

Brain Wellness Programs and Services

Education

*Support
Groups*

Social Engagement

Brain Health Enhancement

*Due to the changing nature of services, this list may not be comprehensive. Although the Alzheimer's Association does not endorse or promote any services other than those of the Association, we are available to answer questions and help clarify service needs.
800.272.3900 / 800.272.3900 / www.alz.org/sewi*

Education

living with dementia - early stage

Living with Dementia is an education program for persons with early-stage Alzheimer's disease or related dementia and their care partners. The diagnosis of Alzheimer's disease or a related dementia is life-changing and leads to many questions. What will this mean for me and my family? How do I plan for the future? Where can I get the help I need? Join us for this three-part program where you will hear from others who have been where you are. We will discuss what you need to know, what you need to plan, and what you can do as you navigate this chapter of your life.

Who is eligible to attend? People with a diagnosis of either mild cognitive impairment (MCI) or any type of dementia in the early stage who are interested in and able to actively discuss the topics introduced. A care partner, spouse, family member, or close friend is also encouraged to attend.

What is the application process? An in-person and/or phone interview is required prior to attending.

Cost: Free.

Audience: Persons with early stage dementia and their care partners

| Milwaukee County | Date | Registration | Time |
|---|---|--|-----------------|
| Alzheimer's Association 620 S. 76th St #160 Milwaukee, WI 53214 | Mondays October 2, 2018 October 9, 2018 October 16, 2018 | Required. Contact Linda Markut at 800.272.3900 | 1:00pm - 3:00pm |

| Ozaukee County | Date | Registration | Time |
|---|--|--|-------------------|
| Family Enrichment Center 885 Badger Circle Grafton, WI 53024 | Tuesdays September 11, 2018 September 18, 2018 September 25, 2018 | Required. Call Sarah Prohuska at 800.272.3900 or email sprohuska@alz.org | 10:00am - 12:00pm |
| Washington County | Date | Registration | Time |
| Washington County Public Agency Center 333 E. Washington St West Bend, WI 53095 | Wednesdays November 14, 2018 November 21, 2018 November 28, 2018 | Required. Contact Sarah Prohuska at 800.272.3900 or sprohuska@alz.org | 10:00am - 12:00pm |
| Waukesha County | Date | Registration | Time |
| Aging & Disability Resource Center 514 Riverview Avenue Waukesha, WI 53188 | Thursdays October 11, 2018 October 18, 2018 October 25 2018 | Required. Contact Jennifer Harders at 800.272.3900 or jharders@alz.org | 2:00pm - 4:00pm |

living well with chronic conditions

The diagnosis of a cognitive condition like Mild Cognitive Impairment (MCI), Alzheimer's disease or another related dementia is life-changing and requires support and information to best manage and cope with these chronic health conditions. Join this six-week program to help you enjoy a healthier life! Learn how to maximize your potential even when a long-term health condition like cognitive impairment or dementia may require you to alter your activities. You will get the support you need, find practical ways to deal with pain and fatigue, discover better nutrition and exercise choices and learn better ways to talk with your doctor and family about health. This program will also help you cope with co-existing ongoing health problems like arthritis, asthma, diabetes, heart disease, mild depression, obesity, cancer and osteoporosis.

Cost: Free.

Audience: Persons with early stage dementia and their care partners

| Milwaukee County | Date | Registration | Time |
|---|--|---|-----------------|
| Alzheimer's Association 620 S. 76th St., Ste. 160 Milwaukee, WI | 7 Consecutive Tuesdays beginning March 6, 2018 | Required. Call Jennifer McAlister at 414.479.8800 | 1:00pm – 3:30pm |
| Alzheimer's Association 620 S. 76th St., Ste. 160 Milwaukee, WI | 7 Consecutive Thursdays beginning October 4, 2018 | Required. Call Jennifer McAlister at 414.479.8800 | 1:00pm – 3:30pm |

Support Groups

| Milwaukee County | Date | Registration | Time |
|--|--------------------------|---|-----------------|
| Clement Manor - Center for Enrichment 3939 S. 92nd St. Greenfield, WI | 1st Monday of each month | Required. Call Laurie Nowak at 414.546.7367 | 2:30pm - 4:00pm |

