The Adventure Ahead

SUMMER 2026 | JUNE, JULY, AUGUST



CITY OF West Allis EST. 1906

WEST ALLIS
Senior Center

General Information

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WEST ALLIS SENIOR CENTER BUILDING AND DINING PROGRAM CLOSURES

The West Allis Senior Center and Senior Dining Program are closed:

Independence Day: Friday, July 3

Labor Day: Monday, Sept. 7

Senior Dining Program is closed:

Elections: Monday, Aug. 10 and Tuesday, Aug. 11

CONTACT INFORMATION

Hours | Monday-Friday | 9 a.m. - 4:30 p.m.

414-302-8700

www.WestAllisWI.gov

7001 W. National Ave.
West Allis, WI 53214







At a Glance

Ongoing Daily Programs, Classes & Activities | Schedules are subject to change.

Free: With Senior Center Membership | **P:** Pre-registration required
$: Fee or suggested donation required | **Open**: No membership required

MONDAY

Arthritis Exercise Class	10–11 a.m.	Free
Card Making Group	10 a.m.–Noon 12:30-2:30 p.m.	Free
Beginner's Sheepshead	10 a.m.–Noon	Free
Senior Dining	11–11:30 a.m.	P/$
Harmony Singers	11 a.m.–1 p.m.	Free
Table Games	Noon–2 p.m.	Free
Line Dancing	1:30–2:30 p.m.	Free

TUESDAY

Chess Club	10 a.m.–Noon	Free
Chair Yoga	11–11:45 a.m.	Free
Senior Dining	11–11:30 a.m.	P/$
Dominoes	Noon–2 p.m.	Free
Wii Bowling Group	Noon–2 p.m.	Free
Pinochle	Noon–2 p.m.	Free
Stained Glass	Noon–4 p.m.	P/$
Cardio Drumming	2:30–3:15 p.m.	Free

WEDNESDAY

Rag Crafting	9–11 a.m.	Free
Grief Support Group*	9:30–11 a.m.	Open
Arthritis Exercise Group	10–11 a.m.	Free
Karaoke	10–11:30a.m.	Free
Senior Dining	11–11:30 a.m.	P/$
Computer Help	Noon–2 p.m.	Free
Knit & Crochet Group	Noon–2 p.m.	Free
Loom Knitting	Noon–2 p.m.	Open
Stained Glass	Noon–4 p.m.	P/$
Sheepshead	Noon–4 p.m.	Open
Movie Matinee**	12:30–2:30 p.m.	Free

*Grief Support Group: every 2nd and 4th Wednesday
**Movie Matinee: every 2nd and 4th Wednesday

THURSDAY

Conversational Spanish	10–11 a.m.	Free
Chair Yoga (Zoom)	10:30–11 a.m.	Free
Senior Dining	11–11:30 a.m.	P/$
Jewelry Creations*	11:30 a.m.–3 p.m.	Free
Wii Bowling Group	Noon–2 p.m.	Free
Senior Planet**	12:30–1:30 p.m.	Free
Qi Gong	1–1:30 p.m.	Free
Cribbage	1–3 p.m.	Free
Cardio Drumming	2:30–3:15 p.m.	Free

*Jewelry Creation: every 2nd and 3rd Thursday
**Senior Planet: every 2nd and 4th Thursday

FRIDAY

Artful	9–12 p.m.	Free
Arthritis Exercise Group	10–11 a.m.	Free
Senior Dining	11–11:30 a.m.	P/$
Sudoku Group	11:30 a.m.–12:30 p.m.	Free
Sheepshead	Noon.–4 p.m.	Free
Dartball	Noon–2 p.m.	Free
Bingo*	1–2:30 p.m.	Free
Painting	1–3 p.m.	P/$

*Bingo: every 2nd and 3rd Friday

FITNESS CENTER HOURS

Monday-Friday | 9 a.m. - 2 p.m.

SENIOR DINING RESERVATIONS

In-person or by phone: 414-302-8703
Due by 11 a.m. the day before.

ALWAYS AVAILABLE

Tablets, computer lab, TV lounge, billiards, books, ping pong, and puzzles







New Activities and Events

CARD MAKING FOR BEGINNERS

4th Thursdays of the Month
Noon–2 p.m.
Candy Tischer, leader

Play with bunches of pre-cut shapes, fun sentiments, and other easy-to-use elements to make your own personalized cards! Come to try something new, make beautiful keepsakes for loved ones, or learn the basics for a new hobby.

