will be accepted as you board the bus. **\$20** (*In the interest of keeping trips open and not cancelling, if there are fewer than 20 people signed up, an additional \$5.00 surcharge will be added to prevent trip cancellation.*)

## **\*SKYWALK CIRCLE**

**Skywalk Room**

**Monday, Feb. 11, at 1pm**

**See Jan. 14 descriptive.**

## **\*POP UP JEWELRY BOUTIQUE & REPAIR**

**Hearth Room**

**Tuesday, Feb. 12 from 2:30-4pm**

**See Jan. 8 for descriptive.**

## **\*ENTERTAINMENT NIGHT WITH “MARK KENNEY”**

**Park Place Dining Room**

*Enter at 8536 W. Oklahoma Ave. Door Open 7-7:30pm*

**Tuesday, Feb. 12 at 7:30pm**

For those of you who have asked, a minimum free will offering of \$3.00/person is suggested. **See flyer for details.** *Refreshments will be served after the performance.*

## **\*\*MAMA MIA AT DRURY LANE**

**Oakbrook, IL**

**Wednesday, Feb. 13**

*Departs Bria Trinity 8:45am*

*Departs Manor Park 9:30am, Bel-Oak 9:35am*

The international megahit Mamma Mia! uses the greatest songs of ABBA to tell a hilarious story of marriage, family and finding where you belong, proving that in the end the winner takes it all. Come see why people worldwide have laughed and danced to this unforgettable jukebox musical. Lunch today features, an entrée choice of Lake Trout with Citrus Caper Sauce or Bistro Steak with Bordelaise Sauce, Soup of the Day, Rolls, Roasted Shallot Mashed Potatoes, Vegetable, Dessert, and Beverage.

**Member/\$87 Guest/\$92**

## **\*FIRESIDE CHAT WITH SUE KOTAJARVI**

**Hearth Room**

**Wednesday, Feb. 13, from 3-4pm**

Get to know your neighbors and friends as never before. What did you do before you retired, work, hobbies, sports, etc. you know you are living history; tell people about it! **FREE**

## **\*JOGGIN YOUR NOGGIN “THE OPIOID/DRUG CRISIS”**

**Conference Room**

**Thursday, Feb. 14, 10am and 2pm**

**NOTE:** *This stimulating class will now meet twice on the second Thursday of each month.* You're invited to “Use Your Head” with Wesley Park resident, Sue Oldaker during a monthly program focused on YOU! Our agenda will include topics of interest and/or concern, and is open to residents and all SCC members. Please mark your calendar, and get involved in issues relevant to you. Programs will vary and may include discussion, activities,

DVD presentations, and outside speakers. Let's make 2018 a "Thinking Cap" year, remember that "We're Never Too Old To Play!"™ **FREE**

**\*\*FIDDLER ON THE ROOF AT MARCUS CENTER**

**Milwaukee, WI  
Saturday, Feb. 16**

*Departs Manor Park 1pm, Bel-Oak 1:05pm*

A wonderful cast and a lavish orchestra tell this heartwarming story of fathers and daughters, husbands and wives, and the timeless traditions that define faith and family. Featuring Broadway classics "Tradition," "If I Were a Rich Man," "Sunrise, Sunset," "Matchmaker, Matchmaker," and "To Life." **Member/\$73 Guest/\$78**

**\*\*POTAWATOMI DAY TRIP**

**Milwaukee, WI  
Monday, Feb. 18**

*Departs Bria Trinity at 8:20am*

*Departs Potawatomi at 2pm*

**See Jan. 21 for descriptive.**

Payment for this trip is made directly to Universal Services. Either check or cash will be accepted as you board the bus. **\$20** (If there are fewer than 20 people signed up, an additional \$5.00 surcharge will be added to prevent trip cancellation.)

**\*FULL CIRCLE LIFE-EXCITE CENTER WORKSHOP "FUN WITH FASCIA"**

**Conference Room  
Monday, Feb. 18 at 2:30pm**

Learn what fascial tissue is and how it affects the rest of the body. You will be looser and leaner with some easy, fun techniques to stretch your own fascia. There will be interactive demos and a question and answer session. Your instructor is Stephanie, LMT, CMLDT, CT, RM RYT200, a licensed Massage Therapist. Please join us; you'll be glad you did. **FREE**

**\*PROJECT CONNECT "THE LOVES OF OUR LIVES"**

**Lower Level Activity Area  
Wednesday, Feb. 20 at 1:30-2:30pm**

February is all about Love and we will share what we love about life and read a book. We will share our love for pizza by making individual sized pizzas together. Please don't disappoint the first grade children of Grace Christian Academy, sign up today! **FREE**

