



# NATIONAL SENIOR HEALTH & FITNESS DAY

May 29, 2024

## CLINTON & BERNICE ROSE SENIOR CENTER

3045 N Dr. Martin Luther King Jr. Dr  
Milwaukee, WI 53212  
(414) 263-2255

## KELLY SENIOR CENTER

6100 S Lake Dr  
Cudahy, WI 53110  
(414) 481-9611

## MCGOVERN PARK SENIOR CENTER

4500 W Custer Ave  
Milwaukee, WI 53212  
(414) 527-0990

## WILSON PARK SENIOR CENTER

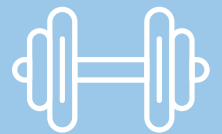
2601 W Howard Ave  
Milwaukee, WI 53221  
(414) 282-5566

## WASHINGTON PARK SENIOR CENTER

4420 W Vliet St  
Milwaukee, WI 53208  
(414) 933-2332

Raffle Prizes  
And More!

Cooking Demos  
Health Screenings  
Fitness Activities  
(See schedule  
on back)



All are welcome! For ADA accommodation requests, please call your local senior center at least three days in advance.

PLEASE CALL YOUR LOCAL SENIOR CENTER  
TO LEARN MORE & SIGN UP!





# SCHEDULE OF EVENTS

**May 29, 2024**

**RAFFLE PRIZES AT THE END OF THE DAY!**

## CLINTON ROSE

**10:00 - 10:30**  
Senior Striders

**11:00 - 11:30**  
Cooking Demo

**10:00 - 2:00**  
Nurse - Blood Pressure  
Drug Take Back  
Vaccines

**10:30 - 11:00**  
Fitness Bingo

**11:30 - 12:15**  
AARP Walk With a DOC\*

\*Registration required

## KELLY

**10:00 - 10:30**  
AARP Walk With a DOC\*

**10:00 - 2:00**  
Chair Massages

**12:00 - 12:30**  
ASAHI

**10:00 - 2:00**  
Nurse - Blood Pressure

**10:00 - 2:00**  
Memory Screenings

**10:30 - 11:00**  
Cooking Demo

**1:00 - 1:30**  
Brain Workshop

\*Registration required

## MCGOVERN

**10:00 - 10:30**  
AARP Walk With a Doc\*

**11:00 - 11:30**  
Cooking Demo

**10:00 - 2:00**  
Nurse - Blood Pressure

**10:30 - 11:00**  
Fitness Bingo

**12:00 - 1:00**  
Tai Chi

\*Registration required

## WASHINGTON

**10:00 - 10:30**  
AARP Walk With a Doc\*

**11:45 - 12:15**  
Cooking Demo

**10:00 - 2:00**  
Nurse - Blood Pressure

**10:30 - 11:30**  
Hand Weights

**12:30 - 1:00**  
Tai Chi

\*Registration required

## WILSON

**9:15 - 10:15**  
Morning Exercise

**11:00 - 11:30**  
Cooking Demo

**10:00 - 2:00**  
Nurse - Blood Pressure  
Drug Take Back  
Vaccines

**10:30 - 11:00**  
AARP Walk With a Doc\*

**12:30 - 1:00**  
Evidence Based Classes

\*Registration required



MILWAUKEE COUNTY  
DEPARTMENT OF HEALTH  
& HUMAN SERVICES  
**AGING & DISABILITIES  
SERVICES**



**PLEASE CALL YOUR LOCAL SENIOR CENTER  
TO LEARN MORE & SIGN UP!**