RESOURCE FAIR AND OPEN HOUSE

Wednesday, Sept. 23
4–6 p.m.

The Senior Center's Annual Health Fair is expanding! Attendees will have the opportunity to talk with the Aging and Disability Resource Center, the West Allis Housing Department, hearing and vision organizations, and other key community partners that can help you and your loved ones. Come to visit the booths, learn more about services in the community, and show off the Senior Center to all of your friends and family.

ICE CREAM SOCIAL

Friday, Aug. 21, 1–2:30 p.m.
Cost: $5

Gather to enjoy a cool treat and good company. Build your own sundae, share some laughs, and savor a delightful afternoon together at the senior center. Celebrate community one scoop at a time!

Presenters

LIGHTNING PHOTOGRAPHY

Tuesday, July 14, 2 p.m.

This presentation is sure to be en-lightning! Meet Jack Roper, photographer and storm enthusiast, as he displays and describes a collection of his best lightning photography shots. Learn what it takes to get the perfect photo and the story behind each picture.

ARCHWELL LUNCH AND LEARN

Monday, Aug. 10, 11:30 a.m.

The staff at Archwell Health are here to tell you more about the new healthcare option available to those 60 and older. Learn the ins and outs, as well as how Archwell compares to your current health provider. Call 414-506-2444 to reserve your meal for the event. Space is limited.

MEDICARE 101

Wednesday, Sept. 23, 3 p.m.

Kick off the Fall Resource Fair and Open House by learning the A, B, C, and D of Medicare, how to enroll, and what to expect for the upcoming plan year. This is a free, objective presentation provided by a Medicare Benefit Specialist at the Milwaukee County Aging and Disability Resource Center.



Fine Arts

Come join the Senior Center for Fine Arts and Fiber Arts Classes

Creative Cardmaking

Mondays
10 a.m.-Noon and 12:30-2:30 p.m.

Amaze your friends with handmade cards! Cards are also given to the senior dining program, veterans, and other folks in need for special occassions. Please only attend one group time per week. June Trehus, JoAnn Eversdyk,and Karen Rehy, Group Leaders.

Knit, Crochet, & Loom

Wednesdays
Noon-2 p.m.

Share your afternoon with new friends while you work on your own project. Enjoy lively conversation and stories with other crafters and creators. Barb Forster and Barb Vahovick, Group Leaders.

Crafting Corner

1st Thursdays of the Month
11:30 a.m.-3 p.m.

Join the fun with Janet! She will guide you through amazing impromptu projects made entirely out of recycled items. Every month is a surprise!

Jewelry Creations

2nd and 3rd Thursdays
11:30 a.m.-3 p.m.

Bringing your treasured accessories back to their former glory or turn old accessories into brand new jewelry and decor! Janet Rewolinski and Barb Mlady, Group Leaders.

Stained Glass

Tuesdays and Wednesdays | Noon-4 p.m.
Cost: $35 per quarter

Learn a new hobby, perfect your skill, or keep learning! All skill levels welcome. This is a strictly lead-free program. Please only attend one group time per week. Sandy Steckler, Lynn Zwitter, and Lynn Sidabras, Group Leaders. Register in the office to attend. Limit 11 attendees per day.

Artful

Fridays
9 a.m.-Noon

Bring your unfinished crafts and complete them in the company of other creatives! If you're lucky, you might be inspired to try something new, too. Kelli Zembruski and Barb Vahovick, Group Leaders.

Rag Crafting

Wednesdays
9-11 a.m.

Rags to riches! Whether it is cotton or wool;braiding, sewing, or crocheting; there are so many ways to transform your old clothes, sheets, or drapes into a brand new creation! Carol Ebert, Group Leader.

Acrylic Painting

Fridays | 1-3 p.m.
Cost: $35 per quarter

Welcoming beginners and experts alike! Oscar takes students through a study on central art themes, resulting in a final work that is exciting and impressive. Register in the office to attend. Class limit is 12.

Fiber Arts

Christmas in July

July 7 and 14
Noon- 3 p.m.

Make quick and fun embroidered stocking ornaments. They are the perfect size for a small gift or gift card. Sewing experience is needed to complete this project. RSVP by June 29. Class limit is 8.



Quilted Box Tote

Aug. 4 and 11 | Noon- 3 p.m.
Cost: $7

This cute and sturdy storage box has the perfect handles to be picked up and carried with you as a fashion-forward tote. Bows hold the bag contents tight and look super cute, too! Sewing experience is needed to complete this project. RSVP by July 27. Class limit is 8.