**\*PARK PLACE DINNER WITH "ANDY & KATHY"**

**Park Place Dining Room  
Wednesday, Feb.20 at 5pm**

Andy & Kathy will entertain you with the accordion and drums, playing a vast variety of music including slow and fast tunes, Latin and country with sing-a-longs as well. We will enjoy A Glass of Wine, Italian Bread, Chicken Parmesan, House Salad with Italian Dressing, Italian Blend Vegetables, Buttered Fettucine, Tiramisu, and a Beverage. **Member/\$21 Guest/\$24**

**\*\*MY FAIR LADY AT FIRESIDE Ft. Atkinson, WI**

**Thursday, Feb. 21**

*Departs Bria Trinity 8:15am*

*Departs Manor Park 9am, Bel-Oak 9:05am*

**MY FAIR LADY** has entertained people worldwide with its enchanting Cinderella story about Eliza Doolittle, a bedraggled, cockney flower girl who is transformed into an elegant lady by the brilliant and irascible Professor Higgins. It is a beautiful show filled with dancing, comedy, and featuring such hits as "Wouldn't It Be Lovely," "I'm Getting Married in the Morning," and "I Could Have Danced All Night." Your lunch features Cream of Watercress Soup, Fresh Baked Breads, Beef Short Rib, Cheesy Hash Brown Potatoes, Shaved Brussel Sprouts with Smoked Bacon, Baby Carrots, Opera Cake, and Coffee, Tea, or Milk. **Member/\$90 Guest/\$95**

**\*BLOOD DRIVE**

**Lower Level Activity Room  
Friday, Feb. 22 from 9am-2pm**

If you have any questions, call the Blood Center at 414-937-6199. Everyone is encouraged to be part of this life-saving program. For an appointment, call Rachel Theabo at 414-607-4111. The blood drive is coordinated by the Friends of Manor Park.

**\*COCKTAIL CONNECTION**

**Wesley Park Courtyard or Hearth Room/Library  
Friday, Feb. 22, at 3pm**

Note: Cocktail Connection will now meet on the fourth Wednesday of the month. Come together with conversation & cocktails...enjoy some time chatting with friends & neighbors while toasting the good times! **Bring your own beverage, snacks, & positive attitudes!**

**\*\*ONEIDA CASINO**

**Green Bay, WI  
Monday, Feb. 25**

*Departs Manor Park 8am, Bel-Oak 8:05am*

*Departs Bria Trinity 8:30am*



Monthly offers (groups and individuals) are based on the play accumulated on your Rewards Club Card. To rack up more rewards, always use your Rewards Club card! **MORE PLAY MORE REWARDS!** If you have an active/current Rewards Club card give us your player number at the time you sign up. If you do not have a card, we must have your full name, address, zip code, phone number and birth date. Registration is required no later than 5 days prior to departure date. **Member/\$34 Guest/\$37**

**\*E&E “SENIOR SAFE NOT SORRY”**

**Conference Room  
Friday, Feb. 28 at 2pm**

In collaboration with the West Allis Police Department, the West Allis-West Milwaukee Community Coalition is working to reduce the amount of unused and unwanted prescription drugs and medications that people have stored in their residences. Both organizations are also working to improve the safety and quality of the lives of the elderly population in the West Allis and West Milwaukee communities. At the end of the program there will be a drawing for a Medication Lock Box.

**Topics covered include:**

- Keep your purse or other valuables safe while out and about.
- Avoid slips and falls.
- Keep track of and safely store your medications.
- Alcohol and portion sizes.
- Depression and Suicide.

**FREE**

## MARCH

**\*\*MSO - DIVA TO DIVA: ELLA TO ADELE**

**Milwaukee, WI  
Sunday, Mar. 3**

*Departs Manor Park 1:30pm, Bel-Oak 1:35pm*  
Singer-songwriter Ann Hampton Callaway celebrates the past century of the song and the songstress...Etta James, Ella Fitzgerald, Carole King, Carly Simon, and more. All exquisitely performed by this multi-platinum Broadway star.

We will dine at Johnny V's featuring a Broiled Pork Chop, Salad, Dessert, and Beverage. **Member/\$70 Guest/\$75**

**\*SASSY STAMPERS CARD MAKING CLASS**

**Lower Level Craft Room  
Tuesday, Mar. 5 at 10am**

**See Jan. 8 descriptive. Please pre-register through the SCC office. \$5 paid directly to instructor**

**\*AARP TAX ASSISTANCE**

**Conference Room  
Wednesdays, Mar. 6, 13, 20, 27  
BY APPOINTMENT ONLY!**

*See Feb. 6 for details.*

**\*\*PHANTOM OF THE OPERA AT MARCUS CENTER**

**Milwaukee, WI  
Thursday, Mar. 7**

*Departs Manor Park 11am, Bel-Oak 11:05am  
You don't want to miss this spectacular new production of Andrew Lloyd Webber's THE PHANTOM*

