



**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, 2010-Aug. 31, 2011.

**Active Older Adults Program Locations:**

*Activities and hours vary by location.*

Brinton  
Community Center  
2555 S. Bay St.

Davis Boys & Girls Club  
2404 W. Rogers St.

Enderis Field House  
2938 N. 72nd St.

Holt Field House  
1716 West Holt Avenue

O.A.S.I.S.  
2414 W. Mitchell St.

Juneau Field House  
6500 W. Mt. Vernon Ave.

South Division  
High School  
1515 W. Lapham Blvd.

St. Mark A.M.E.  
1530 W. Atkinson Ave.

**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 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.

**ARTS & CRAFTS**

**Bath Salts and Sugar Scrubs**

Learn what bath salts and sugar scrubs are and what goes into them; then, create your own customized Bath Salts and Sugar Scrubs. There will be a \$5 materials fee for supplies to be paid to instructor at first class. Take home your finished projects to enjoy. O.A.S.I.S. Center membership required.

**O.A.S.I.S. .... #32140**  
Wednesdays, February 1, 8  
9:00 AM-11:00 AM  
\$10 Residents/\$15 Non-Residents

**Beginner Beading**

Use your creative skills to design and make beautiful jewelry with beading. Learn the basics of beginning beading including stringing, crimping and attaching clasps. Create your own wearable works of art. Participants should bring their own beads. String, crimping beads, clasps, glue and tools will be provided. O.A.S.I.S. Center membership required.

**O.A.S.I.S. .... #32141**  
Wednesdays, February 22, 29  
9:00 AM-11:00 AM  
\$10 Residents/\$15 Non-Residents

**Needlecraft Circle**

**O.A.S.I.S.**  
Wed., Jan. 11- March 28  
9:00 AM-11:00 AM  
Free with O.A.S.I.S. Center membership

**Needlepoint/Knit/Crochet**

**O.A.S.I.S.**  
Thurs., Jan. 12- March 29  
Noon-2:30 PM  
Free with O.A.S.I.S. Center membership



**LEARN TO BE A READING TUTOR. SEE PAGE 64.**

## COMPUTER CLASSES

### Computer Lab

Surf the net, send e-mail, write letters or compose a poem. Oasis Center membership is required. Lab closed during class times.

**O.A.S.I.S.**

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

### Computers For Absolute Beginners

If you are brand new to computers then this class is for you! We will look at all of the computer parts and talk about what each one does and how it works. This is a practical, hands-on class that will explain the fundamentals of using a computer in easy to understand terms. We will discuss the mouse and the keyboard in detail and learn some of the basics of Windows. Bring your questions to class and go home with the answers! O.A.S.I.S. Center membership is required.

**O.A.S.I.S. ....#30347**

Mon./Wed./Thur., January 9, 11, 12  
9:30AM-11:30AM  
\$20 Residents/\$25 Non-Residents

### Internet for Absolute Beginners

Let's talk about the world's largest encyclopedia in understandable terms. This class provides an overview of how to search the Internet for information that matters to YOU. We'll learn how to use a search engine called Google, which is a powerful and easy-to-learn tool that helps you 'surf the internet' in seconds! We will talk about the top Internet websites and visit them, too! Finally, we will discuss a few do's and don'ts of Internet browsing with safety in mind. Please bring your questions along!

OASIS Center membership is required.

**O.A.S.I.S. ....#30522**

Mon./Wed./Thur., January 23, 25, 26  
9:30AM-11:30AM  
\$20 Residents/\$25 Non-Residents

### Computer Savvy Seniors Certificate Program

This is the class you have been waiting for! An introduction to everything! This program is for seniors interested in learning about computer fundamentals. These four week classes will guide you through the four most popular computer topics: Keyboarding, Word Processing, the Internet and E-mail. Each week we will discuss one of these four popular topics and build on those skills by using the computers each week. Textbook for the course is 'Computers For Seniors For Dummies'. Books may be purchased, but are not required, from instructor. The program will conclude with a presentation of certificates at the OASIS. Attendance at 10 of the 12 classes is required to receive a certificate. OASIS Center membership is required.

**O.A.S.I.S. ....#32142**

Mon./Wed./Thur, Feb. 27-Mar. 22  
9:30AM-11:30AM  
\$75 Residents/\$80 Non-Residents

### Explore Your Digital Camera

Join us as we explore your digital camera. This course provides instruction in the basics of the digital camera, including the various settings and memory card. Please bring your camera, USB cord and user manuals to get the most out of the class. O.A.S.I.S. Center membership is required.