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|---|--------------------------------|---|-------------------|
| Alzheimer's Association 620 S. 76th St., Ste. 160 Milwaukee, WI | 4th Tuesday of each month | Required. Call Wendy Betley at 800.272.3900 or email wbetley@alz.org | 10:00am – 11:30am |
| Ozaukee County | Date | Registration | Time |
| Family Enrichment Center 885 Badger Circle Grafton, WI | 2nd Wednesday of each month | Required. Call Sarah Prohuska at 262.993.7352 or Kathy Glaser at 262.284.8120 | 3:00pm - 4:30pm |
| Waukesha County | Date | Registration | Time |
| Pewaukee Public Library 210 Main Street Pewaukee, WI | 2nd Tuesday of each month | Required. Call Jennifer Harders at 800.272.3900 | 9:30am - 11:30am |

Social Engagement

Bookworm Gardens Early Stage Social Outing
 Carefree Café - Bookworm Gardens is a vibrant, playful botanic garden inspired by children's literature, the natural world, and the imagination, bringing books to life one garden at a time for learners of all ages. Join us for guided tours of the gardens, picnic dinner, entertainment and fun for caregivers, family & friends, and the loved one for whom they provide care. In collaboration with the Family Caregiver Coalition, Aging & Disability Resource Center, The Gathering Place, UW-Extension Sheboygan County and Book Worm Gardens. In case of rain event will be held at the UW-Extension Sheboygan County meeting rooms – watch for signs. **Cost:** \$7 per person or \$20 for up to 4 family/friends.

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| Sheboygan County | Date | Registration | Time |
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| Bookworm Gardens 1415 Campus Drive Sheboygan, WI 53081 | Thursday July 19, 2018 | Required. Call Lisa Hurley at the Aging & Disability Resource Center at 920.467.4100 | 3:30pm - 6:30pm |
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Blue Lotus Farm and Retreat Center
Please join us at Blue Lotus Farm & Retreat Center for an afternoon of boating, fishing, exploring nature trails, lawn games, scavenger hunt and more! This is an opportunity for individuals with MCI, early-stage Alzheimer's and related dementias and their care-partners to enjoy the outdoors and socialize while enjoying time together in a relaxed, beautiful setting. Light snacks and refreshments will be provided:
Cost: \$5 per person or \$8 per couple.

| Washington County | Date | Registration | Time |
|---|------------------------------|--|-----------------|
| Blue Lotus Farm and Retreat Center 5501 CO Hwy M West Bend WI 53095 | Friday September 14, 2018 | Required. Contact Sarah Prohuska at 800.272.3900 or sprohuska@alz.org | 1:00pm - 4:00pm |

Memories in the Making
The Alzheimer's Association Memories in the Making® program offers creative art expression for individuals with early to the middle stages of Alzheimer's disease. Even after people with dementia have lost the ability to use words, they are able to paint their thoughts, emotions and memories in a manner that is expressive and beautiful. Art becomes their voice.
Cost: \$5.00 and covers all four sessions. You are welcome to pay at the door.

| Dodge County | Date | Registration | Time |
|--|--------------------------|--|-----------------|
| Watertown Senior Center 514 S 1st Street Watertown, WI 53094 | Tuesday June 12, 2018 | Required. Contact Bonnie Beam Stratz at 800.272.3900 or bbeam@alz.org | 1:30pm - 3:00pm |

| Milwaukee County | Date | Registration | Time |
|---|--|--|-------------------|
| Alzheimer's Association 620 S. 76th St #160 Milwaukee, WI 53214 | Thursdays May 24, 2018 May 31, 2018 June 7, 2018 June 14, 2018 | Required. Contact Linda Markut at 800.272.3900 | 1:30pm - 3:00pm |
| Ozaukee County | Date | Registration | Time |
| Cedarburg Cultural Center W62 N546 Washington Avenue Cedarburg, WI 53012 | Monday June 18, 2018 | Required. Contact Sarah Prohuska at 800.272.3900 or sprohuska@alz.org | 1:30pm - 3:00pm |
| Sheboygan County | Date | Registration | Time |
| Generations 1500 Douglas Drive Plymouth, WI | Wednesday September 5, 2018 | Required. Contact Ginny Nyhuis at 800.272.3900 | 2:00pm - 4:00pm |
| Walworth County | Date | Registration | Time |
| Starin Senior Center 540 W Starin Road Whitewater, WI 53190 | Wednesday October 24, 2018 | Required. Contact Bonnie Beam Stratz at 800.272.3900 or bbeam@alz.org | 10:00am - 12:00pm |