**OF THE OPERA.** Deformed since birth, a bitter man known only as the Phantom lives in the sewers underneath the Paris Opera House. He falls in love with the obscure chorus singer Christine, and privately tutors her while terrorizing the rest of the opera house and demanding Christine be given lead roles. Prior to the performance you will enjoy a buffet featuring Chicken with Brandy Mushroom Cream, Grilled Sirloin Gorgonzola Gratin, Asparagus Ragout Caesar Salad, Green Beans with Fire Roasted Peppers, Horseradish Whipped Potatoes, Rolls, Dessert, and Coffee or Tea. **Member/\$93 Guest/\$98**

**\*\*MARK TWAIN'S RIVER OF SONG" AT MILWAUKEE REP**

**Milwaukee, WI  
Sunday, Mar. 10**

*Departs Manor Park 1pm, Bel-Oak 1:05pm*  
From the iron red water in Minnesota to the deep, dark Southern Delta, the river carries the stories and songs of the people. Come take a ride on the Mississippi— guided by the voices of the men and women who lived and worked on the river, tied together with the observations and insights of the Mississippi's most famous traveler, Mark Twain. Performed by three world-class musicians, including



David Lutken (*Woody Sez, John Denver*), it's a journey through America's Heartland and features traditional songs like "Dance Boatmen Dance," "Sometimes I Feel Like a Motherless Child," and "Deep River Blues."

**Member/\$65 Guest/\$70**

### **\*SKYWALK CIRCLE**

**Skywalk Room**

**Monday, Mar. 11, at 1pm**

**See Jan. 14 descriptive.**

### **\*INSPIRATIONAL BREAKFAST**

**Hearth Room**

**Tuesday, Mar. 12 from 8-9am**

*Have you ever wondered about Near Death Experiences (NDEs)? Join Rich Wagner, son of Richard and Josie Wagner, to consider questions such as: What was the experience of dying like? What did you experience while dead? Which religion had it right? What is the purpose of life? Bring your musings and wonderment as we discuss this fascinating topic!* All SCC members are welcome to join VMP Pastoral Care for their Inspirational Breakfast, where we enjoy a continental breakfast, coffee and juice, and time for music and interactive devotionals. Starting at 8am, we meet in the Hearth Room of Wesley Park (every other month, *NORMALLY* on the 2nd Tuesday, odd numbered months only). This is an on-going gathering. Please contact the Senior Community Club at 414-607-4186 by **Mar. 6** to reserve your seat. Please Pay at Door. **SCC Member & Residents/\$2.50 Guest/\$4**

### **\*POP UP JEWELRY BOUTIQUE & REPAIR**

**Hearth Room**

**Tuesday, Mar. 12 from 2:30-4pm**

**See Jan. 8 for descriptive.**

### **\*ENTERTAINMENT NIGHT WITH "COMMAND PERFORMANCE"**

**Park Place Dining Room**

*Enter at 8536 W. Oklahoma Ave. Door Open 7-7:30pm*

**Tuesday, Mar. 12 at 7:30pm**

Come and hear one of the most exciting Big Bands in the Milwaukee area. From the band's singers to its horn players and rhythm section you will be blown away. **For those of you who have asked, a minimum free will offering of \$3.00/person is suggested.** Refreshments will be served after the performance.

### **\*FIRESIDE CHAT WITH SUE**

**KOTAJARVI**

**Hearth Room**

**Wednesday, Mar. 13 from 3-4pm**

Get to know your neighbors and friends as never before. What did you do before you retired, work, hobbies, sports, etc. you know you are living history; tell people about it! **FREE**

### **\*JOGGIN YOUR NOGGIN**

**"NUMEROLOGY" WITH KIM HALL**

**Conference Room**

**Thursday, Mar. 14 at 10am and 2pm**

*NOTE: This stimulating class will now meet twice on the second Thursday of each month.* You're invited to "Use Your Head" with Wesley Park resident, Sue Oldaker during a monthly program focused on YOU! Our agenda will include topics of interest and/or concern, and is open to residents and all SCC members. Please mark your calendar, and get involved in issues relevant to you. Programs will vary and may include discussion, activities, DVD presentations, and outside speakers. Let's make 2018 a "Thinking Cap" year, remember that "We're Never Too Old To Play!"™ **FREE**

### **\*PARK PLACE DINNER WITH "YOUNG STRINGS"**

*Enter 8536 W. Oklahoma Ave. or 8621 W. Beloit Rd.*

**Park Place Dining Room**

**Thursday, Mar. 14 at 5pm**

"Young Strings" will entertain you with a variety of Irish tunes including "Irish Party in Third Class," "Ashokan Farewell," "My Love is Like a Red, Red Rose," and "Star of County Down." Sean Steinbach is a violinist in his senior year of high school. Matt Piper is a violinist attending Lawrence University, as a sophomore. Becca Arnold is a cellist attending Parkside and is a sophomore. They are currently in the process of professionally recording their music. We hope you will join us for an evening of toe tapping, Irish spirit! Enjoy a Celtic Cocktail, Leprechaun Jell-O, Corned Beef, Colcannon Potatoes, Irish Soda Bread, Irish Carrots, Bailey's Irish Cream Cheesecake, and Beverage. **Member/\$21 Guest/\$24**

