

# enjoy life

Active Aging Resources and Clubs Just for You



Click the websites for direct access to the organization pages

## Adventure

### Adventure Rock Climbing

Purchase day passes (climbing gear included) or look into a rock climbing membership. Rock climbing, yoga, and fitness available. [Brookfield, Milwaukee, & Walker's Point, WI](#) • [adventurerock.com](#)

### Camp Halcyon

Wisconsin's premiere adult summer camp with wine tasting, archery, ax throwing, beach yoga, and more uniquely crafted classes to create the best summer ever.

[Wautoma, WI](#) • [camphalcyon.com](#) • [contact@camphalcyon.com](#)

### Franklin Senior Travelers

Join a new group of friends, choose a destination, and have the City of Franklin pay for the bus transportation. Open to 55 yrs+.

[Franklin, WI](#) • [franklinseniortravelers.com](#)

### Wisconsin Skydiving Center

Push your limits for the ultimate life experience. Welcoming jumpers of all experience levels and physical abilities.

More accessibility information on the website.

[Milwaukee, WI](#) • [wisconsin skydiving center.com](#) • 902-568-1700

## Book Clubs & Social Events

### Books & Company Book Group

Provides a diverse array of book club genres and themes. Check their website or call the store to explore the different group options and how to get involved in each one.

[Oconomowoc, WI](#) • [booksco.com](#) • 262-567-0106

### Boswell-Run Book Clubs

Free, open to the public book clubs that are a great way to meet literary, like-minded individuals. In-person and virtual options on Monday afternoons and evenings. Explore many themes.

[Milwaukee, WI](#) • [boswellbooks.com](#) • 262-567-0106

### Classic Movie Club at Zablocki

(Milwaukee Public Library)

Visit the Zablocki Library once a month on Tuesdays for a 12:30 PM classic movie screening. Bring your lunch and enjoy a discussion afterwards. Light refreshments are provided.

[Milwaukee, WI](#) • [mpl.org/services/events/](#) • 414-286-3000

### Kochanski's Concertin Beer Hall

Stop by for the weekly live music every Wednesday, and visit the website for more exciting upcoming events.

[Milwaukee, WI](#) • [kochanskisconcertina.com](#) • 414-837-6552

### Milwaukee Beer Society

Join Milwaukee's weekly beer appreciation club. They provide a community of beer lovers an environment to learn, share, and appreciate all things beer. Only \$10 to join these beer-enthusiasts.

[Milwaukee, WI](#) • [milwaukeebeersociety.com](#)

### Milwaukee Public Market Cooking Classes

Find a class that's right for you, collaborate with trained chefs, and go home with a new, mastered recipe. Learn more online.

[Milwaukee, WI](#) • [milwaukeepublicmarket.org/class/cooking-classes](#)

### Red Hat Society

This social group, for women over 55, supports each other in the pursuit of fun, friendship, fitness, and the fulfillment of lifelong dreams. Join this inspiring, worldwide membership of women today.

[Milwaukee, WI](#) • [redhatsociety.com](#) • 414-243-7687

### Wisconsin Supper Clubs

Super clubs feed the soul like no other, and we're fortunate to have many exceptional supper clubs scattered around the state. Visit the website to find a new, iconic Wisconsin supper club to try.

[Wisconsin](#) • [wisconsin superclubs.com](#)

## “Young at Heart” Marcus Senior Friday Matinee Films

Every Friday, Marcus Theatres® and Movie Tavern offer a Young at Heart® special for anyone age 60+. Movies starting before 5:30 PM are just \$7, and Young at Heart moviegoers also receive exclusive concession specials. Find your local theater on the website.

Wisconsin • [marcustheatres.com](http://marcustheatres.com)

## Games

### American Cribbage Congress Grass Roots

With 11 clubs across Wisconsin, find your nearest meeting spot, and play the best, one-of-a-kind card game with new friends.

