



# Proudly Serving Seniors in West Allis, West Milwaukee & Beyond

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A "Snapshot" of the Services Provided  
by the West Allis Senior Center  
from September 1, 2019 - August 31, 2020

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**West Allis Senior Center ■ 7001 West National Avenue ■ West Allis, WI 53214**  
**414-302-8700 ■ [www.westalliswi.gov](http://www.westalliswi.gov)**

## Membership

- 407 Members: 61% Female, 39% Male
- 54 Veterans
- 73% < Low income

## Attendance

- 30,222

## Nutritional Health & Wellbeing

- Milwaukee County Senior Dining Site  
16,866 meals served/distributed  
↑ 69.3%
- Hunger Task Force Stockbox Distribution  
1,730 boxes distributed ↑ 29%
- Food for the Hungry, Inc.  
Weekly bread distribution

## Volunteer Support

- 99 Volunteers contributed 10,872 service hours (valued at \$276,482.94)

## Fitness & Exercise Programs

- Arthritis Exercise
- Chair Yoga
- Fitness Equipment Program

## Health Education Programs

- Caring for Your Feet, Toe Nail Trimmers, LLC
- Flu Clinic, West Allis Health Department
- Men's Health Talk, Library Square
- Dementia Screenings, Milwaukee Department on Aging
- Gynecologic Cancers, Wisconsin Women's Health Foundation

## Safety Presentations

- Senior Safety Talk, West Allis Police Department
- Avoiding Scams, Caring with Honor
- Introduction to 911 Emergency System

## Recreational Programs

- Billiards & Air Hockey
- Games & Cards - Cribbage, Mexican Train Dominoes, Sheephead and online computer games
- Sing-A-Long & Music Appreciation
- The Hat Ladies Group
- Movie Matinees
- Wii Bowling



## Support Groups/Programs

- Beat the Blues
- Memory Cafes, WA Health Dept. & Library
- Preserving Our Memories, VITAS
- Social Connection Program

## Art & Craft Classes/Workshops

- Card Makers Group
- Stained Glass Classes
- Floral Design Workshops
- Quilting Project Classes
- Craft Workshops
- Painting/Coloring Group

## Special Events & Programs

- Veteran's Day Program
- Halloween Harvest Gathering
- Volunteer 'Super Hero' Recognition Event
- Senior Dining Holiday Gathering
- Jingle & Mingle Volunteer Christmas Party
- Christmas Cookie Fundraiser
- Mardi Gras Celebration
- Valentine's Party
- St. Patrick's Celebration

## Brain Health Programs

- Dementia Friendly Trainings - Sept. & Dec.
- Memory Screenings, Milwaukee County Department on Aging

## Guest Series Programs

- Art of Bonsai, Milwaukee Bonsai Society
- Churches in Poland, Senior Center Members Dave & Jody Rymaszewski
- Keep Milwaukee Warm, Energy Assistance Program

## Gifts of Warmth

Hundreds of handmade hats, scarves, mittens, baby quilts, and afghans were donated to area schools and agencies, including West Allis Health Department, Women Infant & Children's Program, Allis Care Center, St. John's Lutheran Church and the Veteran's Administration Hospital.

## Thank You to Our Community Partners:

AARP Smart Driver Program  
AARP Tax Assistance Program  
Alzheimer's Association WI Chapter  
Caring with Honor  
Eras Senior Network, Inc.  
Food for the Hungry, Inc.  
Good Samaritan Outreach Center  
Greenfield Health Department  
Heritage West Allis Senior Living Complex  
Hunger Task Force Stockbox Program  
Keep Milwaukee Warm Organization  
Library Square  
Metropolitan Baptist Church  
Milwaukee Bonsai Society  
Milwaukee Christian Center  
Milwaukee County Department on Aging  
Mother of Perpetual Help Food Pantry  
Muskego Law Group  
St. Peter's Episcopal Church  
Toe Nail Trimmers, LLC.  
VITAS Healthcare  
VMP - Village of Manor Park  
West Allis Commission on Aging  
West Allis/West Milwaukee Community Coalition  
Yoga is Served

Thank you to all City of West Allis Departments. Special thanks to Communications & Creative Services, Fire Department, Health Department, Library, Police Department and Department of Public Works.

**Our Mission — to promote a healthy quality of life for older adults, advocate for vital services, offer lifelong learning activities, and provide opportunities to develop meaningful fellowship.**