



Amy Schmutte,  
OWL Program  
Manager

JOIN US!

**OWL** OLDER. WISER. LOCAL.

**FEBRUARY**

**2019**

OWL exists solely for the purpose of celebrating, enriching, entertaining, and enlightening the older adults of our community.

All activities **FREE OF CHARGE!**



**Wednesdays & Thursdays**  
always 1 PM - 3 or 4 PM

RIVERWEST ARTISTS ASSOCIATION  
Jazz Gallery Center for the Arts

926 E. Center Street  
Milwaukee, WI 53212

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



February 6

**SOUP-GROUP!** Three soups and one bread, by four different cooks. Sample each and get recipes.

*led by Sue and Stu Leopold*

February 7

**BUILDING WHOLISTIC MOVEMENT FOREVER** *led by Pink House Studio*

February 13

**SESSIONS ON THE INSIDE**

Volunteering at the Milwaukee County Jail

*led by Elizabeth Vogt*

February 14

**GAME DAY -- Let's Play! Part 3**

Intriguing and engaging game-playing

*led by Gaming Expert Nick Baran*

February 20

**MAGIC CEREAL POETRY**

A collaborative poetry technique

*with Rick Ollman*

February 21

**THE DANCE OF MOTHERHOOD**

Dancer *Hannah Marquardt* and her 4-yr-old daughter/co-performer *Elle Marquardt* lead family dance showcase & dialogue on the 'dance' of maintaining health on all levels

February 27

**EXPLORING 3D PHOTOGRAPHY**

Stereoscopes (late 1800s), Realist twin lens 3D cameras (Milwaukee -1940s), ever popular View-Masters (1950s) & more!

*led by artist/inventor/ author Hal Rammel*

February 28

**EMBODIED MYTHS: Telling Our Stories Through Yogasana.** Conversation about yoga poses we commonly see in practice.

*led by Jozi from Siddhi Yoga*

*RAA is grateful to the Bader Foundation for its generous support of this program*

**BADER**