### **\*\*POTAWATOMI DAY TRIP**

**Milwaukee, WI**

**Monday, Mar. 18**

*Departs Bria Trinity at 8:20am*

*Departs Potawatomi at 2pm*

**See Jan. 21 for descriptive.**

Payment for this trip is made directly to Universal

Services. Either check or cash will be accepted as you board the bus. **\$20** (If there are fewer than 20 people signed up, an additional \$5.00 surcharge will be added to prevent trip cancellation.)

**\*FULL CIRCLE LIFE-EXCITE CENTER WORKSHOP “REIKI & CRYSTAL HEALING II”**

**Conference Room**

**Monday, Mar. 18 at 2:30pm**

Join us as we learn about the benefits of Reiki and Crystal healing. A Crystal Reiki session is designed to dissolve stress and release tension in the body while infusing your system with renewed vitality, focus, and energy. Everyone is invited to participate in a healing session. Presented by Maria Giordano, RM and a Usui Reiki Master. Please join us; you'll be glad you did. **FREE**

**\*PROJECT CONNECT “SPRING FORWARD”**

**Lower Level Activity Area**

**Wednesday, Mar. 20 at 1:30-2:30pm**

Today we celebrate the beginning of spring, new growth,

new adventure, and new life. We'll do a craft project and read a book or see a video. Please don't disappoint the first grade children of Grace Christian Academy, sign up today! **FREE**

**\*\*LEND ME A TENOR AT PALACE THEATER**

**Wisconsin Dells, WI**

**Thursday, Mar. 21**

*Departs Bria Trinity 8:30am*

*Departs Manor Park 9:15am, Bel-Oak 9:20am*

The riotous tale of mistaken identities and unexpected romance explodes in this new musical comedy It's 1934 and Opera virtuoso Tito Merelli is about to revive Pagliacci for the ten-year anniversary of the Cleveland Grand Opera Company. When Tito becomes unexpectedly incapacitated, a replacement must be found. Max, the Opera Director's sheepish assistant, is charged with the daunting task of finding a suitable replacement. With the help of a menacing soprano, a tenor-struck ingénue, a jealous wife, and the Cleveland Police department, mayhem, lunacy and sheer panic ensue, but in the end, the show must always go on. Lunch includes Rolls, Fresh Crisp Salad, Chicken and Dumplings, Baked Potato, Mixed Vegetables, Dessert, and Coffee or Tea. All other beverages are on your own. **Member/\$76 Guest/\$81**

**\*THOUGHTFUL THEATER WITH CHAPLAIN SUE**

**Conference Room**

**Thursday, Mar. 21, 2-4pm**

Join Chaplain Sue the third Thursday of every other month for an afternoon of entertainment with the viewing of a movie and reflective engagement afterward. The silver screen can entertain as well as challenge us. Occasionally we'll consider comedy for a diversionary break; other times a more purposeful examination. Cinema offers us a diverse world-view- let's take a look together! Popcorn and Punch will be served. **FREE**

**\*EDUCATION & ENTERTAINMENT “OUR UNIVERSE, THE PLANET EARTH AND OUR PLACE (& SIGNIFICANCE) WITHIN IT ALL”**

**Conference Room**

**Thursday, Mar. 28 at 2pm**

The Earth is a very small stage in an incredibly vast cosmic arena, the universe. Our posturing's, our imagined self-

**Do you know someone caring for an older adult?**

If they observe any of the following, that older adult may be in decline or at risk. Consider the following and feel free to pass this information along to that individual.

**Check all of these facts that apply:**

- High risk of falls
- High risk of re-hospitalization
- High risk of medication errors
- High risk of isolation
- Little physical activity and fitness
- Poor diet and or malnourishment
- Left to one's self for activities of daily living



All of most of these conditions can be mitigated or reduced in the proper living setting.

**To learn more call 414-607-4139.**

importance, the delusion that we have some privileged position in the universe, are challenged by (the true insignificance of) this tiny point of pale light, the planet Earth... our only precious 'home' on which our very existence is "one giant, unexplainable head scratch". Come, be enlightened & thankful for the very special life we have & share with so many other living 'creatures' on our incredibly unique and special 'home' the Earth. **FREE**

## **APRIL**

### **\*AARP TAX ASSISTANCE**

Conference Room

Wednesdays, Apr. 3, 10

**BY APPOINTMENT ONLY!**

See **Feb. 6** for details.

