

ARTHRITIS FOUNDATION EXERCISE PROGRAM-WI

WHAT IS THE ARTHRITIS FOUNDATION EXERCISE PROGRAM?

It is a group exercise program, designed specifically for people with arthritis. It includes specially designed exercises to help increase joint flexibility, range of motion, maintain muscle strength and helps increase overall stamina. Through the recreational and socializing aspects, the program can help reduce pain, stiffness and feelings of isolation and depression. The exercise program provides participants with a fun exercise program that can supplement, but does not replace exercises prescribed by a doctor or therapist.

WHO IS ELIGIBLE TO PARTICIPATE?

Anyone who has been diagnosed with arthritis, Fibromyalgia or who routinely experiences joint pain, stiffness, and/or limited range of motion is invited to attend. Participation in the program requires completion of a participant's application and release form. This form will be provided upon registration for the program. People with multiple or severe joint problems or who have had joint surgery are encouraged to check with their doctors about the need for special precautions. Exercises can be performed in either a standing or sitting position.

LENGTH, FREQUENCY, FEES AND OTHER SPECIAL REQUIREMENTS:

Classes are offered at various times and in many convenient locations. Dates and times of classes can be obtained by contacting one of the sites listed below. Fees for the Arthritis Foundation Exercise Program are set by each facility. A facility may also require membership or have other special requirements. Contact the facility for more detailed information on their classes. Instructors have successfully completed the Arthritis Foundation Exercise Program Instructor Training Workshop.

Barron County

Chetek Community Senior Center
711 First St.
Chetek, WI 54728
715-924-3121

Luther Midelfort Northland

(Mayo Health System)
1222 E. Woodland Ave.
Barron, WI 54812
715-537-3186

Brown County

**Cardinal Ridge Residential Care
(Residents only)**
713 Cardinal Ln.
Green Bay, WI 54313
920-434-9600

Fort Howard Apartments

141 N. Chestnut Ave
Green Bay, WI 54303
920-448-4544

Oneida Family Fitness Center

2640 West Point Rd
Green Bay, WI 54304
920-490-3805

St. Mary's Hospital Medical Center

1726 Shawano Ave.
Green Bay, WI 54303
920-498-4267

Salvation Army

626 Union Ct.
Green Bay, WI 54303
920-593-2362

Dane County

Madison Senior Center
330 W. Mifflin St.
Madison, WI 53703
608-266-6581

Middleton Senior Center

7448 Hubbard Avenue
Middleton, WI 53562
608-831-2373

Oak Park Place

618 Jupiter Dr.
Madison, WI 53718
608-266-6581

Oakwood Village Retirement Community

(Residents Only)
6205 Mineral Point Rd.
Madison, WI 53705
608-230-4401

Trinity United Methodist Church

1123 Vilas Ave.
Madison, WI 53715
608-257-4591

Warner Park Community

Recreation Center
1625 Northport Dr.
Madison, WI 53704
608-245-3690

West Madison Senior Center

602 N. Segoe Rd.
Madison, WI 53705
608-238-0196

Dodge County

Beaver Dam Senior Center
114 E. 3rd St.
Beaver Dam, WI 53916
920-887-4639

Fox Lake City Hall

248 E State St.
Fox Lake, WI 53933-0105
920-928-3692

Dunn County

**Menomonie Recreation Department –
Shirley Doane Senior Center**
1412 6th Street
Menomonie, WI 54751
715-232-4006

Eau Claire County

L.E. Phillips Senior Center
1616 Bellinger St.
Eau Claire, WI 54703
715-839-4909

Fond du Lac County

St. Joseph's Convent
526 Mill St.
Campbellsport, WI 53010
920-533-1125

Grant County

Southwest Health Center
1400 East Side Rd.
Platteville, WI 53818
608-342-4748

Green County

Pleasant View Nursing Home
N3150 Hwy 81
Monroe, WI 53566
608-325-2171 ext. 253

Iowa County

Upland Hills Health Therapy & Wellness Center
800 Compassion Way
Dodgeville, WI 53533
608-930-7147

Jackson County

River Country Fitness, LLC
N7335 US Hwy. 12/27
Black River Falls, WI 54615
715-284-7010

