Travel Time with Barb
April 1st 12:30-2:00pm
Stop into the Hart Park Senior Center with your questions about the Travel Show.

Depression and Anxiety– The warning signs and when to seek help
Tuesday, April 19th at 11am
We welcome back Maria Olex, Psy.D. Assistant Professor in the Department of Psychiatry at the Medical College of Wisconsin. She will be visiting our center again this spring to discuss Depression and Anxiety, the warning signs and when to seek help. As we slowly move out of the current pandemic, it’s important to look for these signs in our life, but also with our friends and loved ones. Please contact the Hart Park Senior Center to reserve your spot. 414.471.8495 ext. 1.

An Afternoon with the Mayor– Hart Park Senior Center
Wednesday, April 20th
1:00pm-2:30pm
Spend the afternoon with Wauwatosa’s Mayor Dennis McBride as he discusses all the happenings going on in our Wauwatosa Community. There will be an opportunity to ask questions and give your concerns. Please contact the Hart Park Senior Center to make your reservation.414.471.8495.

Blood Pressure Checks are BACK!!–Hart Park Senior Center
Thursday, April 21st– 10:00am-11:30am
Are you looking to have your blood pressure checked by a qualified individual from the Wauwatosa Health Department? Stop by the Hart Park Senior Center on Thursday, April 21st to take part in this special service sponsored by the Wauwatosa Senior Centers in cooperation with the Wauwatosa Health Department.
Hart Park Senior Center and the Senior Club are programs under the auspices of the Wauwatosa Recreation Department. The Hart Park Senior Center also serves as a Nutrition Site for the Milwaukee County Department on Aging.

The Wauwatosa Senior Centers rely on the support and dedication of members, volunteers, donors and community partners. Together we work toward our common goal of continued excellent activities, a fun and friendly environment and meaningful volunteer experiences.

**Hart Park Senior Center Staff**  
**Director:** Kosta Zervas (414) 471-8495 ex.1  
zervasko@wauwatosa.k12.wi.us  
**Program Coordinator:** Nancy Lohmiller (414) 471-8495 ex.2

**Hours of Operation**  
Monday-Thursday: 8am-4pm  
Friday: 8am-2pm

**Civic Center Senior Center Staff**  
**Program Coordinators:** Donna Weingarten and Bob DeLeon  
**Phone:** 414-479-8900 Ext. 5789

**Hours of Operation**  
Tuesdays: 9am-3pm  
Wednesdays: 11am-3pm  
Fridays: 9am-3pm

**Membership:**  
Wauwatosa Residents: .......... $15  
Non-Resident: .................. $20

**Facebook:** www.facebook.com/WauwatosaSeniorCenters

**Payment and Registration Required**  
Advance registration and full payment (cash or check) is required for all activities with fees. Register at least two weeks before the start date in the center office. Activities will be cancelled if minimum registrations are not met. For special accommodations let staff know at time of sign up. Pre-registration is recommended for programs without fees.

**Cancelation and Refund Policy**  
Fees for activities and trips cancelled by the Senior Center will be refunded or rescheduled.

**Classes or Activities**  
Participants may cancel activity or class enrollment prior to the registration deadline, and request a refund.

Registration fees are not refundable if cancelled on or after a program registration deadline, and may not be transferable.

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**Card Making Class**  
**Hart Park Senior Center**  
**Tuesday, April 12th 10:00-11:30**  
**$6/participant**

Come join card making guru Connie Phillips at the Hart Park Senior Center and make several greeting cards. The price of the class covers all your materials. All you have to do is show up and use your creative minds. Class is limited to 12 participants so please call the **Hart Park Senior Center** to reserve your spot 414-471.8495. Payment will be required upon registering to hold your spot.