memory cafés

An opportunity for individuals with MCI, early-stage Alzheimer's disease and related dementias, their care partners as well as those who worry about memory problems, to come together to share your stories, socialize and create new friendships while enjoying refreshments.

Who is eligible to attend? Persons with MCI, early-stage Alzheimer's disease and related dementias and their care partners.

What is the application process? Call 800.272.3900 for more information.

Cost: No cost to attend

| Fond du Lac County | Date - Ongoing | Registration | Time |
|---|--------------------------------|---|-----------------|
| Fond du Lac Public Library 32 Sheboygan Street Fond du Lac, WI 54935 | 4th Thursday of Each Month | Required. Contact Mary Voell at 414.779.8484 | 1:00 - 2:30 pm |
| Kenosha County | Date - Ongoing | Registration | Time |
| Perkins 11710 74th Place Kenosha, WI | 2nd Thursday of Each Month | Required. First time attendees please call 800.272.3900 | 2:00 - 3:30 pm |
| Milwaukee County | Date - Ongoing | Registration | Time |
| Bay View United Methodist Church 2772 S Kinnickinnic Avenue Milwaukee, WI | 3rd Monday of Each Month | Required. First time attendees please call 800.272.3900 | 1:00 to 2:30 pm |
| Tosa Bowl and Bun 7212 W. North Avenue Wauwatosa, WI 53213 | 2nd Wednesday of Each Month | Required. First time attendees please call 800.272.3900 | 4:00 to 5:30 pm |

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| Daddy's Soul Food & Grill 754 N 27th Street Milwaukee, WI | First Tuesday of Each Month | Required. First time attendees please call 800.272.3900 | 2:30 to 4:00 pm |
| Ferch's Malt Shoppe and Grill 5636 Broad Street Greendale, WI 53129 | 4th Wednesday of Each Month | Required. First time attendees please call 800.272.3900 | 2:30 to 4:00 pm |
| Pitch's Express and McKinley Marina Roundhouse 1750 N Lincoln Memorial Dr Milwaukee, WI 53212 | 3rd Wednesday of Each Month | Required. First time attendees please call 800.272.3900 | 2:30 to 4:00 pm |
| Miss Katie's Diner 1900 W Clybourn St Milwaukee, WI 53233 Free Valet Parking | On Hold for the Summer | Required. First time attendees please call 800.272.3900 | 2:30 to 4:00 pm |
| St. Francis Brew Pub 3825 S. Kinnickinnic Ave St. Francis, WI 53235 | First Thursday of Each Month | Required. First time attendees please call 800.272.3900 | 4:30 to 6:00 pm |
| Three Lions Pub 4515 N. Oakland Avenue Shorewood, WI 53211 | 3rd Thursday of Each Month | Required. First time attendees please call 800.272.3900 | 2:30 to 4:00 pm |
| Ozaukee County | Date - Ongoing | Registration | Time |
| Riveredge Nature Center 4458 County Road Y Saukville, WI 53080 | First Wednesday of Each Month | Required. Call Kathy Glaser at 262.284.8120 | 2:30 to 4:00 pm |

