



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

# Handy

# News & Notes

## Milwaukee Community Update – February 2026

Welcome to your monthly newsletter! Here you'll find exciting, fun-filled winter activities for the whole family to enjoy. There is the Women & Girls in Science, dining out with our seniors, table tennis & journaling, watching our Milwaukee Admirals, & so much more activities here in the city.

### Please Join the Women & Girls in Science at The King Center

**WOMEN & GIRLS  
IN SCIENCE**

**King Community Center**

**SATURDAY**  
**FEBRUARY 7, 2026**

**11:00 AM - 2:00 PM**  
1531 W. VLIET ST.  
MILWAUKEE, WI 53233

Hands-on **STEAM** Event showcasing diverse role models and inspiring youth to explore science.

All ages, abilities, & genders welcome.  
\*Best suited for ages 10+

**DISCOVER MORE ONLINE**

CO-HOSTED BY **THE KING COMMUNITY CENTER** | **WEHR HEALTH CENTER**

# MILWAUKEE COUNTY SENIOR DINING

Have you heard about this?



This exciting program expansion for those 60+ adds local restaurants to enhance our list of Senior Dining offerings. Diners choose from delicious and culturally-diverse options while supporting minority-owned restaurants.

MONDAY



**BREAKFAST**

2737 N. MLK Drive

9:00AM - 11:00AM

TUESDAY



**LUNCH**

754 N. 27<sup>th</sup> Street

11:00AM - 1:00PM

WEDNESDAY



**BREAKFAST**

3514 W. National Avenue

8:00AM - 10:00AM

## PARTICIPATION DETAILS

- 1 For 60+. No Reservations. First Come-First Served.  
*(Arrive during the scheduled time on the designated day)*
- 2 Current Senior Dining Registration Required  
*(For anyone 60 or older--Provide proof of age)*
- 3 Select from Specific Menu Options
- 4 Enjoy Your Meal!
- 5 Please Consider Making a Contribution  
*(Contribute what you can. Cash or Check accepted)*



# MILWAUKEE COUNTY SENIOR DINING

¿Ya se enteró de esto?



Esta emocionante ampliación del programa para mayores de 60 años incorpora restaurantes locales para mejorar nuestra lista de ofertas de Comedor para Adultos Mayores. Los comensales eligen entre opciones deliciosas y culturalmente diversas, mientras que apoyan a restaurantes propiedad de minorías.

| LUNES  | MARTES  | MIÉRCOLES  |
|--|---|--|
| <br><b>DESAYUNO</b><br>2737 N. MLK Drive<br>9:00AM - 11:00AM | <br><b>ALMUERZO</b><br>754 N. 27 <sup>th</sup> Street<br>11:00AM - 1:00PM | <br><b>DESAYUNO</b><br>3514 W. National Avenue<br>8:00AM - 10:00AM |

## INFORMACIÓN PARA PARTICIPAR

- 1** Para 60 años y más. Sin reservaciones. Servicio por orden de llegada.  
(Llegue durante el horario de servicio el día señalado)
- 2** Se requiere registro actual del Comedor para Adultos Mayores  
(Para mayores de 60 años: presentar comprobante de edad)
- 3** Solo puede seleccionar opciones específicas del menú
- 4** ¡Disfrute su comida!
- 5** Considere realizar una contribución  
(Contribuya con lo que pueda. Se acepta efectivo o cheque)



[county.milwaukee.gov/aging](http://county.milwaukee.gov/aging)

[SeniorDining@milwaukeecountywi.gov](mailto:SeniorDining@milwaukeecountywi.gov)

Senior Dining Office: 414-289-6995

# JOIN WPA FOR TABLE TENNIS!

In partnership with the Milwaukee Table Tennis Club (MTTC)

Saturday,  
February 21, 2026  
2:30–4:00 PM

- Fun • Movement • Community
- No experience needed!

