



Promotes and enhances a vital aging community

504 WEST STARIN ROAD

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April 2009 Volume IX Issue 4



EASTER BUNNY LUNCH

Saturday, April 4

11:00 am to 1:00 pm

Enjoy a Hot Dog Luncheon with dessert in conjunction with the Whitewater Optimist Easter Egg Hunt. Kids can frost and decorate their own cupcake, and the Easter Bunny will be available for pictures after the hunt, which begins at noon. Cost is \$2.50 for a one-hot dog lunch or \$3.50 for a two-hot dog lunch. Stop in and enjoy lunch while supporting Seniors in the Park. **Volunteers and donations are needed.** See page 7.



LOW IMPACT LAWN CARE: SAVING TIME, MONEY, AND THE ENVIRONMENT

Thursday, April 16 3:30 pm or 5:30 pm

Homeowners can take easy steps every year to reduce the amount of damaging pollution that can run off their property and into local lakes and streams. Just by changing small things such as how you fertilize and mow can make a big difference. Join Suzanne Wade, UWEX Rock River Basin Educator, as she teaches you the seven actions you can take to make your own yard 'green' in more ways than one and keep your local water blue and not green! RSVP by Monday April 13

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VOLUNTEER APPRECIATION: "Volunteers Plant Seeds of Kindness"

Wednesday April 22, 1:00 pm

It's the day to show our appreciation to you. The program is "Healing the Land" by Penny and Gary Shackelford, who will discuss their efforts to restore their property in Rock County, near Milton, to native prairies, woodland and wetlands. Gary is an avid photographer and will show many beautiful photos of the landscape, birds and flowers. After the presentation, there will be a recognition of volunteers, door prizes, dessert courtesy of Mulberry Glen, and entertainment by violinist Abena Yalley. This event is free for volunteers and guests are \$2.00. Reservations are requested by Wednesday April 15.

Did you know that aiding others can even help you age gracefully? Researchers who followed almost 2,000 people over 55 found that those who volunteered regularly had a 44% lower likelihood of dying during the five years of the study. Those who volunteered for two or more organizations had a 63% lower mortality rate than non-volunteers. Even exercising four times a week doesn't deliver that degree of life support!

WALKING CLINIC

Saturday April 18, 12:00 – 2:00

Downtown Armory, 116 W. North St.



Walking is a great, inexpensive way to exercise. Learn more about fitness walking from Liz of **Bicyclewise**, including heart rate, pedometer, stretching, proper body mechanics, and ideas to enhance your fitness walk.

Dale's Bootery will provide information on proper shoes, shoe fit, foot beds, and socks.

The **Ice Age Trail** is one of only eight National Scenic Trails in the country, and it is encompassed entirely within Wisconsin! A group of UW-Whitewater students will have a booth at the Walking Clinic, as well as giving a presentation about the trail. Stop by the booth for information about a free and healthy way to experience our beautiful state.

Walk The Triangle is a new program being introduced by Downtown Whitewater. Stop in and check this new fitness opportunity offering downtown discounts for walking!

CREATIVE WRITING SEMINAR

Wednesdays, April 1—May 6
11:30 am - 12:30 pm



Do you enjoy writing? Are you creative with words and need an outlet for expression? This creative writing seminar will include practice with fiction, nonfiction and memoir. Learn how to put your ideas, experiences and memories into print. Bring a notebook and a pen. Your facilitator is Lynn Greene, creative writing graduate and journalist. Greene is a cookbook author and has written for newspapers and magazines for the past 20 years.

\$20 for six weeks or \$5 drop-in fee.

Registration due by Monday March 30.

SKETCHING & DRAWING WORKSHOP WITH JEFF KENNEDY

Saturday May 2, 9 am—4:30 pm

You can be the world's best painter, but if your perspective or drawing is off, no amount of painting talent will fix it. Imagine, having the ability to perfectly and accurately sketch perspectives with only a pen and a sheet of paper. Here's what you will learn:



- Basic tools used for on-site drawing or sketching from photographs.
- Basic perspective techniques.
- Blocking in your subject and learning to develop the basic shapes and forms.
- How to start a perspective, so it ends up just the size you want it.
- How to begin drawing a perspective so that everything you draw will fit.
- How do I estimate how tall objects are, accurately, in perspective?
- Where to accurately place vanishing points.
- You'll be able to look at a perspective sketch, spot errors and correct it with confidence.
- Jeff will provide demonstrations on his techniques, then you will get a chance to try.
- A monthly e-newsletter to provide new ideas and reinforcement of your skills.