**O.A.S.I.S. ....#30419**

Mon./Wed./Thur., February 6, 8, 9  
9:30AM-11:30AM  
\$15 Residents/\$20 Non-Residents

## 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.**

Every Wednesday  
1:00PM-3:00PM  
Free with O.A.S.I.S. Center membership.

## ENRICHMENT

### Bingo

Join us in our bright and cheerful Senior Café for a relaxing time playing bingo. Coffee and cookies: \$.50 with O.A.S.I.S. membership. Non-smoking environment. (No bingo on election days.)

**O.A.S.I.S.**

Every Tues., 12:15PM-1:30PM  
\$.50 for refreshments with O.A.S.I.S. Center membership

### Chess Instruction

If you are interested in learning how to play chess or already know how, come join us. Players of all skill levels are welcome. Don't get 'rooked' by your friends for not playing chess. Chess board and pieces are provided.

**O.A.S.I.S.**

Mon., January 28 - March 26  
1:00PM - 2:00PM  
Free with O.A.S.I.S. Center membership.

### Sheepshead Club

We have a terrific group that play regularly. Come join the group and have exciting games! Bring your card playing friends and have a lot of fun.

**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. All are welcome. OASIS Center membership is required.

**O.A.S.I.S.**

Tues., Open Play  
9:00AM-10:00AM

Thurs., Open Play  
12:30PM-1:30PM



### Wisconsin Handweavers' Meetings:

Anyone interested in weaving and related arts is welcome to join us for monthly membership meetings and programs, which are held on the second Saturday of the month from September to December and from February to May at Gaenslen School, 1250 E. Burleigh St. Meetings are held from 10 AM until noon. The public is welcome to attend. Visit <http://wihandweavers.org> for details.

## FITNESS

### Arthritis Exercise

This program features gentle, joint-safe exercises developed specifically for people with arthritis to help relieve stiffness, decrease arthritis pain and improve balance. The course incorporates the optional use of resistance bands and weights for an added workout as well as interactive health education lessons and stress-reducing relaxation techniques to help participants better manage their arthritis. The low-impact exercises can be done while sitting, standing or on the floor. The class is led by Arthritis Foundation-certified instructors. O.A.S.I.S. Center membership is required.

**O.A.S.I.S.** ..... #32143  
 Mon., Feb. 6-March 26  
 10:15 AM-11:00AM  
 \$8 Residents/\$13 Non-Residents

**O.A.S.I.S.** ..... #32144  
 Friday, Feb. 10-March 30  
 10:40 AM-11:25 AM  
 \$8 Residents/\$13 Non-Residents

### Exercise Club

Join this faithful, enthusiastic group as they exercise to a video tape in our new fitness center. On-line registration is not available. Call (414) 647-6041 for more information.

**O.A.S.I.S.**  
 Tuesday /Thursday Jan.9-June 7  
 8:15AM-9:00AM  
 Free with O.A.S.I.S. Center membership

### 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.**  
 Mon. / Wed. Jan9-Mar. 28  
 9:00AM-10:00AM  
 Free with O.A.S.I.S. Center membership

### Gentle Yoga Designed for Seniors

You can be fit at any age and healthy at any size. Registered yoga instructor, Gail Yella will help you learn to let go of stress, relax and breathe as you strengthen your body and calm your mind. There are two types of exercise in this class: sitting on a mat and standing unassisted. OASIS Center membership is required.

**O.A.S.I.S.** ..... #30457  
 Friday, Feb. 3-March 23  
 9:30AM-10:30AM  
 \$30 Residents/\$35 Non-Residents



### Arthritis Foundation Walk With Ease Program

The Arthritis Foundation Walk With Ease (WWE) program is designed for people with or without arthritis - young and old, male and female, fit and not-so-fit. It is a program to help people living with arthritis better manage their pain and is also ideal for people without arthritis who want to make walking a regular habit. Individuals can join others in a six-week group series led by a certified WWE leader. The series is shown to reduce pain and increase balance and walking pace, Walk With Ease provides participants with the information and tools they need to develop a safe exercise routine that fits their unique needs and goals. The book that is used for the class can be purchased at the first class for \$5.00. O.A.S.I.S. Center Membership is required.