**Happy Easter!**

---

**Wauwatosa Recreation Department**  
**11324 West Center Street, Wauwatosa, WI 53222**  
**Phone:** 414-773-2900 www.tosarec.com

The Wauwatosa Recreation Department helps to enhance the quality of life for Wauwatosa citizens of all ages by providing a variety of recreational activities, special events and services which encourage lifelong learning, fitness and fun.
Welcome April and welcome spring!! March allowed us to slowly shed our mask requirements within our centers and it feels like we’re somewhat back to a “normal” senior center. Of course, if you still feel that you need to mask up, please feel free to do so. We will continue to work hard to safely offer programming inside our centers and continue to adhere to the guidelines that are set in place to make our centers safe for all our participants, if they were to change.

As we continue to get back to normal programming, all of our classes at Hart Park are fun and enjoyable and the programming at the Civic Center is great and the Friday lunches are spectacular! There is so much to do each day at both locations.

Please browse through this newsletter and see what you can take advantage of. I look forward to seeing you at the Wauwatosa Senior Centers. Stop by my office, located inside the Hart Park Senior Center, to say hello. I would love to see you.

Kosta
**HART PARK SENIOR CENTER ACTIVITIES CALENDAR**

<table>
<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
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<tbody>
<tr>
<td>8:00: Yoga*</td>
<td>8:00: Tai Chi/ Qigong*</td>
<td>8:00: Yoga*</td>
<td>9:30: Slow Flow Yoga*</td>
<td>8:00: Yoga*</td>
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<td>11:00: Zumba*</td>
<td>10:00: Acrylic Pig*</td>
<td>9:00: Advanced Spanish*</td>
<td>10:00: Music From the Hart</td>
<td>9:15: Cardio/Strength*</td>
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<td>11:30: Dining Site Meal Service</td>
<td>10:00: Greeting Card Class* (2nd Tuesday)</td>
<td>10:00: Intermediate Spanish*</td>
<td>10:00– Mixed Media*</td>
<td>10:00: Poetry Circle (2nd &amp; 4th Fridays)</td>
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<td>12:00: Needlers (1st and 3rd Mondays)</td>
<td>11:30: Dining Site Meal Service</td>
<td>11:00: Beginning Spanish*</td>
<td>11:30: Dining Site Meal Service</td>
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<td>12:00: Sheepshead</td>
<td>12:00: Wii Bowling</td>
<td>11:00: Zumba*</td>
<td>12:00: Bridge</td>
<td>12:00: Sheepshead</td>
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<tr>
<td>12:00—CBS Class*</td>
<td>12:00: Sheepshead</td>
<td>11:30: Dining Site Meal Service</td>
<td>12:00: Sheepshead</td>
<td>12:45: Contemp. Book Club (3rd Thursday)</td>
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<td>12:15: Cribbage</td>
<td>12:50: Writer’s Workshop*</td>
<td>12:00: Sheepshead</td>
<td>1:00: Acrylic Painting*</td>
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<td>1:00 WAW* (2nd and 4th)</td>
<td>12:30: Mindful Yoga*</td>
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<td>1:15 Chair Yoga*</td>
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<td>* Indicates fee required Tosa Rec class</td>
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**Toe Nail Trimmers, LLC**
April 7th, 14th, 21st and 28th
Preregistration Required. Call 262-719-0336
Fee: $29/30 Minute Appointment
Receive a safe toenail trimming, foot massage, moisturizing and thorough foot assessment with self-help education from a Registered Nurse.

**April Movie at Hart Park**
Wednesday, April 27th at 12:30
“Soul” (Disney Pixar Movie)
Joe is a middle-school band teacher whose life hasn't quite gone the way he expected. His true passion is jazz -- and he's good. But when he travels to another realm to help someone find their passion, he soon discovers what it means to have soul.

**Cribbage Mondays**
When: Mondays at 12:15
Where: Garden Room (HP Senior Center)
Are you wanting to learn to play a new game with a great group of teachers? Join our Cribbage group at the Hart Park Senior Center. We have a fun and friendly group that is looking for new participants and will graciously teach you how to play. Hope to see you there!