Jefferson County

Ixonia Park & Recreation Dept
W1195 Marietta Ave.
Ixonia, WI 53036
920-261-7413

Kenosha County

Balistreri & Associates PT
6926 39th Ave.
Kenosha, WI 53142
262-942-0163

MJ Care – Brookside

3506 Washington Road
Kenosha, WI 53144
262-653-3814

Saxony Apartments

1876 22nd Ave.
Kenosha, WI 53143
262-597-5221

Westosha Senior Community Center

19200 93rd St.
Bristol, WI 53104
262-843-3828 Ext. 1#

Kewaunee County

**Fitness Rx
(Held at Kewaunee Health & Fitness Center)**
160 Terraqua Drive
Kewaunee, WI 54216
920-676-4877 (Instructor's Number)

LaCrosse County

**Bethany Lutheran Homes-Eagle Crest
(Residents only)**
351 Mason St.
Onalaska, WI 54650-7037
608-779-1713

Langlade County

Langlade County Health Services
1225 Langlade Rd.
Antigo, WI 54409
715-627-6299

Lincoln County

Tomahawk Senior Center
113 S. Tomahawk Ave.
Tomahawk, WI 54487
715-453-5757

Manitowoc County

Felician Village
1635 S. 21st
Manitowoc, WI 54220
920-684-7171

Manitowoc Senior Center

3330 Custer St.
Manitowoc, WI 54220
920-686-3060

Two Rivers Senior Center

1520 17th St.
Two Rivers, WI 54241
920-793-5596

Marathon County

ADRC of Central WI
1000 Lakeview Dr.
Wausau, WI 54403
715-261-6070

Aspirus Wausau Hospital

333 Pine Ridge Blvd.
Wausau, WI 54401
715-847-2380

Menominee County

Keshena Senior Center
Hwy 47 & Hwy 55
N916 State
Keshena, WI 54135
715-799-5842

Neopit Senior Center

W6719 Store St.
Neopit, WI 54150
715-799-5842

Wolf River Comm. Based Residential

Facility-Menominee Aging Division
N2222 White Cedar
Keshena, WI 54135
715-799-5842

Milwaukee County

**Evergreen Square Housing
(Residents Only)**
3139 S. 77th St.
Milwaukee, WI 53219
414-321-0893

Franklin Education and Recreation Department
8222 South 51st St.
Franklin, WI 53132
414-423-4646

Gerald L. Ignace Indian Health Center
1711 S. 11th St.
Milwaukee, WI 53204
414-383-9526 Ext. 300

Hales Corners Lutheran Church
12300 W. Janesville Rd.
Hales Corners, WI 53130
414-529-6700 Ext. 185

Hart Park Senior Center
7300 W. Chestnut
Wauwatosa, WI 53213
414-471-8495

Kelly Park Senior Center
6100 S. Lake Dr.
Cudahy, WI 53110
414-481-9611

Life Long Learning Institute-Clement Manor
9405 W. Howard
Greenfield, WI 53228
414-329-5370

Luther Manor
4545 N. 92nd St.
Wauwatosa, WI 53225
414-464-3880

McGovern Park Senior Center
4500 W. Custer Ave
Milwaukee, WI 53218
414-527-0990

O.A.S.I.S. Senior Center
2414 W. Mitchell Street
Milwaukee, WI 53201
414-467-6041

Princeton Club
14999 W. Beloit Road
New Berlin, WI 53151
414-427-1100

Shorewood High School –Park & Rec
1701 E Capitol Dr
Shorewood, WI 53211
414- 963-6913 Ext. 4

16th Street Community Center
1032 S. Cesar E. Chavez Dr.
Milwaukee, WI 53204
414-385-6272

United Community Center
1028 S 9th St
Milwaukee, WI 53204
414-389-5107

Washington Park Senior Center
4420 W. Vliet St.
Milwaukee, WI 53208
414-933-2332

**Village of Manor Park –
Manor Park Senior Center**
8536 W. Oklahoma Ave.
West Allis, WI 53227
414-607-4277

Wauwatosa Recreation Department
11324 W. Center St.
Wauwatosa, WI 53222
414-773-2900