## **RECURRING** **MONTHLY IN-HOUSE** **EVENTS**

### **\*BOOK REVIEW GROUP**

Skywalk

Wednesdays at 10am

This group of enthusiastic readers meets monthly for an informal discussion of their current book choice. If you enjoy a good book, this group is for you. If you're interested in becoming a member, or for more information, contact Jackie at 414-328-3213.

- Jan. 9 – "The Whole Town is Talking" by Fannie Flagg
- Feb. 13 – "The Woman in the Window" by A.J. Finn
- Mar. 13 – "The Atomic City Girls" by Janet Beard

### **\*PHOTO ORGANIZATIONAL CLASS**

Skywalk

Wednesdays, Jan. 7, Feb. 4, Mar. 4

**from 9am-12pm**

Are you storing your digital images on your camera or cell phone and all those old photos in boxes? To learn how to simplify your photo stories, stop by this class or call the instructor with questions:

**262-894-2565**

## **SERVICES OFFERED**

### **BLOOD PRESSURE CLINIC**

Keep your blood pressure in check. We offer blood pressure readings the 2nd and 4th Tuesday of each month, 9-10:30am in the Hearth Room. No need to RSVP. All are welcome.

### **MENDING AND SEWING SERVICES**

Mending service with Arlene is available in the Lower Level Craft Room on Mondays from 8:30am to Noon and in the Palmer House Lower Level near the Apartment Store on Thursdays from 8:30am-Noon.

## **VOLUNTEER** **OPPORTUNITIES**

### **In-House Transporters**

**Any day/Any time**

Looking for volunteers to help escort residents in wheelchairs to our in-house chapel, doctor's office and beauty shop.

### **Activity Assistant**

**Monday-Thursday 2pm-4pm**

If you like to have fun this is the opportunity for you!

Assist our activity staff with bingo, arts and crafts and special events.

### **Coffee Server**

**Any day, Monday-Friday 4pm-5:45pm**

Help Park Place staff pour coffee and water for the evening meal service.

*"Snowflakes melt alone-but together  
they can be traffic stoppers!"*

*-Unknown-*

*If you are interested in volunteering or want to hear about other volunteer opportunities please contact Bonnie at (414)607-4276.*

## PASTORAL CARE CORNER

TUESDAYS at  
10am Bible Study  
(CR)

WEDNESDAYS  
at 9am Catholic  
Mass (CR)

SUNDAYS  
at 0:30am  
Ecumenical Worship (PHC)



Tue. Jan. 8 at 8-9am

- Inspirational Breakfast (HR)

Thu. Jan. 17 at 2-4pm

- Thoughtful Theater (CR)

Wed. Mar. 6 at 10:30am

- Ash Wednesday (PHC)

Wed. Mar. 6 at 1:30pm

- Ash Wednesday (SW)

Tue. Mar. 12 at 8-9am

- Inspirational Breakfast (HR)

Thu. Mar. 15 at 2-4pm

- Thoughtful Theater (CR)

### CALENDAR KEY

CR - Conference Room

HR - Hearth Room

PP - Park Place Dining Room

PHC - Palmer House Chapel

SW - Skywalk

## UPCOMING TRIPS and IN-HOUSE EVENTS

*If you're interested in any of the trips below, please call the SCC office to pre-register. (Trips, Events, and Dates are subject to change.)*

### APRIL

Sat. Apr. 13 – The King and I at Marcus Center

Thu. Apr. 25 – Menopause the Musical at Fireside

Fri. Apr. 26 – Wallflower to WOW Vendor Fair

TBD – Park Place Dinner “Country Hoedown”

### MAY

Thu. May 2 – Joseph and The Amazing Technicolor Dreamcoat at The Palace

Sun. May 5 – MSO-Nat and Natalie at Marcus Center

Sat. May 11 – Come From Away at Marcus Center

TBD – Overnight Casino Trip

Tue. May 28 – Ho-Chunk Madison

### JUNE

Thu. Jun 20 – That’s What I Call Rock & Roll at Fireside

Fri. Jun 14 – Flag Day Luncheon

## EXTENDED TRIPS

## HAPPY TRAVELER TOURS PRESENTS- IN PARTNERSHIP WITH DIAMOND TOURS

May 20 – May 24, 2019 The Ark Encounter & Creation Museum \$619/Person *Double Occupancy*

Dec. 2 – Dec. 7, 2019 Branson Holiday Show Extravaganza

\$679/Person *Double Occupancy*

For information on these and other upcoming tours contact:

PEGGY CLARK at (262) 632-1939.

## CROSSROADS TRAVEL

Does anyone have a place or two, “BUCKET LIST TRIPS,” you have always wanted to visit? What about those places you want to visit before you “kick



the bucket?" No more woulda, shoulda, coulda! Crossroads Travel wants to help you realize your dream destination. Don't be shy. Please share your wish list with us and call the VMP-SCC office with your ideas and we will pass them along to the willing staff at Crossroads.