**Wii Bowling**
When: Tuesdays at 12:00noon
Where: Garden Room (HP Senior Center)
Enjoy bowling without the heavy ball & funky bowling shoes. Bowlers get to play to see who can get the most strikes, spares & pins. Our Wii bowling on Tuesdays are great fun & exercise too! Hope to see you there!

**MAH JONGG**
When: Wednesdays at 12:00noon
Where: Garden Room (HP Senior Center)
Try your luck at Mah Jongg, a tile-based game involving skill, strategy & a little luck. Draw & discard tiles to win!

**SHEEPSHEAD**
WHEN: Monday-Thursdays 11:30am-3:30pm
Where: Firefly Room (HP Senior Center)
This Midwestern game is king here at the Hart Park Senior Center. Play 5-handed, call an ace Sheepshead multiple times throughout the week! Hope to see you there!
Tosa Senior Club Activities

Tosa Senior Club Located at 7725 W. North Avenue
Phone 414-479-8900 ext. 5789
Sponsored by the Wauwatosa Recreation Dept. 12011 W. North Avenue

<table>
<thead>
<tr>
<th>April 2022</th>
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Senior Aerobics Tuesday and Friday 9:00 - 9:45 am.
Optional additional exercise with hand weights following classes.

Fridays at the Senior Club: Fabulous Friday Lunches
Fabulous Friday Lunches continue at the Wauwatosa Senior Center. Call ahead and make your reservation with our gourmet chefs, Donna and Bob. Reservations are required by calling and leaving a message with Donna at (414)795-6239.

PLEASE make your reservations by Wednesday for Friday lunches!!!

**PLEASE make your reservations by Wednesday for Friday lunches!!!**
Class Spotlights

**Monday, Tuesday, Wednesday, Thursday and Friday Yoga and Chair Yoga**

8am-9am

members: $25/ non-Members $35

Come join Hart Park’s yoga instructors Tiffany Bruett, Donna Wolff and Rebecca Logan. Call us at the Hart Park Senior Center 414.471.8495 for more information. Spring Session begins the week of April 11th.

**Zumba! Ditch the workout and join the party!**

Mondays 11am-11:45am

Fee: $25 members/ $35 non-members

Call us at the Hart Park Senior Center 414.471.8495 for more information. Spring session begins the week of April 11th.

**Mixed Media**

Thursdays from 10:30am-12:30pm

Fee: $80

This class is an opportunity to experiment with a variety of drawing, painting and collage materials. Playful experimenting will be combined with exercises that will give you a framework to try out new ideas. The instructor will introduce concepts and demos at the beginning of each class. Individual instruction is given throughout class. Call us at the Hart Park Senior Center 414.471.8495 for more information. Spring session begins the week of April 11th.

**Chair Yoga**

Mondays at 1:15pm

This gentle form of yoga is practiced sitting on a chair or using a chair for support during standing poses. Chair yoga is especially suitable for older adults, people with balance or coordination issues, and those with disabilities. Chair yoga helps increase flexibility, lung capacity, circulation and strength, improves balance, and relieves stress. The class incorporates breathing exercises, stretching, yoga postures, and final relaxation. Call us at the Hart Park Senior Center 414.471.8495 for more information. Spring session begins the week of April 11th.

**Cardio/Balance/Strength**

Mondays at 12:00pm

Fridays at 9:15am

This Cardio/Balance/Strength classes aims to improve your cardiovascular health, balance, muscular strength and endurance. It is a class for all strengths and abilities. Call us at the Hart Park Senior Center 414.471.8495 for more information. Spring Session begins the week of April 11th.

