

Senior Center Happenings—July 2026

The Salvation Army—Oak Creek Senior Center is funded by a grant from the Thomas Lyle Williams Trust fund and community donors. We are open to serve the needs of adults aged 50 and over—mind, body, and spirit.

Check out the back for the daily schedule of events.

Lunch & Learn

Join us on Thursdays at 11:30AM to enjoy a light lunch and learn about a topic of interest.

Cost is \$3.

July 2

Independence Day Cookout w/ Day Camp

July 9

Topic: Cooking for One w/ Humana

Menu: Soup & Salad

July 16

Topic: Safety in Public Places w/ OCPD

Menu: Build Your Own Sandwich

July 23

Topic: Revitalize Milwaukee

Menu: Shredded BBQ Chicken Sandwich

July 30

Topic: TSA International Disaster Relief Services

Menu: Build Your Own Salad

Summer Senior Supper **Cost is \$3**

Join us at 5:00 p.m. in the Fellowship Hall for a meal. **Dine-in only.**



Menu:

July 8- Cheeseburgers, fries, baked beans, coleslaw

July 22- Meatloaf, mashed potatoes, corn, roll

Bingo Schedule

July 9: Swap Meet Bingo Bring a gently used item to donate as a bingo prize. Or pay the usual \$2 fee.

July 16: Smile Bingo 😊 This pattern may take extra time.

July 23: Regular Bingo (A) This is our usual bingo.

July 30: Pattern Bingo (B) Different patterns, same fun.

Art w/ Elianna

Join us on July 1 at 10AM to make a birdhouse! Space is limited. **Please register.** 414-762-3993

Senior Fitness Offerings

We offer several options to stay active.

Walking Club: 9:00-10:00AM daily in the gym.

Senior Fitness w/ Mary Jo Bellinger

Senior Cardio (**\$3 per class**)

Mondays 11:00-11:45AM

Tuesdays 9:15-10:00AM

Wednesdays 11:00-11:45AM

Fridays 9:15-10:00AM



Senior Yoga (**\$3 per class**)

Mondays 12:00-12:45PM

Tai Chi (**\$3 per class**)

Wednesdays 12:00-12:45PM

Zumba Toning (**\$3 per class**)

Fridays 10:15-11:00AM

20-class punch cards can be purchased for \$50.

This is a \$10 savings off the per class price!



Field Trips (Please Register to attend)

West Allis Farmers Market

July 7-12:00-2:00PM

July 21-12:00-2:00PM

Red Arrow Park (Live Music)

July 15-11:15AM-1:30PM

July 29-11:15AM-1:30PM

Bring a bag lunch or money to buy from the food trucks and enjoy live music.

Hobby Hang Out

Tuesdays 11:30AM-2:00PM

Do you have a hobby or craft you like to do? Crochet? Knitting? Card making? Bring your work and join others in our Senior Lounge for friendship and laughs.

July Celebrations

Join us for lunch on July 30 when we will celebrate this month's birthdays and anniversaries. All honorees enjoy free bingo on that day.

Painting Party w/ Kristin

12:00-1:30PM

July 10 and 24

Enjoy watercolor painting.

Beginners welcome!

Swap Meet Bingo

July 9-1:00 p.m.

Participants should bring a gently used item to be donated as a bingo prize.

Don't have any treasures?

Just pay the usual **\$2 fee.**

For to be free is not merely to cast off one's chains, but to live in a way that respects and enhances the freedom of others. -Nelson Mandela

Senior Center Staff:

Isaiah Weatherall, Community Outreach Programs Manager

Erin Walsh, Senior Program Specialist

Amani Qutaish & Lisa Hadley, Program Aides

Captains Matthew Beatty & Rona Mutch, Corps Officers

Phone: 414-762-3993

Website: <http://oakcreeksaseniors.org/>



OAK CREEK SENIOR CENTER

Independence Day Celebration

Join us at noon on July 2 for a cookout and shopping cart parade with our day campers. Wear your patriotic colors! **Note: We are closed on 7/3 for the holiday.**

Senior Center Hours:
Monday-Friday
9:00 a.m.-2:00 p.m.

Food Pantry Hours:
Wednesday & Thursday
9:00 a.m. - 12:00 p.m.

Sunday Services:
9:30 a.m.—Adult Bible Study
10:30 a.m.—Worship Service