## **“THAT Music THING”**

*Presented by Chuck Chenoweth*

**All Programs begin at 7:00pm  
Enter at 8536 W. Oklahoma Ave.  
Door will be open 6:30-7pm**

### **JANUARY**

Sun, Jan. 6 – Popular Orchestral/Classical Selections  
Wed, Jan 9 – Big Band & Swing (All Polkas Event)  
Sun, Jan. 13 – Popular Orchestral/Classical Selections  
Fri, Jan. 18 – World Class Magic & Cabaret Night  
Sun, Jan. 20 – Popular Orchestral/Classical Selections  
Wed, Jan. 23 – Big Band & Swing  
(Music of the 30's-50's)  
Sun, Jan. 27 – Popular Orchestral/Classical Selections

### **FEBRUARY**

Sun, Feb. 3 – Popular Orchestral/Classical Selections  
Sun, Feb. 10 – Popular Orchestral/Classical Selections  
Wed, Feb. 13 – Big Band & Swing (Music of the 30's-50's)  
Fri, Feb. 15 – World Class Magic & Cabaret Night  
Sun, Feb. 17 – Popular Orchestral/Classical Selections  
Sun, Feb. 24 – Popular Orchestral/Classical Selections  
Wed, Feb. 27 – Big Band & Swing (Music of the 30's-50's)

### **MARCH**

Sun, Mar. 3 – Popular Orchestral/Classical Selections  
Sun, Mar. 10 – Popular Orchestral/Classical Selections  
Wed, Mar. 13 – Big Band & Swing (Music of the  
30's-50's)  
Fri, Mar. 15 – World Class Magic & Cabaret Night  
Sun, Mar. 17 – Popular Orchestral/Classical Selections  
Sun, Mar. 24 – Popular Orchestral/Classical Selections  
Wed, Mar. 27 – Big Band & Swing  
(Music of the 30's-50's)  
Sun, Mar. 31 – Popular Orchestral/Classical Selections

Come Check Out All the NEW  
OFFERINGS...

## **Boardwalk Bistro**

**OPEN TO SCC MEMBERS  
Monday - Friday  
7:30am - 2pm**

Check out the Bistro calendar  
for

Daily and Weekly Specials  
featuring Soup of the Day,  
and Seasonal Specialties

## **Wine Down Wednesdays**

Jan 16 • Feb 20 • Mar 20

**Themed Happy Hour from  
3:00-4:00pm**

**Wine \$3 • Beer \$2 • Soda \$1  
Specialty Cocktails \$4  
Complimentary Snacks**

**Park Place Dining  
Room**

**OPEN DURING SCC HOURS  
FOR MEMBERS.**

**Reservations Required at  
(414) 607-4326**



# Key to Fitness

Is a fitness program assisting seniors with maintaining or even improving their physical activities.

**Get healthy and join Key to Fitness NOW!!**

Mondays & Wednesdays: 8:00am - 4:00pm

Tuesdays, Thursdays & Friday:

8:00am – 11:00am

**Call Sue Roman Instructor/Coach**

**414-607-4576**

**Non-Resident - \$30 Monthly Fee**

## **Includes:**

- Specialized fitness equipment geared for older adults
- Six-week program with a coach
- Free blood pressure check
- Monthly challenges to encourage you to stay on a weekly workout schedule.

## **Improves:**

- Sleep • Muscle Tone • Blood Pressure • Mood
- Strength and Balance • Stamina

## **Full Circle Life - Excite Center**

**CONNECTING MIND, BODY & SPIRIT...**

**TO IMPROVE YOUR QUALITY OF LIFE**

*Services include but are not limited to*

**Massage • Reiki • Reflexology**



Classes, workshops and events take place at the Senior Community Club Full Circle Life-Excite Center and are facilitated by certified practitioners.

Individual services can be scheduled by appointment in our Full Circle Life-Excite Center, Wesley Park Apt. 242 or your private residence.

**For general questions or more information, call the Senior Community Club at (414) 607-4186**

**Gail Vella**, CRR, RYT is a Certified Registered Reflexologist, Registered Yoga Teacher, Arthritis Foundation Exercise leader and Certified Laughter Yoga Leader. Reflexology is the application of appropriate pressure to specific points and areas on the feet, hand, and face. These reflex points correspond to different body organs and systems, and that pressing them has a beneficial effect on a person's health. Gail's compassionate sessions address your personal wellness goals to bring joy, balance and relaxation "making the rest of your life, the best of your life."  
**Phone: 414-573-6942 • Email: [compassionatereflex@gmail.com](mailto:compassionatereflex@gmail.com).**