West Allis Senior Center
7001 W. National Ave.
West Allis, WI 53214
414-302-8700

Wilson Park Senior Center
2601 W. Howard Ave.
Milwaukee, WI 53221
414-282-5566

**Oconto County
South Branch Community Center-
Menominee Aging Division**
W1281 County M
Suring, WI 54174
715-799-5842

**Oneida County
Lakeland Senior Center**
412 Balsam St.
Woodruff, WI 54568
715-356-9118

Oneida County Department on Aging
1103 Thayer St.
Rhinelander, WI 54501-2370
715-369-6170

YMCA of the Northwoods
2003 E. Winnebago St.
Rhinelander, WI 54501
715-362-9622

**Outagamie County
Appleton Parks & Rec. Dept**
225 N. Oneida Street
Appleton, WI 54911
920-832-5905

Oneida Elderly Services
2907 S. Overland Rd.
Oneida, WI 54155
920-490-3805

**Ozaukee County
Ellen's Home**
1800 Granite Lane
Port Washington, WI 53074
262-284-8120

Lasata Care Center
W76N677 Wauwatosa Road
Cedarburg, WI 53012
920-377-5060

Port Washington Senior Center
102 E. Pier St.
Port Washington, WI 53074
262-284-5821

Portal, Inc.
1015 Cedar Creek Road
Grafton, WI 53204
262-284-8120

**Pepin County
Pepin County-Riverview Community Center**
606 W. Madison St.
Durand, WI 54736
715-672-8941

**The Home Place
(Residents Only)**
315 Country Ln
Durand, WI 54736
715-672-4823

**Portage County
Lincoln Center**
1519 Water St.
Stevens Point, WI 54481
715-346-1401

**Sheboygan County
Meadow View Manor
(held at St. Paul's Lutheran Church)**
3613 S. 13th St.
Sheboygan, WI 53081
920-458-4040

Plymouth Adult Community Center
910 E. Clifford St.
Plymouth, WI 53073
920-892-4821

Sheboygan Senior Activity Center
428 Wisconsin Ave.
Sheboygan, WI 53081
920-459-3198

Sheboygan Senior Community
930 North 6th Street
Sheboygan, WI 53081
920-458-2137

Synergy Team Workout
633 Detroit Street
Sheboygan Falls, WI 53085
920-918-6218

**Vilas County
Vilas County Commission on Aging
(Held at Phelps Senior Center)**
2383 Highway 17
Phelps, WI 54554
715-479-3725

**Walworth County
Society's Assets, Inc.**
615 E. Geneva Street
Elkhorn, WI 53121
262-723-8181 ext. 3049

**Washington County
Cedar Ridge Community Apartments
(Residents Only)**
113 Cedar Ridge Dr.
West Bend, WI 53095
262-338-2821

**Waukesha County
Ascension Lutheran Church**
1415 Dopp St.
Waukesha, WI 53188
262-547-8518

Three Pillars
400 N. Main Street
Dousman, WI 53118
262-965-7017

**Waupaca County
Bethany Home, Inc**
Various sites – call for locations
1226 Berlin St
Waupaca, WI 54981
715-942-1437

Waupaca Senior Center
407 School St.
Waupaca, WI 54981
715-258-4437

**Wisconsin Veterans Home
(Residents Only)**
N2665 Cty Rd QQ
King, WI 54946
715-258-5586

**Winnebago County
Evergreen Retirement Community
(Residents Only)**
1130 N. Westfield St.
Oshkosh, WI 54902
920-237-2160

Oshkosh Senior Center
200 N. Campbell Rd.
Oshkosh, WI 54902
920-232-5310

**Wood County
Lowell Senior Center**
220 3rd Ave. South, Suite #3
Wisconsin Rapids, WI 54495
715-421-1051

Marshfield Senior Community Center
111 S. Maple Ave.
Marshfield, WI 54449
715-424-8468

Nancy Nye Villa
5316 6th Ave.
Pittsville, WI 54466
1-800-685-9353

Nekoosa Senior Community Center
416 Crestview Lane
Nekoosa, WI 54557
715-424-8468

**Arthritis Foundation,
Upper Midwest Region**
(800) 333-1380
WEB SITE: www.arthritis.org