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| Cedars III Bowling Center W53 N404 Park Circle Cedarburg, WI 53012 | 3rd Tuesday of Each Month | Required. Call Kathy Glaser at 262.284.8120 | 2:00 to 3:30 pm |
| Racine County | Date - Ongoing | Registration | Time |
| Parkside Cafe 1400 Hwy 11 Union Grove, WI 53182 | Third Thursday of Each Month | Required. First time attendees please call 800.272.3900 | 1:30 - 3:00 pm |
| Sheboygan County | Date - Ongoing | Registration | Time |
| Generations 1500 Douglas Drive Plymouth, WI | First Wednesday of Each Month | Required. First time attendees please call 800.272.3900 | 2:30 - 4:00 pm |
| Walworth County | Date - Ongoing | Registration | Time |
| Whitewater Public Library 431 W Center St Whitewater, WI 53190 | 2nd Monday of Each Month | Required. First time attendees please call 800.272.3900 | 10:30am - 12:00 pm |
| Matheson Memorial Library 101 N Wisconsin Street Elkhorn, WI | 4th Tuesday of Each Month | Required. First time attendees please call 800.272.3900 | 1:00 - 2:30 pm |
| Washington County | Date - Ongoing | Registration | Time |
| Riveredge Nature Center 4458 County Road Y Saukville, WI 53080 | First Wednesday of Each Month | Required. Call Kathy Glaser at 262.284.8120 | 2:30 to 4:00 pm |

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| Jack Russell Memorial Library 100 Park Avenue Hartford, WI | Second Monday of Each Month | Required. Call Tammy Dickman at 262.335.4497 | 1:30pm to 3:00 pm |
| West Bend Community Memorial Library 630 Poplar St West Bend, WI | 4th Tuesday of Each Month | Required. Call Tammy Dickman at 262.335.4497 | 1:30 to 3:00 pm |
| Waukesha County | Date - Ongoing | Registration | Time |
| Lake Country Libraries Rotates between Delafield Public Library Hartland Public Library Oconomowoc Public Library Pewaukee Public Library Town Hall Library | First Friday of Each Month except July | Required. First time attendees please call 800.272.3900 | 10:30am - 12:00 pm |
| Four Points Library Rotates between Hales Corners Public Library Muskego Public Library Franklin Public Library New Berlin Public Library | 3rd Tuesday of Each Month | Required. First time attendees please call 800.272.3900 | 2:00 - 3:30 pm |
| Wild Plum Memory Cafes Rotates between Brookfield Public Library Elm Grove Public Library Germantown Community Library Menomonee Falls Public Library | 3rd Monday of Each Month | Required. First time attendees please call 800.272.3900 | 3:00 - 4:30 pm |

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| The Spot on Broadway 500 E Broadway St Waukesha, WI 53186 | 4th Wednesday of Each Month | Required. First time attendees please call 800.272.3900 | 10:30am - 12:00 pm |
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memories in the making®

A watercolor painting session for families living with early-stage dementia. Please join us for a special Memories in the Making® painting session. Participate in an opportunity to be creative through the art of painting in water color. No experience necessary!

Registration is required.

Cost: \$5 per pair of attendees. Scholarships available. Payment instructions will be provided upon registration.

| Milwaukee County | Date | Registration | Time |
|---|---|---|-------------------|
| Alzheimer's Association 620 S. 76th Street #160 Milwaukee, WI 53214 | Three consecutive Thursdays beginning June 1, 2017 | Required. Contact Wendy Betley at 800.272.3900 | 10:00am - 11:30am |
| Ozaukee County | Date | Registration | Time |
| W.J. Niederkorn Library 316 W Grand Ave Port Washington, WI 53074 | Monday June 5, 2017 | Required. Contact Sarah Prohuska at 800.272.3900 | 10:00am - 11:30am |
| Racine County | Date | Registration | Time |
| Racine Gateway Technical College 901 Pershing Drive Racine, WI 53403 | Three consecutive Tuesdays beginning March 21, 2017 | Required. Contact Wendy Betley at 800.272.3900 | 2:00pm - 3:30pm |

SPARK! program

SPARK! is a free cultural program for caregivers and loved ones experiencing beginning to mid-stage Alzheimer's disease and other forms of memory loss. SPARK! programs are hosted in museums, art studios and nature centers across Wisconsin and Minnesota and feature interactive experiences in a welcoming environment. Specially-trained educators engage participants in lively discussions through art-making and interactions with museum artifacts and other multi-sensory activities. Get all the information you need at www.sparkprograms.org

Cost: Free

Brain Health Enhancement

memory masters

Memory Masters is designed for those interested in retaining memory function. This class focuses on exercising the brain in a positive, supportive environment where participants learn, share, and engage with one another. Classes consist of a structured curriculum that includes critical thinking, creative activities, physical exercise, and a nutritious lunch, while connecting with others in a fun and nurturing environment. Memory Masters is a proactive approach in working on brain health for anyone concerned about their memory. In addition, the participants in classes like these often make lasting relationships with one another. It provides a natural support for not only the participants, but for extended family members who are going through similar circumstances.