**O.A.S.I.S.** .....#32145  
 Mon. & Wed., Feb. 6-March 28  
 12:30-1:30 PM  
 \$5 Residents/\$10 Non-Residents

### Fitness Center

O.A.S.I.S. Center membership along with physician approval and orientation are required. A full range of exercise equipment is available. Assistance is provided on certain days and times. Open year-round.

**O.A.S.I.S.**  
 Mon. - Fri. Year-round  
 8:00AM-3:00PM

### Walking Club

#### Walk Your Way to Better Health -

Walking is one of the simplest, cheapest and most beneficial types of aerobic activity that can help you enjoy better health. As participants reach mileage milestones, these milestones will be recognized on the O.A.S.I.S. bulletin board. Track your mileage weekly at the OASIS front desk. Receive a free pedometer (while supply lasts) when you sign up for the walking club. O.A.S.I.S. Center membership is required.

**O.A.S.I.S.**  
 2nd Thur., 9:30AM-10:00AM  
 Jan. 12, Feb. 9, March 8  
 Free with O.A.S.I.S. Center membership.

### T'ai Chi Ch'uan

This Chinese form of relaxation will teach you stress-relieving techniques designed to release tensions, improve balance and breathing and relax your body and mind.

**O.A.S.I.S.** ..... #32218  
 Mon., Feb 6 - March 26  
 1:00PM-2:00PM  
 \$25 Residents/\$30 Non-Residents

## HEALTH & WELLNESS

### Blood Pressure Check

Have your blood pressure checked weekly by nursing students from Marquette University. No appointment needed. OASIS Center Membership is not required.

**O.A.S.I.S.**  
 Thurs., Feb. 2-Mar. 29  
 10:30-11:30 AM FREE



## 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.

Wed., Feb. 1-Mar.29  
10:00AM-11:00AM

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

### Spanish Class

Learn appropriate Spanish words for: greeting, health, household, daily activities, weather and much more. Class meets twice a week. The book that is used for the class is "Spanish made Simple". It can be purchased at the first class. O.A.S.I.S. Center Membership is required.

#### O.A.S.I.S. ....#30859

Tues./ Fri., Jan 31-March 23  
10:30AM-11:30AM

\$25 Residents/\$30 Non-Residents

## 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., Jan11-April 11  
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. 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.

### 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., Jan11-April 11  
10:00AM-11:30AM

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

## CITYWIDE PROGRAM OFFERINGS

### Craft Club

Enjoy making a variety of craft projects (jewelry making and scrapbooking at Enderis) while socializing with wonderful people. Projects vary weekly and by site. Fee is non-refundable. Individuals who attend more than one club will be charged an additional \$3 per course.

#### Enderis Fieldhouse ....#30355

Tues., Jan. 10-May 15  
9:00AM-12:00PM  
\$6 Residents/\$11 Non-Residents

#### Juneau Fieldhouse ....#30356

Tues., Jan. 10-May 15  
9:00AM-12:00PM  
\$6 Residents/\$11 Non-Residents

#### St. Marks A.M.E. ....#30357

Thurs., Jan. 12-May 17  
10:30AM-1:30PM  
\$6 Residents/\$11 Non-Residents

### 50+ TRAVEL CLUB

The 50+ Travel Club offers trips to exciting destinations for adults 50 years and over. There is no registration fee. We put together all the details that go into planning a perfect travel adventure for you. Our trips are affordable and a great way to travel for those who don't want to drive or worry about how to get there.

**New Trips are added on a regular basis, so don't hesitate. Give us a call at (414) 647-6071.**

#### Current Offerings

The Secret Garden - Chan Auditorium  
Friday, December 23, 2011

Medieval Times - Schaumburg, IL  
Sunday, January 8, 2012

Gypsy - Drury Lane  
Wednesday, January 25, 2012

Viva Vegas - Fireside  
Wednesday, February 8, 2012

Fasching - Sheboygan  
Sunday, February 12, 2012

Trinity Irish Dancers - Hartford, WI  
Saturday, March 17, 2012

Oneida Casino - Green Bay, WI  
(Every other month)

#### Meeting Dates

Northside - Capitol Library  
7413 W. Capitol Dr., Milwaukee - 1:30 PM  
1st Wed. - Jan. 4, Feb. 1, March 7, 2012

Southside -Oasis Senior Center  
2414 W. Mitchell Street, Milwaukee  
8:30 AM  
2nd Fri.- Jan.13, Feb.10, March 9, 2012

### Athletic Club

To register, call (414) 647-6041 for more information or to receive a registration form.

