

# OUT & ABOUT for adults 2026

Join us for summer activities and fellowship every other week this summer. "Exercise for the Body and Soul/Mind" signals the type of activities:

- "Body" events will include informational activities and a lot of walking.
- "Soul/Mind" events will have a spiritual focus but could also include walking.

Some events will include the opportunity to purchase a meal at a restaurant and others will have you bring along your own picnic lunch.

**Tours will include a fee or suggested donation.** Bad weather may cause cancellation or postponement of outdoor events.

## EXERCISE FOR THE BODY & SOUL/MIND

Plan to leave from the St. Agnes playground parking lot to check in, get directions, and carpool. (On June 2, we will leave from Fairmount Ave. church entrance.) Questions? Linda Barrington, 414-587-2924 or Leslie Hasenbush, 414-750-9021.



**Tuesday, June 2**  
**ST. JOSEPH CHAPEL**

**Meet time:** 9:15 a.m.  
**Start time:** 10 a.m.  
Guided tour of St. Joseph Chapel at School Sisters of St. Francis, on S. 27<sup>th</sup> St. Stained-glass windows have been restored. Relic collection is in the upper chapel. Afterwards we'll walk a few blocks to a local restaurant for lunch. (\$) **Tour Cost: Free will offering.**



**Tuesday, June 16**  
**ST. NICHOLAS ORTHODOX CHURCH IN CEDARBURG**

**Meet time:** 9:15 a.m.  
**Start time:** 10 a.m.  
Introduction to Orthodoxy and the Antiochian Orthodox Church. We will learn about the iconography and how icons are essential to worship and practice. Lunch afterwards at a nearby restaurant. (\$) **Tour Cost: Free will offering.**



**Tuesday, June 30**  
**MILWAUKEE SOLDIERS HOME**

**Meet time:** 9:15 a.m.  
**Start time:** 10 a.m.  
Guided tour of historic buildings, both indoors and outside, with some of the oldest and most historic buildings in the VA system. Lots of walking. Lunch at Double B's MKE style BBQ at 74<sup>th</sup> & Greenfield (\$) **Tour Cost: Free will offering.**



**Tuesday, July 14**  
**NORTH POINT LIGHTHOUSE**

**Meet time:** 9:15 a.m.  
**Start time:** 10 a.m.  
Docent-led tour will include exhibits about the heritage and culture of Milwaukee's Great Lakes maritime history, and the role of keepers who operated the lighthouse. Visit the Queen Anne-style keeper's quarters and climb the 74-foot tower. Bring bag lunch to eat at Lake Park. **Tour Cost: \$10.**



**Tuesday, July 28**  
**WUWM 89.7 RADIO STATION**

**Meet time:** 9:15 a.m.  
**Start time:** 10 a.m.  
Guided tour of the studio on the 7<sup>th</sup> floor of the Chase Tower downtown. Tour will focus on reporting about responses to social problems. Lunch at the Milwaukee Public Market (\$) **Tour Cost: Free will offering.**



**Tuesday, Aug. 11**  
**TRIMBORN FARM**

**Meet time:** 9:15 a.m.  
**Start time:** 10 a.m.  
Victorian-era estate located in Greendale. Our guide will teach us about many of the historic buildings, including a Cream City brick farmhouse, one of the last stone barns in Wisconsin, and a lime kiln. Bring a lunch to eat in the barn. **Tour Cost: \$10.**



**Tuesday, Aug. 25**  
**URBAN ECOLOGY CENTER AT WASHINGTON PARK**

**Meet time:** 8:15 a.m.  
**Start time:** 9 a.m.  
A tour guide will take us through the building, explain the programs, and provide Q&A time. Walk the grounds to visit prairie, woodland, and pond areas. Paths are accessible. Lunch at Java Train in Butler. (\$) **Tour Cost: Free will offering.**