

# Wauwatosa Active Older Adults Ages 50+

One membership for both Civic Center Senior Club and Hart Park Senior Center.  
Take advantage of what both programs have to offer. Sign up at either location!

## Civic Center Club Hours

Tuesday 9:00am - 3:00pm  
Wednesday 11:00am - 3:00pm  
Friday 9:00am - 3:00pm

## Location

Wauwatosa Civic Center  
7725 West North Avenue  
1st Floor Meeting Room  
(Easily accessible from parking lot)

## Phone

(414) 479-8900 ext. 5789

## Hart Park Center Hours

Monday 8:00am - 4:00pm  
Tuesday 8:00am - 4:00pm  
Wednesday 8:00am - 4:00pm  
Thursday 8:00am - 4:00pm  
Friday 8:00am - 2:00pm

## Location

Muellner Building  
7300 West Chestnut Street

## Phone

(414) 471-8495



Stop by during hours of operation to view the monthly calendar of classes and other exciting happenings.

## Friday Lunches @ Civic Center Club

Enjoy a healthy lunch every Friday at 12:00pm.

Additional cost of \$4 per meal.

Pre-registration is required.



## Wauwatosa Meal Site Senior Dining Program

Daily Lunch @ Hart Park Center  
11:30am

Everyone needs a diner's card. Register at the senior dining site between the hours of 9:30 - 11:15am.

Suggested contribution of \$3 is accepted and appreciated. Reserve your meal one day in advanced.

Call Hart Park Senior Center or the Milwaukee County Dining Program at (414) 257 - 3534 for more information.

## Aerobic Exercise for Active Older Adults



Join instructors Sue Voigt and Connie Reeves (AFAA Group Exercise Instructor and ACE Senior Fitness Specialist), for an exercise program that is specially designed for seniors. Increase your strength and flexibility, balance and coordination, and get a low-impact cardiovascular workout. You may choose to add a twenty-minute workout using your own 1 - 3 lb. hand weights. \$1.00 / class - pay each time you attend.

Civic Center (1st floor meeting room) *Open to Senior Club members only.*

Tuesdays & Fridays  
9:00 - 9:45am (aerobics)  
9:50 - 10:10am (weights)

**Water Exercise for Active Older Adults**  
See page 6

**For questions or for more information about Wauwatosa Active Older Adults programming call 414-471-8495**

# Winter Class Schedule - Hart Park Senior Center

## EXERCISE CLASSES

Connect with trained instructors and get a good workout! Classes offered more than one day per week require registration for each day.

Classes run weeks of  
January 7 - March 25

Fee: \$25 member / \$35 non-member each

<u>Cardio and Strength</u>		<u>Activity #</u>
Wednesdays	9:30am	263600-01
Fridays	9:45am	263600-02

<u>Arthritis Foundation Exercise Program</u>		
Tuesdays	12:30pm	263610-01

<u>Cardio - Balance - Strength</u>		
Mondays	11:30am	263620-01

<u>Chair Yoga</u>		
Mondays	12:45pm	263630-01

<u>Muscle Conditioning</u>		
Tuesdays	8:45am	263640-01
Thursdays	8:30am	263640-02

<u>Yoga</u>		
Mondays	8:30am	263650-01
Tuesdays	10:00am	263650-02
Wednesdays	8:15am	263650-03
Fridays	8:30am	263650-04

## ART CLASSES

### Watercolor Workshop

Instructor: Chris Sommerfelt

Fee: \$25 member / \$35 non-member

Mondays, January 7 - March 25

9:30 - 11:30am

Activity #263300-01

### Acrylic Painting

Instructor: Laura Easy-Jones

Fee \$64 member / \$74 non-member

Tuesdays, January 8 - February 26

10:00am - Noon

Activity #263400-01

### Mixed Media

Instructor: Laura Easy-Jones

Fee \$64 member / \$74 non-member

Thursdays, January 10 - February 28

10:30am - 12:30pm

Activity #263500-01

### Crafters Class

Join fellow crafters and create 4 unique crafts in the course of 11 weeks. Stay inspired and be creative weekly while you enjoy light snacks and craft camaraderie led by local artist, Bridgette Schiek.

Fee: \$30

Thursdays, January 10 - March 28

9:00 - 10:15am

Activity # 263800-01

## T'AI CHI / QIGONG

Instructor: John Burns

Fee: \$48 member / \$58 non-member

Tuesdays, January 8 - February 26

8:00am

Activity #263660-01



## WRITERS WORKSHOP

Explore non-fiction, fiction and poetry writing. Fellow writers will share feedback and encouragement.

Instructor: Cindy Crebbin

Fee: \$28

Tuesdays, January 8 - March 26

12:30-2:30

Activity# 263700-01

## SPANISH CLASSES

Brush up on your Spanish language skills for an upcoming trip or learn a new language.

Instructor: Lorna Peterson

Fee: \$25 member / \$35 non-member

Wednesdays, January 9 - March 27

Advanced 9:00am

263750-01

Intermediate 10:00am

263750-02

Beginner 11:00am

263750-03

**To Register for the classes on this page: mail, fax, drop off the form on the reverse to the Rec. Dept. OR sign-up on site at Hart Park Senior Center**