The workshop will run from 9 am until 4:30 pm with a short break for lunch. The cost for this value packed workshop is \$65. This workshop will be limited to 19 participants.

ICE AGE SCENIC TRAIL HIKE

Tuesday, April 21, 3:30

Enjoy a guided hike of the Ice Age Trail. Meet where the trail crosses Highway 12, about 5 miles east of Whitewater. It is a third of the way up a steep hill – on the left is a parking lot, a kiosk and a sign saying "Ice Age National Scenic Trail". Members of the Ice Age Trail, as well as a geology professor, will be there to answer questions while we hike. Trail mix and water will be provided. Please be advised that there may be a fee to park.



WISCONSIN HISTORY STORIES

March 4-April 1 1:00 pm

UWW Professor Emeritus Richard C. Haney will conduct a five-session class entitled "Wisconsin History Stories." Haney earned his Ph.D. at the University of Wisconsin [Madison] and taught for 42 years at UW-Whitewater, specializing in 20th century America, World War II and the history of Wisconsin

April 1: Still Unique: Everyday Life in Wisconsin Since World War II

Special thanks to UW-Whitewater Continuing Education Department for funding this series.

Please RSVP at least a day in advance, if you will be attending.

SENIOR GOLF LEAGUE

Monday April 13 9:00 am

The organizational meeting for the Seniors in the Park golf league will be held at 9:00 at the Oak Ridge Golf Course on Bowers Lake Road in Milton, with golf to follow, weather permitting. Membership fee is \$5.00, and golfers must be 60 years old as of April 13 or spouse must be 60. Flag prizes are awarded weekly, and there is a luncheon to conclude the season. For more information, contact Don Roberts, 608-868-7054; Vicki Flitsch, 608-884-3586; or Bill Holcomb, 262-495-2273.



CAR CLEANING & INSPECTION

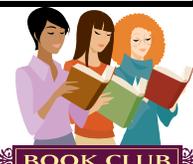
Saturday, May 16—11:00 am

Whitewater High School

All seniors are welcome to have their vehicle inspected for free at the Whitewater High School Shop on the west side of the school. No repairs will be made during the inspection. You will be informed of any problems and referred to your own mechanic. The national Honor Society will be cleaning the interior of the cars. Inspections and cleaning will last approximately 20 minutes. Snacks will be available.

Please call for an appointment by May 14.

BOOK CLUB



The Book Club will meet on Monday, **April 6, at 10:30** to discuss the book *To Kill a Mockingbird* by Harper Lee. The book for May is *Water for Elephants* by Sara Gruen and is an atmospheric, gritty, and compelling novel of star-crossed lovers, set in the circus world circa 1932.

When veterinary student Jacob Jankowski, jumps onto a passing train, he enters a world of freaks, drifters, and misfits, in a second-rate circus struggling to survive during the Great Depression. Jacob is put in charge of caring for the circus menagerie. It is there that he meets Marlena, the beautiful young star of the equestrian act, who is married to August, the charismatic but twisted animal trainer. He also meets Rosie, an elephant who seems untrainable, until he discovers a way to reach her.

THE BIG READ

The Young Auditorium and libraries throughout Rock, Jefferson and Walworth County are participating the The Big Read. This community reading event encourages everyone to read **Harper Lee's classic, To Kill A Mockingbird.** The book will be available free at distribution sites including the Irvin Young Library. Several community events will also take place including:

View the movie on Tuesday April 21 at 12:30 at the Starin Park Community Building.

Kerry Madden, reading and discussing her biography of Harper Lee at the Council for the Performing Arts in Jefferson on Wednesday, April 8 at 7:30 pm.

Loretta Ellsworth, reading and discussion of *In Search of Mockingbird* at the Milton House Museum on Thursday, April 2 at 7:30 pm.

Mockingbird Calling Competition at the Elegant Farmer in Mukwonago on Saturday, April 18.

To Kill a Mockingbird performance by the Montana Repertory on April 28 at 7:30 pm at the Young Auditorium.

Classes and Activities

COMPUTER TUTOR

Thursday, April 16, 11:00 am

This group shares ideas and information, as well as answering technology questions, receiving guidance and answers. Email questions you may have to Ridey1@hotmail.com in advance so Steve can be prepared.

INTERNET ACCESS

The computer lab is available for public use during operating hours except when a computer class is in session.