📍 **Irving Elementary School**  
10230 W. Grant Street  
Milwaukee, WI 53227

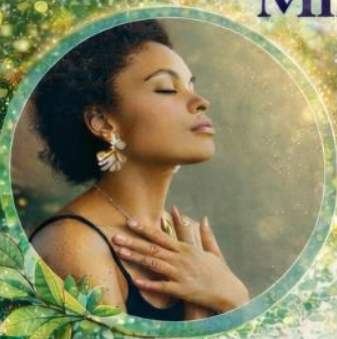
Table tennis is a great way for people with Parkinson's to work on balance, coordination, and reflexes in a supportive environment.

Register: 📞 **414-312-6990**  
🌐 [wiparkinson.org](http://wiparkinson.org)



WISCONSIN  
PARKINSON  
ASSOCIATION

## *Midday Pause* VIRTUAL MINDFULNESS SERIES



This five-week mindfulness series offers weekly gatherings to learn about mindfulness and engage in guided meditation practices.

February 12, February 19, March 5, March 12, March 19



Time: 12pm-12:30pm

Facilitator

**Jill Compton** | RYT-500  
Mindfulness Facilitator and Director  
of Mission Impact, WPA.

Register at [wiparkinson.org](http://wiparkinson.org) or call (414) 312-6990

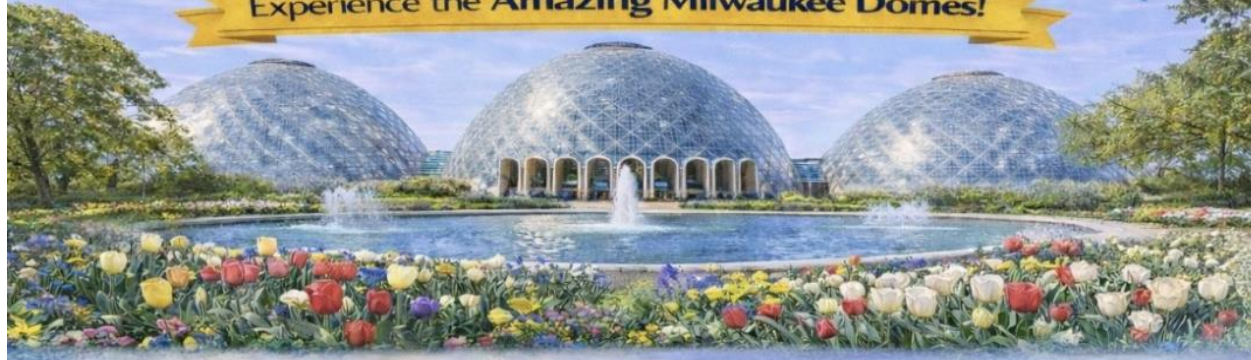


WISCONSIN  
PARKINSON  
ASSOCIATION

— Join us for a — **WPA GROUP TOUR**

524 S. Layton Blvd., Milwaukee, WI 53215


Experience the **Amazing Milwaukee Domes!**



- ✓ Explore the Tropical, Desert & Show Domes
- ✓ Enjoy exotic plants in a lush indoor oasis!
- Plus!** Experience the beloved **Train Exhibit**, where miniature trains travel through lush landscapes inside the Domes—a guest favorite!

**Register here!**

[www.wiparkinson.org](http://www.wiparkinson.org)

Cost: \$5.00 admission   
(414) 312-6990




WISCONSIN  
PARKINSON  
ASSOCIATION

— Please Join Us for a —

## Monthly Virtual Journaling Club

This is an opportunity for creative expression and reflection.

First Wednesday of the Month, Starting:

- ✓ February 7th
- ✓ March 6th
- ✓ April 3rd
-  11 a.m. - 12 p.m.