Cost: \$30. Includes lunch. Scholarships may be available.

Audience: Anyone interested in retaining memory function.

| Kenosha County | Date | Registration | Time |
|---|----------------------|--|------------------|
| Boys and Girls Club 1330 52nd Street Kenosha, WI | Mondays & Wednesdays | For more information or to enroll, contact Davin at 262.658.3508 | 10:00am - 2:00pm |

mind effects

A memory enhancement class designed specifically for individual's with mild memory loss. The focus of the program is maintaining and enhancing memory and brain functioning through use of a variety of different brain exercises.

Who is eligible to attend? Anyone who wants to participate in the program and is in early stages of memory loss.

What is the application process? Completing a simple enrollment form and responding to two simple questions.

Audience: Persons with early stage dementia

| Milwaukee County | Date | Registration | Time |
|--|---|--|------------------|
| The Lutheran Home 7500 W. North Ave. Milwaukee, WI | Tuesday Wednesday Thursday | Contact the Lutheran Home for the current schedule at 414. 258.6171 ext: 750 or www.thelutheranhome.org | 10:00am - 2:00pm |

more than memory

More than Memory is an innovative brain and body health course designed for individuals living with cognitive impairments such as Alzheimer's, dementia and Parkinson's. Each two-hour class includes physical fitness, socialization and specifically exercises one of more of the seven abilities of the brain: Memory, Reasoning, Attention, Body Awareness, Language, Learning and Planning. Class members work in small groups, partake in unique cultural experiences offered in the greater Milwaukee community, and engage in lifelong learning.

Who is eligible to attend? People living with cognitive impairments.

What is the enrollment process? Tour and interview.

Cost: \$30.00 per class

Audience: Persons with mild-mid stage cognitive impairments

| Milwaukee County | Date | Registration | Time |
|--|------------------------|--|------------------------|
| Luther Manor Retirement Community 4545 N. 92nd St. Milwaukee, WI | Ongoing program | Contact Luther Manor Retirement Community for the current schedule at 414.464.3888 or www.luthermanor.org | Ongoing program |

brain stretch club

This program is designed to enhance cognitive abilities as well as provide support for the social, educational and emotional needs of persons with a diagnosis of early memory loss. A typical day includes time for socializing and discussing current events along with brain stretch activities like memory recall, creative writing, listening to music, art therapy, stress reduction techniques, and physical exercise. Brain and heart healthy snacks are included. The Brain Stretch Club is a program of Clement Manor.

Who is eligible to attend? Adults with a diagnosis of early memory loss who are independent with activities of daily living and are ambulatory.

What is the application process? Contact us to schedule an appointment. Application process includes an assessment.

Cost: \$40.50

Audience: Persons with early stage dementia

| Milwaukee County | Date | Registration | Time |
|---|--|--|------------------|
| Clement Manor - Center for Enrichment 3939 S. 92nd St. Greenfield, WI | Monday, Tuesday, Wednesday and Thursday | Required. Contact Clement Manor - Center for Enrichment for the current schedule at 414.546.7367 www.clementmanor.com | 9:30am to 2:00pm |

recharge: retain and regain...the health of your body and brain

ReCharge! is an interactive brain and body fitness class. Engage in brain exercises while among friends and improve memory, focus and concentration. Fitness center available.

Who is eligible to attend? Anyone who is concerned about their memory and want to learn memory strategies and how to exercise the brain.

What is the application process? Contact us to schedule an appointment. Please come for a free class visit to experience it first hand.