Witch Hat

Sept. 1 and 8 | Noon- 3 p.m.
Cost: $7

If you enjoy Halloween, it's time to make yourself a quilted patchwork witch's hat! Style your own and make your own unique creation. Sewing experience is needed to complete this project. RSVP by August 24. Class limit is 8.

Mystery Projects

July 21, Aug. 18 and Sept. 15 | Noon- 3 p.m.
Cost: $7

Special guest leaders are teaching these 3 separate classes! Each month, a fiber arts participant will lead the class in their choice of project. We can't wait to see their creativity! Sewing experience is needed to complete these projects. RSVP by July 13, August 10, and September 7, respectively. Class limit is 8.

Chasing UFOs

July 28, Aug. 25 and Sept. 22 | Noon- 3 p.m.
Cost: $7

How many UFOs do you have? Bring your unfinished, half-sewn, halfway-done, maybe unfinished objects (UFOs) to get them a little farther along at the end of each month. Sewing experience is needed to attend.



Health & Wellness

HUNGER TASK FORCE COOKING CLASS

3rd Thursday, 11:30 a.m.

Join Registered Dietary Nutritionists from Hunger Task Force, Wisconsin's anti-hunger leader, for fun and hands-on cooking demonstrations! They offer great advice on how to mix up your eating routine in a nutritious way, and how to use Hunger Task Force Stockbox ingredients to make delicious and easy meals for yourself and your loved ones.

BLOOD PRESSURE SCREENING

3rd Thursday, 11:30 a.m.

A nurse from Humana SE WI visits to check blood pressures for anyone interested. She can also provide blood pressure education and connect you with resources!

AA - CENTERED IN SOBRIETY

Thursday, Noon–1 p.m.

This program is open to anyone with a desire to stop drinking. Attendees can be any age and do not have to be Senior Center members. Meetings take place in the Conference Room on the second floor of the Senior Center. Tina N, Facilitator.



Fitness

Cost: $15 per calendar year

Hours: Monday-Friday, 9 a.m.–2 p.m.

Nu-Steps, pneumatic Keiser weight lifting machines, club-quality treadmills, a seated arm exerciser, recumbent bikes, eliptical and free weights are available to use as you please!

Wendy B, our amazing volunteer and technician at Froedtert Hospital, conducts fitness room orientations every other Wednesday. She can also help you with your fitness goals!



ARTHRITIS EXERCISE

Mondays, Wednesdays and Fridays, 10–11 a.m.

Get your blood pumping to help increase joint flexibility, range of motion, and maintain muscle strength with this one-hour class. All levels welcome. Watch yourself get stronger and feel better! Shirley Laux, Certified Arthritis Exercise Instructor. Maria Vega, Assistant.

LINE DANCING

Mondays, 1:30–2:30 p.m.

This is an all-levels class, focusing on fun! Beginners are encouraged to attend. Come join us for box stepping, grape vining, and a rip-roaring good time!



CHAIR YOGA GROUP

Tuesdays, 11–11:30 a.m.

Thursdays (ZOOM), 10:30–11 a.m.

Join Susie Melott from Yoga Is Served for a gentle chair yoga class. Lower your blood pressure, reduce your pain and find community. This class offers yoga postures and breath practices with the support of a chair. There is also a meditation after class.

CARDIO DRUMMING

Tuesday and Thursday, 2:30–3:15 p.m.

Cardio drumming involves using drumsticks to hit an exercise ball placed on a bucket, while listening to upbeat music. It can be practiced by anyone and does not require drumming experience. It's a blast!



QI GONG

Thursdays, 1–1:30 p.m.

Increase energy and vitality with a 30-minute Qi Gong practice. Gentle movements and breath exercises will increase your overall health and well-being. This class can be completed standing or seated. Led by Jason Carter from Yoga Is Served.

Recreation

BOOK CLUB

3rd Thursdays, 10 a.m.

Once a month, the Senior Center's book fans get together to chat about a new, exciting read. Join to meet other book lovers, hear new perspectives, and finally justify some reading time for yourself! Call or stop by the Senior Center to learn what book will be discussed next.

MONTHLY BIRTHDAY PARTIES

1st Fridays, 10:30 a.m.