Supplies Needed: Your favorite pen and journal



Register at [wiparkinson.org](http://wiparkinson.org)

For questions: **Jill Compton** | RYT-500 Mindfulness Facilitator  
and Director of Mission Impact, WPA

 (414) 312-6990

# Parent Wellness Summit

Strategies for prioritizing personal well-being and self-care

**This event brings parents of children with visual impairments together for supportive workshops and conversations focused on self-care, personal well-being, stress reduction, and time to relax and recharge.**

**Schedule of Events:** Thursday, February 19, 2026 at Vision Forward, located at 10150 W National Ave., West Allis, WI 53227, 414-615-0100

**9:30 - 11:00am - Keynote Speaker:** Kevin O'Connor



**Kevin E. O'Connor, CSP, CEC, LCPC, LMFT, NCC** is a consultant, professional speaker, and author specializing in leadership and communication for physician and healthcare leaders. He teaches graduate students at Loyola University of Chicago, serves as faculty for national healthcare leadership organizations, and is a past president of NAPVI. Kevin is a Certified Speaking Professional and an executive coach with three master's degrees, as well as the parent of an adult son who is visually impaired.

## 11:00am - Noon - Breakout/Workshop Session

These sessions will cover self-care and relaxation as well as offering opportunities to connect to other parents of children with visual impairments.

- Father's Discussion Group (Kevin O'Connor)
- Mindfulness & Guided Meditation (Ben Mattson)
- Yoga or other relaxation activities

## 12:45pm - Lunch Break

## 1:00 - 2:30pm - Panel Discussion

This panel brings together a parent of a child who is blind or visually impaired and an adult with lived experience of vision loss. Panelists will share personal stories, helpful insights, and lessons learned along the way. Parents are invited to ask questions, connect with others who understand the journey, and gain encouragement and guidance in supporting their child's growing independence and confidence.

Please register by **Thursday, February 12**. For more information or questions, call **414-615-0100** or email [tmekeel@vision-forward.org](mailto:tmekeel@vision-forward.org).

To register, visit [Parent's Wellness Summit - Vision Forward](#) or scan the QR code below.



Vision Forward Association, 10150 W National Ave, Suite 100, West Allis, WI 53227

## WEHR Nature Center



**RESERVE AN OUTDOOR WHEELCHAIR**

[WEHRNATURECENTER.COM](http://WEHRNATURECENTER.COM)

**WEHR YOUR ADVENTURE AWAITS**

Milwaukee County's Only Host Site:  
**Wehr Nature Center**  
9701 W College Ave  
Franklin, WI 53132  
414-425-8550

Working together on  
**"Outdoors Access 4 All!"**

**ALL PEOPLE | ALL SEASONS**

**WEHR**  
Nature Center  
Dedicated to making nature accessible to all!



## Milwaukee County Transit System News

**Bus route changes go into effect on Sunday, March 8, 2026. Please check [ridemcts.com](http://ridemcts.com) or call Customer Service at (414) 937-3218 for more information.**



Winter shoveling reminder: During these chilly winter months, please be diligent about keeping sidewalks, driveways, and bus stops clear of snow and ice. This will allow vans and buses to continue to safely pick up riders and get them to their destinations.

Transit Plus riders can now use their new Transit Plus WisGo ID card to pay for rides on paratransit vans and on MCTS fixed route buses. Cash and tickets will also be accepted for van rides; however, tickets will not be sold to individuals after February 28, 2026. If you receive tickets from an agency, that process will continue until further notice.

**Please note:** The Transit Plus WisGo card cannot be used to pay fare on the Same Day Ride Pilot.

There are several ways to load money on your card:

1. Online at [umopass.com](http://umopass.com)
2. By phone at (414) 937-0470
3. At the MCTS Administration Building, Kinnickinnic Station, or Fond du Lac Station
4. At a retailer near you such as Pick 'n Save, Walgreens, CVS, El Rey, or Family Dollar.



Please see [ridemcts.com](http://ridemcts.com) for a list of Frequently Asked Questions.

