



O.A.S.I.S. (Organization for Active Seniors in Society)

2414 W. Mitchell Street, Milwaukee, WI 53204-3025.

Membership is required for participation in all programs at the O.A.S.I.S. Center. Membership cards are available at the O.A.S.I.S. Senior Center for \$10 for city of Milwaukee residents and \$20 for non-residents. Fees will cover membership from Sept. 1, 2009-Aug. 31, 2010.

ACTIVE OLDER ADULTS PROGRAM

Make your life more fulfilling by joining the Active Older Adults Program! The program provides active fitness, educational and recreational offerings for senior adults, fifty-five years and older. In addition to travel, classes, clubs and leagues, various services and volunteer opportunities are available. Activities are held indoors and outdoors, daytime, and some weekends.

Active Older Adults Program Locations:

Activities and hours vary by location.

Brinton Community Center
2555 S. Bay St.

Burnham/Rogers Fields
1755 S. 32nd St.

Davis Boys & Girls Club
2404 W. Rogers St.

South Division High School
1515 W. Lapham St.

REGISTRATION:

For registration in the Active Older Adults Program, please send your registration form and fees to:

Active Older Adults Program
2414 W. Mitchell St.
Milwaukee, WI 53204

ARTS & CRAFTS

Collage With Papers

Now that you have more decorated and fancy papers than ever from the hand-made paper and card classes, why not do something with them? We have ideas for more cards and small books using your marbled and paste papers. O.A.S.I.S. Center membership required.

O.A.S.I.S.....#21581
Mon., May 17
12:15PM -2:45PM
\$5 Residents/\$10 Non-residents

Marbled Papers

Do you remember those intricately designed sheets on the inside covers of books years ago? You can learn the technique to make your own decorated paper. Come and try your hand at "combing" a beautiful design through paints floating on a liquid surface. The class is planned with a built in surprise that you will enjoy. Wear some old clothes or bring an apron. O.A.S.I.S. Center membership required.

O.A.S.I.S.....#21582
Mon., May 3
12:15PM -2:45PM
\$5 Residents/\$10 Non-residents

Needlecraft Circle

O.A.S.I.S.
Wed., Apr. 21-June 2
9:00AM-11:00AM
Free with O.A.S.I.S. Center membership

Needlepoint/Knit/Crochet

O.A.S.I.S.
Thurs., Apr. 22-June 3
12:00PM-2:30PM
Free with O.A.S.I.S. Center membership

Paste Papers

Let's get a little messy. Finger paints are not just for kids. Be a kid at heart as you enjoy another technique for decorating paper. Eric Carle uses paste papers making his children's books. make some beautiful paste papers for your own use. Wear some old clothes or bring an apron. O.A.S.I.S. Center membership required.

O.A.S.I.S.....#21583
Mon., May 10
12:15PM -2:45PM
\$5 Residents/\$10 Non-residents

COMPUTER CLASSES**Computer Lab**

Surf the net, send e-mail, write letters or compose a poem. Lab closed during class times. No lab May 31.

O.A.S.I.S.

Free with O.A.S.I.S. Center membership

DANCE**Ballroom Dance**

If you love to dance, join our Ballroom Dance class. Great teacher who makes classes fun. No partner required. Dance your way to fitness.

O.A.S.I.S.

Wed., Apr 21-June 23

1:00PM- 3:00PM

Free with O.A.S.I.S. Center membership.

EDUCATION**Information Center**

The O.A.S.I.S. Center has become the location for seniors to access information related to various topics of interest to them including: health-related conditions and care; dental care; insurance; our fitness center program; transportation and much more. Many of the brochures are available in Spanish. Someone is available to answer your questions Monday-Friday, 9:00AM to 4:00PM. O.A.S.I.S. Center membership is not required to access the informational center.

ENRICHMENT**Bingo**

Join us in our bright and cheerful Senior Café for a relaxing time playing bingo. Coffee and snack, \$.50 with membership. Non-smoking environment. No bingo on election days.

O.A.S.I.S.

Every Tuesday, 12:15PM-1:30PM

Free with O.A.S.I.S. Center membership

Bridge Club

Play contract bridge with our avid fans. We welcome newcomers. Instruction not provided. Coffee bar available.