Wisconsin • [Find the Club Directory on cribbage.org](http://FindtheClubDirectoryoncribbage.org)

### Greater Milwaukee Bridge Association

Come play “Bridge,” the trick-taking card game, with an incredible group. Compete with other Bridge players, and participate in tournaments all over the Milwaukee area. Become a member online.

Milwaukee, WI • [unit222.com](http://unit222.com)

### Mah Jongg Game Program

Join Mondays from 12-3 PM for Mah Jongg, the rummy-like game played with tiles, or join for a beginner’s class on Sundays from 10am-12pm.

Whitefish Bay, WI • [jccmilwaukee.org](http://jccmilwaukee.org) • 414-967-8258

### Milwaukee Peggers (Cribbage Club)

Visit Dicken’s Grille & Spirits on Tuesdays at 7 PM to relax and have fun playing the social game.

West Allis, WI • [cribbage.org](http://cribbage.org) • 414-967-8258

### Sheepshead Game at Elite Sports Club

Play Sheepshead, known as “Milwaukee’s Official Card Game,” in matches and tournaments at the North Shore Elite Sports Club.

Glendale, WI • [eliteclubs.com](http://eliteclubs.com) • 414-434-2321

## Sheepshead Game at Newburg Community Center

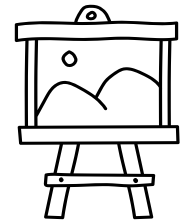
Join others at the Community Center for a weekly game of Sheepshead each Tuesday. New players always welcome.

Newburg, WI • [village.newburg.wi.us](http://village.newburg.wi.us) • 262-675-2160

## Wisconsin Chess Association

Connect with other chess enthusiasts across the state for friendly match play and tournament opportunities.

Wisconsin • [www.wisChess.org](http://www.wisChess.org)



## Art, Dance, & Music

### Bel Canto Senior Singers

All abilities are welcome to join, age 55+. Attend weekly rehearsals throughout the fall and spring, and perform in two concerts that are free and open to the public. No audition needed to join. If you love singing, come participate.

San Camillo, Saint John’s on the Lake, New Berlin, & Mequon, WI  
[www.belcanto.com](http://www.belcanto.com) • 424-481-8801

### Dance Track Classes

An adult dance program like no other. With many genres to choose from, flexible payments, and different attendance options, Dance Tracks is accessible and incredible. Visit the ‘Adult Program’ tab on the website to register.

Waukesha, WI • [dancetracksllc.com](http://dancetracksllc.com) • 262-271-6568

### City of Greenfield Adult Dance & Fitness

Offering Middle Eastern, tap, ballet, jazz, ballroom, and more. Programs cater to the beginner and those continuing to improve their dance moves. Classes are offered throughout the year ending with a dance recital in the spring. Register on the website.

Greenfield, WI • [ci.greenfield.wi.us](http://ci.greenfield.wi.us) • 414-329-5375

## **A Stroke of Genius (Paint, Canvas, & Wine)**

Hosting both private and public events, painters of all abilities are welcome to come, relax, and paint together in a step by step process. Experienced artists lead each painting group. Come by yourself or with friends, studio time is up to 3 hours long with enough time to have beverages during breaks.

Waukesha, WI • [paintwinestudio.com](http://paintwinestudio.com) • 262-893-4186

## **New Horizon's WI Senior Band (White House of Music)**

The New Horizon's Band is an international organization of over 150 bands focusing on players aged 55 and over. They invite musicians of all skill levels who want to continue playing or who have never played an instrument before. Call to join, or just sit-in to observe.

Waukesha, WI • [whitehouseofmusic.com](http://whitehouseofmusic.com) • 262-798-9700

## **Rock River Valley Carving Club**

The mission of RRVCC is rooted in educating others about carving techniques while implementing safe & proper procedures. The wood carving group meets the first Tuesday of the month at 6pm at First Lutheran Church. Visit the website for more details.