The Transit Plus Advisory Council meets on the 3<sup>rd</sup> Tuesday of every month at 2:00 pm at the MCTS Administration Building, 1942 N. 17<sup>th</sup> Street, Milwaukee WI 53205. Guests are welcome to join the meetings in person or online. Please contact the Transit Plus office for the meeting link.



**TRANSITPLUS**  
ADVISORY COUNCIL





## **What is BOLD?**

BOLD is open to all legally blind people. Event participation is free. BOLD's purpose is to allow the blind and visually impaired to experience outdoor sports and leisure activities while developing their social and athletic skills. For more information call Kevin Meyers–Outreach director at 414-839-0635 or Ray Tweedale president at 262-224-5517.

## **BOLD Activities for February: Cross-Country Skiing**

**Saturday, February 14th**  
**Time: 10:00am – 1:00pm**

Come and join the fun cross-country skiing. It is a great way to get a good workout. If you have never tried this easy sport, come with us and give it a try. Rental equipment is available. BOLD will pay for rental equipment if you do not have your own, which is available at the park. The park has its own snow machine for making snow if necessary. Lunch will be served after skiing.

**Physical Requirements:** Must be able to stand and walk on slick surfaces. We will train you to ski if needed.

**Event Specific Requirements:** Dress for cold conditions in layers with no cotton next to the skin, wicking material is preferred. Don't forget to wear a hat and gloves.

**Note:** Guide dogs are not recommended for this event.

## Downhill Skiing

**Sunday, February 1<sup>st</sup>**

**Time: 4:30pm – 8:30pm**

The BOLD downhill ski program has several guides who are professional ski instructors (certified by the Professional Ski Instructors of America). The instructors are available for beginners and experienced VIP's and guides. The instructors are happy to introduce new participants to the sport as well as working with experienced skiers to enhance your skills. Guides are encouraged to arrive by 4:30pm for assignments and preparations to guide the VIPs.

**Physical Requirements:** Must be able to stand and walk on slick surfaces. Must be able to pay attention and respond to directions from a guide. We will train you to ski if needed.

**Event Specific Requirements:** Dress for cold conditions in layers with no cotton next to the skin, wicking material is preferred. Don't forget to wear a hat and gloves.

**Note:** The schedule is based on weather conditions. Cancellations will be made by 2:00pm on the date of the event. Guide dogs are not recommended for this event.



## Virtual Bingo

**Wednesday, February 4<sup>th</sup> and 18<sup>th</sup>**

**Time: 6:00pm - 8:30pm**

You are invited to a virtual Bingo game! You can use your own large print Braille and embossed card or provide the numbers of your own card. You can also request a PDF card to be emailed to you that can be printed. Only ONE CARD can be played per person and your card MUST be registered with activity director.

**Notes:** The Last Number Called rule will be enforced. There are cash prizes. No need to sign up, just join using the Zoom sign in which will be provided.

## **Snow Tubing**

**Saturday, February 21<sup>st</sup>**

**Time: 10:00am - 3:00pm**

The hill we go to has 45+ chutes to soar down the quarter mile run with speeds up to 30mph. They put a sleeve around the tube, so you have a bottom to sit on along with handles on each side. There is a rope attached to the tube so you can pull the tube along with you. There is no need to trek back up the hill for your next run. They have two magic carpet lifts which will bring you up the hill while standing with the tube behind you. We will go for lunch after tubing at 12:30pm. We will be back in Milwaukee area by 3:00pm.

**Physical requirements:** This event requires a fair amount of physical endurance, and we would like to have a 1 to 1 VIP to guide ratio. Your help is appreciated by arranging your own guide.

**Event Specific Requirements:** Dress for cold conditions in layers with no cotton next to the skin, wicking material is preferred. Don't forget to wear a hat and gloves.