O.A.S.I.S.

Thurs., Apr. 15-June 10

12:00PM-2:30PM

Free with O.A.S.I.S. Center membership.

Friday Flicks

Do you like to watch classic movies? If so, this is the place for you! Come every Friday afternoon and enjoy a movie and some popcorn in a great social environment! Bring your friends and don't miss the show! All are welcome.

O.A.S.I.S.

Every Fri., 12:15PM-2:00PM

Free with O.A.S.I.S. Center membership

Sheepshead Club

You've asked for it and here it is! This is an opportunity to play Sheepshead with our new group at the O.A.S.I.S. Bring your friends!

O.A.S.I.S.

Every Wed., 12:15PM-2:00PM

Free with O.A.S.I.S. Center membership

Wii Games

Check out the latest craze in the nation! You may think that video games are for kids, but the Wii is for everyone. You can come and play or just watch. We will be playing bowling, tennis, golf and baseball. This season we will have Wii leagues for members to compete against each other as singles or as a team. There will be a small fee for the league. Call (414) 647-6053 to sign up or to receive more information. All are welcome. O.A.S.I.S. membership is required.

O.A.S.I.S.

Tues., Open Play

9:30AM-10:30AM

Thurs., Leagues

12:30pm-1:30pm

Free with O.A.S.I.S. Center membership.

FITNESS**Chair Yoga**

Enjoy this popular relaxing class and learn to breathe deeply. Stretch and strengthen muscles with a group of kindred spirits. Wear comfortable clothing.

O.A.S.I.S.

Every Mon./ Wed., 9:00AM-10:00AM

Free with O.A.S.I.S. membership

Exercise Club

Join this faithful, enthusiastic group as they exercise to a video tape in our fitness center. Call (414) 647-6041 for more information.

O.A.S.I.S.

Tues./Thurs., Apr. 20-June 10

8:15AM-9:00AM

Free with O.A.S.I.S. Center membership

Fitness Center

Open Year Round. A full range of exercise equipment is available and assistance is provided on certain days and times. O.A.S.I.S. Center membership along with physician approval and orientation are required. Call (414) 647-6045 for more information.

O.A.S.I.S.

Mon.-Fri. Year-round

8:00AM-3:30PM

HEALTH & WELLNESS**Meditation Class**

Sahaja meditation is a unique method of meditation based on an experience called Self Realization (Kundalini awakening) that can occur within each human being. Through this process, the inner transformation takes place by becoming united, integrated and balanced. One can actually feel the all pervading divine power as a cool breeze.

Fri., May 14 - June 18

1:00PM-1:30PM

Free with O.A.S.I.S. Center membership.

LANGUAGE SKILLS**English as a Second Language (ESL)**

Learn and improve your basic reading, writing and speaking skills in English. We will work on practical consumer topics including US History and Citizenship.

O.A.S.I.S.

Mon./ Wed., Apr. 19-June 16

10:00AM-11:00AM

Free with O.A.S.I.S. membership

Spanish Conversation

Feel comfortable when you travel to a Spanish-speaking area. Learn appropriate Spanish words for: greeting, health, household, daily activities, weather and much more. Taught by a charming teacher. The class meets twice a week. The textbook may be purchased from the teacher the first week of class. Oasis membership is required.

O.A.S.I.S.#21546

Tues./ Fri., Apr. 20-June 18

10:30AM-11:30AM

\$25(R)/\$30(N)

MUSIC

Golden Eagle Concert Band

Tune your brass or wind instrument and join us for weekly rehearsals and performances. Instruction not provided. Play marches, show tunes, novelties and light overtures.

O.A.S.I.S.

Wed., Apr. 21-June 2
7:00PM-8:45PM

Free with O.A.S.I.S. Center membership.

Music Club

Bring your own instruments including shakers & tambourines for a weekly jam session. Come to play, to listen, or to just sing along. Join this happy group in our Senior Café.

O.A.S.I.S.

Every Wed.
10:00AM-11:30AM

Free with O.A.S.I.S. Center membership

O.A.S.I.S. Chorus

This group is open to anyone who enjoys singing. No need to tryout, just come and sing a wide range of familiar songs with some great people and a wonderful piano accompanist. We would love to have your voice and energy.