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Senior Club at City Hall

**Senior Club BINGO!**

Friday, April 1st and 22nd 1:00pm-2:30pm

**Book Discussion and Lunch at the Senior Club**

Friday, April 8th at 1:00pm

*The Island of Sea Women*  
By Lisa See

This beautiful, thoughtful novel illuminates a world turned upside down, one where the women are in charge, engaging in dangerous physical work, and the men take care of the children. A classic Lisa See story—one of women’s friendships and the larger forces that shape them—*The Island of Sea Women* introduces readers to the fierce and unforgettable female divers of Jeju Island and the dramatic history that shaped their lives.

**Friday Lunch with a Movie**

Friday, April 29th at 1:00pm

*Minari*

A Korean American family moves to an Arkansas farm in search of its own American dream. Amidst the challenges of this new life in the strange and rugged Ozarks, they discover the undeniable resilience of family and what really makes a home.

---

Valentines Day Party at the Senior Club!!!
VOLUNTEERS WANTED

Volunteers making a difference in the lives of others

The Hart Park Senior Center is expanding their volunteer program to offer individuals a greater sense of:

- Well being.
- Expanding with their community and making friends.
- Developing a personal tie to a cause and volunteering in unique and exciting opportunities.
- We can expand culture differences and a place to come together.

The Hart Park Senior Center offers a wide variety of interesting opportunities working on the:

Travel, Program and the Decorating Committees.

Contact the front office for more details at: (414)471-8495

DEPRESSION AND ANXIETY PROGRAM

Depression and Anxiety
The warning signs and when to seek help.

TUESDAY, APRIL 19TH
11AM
HART PARK SENIOR CENTER

BUNZEL’S OLD FASHIONED MEAT MARKET
Fresh Custom Cut Choice Meats
Party Trays • Catering
Thank You For Supporting A Family Tradition
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- Carbon Monoxide
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414-545-7878
7421 W. Becher St., West Allis

Metcalf’s NOW HIRING!
Part Time, Flexible Hours, 20% Employee Discount.
Learn more and apply online at shopmetcalfes.com.
Or stop by 6700 West State St. and ask for Kyle.

When life offers the gift of time...

We’ll help you every step of the way.
Offering a continuum of care for seniors:
> Assisted Living
> Memory Care
Call 414-292-0400 or email wauwatosasales@oakparkplace.com
1621 Rivers Bend, Wauwatosa, WI 53226
oakparkplace.com/wauwatosa
We Help families find assisted living, ind. living, memory care and in-home care and our service is free to seniors and their families

Jeff Kelling
CSA, CPRS
Certified Senior Advisor for CarePatrol of Milwaukee

Office: (414) 301-7690
Cell: (414) 559-1106
Fax: (888) 259-5311
JKelling@carepatrol.com
www.carepatrol.com
The Hart Park Senior Center presents:

Michael Leckrone
The Greatest Band Leader in the Land!

‘Moments of Happiness:
My History with the UW Marching Band’
Director of the University of Wisconsin Marching Band for 50 years.

Wednesday - May 18, 2022 at 1:00

$10.00 Per Person

414.471.8495

Refreshments by Simma’s Bakery will be served
Last day for Reservation May 10, 2022

The Hart Park Senior Center ~ 7300 Chestnut St. ~ Wauwatosa WI 53213

In collaboration with BADGER TALKS
The courtyard looks lovely dressed up in a dusting of snow yet I yearn for April’s first breath when the trees bud and the sprouting crocus and tulips appear.

A gentle, lilting wind will caress me as I thrill to the sound of birds chirping in the trees.

I can’t wait for winters tenacious grip to pass and sunshine and flowers can reign supreme.

Roselyn Stewart
Writers Workshop
TRAVEL

Travel Time with Barb
April 1st 12:30-2:00pm
Stop into the Hart Park Senior Center with your questions about the Travel Show.

2022 Trips

April 22 – May 2 South Africa and Victoria Falls Tour
New Date: September 10th-20th, 2022

May 22 – 27 Stunning South Dakota
Join Happy Times Tours for this fun filled 6 day motorcoach tour. Stay three nights in Deadwood with daily excursions to the Mount Rushmore, Crazy Horse, Custer State Park and Badlands National Park. $825/dbl Deadline is April 18.