Janesville, WI • [rockrivervalleycarvers.com](http://rockrivervalleycarvers.com)

## **Zumba Gold (Pewaukee Rec)**

Focus on all elements of fitness with these lively zumba classes that combine cardio and dance for any level. Classes take place on Mondays at 9am. Register through the Pewaukee Parks & Rec website, or try one class for free with a guest pass!

Pewaukee, WI • [zumba.com](http://zumba.com) • 262-691-0770



## **Outdoors**

### **BIPOC Birding Club of Wisconsin**

Experience birds, nature, and a great community. Birding is for all, come join a group of people who share your passion for the outdoors. Field trips and events are open to birders and people of all skill levels and interests. Learn more on their website.

Madison & Milwaukee, Wisconsin • [bipocbirdingclub.org](http://bipocbirdingclub.org)

Madison: 608-354-7293 MKE: 414-766-0760

### **Capitol Walking Club**

Join others at the library for a weekly neighborhood walk on Thursdays at 10:30am. The social group begins at the Capitol Library and takes a two-mile loop through the neighborhood. It's a wonderful opportunity to exercise outdoors and socialize. The club meets rain or shine, and uses ADA accessible routes. People of all ages and abilities are welcome. Sign up for this and many other incredible events on the Milwaukee Public Library website.

Milwaukee, WI • [mpl.com](http://mpl.com) • 414-286-3000

### **Friends of Boerner Botanical Gardens**

The Friends of Boerner Botanical Gardens aims to provide a garden setting for learning, understanding, enjoying, and providing stewardship of our natural world. For volunteer information, visit the website, mouse over Join/Donate and click Volunteer Opportunities to find the application form. Also join for Wednesday night garden walks 6:00-7:30 PM (\$5/person).

Hales Corners, WI • [boernerbotanicalgardens.org](http://boernerbotanicalgardens.org) • 414-525-5653

### **Milwaukee Kayak Company**

Providing a healthy, unique, safe, and fun outdoor paddling experience for residents of Milwaukee, the surrounding communities, and tourists. Enjoy the rivers while engaging in a healthy lifestyle and recreational activity.

Milwaukee, WI • [milwaukeekayak.org](http://milwaukeekayak.org) • 414-301-2240



### **PRS Watersports**

Lessons and rentals are available for you in 7 established locations across Lake Country. Otherwise, rent and pick up equipment to travel anywhere within a 15-mile radius of Downtown Delafield. Rent kayaks, paddle boards, tandems, or canoes.

Lake Country, WI • [prswatersports.com](http://prswatersports.com) • 262-424-9805

### **Ride MKE**

This bike club is an incredible community based out of the North Shore area of Milwaukee, Wisconsin. Their mission is to provide a safe and exciting ride experience for all levels of riders. To get more information or join, fill out the “contact us” box on the website.

Milwaukee, WI • [ridemke.org](http://ridemke.org)

### **South Shore Garden Club**

The South Shore Garden Club aims to educate and promote interest in all phases of gardening, horticulture, floral design, conservation, and protecting the environment. For more information, or to become a member, use the “Contact Us” tab on the website, or join the Facebook Group.

Milwaukee, WI • [southshoregardenclub.com](http://southshoregardenclub.com)

### **Wisconsin Garden Club Federation**

Garden clubs serve to unite people of all ages and backgrounds who are enthusiastic about learning and getting their hands dirty. They generally meet monthly and are available to join all over Wisconsin. Wisconsin’s club is an official charter member of the “National Garden Club Organization.”

Wisconsin • [wisconsinclub.org](http://wisconsinclub.org)

### **Wisconsin Go Hiking Club**

A hiking club that strives to promote health and good fellowship. With 300 members strong, this hiking club has members with ages ranging from 25 to 80+ years. About 5 hikes are scheduled each week of the year in Milwaukee and the surrounding areas. Each hike varies in length and difficulty, and 3 guest hikes are allowed. Fill out the membership application online with the ‘join’ tab.