### Dartball League

Location: Various Sites  
Day: Mondays  
Date: Sept. 19-Apr. 16  
Time: 1:00PM  
Fee: \$10Residents/\$20Non-Residents

### Volleyball League

Location: Beulah Brinton  
Day: Tues./Wed./Thurs.  
Date: Begins Jan. 10  
Time: 8:30AM - 12:30PM  
Fee: \$10 Residents/\$20 Non-Residents



**Social Club**

A weekly gathering to socialize, play card games, and participate in educational presentations. Celebrate birthdays and holidays. Individuals who attend more than one club will be charged an additional \$3 per club. Fee is non-refundable.

**Holt Fieldhouse .....#30855**

Thurs., Jan. 12-May 17  
11:00AM-2:00PM  
\$6 Residents/\$11 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 Oct. 31, 2011 through Aug. 31, 2012. 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.

**South Division**

Saturdays, Jan. 28 - Mar. 17  
9:00AM-10:30AM

**Davis Boys & Girls Club**

Mon. - Thurs. Jan. 9 - May 24  
10:00AM-11:00AM

**Swim Lessons**

If you are a beginning or non-swimmer, this class will orient you to the aquatic environment so you will be comfortable in the water. Learn basic swim strokes and water safety techniques.

**Davis Boys & Girls Club ..... #30907**

Fri., Jan. 13-May 18 10:00 -11:00AM  
\$31.50 Residents/\$36.50 Non-Residents

**T'ai Chi/Exercise Class**

A variety of mild exercises and movements. Wear comfortable, loose-fitting clothing and non-skid tennis shoes.

**Enderis Park Fieldhouse ..... #30912**

Mon., Jan. 9-April 9  
9:00AM-9:45AM  
\$25 Residents/\$30 Non-Residents

Visit our website  
to register online!

[MilwaukeeRecreation.net](http://MilwaukeeRecreation.net)

**Water Aerobics**

Exercise in a warm pool to strengthen your heart and lungs. This is a great way to get in shape while having fun. Our terrific instructor will lead you in water aerobics adapted for seniors.

**Mon.-Fri., Jan. 9-May 25****Davis Boys & Girls Club ..... #31028**

Mon., Jan. 9 -May 21  
9:00 AM-10:00 AM  
\$30 Residents/\$35 Non-Residents

**Davis Boys & Girls Club ..... #31029**

Tues., Jan. 10-May 22  
9:00 AM-10:00 AM  
\$30 Residents/\$35 Non-Residents

**Davis Boys & Girls Club ..... #31030**

Wed., Jan. 11-May 23  
9:00 AM-10:00 AM  
\$30 Residents/\$35 Non-Residents

**Davis Boys & Girls Club ..... #31031**

Thur., Jan. 12-May 24  
9:00 AM-10:00 AM  
\$30 Residents/\$35 Non-Residents

**Davis Boys & Girls Club ..... #31032**

Fri., Jan. 13-May 25  
9:00 AM-10:00 AM  
\$30 Residents/\$35 Non-Residents

**Beulah Brinton  
Community Center  
2555 South Bay Street**

**Basketball**

Wed., Jan. 11-May 30  
1:00PM-3:00PM  
Free

**Billiards**

Mon.-Fri., Jan. 9-June 1  
8:30AM-3:00PM  
Free

**Card Playing Club**

Mon.-Fri., Jan. 9-June 1  
8:30AM-3:00PM  
Free

**Senior Meal Program**

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



Tutor



A partnership of:

MILWAUKEE  
PUBLIC SCHOOLS

**Learn How to become a Reading Tutor**

Do you have 90 minutes a week? Want to become involved in your community? Take this three-hour course sponsored by Interfaith Older Adult Programs Inc. to learn how to be a Volunteer Reading Tutor. Upon the completion of the course, you will be able to fill out an application for being a Volunteer Tutor in an MPS school near you. This class is free and open to all. For more information or to register, please call Samantha Garrett at 220-8649.

**OASIS, Wednesday, January 4, 1:00PM-4:00 PM  
Free**