O.A.S.I.S.

Every Thurs.,
9:00AM-10:00AM

Free with O.A.S.I.S. Center membership.

O.A.S.I.S. Harmonica Band

You're welcome to bring your harmonica for weekly rehearsals. Be a part of this friendly group that has gathered for years. Performances are optional. No instruction. Newcomers welcome.

O.A.S.I.S.

Mon., Apr. 19-June 21
9:00AM-11:00AM

Free with O.A.S.I.S. Center membership.

String Ensemble

Play show tunes and classical music on violin, viola, cello or bass. Musicians with some experience are welcome. Join us in making beautiful music. Excellent new director. Call 647-6041 for more information. New players welcome.

O.A.S.I.S.

Wed., Apr. 21-June 16
10:00AM-11:30AM

Free with O.A.S.I.S. Center membership

CITYWIDE PROGRAM OFFERINGS

Athletic Club

To register, call 647-6041.

SOFTBALL LEAGUE

Location: Burnham & Rogers Fields
Day/Time: Tue., beginning in April
Fee: \$15 Residents/\$30 Non-residents

Swimming (Open)

To participate in the open swim program, swimmers will need to purchase a swim pass through the O.A.S.I.S. Center for \$15. A family pass may be purchased for \$20. Swim passes are valid from Sept. 1, 2009 through Aug. 31, 2010. Swimmers without a swim pass will be required to pay the daily swim fee of \$1. Participants must provide their own towel, suit and swim cap. No swim at Davis on non-school days.

DAVIS BOYS & GIRLS CLUB

Mon.-Thurs., Apr. 19-May 20
10:15AM -11:45AM

South Division

Sat., Apr. 17-June 5
9:30AM-10:45AM

Beulah Brinton Community Center 2555 South Bay Street

Basketball

Wed., March 31-June 2
1:00PM-3:00PM
Free

Billiards

Mon.-Fri., Mar. 29-June 4
8:30AM-3:00PM
Free

Card Playing Club

Mon.-Fri., Mar. 29-June 4
8:30AM-3:00PM
Free

Senior Meal Program

Donations welcome.
Mon.-Fri., Year-round
Free

TRAVEL CLUB

The travel club meets monthly at the O.A.S.I.S. Plan to attend a meeting to learn about trips that are available. If you are unable to attend a meeting, please call 647-6071 to learn of vacancies or to have your name placed on the waiting list if your desired trip is filled. If there are openings, please mail a 4 1/4 x 9 1/2 self addressed stamped envelope to our office. We will mail the trip fliers to you.

Travel Club Meetings

The O.A.S.I.S.

2414 West Mitchell Street
Fridays, 8:30AM

Apr. 9, May 7 and June 11.

No meetings in July and August.

ONE DAY TRIPS

Fri. Apr. 30.....Oneida Casino

Sat. May 15....."Lion's King"

Fri. May 28.....Oneida Casino

Thur. June 3....."Yeoman Of The Guard

Wed. June 9.....Black Point Estate Tour

Fri. June 25..... Oneida Casino

Sat. July 17....."Johnny Cash/Ring Of Fire

Wed. July 28.....Horse Races

Fri. Aug. 13....."Carousal"

Wed. Aug. 25.....Cruise/Navy Pier

Extended Trip

Aug. 1 - Aug. 25.....Say Yes To Michigan

SENIOR VOLUNTEERS IN PUBLIC SCHOOLS

Become a volunteer in Milwaukee Public Schools' intergenerational program. Enjoy an experience beneficial to you and the students. Share your talents and skills because you care! For more information call (414) 647-6071.

Join Milwaukee Recreation for SENIORFEST 2010

Wednesday, June 9
American Serb Memorial Hall
5101 W. Oklahoma Ave.

Milwaukee Recreation invites you to enjoy music, dancing, food, prizes, bingo, and activities. Then, visit with over 75 exhibitors who serve older adults. Tickets cost \$4 in advance; \$5 at the gate. Park for free and enjoy the day!

(414) 647-6041

MILWAUKEE RECREATION
Experience Life.

www.MilwaukeeRecreation.net