June 9-17 Columbia & Snake River
Join Barb Schumacher for a summer trip to the West Coast, starting in Portland OR and ending in Spokane WA. Package includes airfare, transfers, cruising for a week on the American Pride paddle wheel, meals, excursions, and more.

*Call Barb Schumacher to register or get more information 414.305.1060*

July 13-15
Annual Mystery Tour expanded to 2 nights 3 days escorted by Barb Schumacher. Price is $559/double, $699 single. Deadline is May 13th. Maximum is 35.

August 18-19 Galena, IL
“The Last Potluck Supper” at the Bell Tower, one night at the Grand Hotel & Resort with breakfast, attractions and some meals. Leisure time for shopping or time at the casino.

Sept. 1-4 Washington DC
(NEW DATE) Join Barb Schumacher on this semi escorted trip to our Nation’s Capital. Package includes airfare, airport transfers, three nights at the Holiday Inn Express with daily breakfast (across from the Smithsonian trip) and a 48 hour hop on hop off pass. You pick your attractions and museums or spend a day at the National Library of Congress book fair.

October 1st-7th Cape Cod and the Islands
Round trip airfare from Milwaukee to Boston. Enjoy a Boston city tour with all the historical sites, including the famous Plymouth Rock. Spend the next 5 nights in Hyannis touring Martha’s Vineyard, New Port, RI and Nantucket. Early booking price is $2850/double if paid in full by July 18th.

November 29th-December 5th Historical South
Tour Charleston, SC Savannah, GA and St. Augustine Fl. For more information see brochure at the Hart Park Senior Center.

Now Open!

RIVER PARKWAY

Call NOW to schedule a tour of the few only remaining units
2 bed 2 bath units: Starting at $ 1,495

Wauwatosa’s Newest Senior Apartments and Family Townhomes
6300 River Parkway, Wauwatosa, WI 53213 • riverparkwaytosa.com

414-488-7000

For info call 1-800-950-9952 • www.lpicommunities.com
**HART PARK SENIOR CENTER TRIPS**

**Hart Park Senior Center Day Trips**

- **May 18th** – Dancing Horses
- **May 31st** – Bargain Hunters Trail Trip
- **June 23rd** – Lavender Fields Trip
- **August 10th** – Annual Brewers Game
- **August 31st** – Flower Power Trip
- **September** – TBD
- **October** – TBD
- **November** – Annual Mystery Trip
- **December** – Annual Drury Lane “ELF”

"We are looking for ideas for July, September and October. If you have an idea, please let us know. Look for flyers at the Hart Park Senior Center for additional details on these upcoming day trips in May, June and July."

**We are looking for 30 members to interested in a special showing of “Dressing the Gowns” of Downtown Abbey. Date to be determined sometime in early May. This would be a half day tour to also include Villa Terrace. Cost approx. $35**

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**BLOOD PRESSURE CHECKS**

**COFFEE WITH THE MAYOR**

**2022 Blood Pressure Screenings**

**Hart Park Senior Center**

10:00am-11:30am

- March 31
- April 21
- May 19
- June 16
- July 21

- August 18
- September 15
- October 20
- November 17
- December 15

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**Coffee With the Mayor**

Wednesday, April 20th

1pm—2:30pm

Please join Mayor Dennis McBride for conversation, coffee and community discussion at the Hart Park Senior Center’s Riverview Room.

Hart Park Senior Center
7300 Chestnut Street * (414) 471-8495

Advanced Registration Required
EASTER WORD JUMBLE

Unscramble the 8 Easter themed words below. Next, using the circled letters from each word, unscramble to form a new word and find out what is inside the Easter egg.