Cost: \$40.00 per day, 25.00 per half-day (**Lunch provided**)

Audience: Persons with early stage dementia

| Milwaukee County | Date | Registration | Time |
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|--|-------------------------------|---|------------------|
| Chai Point 1400 N. Prospect Ave. Milwaukee, WI | Tuesdays and Thursdays | Required. For more information call Dawn Adler at 414.277.8838 dadler@jewishseniorliving.com | 10:00am - 2:00pm |
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| Ozaukee County | Date | Registration | Time |
|--|-------------------|---|------------------|
| Sarah Chudnow Community 10995 N. Market St Mequon, WI 53092 | Wednesdays | Required. For more information call Dawn Adler at 414.277.8838 dadler@jewishseniorliving.com | 10:00am - 2:00pm |

memory matters

Memory Matters is a proactive approach to brain health. In the course you will learn to understand the importance of mental fitness--knowing you can grow and learn at any age, develop memory strategies for everyday living, maintain or improve concentration, learn techniques for stress reduction, maintain community involvement and learn strategies for successful aging.

Who is eligible to attend? Any individual who is concerned about memory loss or may have a diagnosis of early memory loss or other cognitive impairment.

What is the application process? Interview process is conducted by the program director.

Audience: Persons with early stage dementia

| Sheboygan County | Date | Registration | Time |
|---|------------------------|---|------------------------|
| St. Paul Lutheran Church 730 County Rd. PPP Sheboygan Falls, WI | Ongoing program | Required. For more information call Marissa at 920.627.6847 | Ongoing program |

memory minders

This program offers proactive and interactive services that benefit communities and individuals with early stage memory loss and their families.

memory wellness small group programs

Small group programs designed to maintain memory and improve quality of life that focus on memory wellness through education, memory tips and techniques, mental fitness and creativity in a fun, interactive social group setting.

Who is eligible to attend? Independent adults experiencing memory problems who desire a proactive and interactive program to maintain memory and cognitive skills.

What is the application process? Brief meeting with program director to answer a few questions and upon mutual agreement filling out enrollment forms.

Cost: The Providence Place: \$32.00 per day

Alexian Village: \$38.00 per day (12 week program)

Audience: Persons with early stage dementia

| Milwaukee County | Date | Registration | Time |
|--|----------------------------|---|----------------------------|
| Alexian Village 9301 N. 76th St. Milwaukee, WI | Twelve-week program | Required. For more information call Jill Hoven at 262.707.9387 jill@memoryminders.net www.memoryminders.net | Twelve-week program |

private 1:1 memory wellness consultation

Private sessions that focus on individualized memory wellness needs through education and activities tailored for each person. This is offered within the person's home.

Cost: \$75.00 per hour or package pricing is available

Audience: Persons with early stage dementia

Contact: Jill Hoven at 262.707.9387 or jill@memoryminders.net | www.memoryminders.net

mindworks

MindWorks is a memory program based on current research and other successful programs. MindWorks may help you maintain or even improve your memory and thinking skills. A typical day at MindWorks includes cognitive stimulation, humor, discussion, socialization, and light exercise or walking. MindWorks is a program of Lutheran Social Services.

Who is eligible to attend? Members are adults who are experiencing memory problems, have Mild Cognitive Impairment (MCI) or Alzheimer's disease or who want to maintain cognitive skills.

What is the enrollment process? A meeting is set up after the initial contact to meet with the interested adult. After the initial meeting, the potential member would be invited to attend a free trial day in the group. The potential member is invited to join MindWorks based on mutual agreement of the member and the MindWorks facilitator. The application is given to the member after the trial day and usually returned on his or her first official day in MindWorks.

Audience: Persons with early stage dementia

| Waukesha County | Date | Registration | Time |
|--|--|--|--|
| Lutheran Social Services 2000 Bluemound Rd. Waukesha, WI | Ongoing program Tuesdays and Thursdays | Call Patricia David at 262.424.2832 or patricia.david@lsswis.org | Ongoing program 10:00 am - 2:00 pm |

r & r club:recharge and renew club - younger onset

This is for active individuals experiencing early memory loss under the age of 65.

| Milwaukee County | Date | Registration | Time |
|--|--|---|-----------------|
| Chai Point 1400 N. Prospect Ave. Milwaukee, WI | Fridays beginning August 2016 | Required. For more information call Dawn Adler at 414.277.8838 dadler@jewishseniorliving. com | 9:00am - 1:00pm |