**Maria Giordano**, RM is a Usui Reiki Master. Reiki, a healing modality that originated in Japan, is a complementary healing technique for stress-reduction and relaxation to improve health and wellbeing. Reiki combines deep breathing, meditation and light touch to bring balance to your body, mind and spirit. Maria is passionate and compassionate about helping people. She enjoys working as a healer, assisting others on their way to a healthy life style. **Phone: 262-617-8497 • Email: [mariag@healinghandsenergy.com](mailto:mariag@healinghandsenergy.com)**

**Stephanie Panosian**, LMT, CMLDT, CT, RM, RYT 200 is a Licensed Massage Therapist, graduated from Blue Sky School of Massage and Bodywork and also has a CT certification from Wisconsin Chiropractic Association. Stephanie is fascinated by the human body and enjoys the study of its anatomy and function. Experts estimate that upwards of ninety percent of disease is stress-related. Massage is an effective tool for managing stress which decreases anxiety and fatigue, improves sleep quality and concentration, and increases energy and circulation. Stephanie enjoys spending time with her dogs and being out in nature. She believes that safe healthy touch is an integral component to our well-being. "My goal is to empower people to help themselves and to inspire them to help others." Stephanie is excited to join the FCLEC team and meet you. **Phone: 414-378-1416 • Email: [yogaworkshopllc@yahoo.com](mailto:yogaworkshopllc@yahoo.com)**

***FRIENDS OF MANOR PARK***

The purpose of this organization shall be to act as ambassadors for and render services to the Village at Manor Park (VMP) programs and projects through ways approved or proposed by the Friends of Manor Park (FOMP) and approved by the VMP President and their Board of Directors.

As we begin a new administration I want to thank Virginia Strukel and the 2016-2018 board for all the programs and projects they accomplished to aid not only the Manor Park residents but also the West Allis school children. The accomplishments in 2018 listed below are impressive. Your suggestions are welcome for any new projects to render service to Manor Park and its residents.

*Lois Stanton*

President of Friends of Manor Park

- VMP Cares about Uniform Lives
- Care & Share Elementary School Supplies (Horace Mann, Longfellow, and Pershing)
- VMP Harley Davidson 115th Celebration Event Care & Share Hand Knot Mittens and Hats in School Colors (Frank Lloyd Wright, Lane, and West Milwaukee)
- Kids2Kids Toy Corral
- Purchased Exercise Bicycle for Key to Fitness and a Hot Fudge Warmer for Park Place Dining Room
- Purchased 7-Lighted Wreaths for Wesley Park Exterior Doors
- Teddy Bear Appeal Event

***PLEASE MARK YOUR CALENDARS FOR THE FOLLOWING EVENTS.***

Jan. 21 10:00am Friends of Manor Park Monthly Meeting in the Conference Room  
Feb. 19 10:00am Friends of Manor Park Monthly Meeting in the Conference Room  
Mar. 18 10:00am Friends of Manor Park Monthly Meeting in the Conference Room  
Mar. 19 5:00pm Friends of Manor Park Dinner with Bryan O'Donnell

***PLEASE NOTE: Membership in the Friends of Manor Park is separate from the Senior Community Club.***

If you are interested in joining, pick up a Friends of Manor Park brochure near the entrances located at 8536 W. Oklahoma Ave. or 8621 W. Beloit Rd. Fill out the form, include your membership payment, and mail or deliver to the address noted at bottom of form.

**FRIENDS OF MANOR PARK DINNER  
FUND RAISER WITH BRYAN O'DONNELL  
Tuesday, March 19 at 5:00pm**

Hear toe-tapping music oldies from "The World Concertina Congress" Hall of Famer, Bryan O'Donnell and band. Bryan is also in the "Wisconsin Polka" Hall of Fame.

Tickets are sold directly through the Friends of Manor Park. Registration forms will be distributed and available for your convenience in signing up for this special event.

***Just a reminder:***

- Each person attending needs to fill out a registration form.
- If you are dining with another person or group, designate one person to list all the names at the bottom of the form (use back side if needed) and turn in all registration forms together with payment(s).
- **Pre-registration is no longer accepted.**

If you have any questions, please call Lois Stanton, President of Friends of Manor Park at 414-545-4377.

**Registration forms will be available in the Senior Community Club Office after *January 14, 2019.***

# VMP-SCC WEEKLY CLASSES & GROUPS

## MONDAY

- 8:00 am Key to Fitness until 4pm
- 8:30 am Mending & Sewing until 12pm (LC)
- 9:30 am Light Zumba (LL)
- 1:00 pm Sheepshead (CL)
- 2:00 pm Upword (CL)

## TUESDAY

- 8:00 am Key to Fitness until 11am
- 9:00 am Computer Lab until 4pm
- 9:00 am Intermediate Bridge (GR)
- 9:00 am Blood Pressure Check until 10:30am (HR)  
*2nd & 4th Tue.*
- 10:00 am Bible Study (CR)
- 10:00 am Nail Time until 2pm (LL) See Ad
- 11:00 am Senior Wise Exercise (LL)
- 12:30 pm Intermediate Bridge (GR)
- 1:00 pm Pattern Dance (LL)
- Sheepshead (CL)
- Woodcarving (LC)
- 2:00 pm VMP-SCC Chorus (CR)  
*(Rehearsal resumes Jan. 9)*
- 6:30 pm Toastmasters (CR) *2nd and 4th Tue.*