1. RIBTB
2. KABEST
3. WOLFRES
4. NBUYN
5. YJO
6. RAEEDOTC
7. YNADC
8. HOLACOCTE

ANSWER: ________

Happy Easter Word Scramble

The Easter Bunny decorated some of his eggs with words, but when he delivered them, they got a little scrambled. Can you unscramble the words and find the answer to his favorite riddle?

1. NETOBN
2. DVAION
3. APOLWE
4. DYNAC
5. JLPIT
6. TSIABEK

What do you call a rabbit who tells good jokes?

What do you call a rabbit who tells good jokes?

Spot the Differences

Spot 10 differences
Easter Word Search

- Basket
- Bonnet
- Bunny
- Candy
- Chicks
- Chocolate
- Daffodil
- Decorate
- Ducks
- Dye
- Easter
- Egg Hunt
- Eggs
- Family
- Flowers
- Grass
- Happy
- Jellybeans
- Lily
- Parade
- Peeps
- Rabbit
- Spring
- Sunday
- Tradition
- Tulips

FLOWERS GNIRPSZO
SKC HCTEBPARE
YTPBZEPTMPMGEYS
DGPNRJBSPAES
NEZNRUASUBTSPDA
AKOAEAEDNNTDTPIR
CBCEBTAINEAEEYG
XEGTBATEYKFRGLP
DGENILIBUSTGIS
SCTEOOYVAOWELU
SKCUDCNLIBDOMVN
UIYKROFLSPILUTD
OHYGVHTEVALXJFA
KXRAWCFJAHUNTJJY
YLIMAFASPEEPSM
## Milwaukee County Senior Dining - Hart Park (April Menu)

### Hart Park
7300 Chestnut Street
For Curbside Pickup Only

### April
**Monday**
- Chicken Salad
- 7-Grain Bread
- Marinated Carrot Salad
- Apple Cranberry Juice
- Chilled Peaches
- Rice Krispie Treat

**Tuesday**
- Roast Beef
- Kaiser Roll
- Election Day
- Site Closure
- Chocolate Pudding

**Wednesday**
- Chef's Salad
- Greens, Tomato, Cheese, Juliana Ham, Turkey, Egg
- Split Top Dinner Roll
- Pineapple Juice
- Strawberry Yogurt

**Thursday**
- Club Sandwich
- W/ Lettuce & Tomato
- Pea & Cheese Salad
- Chips
- Chilled Pears
- Sugar Cookie

**Friday**
- Veggie & Cheese
- Tortilla Wrap
- Broccoli Slaw
- Pickled Beets
- Pretzels
- Fresh Fruit Cup

**Reservations Required**
24-Hour Notice
Call Site 414-257-3534

### Menu Prices
Suggested Contribution: $3.00
**60+**

### Good Friday
- Tuna
- 7-Grain Bread
- Site Closure

### Baker's Choice
- Chopped Chicken
- Fajita Salad
- Tortilla Chips
- Broccoli Salad
- Fruited Yogurt
- Grapes

### View Menus Online
- county.milwaukee.gov/taging/diningmenus
- Senior Dining Office: 414-289-6995
Hart Park Senior Dining

Meals Served Weekdays at 11:00
Suggested Donation: $3.00/Age 60+
Reservations ........................................ (414) 257-3534
Enjoy a nutritious meal and meet new friends. New
diners are always welcome! Just make a reservation by
noon the day before you wish to dine.

Weather Cancellations:
When the Wauwatosa School District cancels classes
and/or extra-curricular activities, Wauwatosa’s Senior
Centers are also cancelled. Tune to local radio and TV
stations for cancellation information.

Participant Code of Conduct
Any participant whose behavior infringes on the rights
of other participants and/or staff, volunteers and in-
structors, could be asked to leave the center.

EMERGENCY PROCEDURES
Tornado? Proceed to basement of the building.
Fire? Get out of the building
Intruder? Hide! Take care of YOU!
If you need medical assistance, we will call 911.

Leave you Laughing!!