Come celebrate your birthday, your friends', or that of a new friend! Meet in the Lobby on the 1st Friday of the month and have a piece of cake to mark another orbit around the sun. Cake available while supplies last.

SENIOR BREAKFAST GROUP

3rd Wednesdays, 9 a.m.

This social group meets once a month at various restaurants. Participants pay for their own meal, including tax and tip. Enjoy good conversation and meet new people. Kathy Fermanich, Group Leader.

July 15: Open Flame
5081 S. 108th St., Greenfield

Aug. 19: West Allis Cheese & Sausage Shoppe, 6832 W. Becher St.

Sept. 16: Pallas Restaurant
1657 S. 108th St.

Harmony Singers	Mondays: 11 a.m.–1 pm	Leader: Michael McGovern
Table Games	Mondays: Noon–2 p.m.	
Sheepshead / Beginners	Monday: 10 a.m.–Noon	Leader: Judy Valla
Sheepshead / Seasoned	Wednesdays / Fridays: Noon–4 p.m.	
Chess Club	Tuesday: 10 a.m.-Noon	Leader: Mike Salaty
Dominoes	Tuesdays: Noon–2 p.m.	Leader: Barb Forster
Pinochle	Tuesdays: Noon–2 p.m.	Leader: Beth Bielewicz
Wii Bowling Group	Tuesdays / Thursday: Noon–2 p.m.	Leader: Dennis Kopp
Karaoke	Wednesdays: 10–11:30 a.m.	Emcee: Chad Halvorsen
Conversational Spanish	Thursdays: 10–11 a.m.	Instructor: Maria Vega
Cribbage	Thursdays: 1–3 p.m.	Leader: Susan Teik
Sudoku Group	Fridays: 11:30 a.m.–12:30 p.m.	Leader: Dennis Rebek
Dartball	Fridays: Noon–2 p.m.	Leader: John Langford
Harmonic Winds	Fridays: 1–3 p.m.	Instructor: Dennis Rebek
Bingo	2nd / 4th Fridays: 1–2:30 p.m.	

Technology

MOVIE MATINEE

2nd and 4th Wednesdays
12:30 p.m.

Straight from the theater screen to our viewing lounge! Join Mary Sullivan and other cinophiles to watch the latest movies, discuss what you thought, and maybe even have a special screening of your favorite! Watch for posters in the Senior Center or our weekly e-mail to learn what will be playing next.

WALK-IN TECH HELP

Wednesdays
12–2 p.m.

Having trouble with your phone, tablet, computer, or smartwatch? Greg Forster is here to help. Visit him in the computer lab to receive one-on-one help with whatever gadgetry you bring with you. This service is for Senior Center members only.



TABLET RENTAL

The West Allis Senior Center has tablets available for member use inside the building! Stop by the office to check one out. Loss or damage will be attributed to the member assigned to the tablet.

To check out a tablet for up to a week at a time, complete the 5-week 'Android Essentials' workshop. Members who complete the course are eligible to take tablets home for up to a week at a time!

SENIOR PLANET

2nd and 4th Thursdays
1:30 p.m.

How can technology help you live your best life? AARP's Senior Planet classes help people learn new skills, save money, exercise, make new friends, and so much more. We offer free lectures, workshops, and multi-week technology courses that help you learn computer basics and develop life-enhancing computer skills. Mark O'Brien, Cherie Linday, and Gloria Dohearty, Instructors.

Get Involved



Membership Roundtable

Friday, Aug. 7, 9:30 a.m.

Join Senior Center staff for a friendly round-table meeting to stay informed, connected, and involved. Go directly to the source to ask your questions and share new ideas. Coffee and tea provided.

Volunteer Meetings

Whether you are new to volunteering or have been doing it for decades, it's essential that everyone attends the volunteer meeting for their volunteer area. This is an opportunity to learn new information about your role, organizational updates, and tricks on how to make your volunteering better and easier!

Please inform staff in advance if you are unable to attend. Two consecutive missed volunteer meetings will result in the loss of volunteer status.

Front Desk: Friday, July 17, Noon

Program Leaders: Friday, Aug. 7, 1 p.m.

Resources Fair Volunteers: Wednesday, Sept. 9, 3 p.m.

Gifts of Warmth: Wednesday, Sept. 30, 1 p.m.

In The Community

Greenfield Recreation's Featured Outing

BROOKFIELD ZOO

Thursday, Sept. 24, 8 a.m.–5:30 p.m.