**Notes:** Guide dogs are not recommended for this event.

## **Caledonia Winter Party**

**Sat., Feb 7**

**Time: 12:00pm – 3:00pm**

**The Caledonia Lions are happy to invite BOLD once again to come in from the cold for a party. We will play bingo, enjoy some delicious chili and hot chocolate! Join us for a super day! Don't miss the FUN!**

**Physical requirements: There are a lot of stairs.**

**Event Specific Requirements: Patience and lucky card**

If you have any questions, call Kevin Meyers, Outreach director at 414-839-0635.



# MILWAUKEE COUNTY TICKET PROGRAM

## ADMIRALS TICKET REQUEST FORM February 2026

Please complete this form and return it *along with a self-addressed STAMPED envelope* to:  
**Tickets, Milwaukee County Office for Persons with Disabilities, 1230 W. Cherry Street, Milwaukee WI 53205.**

[Email Ticket Requests are also accepted.](#)  
 jacqueline.formanek@milwaukeecountywi.gov

Ticket requests will be limited as follows:  
**ADMIRALS – Individuals with Disabilities = 4 tickets per game (Max); Organizations = 4 tickets per game (Max).**  
**LIMITED TO 2 “FREE” GAMES PER MONTH!**  
*The ticket program has a limited number of FREE tickets for each game!*  
*Additional games, beyond the 2 FREE games can be had at \$10 per ticket while supplies last.*

|  | Number of Tickets (4 Max) |      |    |     | Place an X |      |
|--|---------------------------|------|----|-----|------------|------|
|  | W/C                       | Comp | LM | Reg | \$10       | Free |
| February 3 <sup>rd</sup> , Grand Rapids, 7pm |                           |      |    |     |            |      |
| February 18 <sup>th</sup> , Texas Stars, 7pm |                           |      |    |     |            |      |
| February 20 <sup>th</sup> , Texas Stars, 7pm |                           |      |    |     |            |      |
|  |                           |      |    |     |            |      |
|  |                           |      |    |     |            |      |
|  |                           |      |    |     |            |      |
|  |                           |      |    |     |            |      |
|  |                           |      |    |     |            |      |

**X** = Confirmed (Office Use Only)

W/C = Wheelchair Platform Seating  
 Comp = Companion  
 LM = Limited Mobility Aisle Seats  
 Reg = Regular Seating

**Payment By Credit Card Only!** – (Please circle appropriate card)

Mastercard    Visa    American Express

Acct. # \_\_\_\_\_  
 Exp. Date: \_\_\_\_\_  
 Name: \_\_\_\_\_  
 Organization: \_\_\_\_\_  
 W-0-W Card No.: \_\_\_\_\_  
 Address: \_\_\_\_\_  
 City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_  
 Primary Phone: \_\_\_\_\_  
 Special Needs: \_\_\_\_\_



## PRIVATE PARTY RENTALS

Looking to book your next family gathering or community-group event? Weddings, family reunions, birthday parties, graduations, showers, organizational meetings, are among the many events held here each year. Both Wil-O-Way facilities are in beautiful Milwaukee County parks. The buildings are accessible and have a large hall and kitchen. The spacious grounds have picnic tables, walking trails, wading pools, and accessible playgrounds.

BOOK AN EVENT NOW!

Current Capacity 180 people

Check out the [Facility Guidelines](#) & [Facility Rentals Calendar](#).

Wil-O-Way Grant (South Milwaukee)



Wil-O-Way Underwood (Wauwatosa)



## SHARE HANDY NEWS & NOTES!

Do you work with someone or know someone who would be interested in or would benefit from the information in Handy News & Notes? If so, please refer them to the link below to sign up for this FREE information source.

<https://county.milwaukee.gov/EN/Sign-Up-for-E--Notify>

## OFFICE FOR PERSONS WITH DISABILITIES (OPD)



Director: Jacqueline Formanek

- Marcia P. Coggs Human Services Center • 1230 W Cherry St • Milwaukee County 53205
- (414) 239-5679 • 711 (TRS)

[Office Persons with Disabilities Website](#)