Wisconsin • [wisconsinclub.org](http://wisconsinclub.org)

### **Sports Clubs**



#### **Kenosha Running Club**

Join a diverse community of local runners of all ability levels— from casual runners and avid racers to ultra-marathoners, you belong here. Activities include group runs along the Kenosha harbor, workouts on the track, monthly meetings/potlucks, as well as other non-running social events. Visit the Membership tab on the website to get involved.

Kenosha, WI • [kenosharunningclub.com](http://kenosharunningclub.com)

#### **Lake Country Pickleball Club**

Join the sport of pickleball and engage in a healthy, enjoyable, and recreational activity that is fun and easy to learn. This club welcomes all ages to come, enjoy the game, and add to the already 540+ pickleball lovers who are members.

Oconomowoc, WI • [lakecountrypickleballclub.com](http://lakecountrypickleballclub.com)

#### **Milwaukee Croquet Club**

Play croquet by the lake! With 80+ members, this club offers golf croquet leagues five times a week, taking place from June-October with Friday night parties scheduled to continue the fun. Visit the website for more information. Click ‘About,’ then ‘Membership’ to get involved.

Milwaukee, WI • [milwaukeecroquet.org](http://milwaukeecroquet.org)

## Milwaukee Rowing Club

Experience nature and exercise like nothing else. With opportunities for new and experienced rowers, the Milwaukee Rowing Club has a place for everyone. Visit the website to learn more about lessons and yearly memberships.

Milwaukee, WI • [milwaukeerowingclub.org/adult-info](http://milwaukeerowingclub.org/adult-info)

## Milwaukee Senior 55+ Softball League

Games are played on Tuesdays at McCarty Park in Milwaukee. From May through August, join the already 14 established teams in the league and show off your skills. Open to adults 55 yrs+.

Milwaukee, WI • [seniorsoftball.com](http://seniorsoftball.com) • 414-258-2688

## Pickleball WI

Visit the website to see clubs and courts for playing at all levels around the state. Become a part of the pickleball phenomenon today.

Wisconsin • [pickleballwi.com/play/](http://pickleballwi.com/play/)

## Southeast Wisconsin Senior 55+ Softball League

Games are played on Wednesdays at McCarty Park in Milwaukee, May through August.

Southeast, WI • [seniorsoftball.com](http://seniorsoftball.com) • 262-938-6721

## Senior Golf Association of Wisconsin

Encouraging good fellowship and friendly competition in golf among all its members. Must be 55 yrs+, have amateur standing, and have a golfing membership in an approved private membership golf club in Wisconsin. To become a member, download, fill out, and send the membership application.

West Allis, Wisconsin • [sgaw.org](http://sgaw.org) • 414-443-3567

## The Greater Milwaukee 65+ Softball League

Games are played on Wednesdays at McCarty Park in Milwaukee, May through August.

Milwaukee, WI • [seniorsoftball.com](http://seniorsoftball.com) • 262-938-6721

## US Masters Swimming

With the goal of promoting health, wellness, fitness and competition for adults through swimming, US Masters programs provide a welcoming environment for aquatic fitness for as many adults as possible. Many swim clubs have Masters programs in the area. Visit the website to see the list.

Milwaukee & Brown Deer, WI • [usms.org](http://usms.org) • 942-256-8767

## Waukesha County Adult Golf Leagues

Visit the website for information on available leagues, timing, rules, and to find the form for sign up.

Waukesha, WI • [waukeshacounty.gov](http://waukeshacounty.gov) • 262-548-7821

## Wisconsin Masters Games, Inc. (WI Senior Olympics)

Exciting competitions await for you in the summers. With countless sports available, find a community and team to compete for fun and fitness. The full 2023 Games Catalog is available online, and sign up instructions are outlined on the website.

Wisconsin • [wimastersgames.org](http://wimastersgames.org) • 414-755-1025

# Looking for More?

Explore countless ways to get involved and enjoy life

From international travel groups, more sporting opportunities, knitting guilds, yoga classes, and even The BBQ Club of Milwaukee, **meetup.com** and **Facebook groups** have communities for every interest and passion. On these platforms, make an account today, and create lasting friendships and memories.