Spend a fun and relaxed day exploring the wonders of wildlife at the zoo in Brookfield, IL. Guests will have time to explore the grounds, take in animal exhibits, and enjoy the scenic walkways and shaded rest areas throughout the zoo, with opportunities to catch scheduled animal presentations or simply relax and take in the surroundings.

Cost is $68. Register before September 2 by calling 414-329-5370.



Photo © Brookfield Zoo Facebook

WAWM RCS Featured Program

THE GOLDEN SOUND SERIES

Thursday, July 16, 3-4 p.m. | Thursday, Aug. 20, 3-4 p.m.

Arnold Klentz Park, 2651 S. 72nd St., West Allis

You're invited to our new entertainment series where we will have a variety of musical performances. Our first one this summmer will be with Matt Tyner, a self-taught musician, singing and playing guitar. His influences include the Blues great Muddy Waters, Alt-Americana legend Tom Waits, Rock n' Roll's elite Rolling Stones and Classic Country hero Hank Williams, Sr. He even is accompanied by his dog, Don Juan at his shows. Bring a chair or blanket.



BOOK SELECTION:
***SHOULDER SEASON* BY CHRISTINA CLANCY**

WEST ALLIS LIBRARY'S FEATURED PROGRAM

WEST ALLIS READS

Sept. 1-Oct. 7

West Allis Reads runs Sept 1 to Oct. 7. This year's book selection is *Shoulder Season* by Christina Clancy; books will be available at the library beginning August 1. Be sure to join one of the book discussions at the library, West Allis Senior Center, or Piece of Love. There will be programs related to the book, including one about the history of the Playboy bunny costume and another focused on the Prairie Style architecture of Frank Lloyd Wright.

Resources



WEDNESDAYS, 9 A.M.–NOON

ADRIENNE THE SOCIAL WORKER

Adrienne Calcagnino is the Social Worker for the Southwest Suburban Health Department. She is available in the Senior Center or over the phone to help with behavioral & mental health, older adult services, Medicaid/waiver programs, legal resources, food resources, youth services, nursing home information, goal planning & achievement, advocacy, and end-of-life document assistance. Call to schedule an appointment. No walk-ins allowed.



1ST MONDAY OF THE MONTH, 3 P.M.

ASK JHARRELL

Jharrell Frazier, Outreach Social Worker for the Milwaukee County Aging and Disability Resource Center, visits the Senior Center to assist members. He can help with benefits, ways to save money, housing and home repairs, food, help to stay independent, transportation, wellness resources, dementia services, safety concerns, and many other questions! If you need resources at another time, contact the Milwaukee County ADRC at 414-289-6874.

4TH MONDAY OF THE MONTH, 3 P.M.

WEST ALLIS COMMISSION ON AGING

The Commission on Aging is the governing body that oversees the Senior Center and other aging-related needs in the City of West Allis. The public is welcome to attend meetings.

SENIOR DINING

Meals are served Monday through Friday beginning at 11 a.m. Pre-registration is required by 11 a.m. the business day before.

Enjoy delicious, nutritious, balanced lunches at the West Allis Senior Center, courtesy of the Milwaukee Christian Center. Anyone 60 and older is welcome to participate, regardless of income, along with their spouse of any age. The suggested contribution per meal is $3 for diners 60 and older; $8 for guests under 60.



FACILITY RENTAL

The West Allis Senior Center offers room rentals for your parties, club meetings, life celebrations, and more!

To book, call or stop by the office. At least two weeks notice is required. There is a rental agreement to sign, and most rentals require a small fee. Rentals are only available during Senior Center hours.

Senior Center Guidelines

The West Allis Senior Center is inclusive and welcoming to all 55+. Safety and a sense of community are the Senior Center's top priorities. This is what we expect from you to achieve that:

- **Be kind and respectful of others.**
- **Be welcoming to new members.**
- **Sign in for every visit and have your membership badge visible at all times.**
- **Use the facility and equipment for its intended purpose. Get permission before moving or taking items.**
- **Only consume food or beverage in approved areas.**
- **Leave spaces as clean as you found them.**

West Allis Senior Center
7001 W. National Ave.
West Allis, WI 53214

Check Us Out!

There are a multitude of ways to keep in touch with what is happening at the West Allis Senior Center. We invite you to check out the following:

Like us on Facebook: facebook.com/westallisseniorcenter

Visit the Senior Center's webpage: WestAllisWI.gov/o/wasc

Facebook

Website