## WEDNESDAY

- 8:00 am Key to Fitness until 4pm
- 8:30 am Mending & Sewing until 12pm (LC)
- 9:00 am Beginning Bridge (GR)
- Catholic Mass (CR)
- Computer Lab until 4pm
- Sewing (LL)
- Weaving (LC)
- 9:30 am Country Line Dancing (LL)
- 10:00 am Nail Time until 2pm (LL) See Ad
- Shutterbug Club (HR)  
*1st & 3rd Wed.*
- 12:00 pm Duplicate Bridge (GR)
- 12:30 pm Ceramics (LC)
- Mah Jong (CL)
- 1:00 pm Canasta (CL)
- Lapidary/Jewelry (LC)
- 1:30 pm Beginner & Intermediate Harmonica (HR)
- 2:00 pm Mending & Sewing (LL)
- 6:30 pm Hawaiian Dance (LL) NEW CLASS  
*(1st and 3rd Wed. Only)*

## THURSDAY

- 8:00 am Key to Fitness until 11am
- 9:00 am Computer Lab until 4pm
- Cribbage (CL)
- Knitting & Crocheting (LC)
- Painting (LC)
- Woodworking (WS)
- 9:30 am Light Zumba (LL)
- 10:00 am Nail Time until 2pm (LL) See Ad
- 11:00 am Senior Wise Exercise (LL)
- Intermediate Bridge (GR)

- 12:30 pm Cribbage (CL)
- 1:00 pm Sheepshead (CL)
- Stained Glass (LC)
- Woodcarving (LC)

## FRIDAY

- 8:00 am Key to Fitness until 11am
- 10:00 am Nail Time until 2pm (LL) See Ad
- 1:00 pm "Yoga-Chi" (CR)  
(\$35/8-Week Class  
Card or \$5/Class)

## SUNDAY

- 10:30 am Ecumenical Worship (PHC)

## CALENDAR KEY

BB	Boardwalk Bistro
C	Computer Lab
CL	Commons Lounge
CR	Conference Room
GR	Game Room
HR	Hearth Room
LC	Lower Level Craft Room
LL	Lower Level
PH	Palmer House
PHC	Palmer House Chapel
PP	Park Place Dining Room
SW	Skywalk
WS	Woodshop

### THE APARTMENT STORE

The Apartment Store is a quality resale shop located in the lower level of Palmer House. Shop or donate gently used items such as household items, ornaments, collectibles, jewelry and clothing.

**STORE HOURS: Wed & Thu: 9am-3pm**

For more information please call 414-607-4328.

3023 S. 84<sup>th</sup> Street, Lower Level

### NAIL TIME SALON

Specializing in nail improvement! For over 20 years I have been here for your finger/toe nail care needs.

**MANICURES \$18 • PEDICURES \$29**

During a hand nail care visit you can look forward to:  
\*soaking of fingers & cuticle care \*filing \*heated mitts  
\*hand massage w/lotion \*nail polish if desired. During a foot nail care visit you can look forward to: \*foot bath  
\*filing of toenails, corns & calluses \*foot scrub w/sugar and essential oils \*lotion massage \*nail polish if desired.

**HOURS BY APPOINTMENT. CALL DEANNA AT**

**414-587-8561 or 414-771-2100**

Located in the Lower Level of Wesley Park  
(in mirrored open area)

**Gift Certificates Available**

### SALON PS

*Celebrate your personal style with a visit to Salon PS*

where we offer quality services from haircuts and styles to facial waxing. For more information, please contact Mary at **414-607-4221**



*The Village at Manor Park*  
 3023 S. 84th Street  
 Milwaukee, WI 53227-3703

---

Non-Profit  
 Organization  
 U.S. POSTAGE  
 PAID  
 Milwaukee, WI  
 PERMIT NO. 1224

---



HEALTHCARE & COMMUNITY LIVING

**A FULL CONTINUUM OF CARE**  
*Under One Roof*

- INDEPENDENT LIVING
- ENHANCED SERVICES
- ASSISTED LIVING
- MEMORY CARE
- REHAB THERAPY
- SKILLED NURSING
- VENTILATOR CARE

(414) 607-4100 | [VMPcares.com](http://VMPcares.com)

**FREE**  
 \*transportation  
 to & from appts.

**OUT-PATIENT THERAPY**  
*Physical, Speech & Occupational*  
 \*Complimentary transportation provided  
 for patients within a 5-mile radius\*  
 Call (414) 607-4120 for details.