OUR HOUSE SENIOR LIVING MOVIES

Special thanks to Our House Senior Living for sponsoring the monthly movie. Popcorn and a beverage will be served.

“To Kill a Mocking Bird”

Tuesday, April 21, 12:30 pm

Rated: Not rated 2 hr. 11 min

Atticus Finch is a lawyer in a racially divided Alabama town in the 1930s. He agrees to defend a young black man who is accused of raping a white woman. Many of the townspeople try to get Atticus to pull out of the trial, but he decides to go ahead. How will the trial turn out - and will it change any of the racial tension in the town?

“Australia”

Tuesday, April 28, 12:30 pm

Rated: PG-13 2 hr 35 min

In northern Australia at the beginning of World War II, an English aristocrat inherits a cattle station the size of Maryland. When English cattle barons plot to take her land, she reluctantly joins forces with a rough-hewn stock-man to drive 2,000 head of cattle across hundreds of miles of the country's most unforgiving land, only to still face the bombing of Darwin, Australia, by the Japanese forces that had attacked Pearl Harbor only months earlier.



CHESS

Chess meets on Wednesdays at 1:00. Stimulate your brain and enjoy a pleasurable afternoon with a new challenge. All skill levels are welcome.

CARD GROUPS

Bid Euchre: Mondays 1:00 pm

Canasta: 1st, 3rd & 5th Monday 1:30 pm

Texas Hold ‘em Poker: 1st & 3rd Wed.
1:00 pm

Sheepshead: Tuesdays 1:00 pm



Wii BOWLING

Mondays 11:00 am

Stop in and try out this fascinating game. No need to lift a heavy ball, and you can even do it seated. If there is enough interest, we will start a bowling league.

CERAMICS

Learn how to clean greenware and prepare it to be fired in the kiln. Learn painting and glazing techniques. Prices are based on the size of the project ranging from \$.50 to \$20. Drop-in as often as you like, Tuesdays 6:30 –8 pm, Wednesdays 6:30–8 pm and Thursdays 1–3:00 pm.

SENIOR FORUM

Monday, April 6, Noon

All seniors of the Whitewater area are invited to attend and give their input on activities and services that are or need to be offered in Whitewater. Anyone living in the Whitewater school district or who is a regular participant in activities and is at least 55 is welcome to attend and share their ideas. An agenda is posted on the bulletin board at least 3 days prior to the meeting. The meeting minutes can be found at the city website www.ci.whitewater.wi.us or on the bulletin board in the Community Building.





POTLUCK AND DOMINOES

Tuesday April 7, 11:00 am

Bring your favorite dish to pass and enjoy fellowship and conversation. For those bringing food for potluck before Bingo, health code requires hot food to be kept hot and cold food to be kept cold. Any **hot dishes MUST** be put in the oven to maintain their temperature and **cold items MUST** be placed in the refrigerator. We now have a small refrigerator in the West Room for this purpose. Insulated carriers are meant for transportation only and are not intended to keep foods at safe serving temperatures for extended periods of time.

BINGO!

Bingo is played at 10:00 a.m. in the Starin Park Community Building.

Apr. 7: Culver's Bingo

Apr. 21: Our House Senior Living

Apr. 28: City Bingo

Weekly Bingo Sponsors:

Culver's Our House Senior Living

City Bingo Sponsors:

Topper's Pizza	Floral Villa	Subway
Associated Bank	Robin's Nest	Rosa's Pizza
Commercial Bank	Sweet Spot	Sentry
Bergey Jewelry	Pizza Hut	Karina's
McCullough's	Jimmy John's	Taco Bell
Rocky Rococo	Cousin's Subs	Jessica's
Café Pueblo Pedro	Mirage Hair Studio	
Winchester True Value	Culligan Soft Water	
Cozumel Mexican Rest	All Care Heating	
Rick's Eastside Pub	Eastsider/Westsider	
First Citizen's State Bank	Dale's Bootery	
Fort Community Credit Union	Genoa Pizza	

Remember to thank our sponsors when you visit them.



VAN DRIVER TRAINING

Wednesday, April 8, 1:00 pm



Whether you are interested in becoming a van driver or are currently a driver, please attend this meeting. We are going to begin implementing some of the new protocols which will be required when the new "van" arrives. Training will include pre-and post-trip checklists, gassing the van, and reporting problems. This is also a time for you to give your input on current practices as well as giving feedback on the new requirements. If you cannot attend, please let Deb know immediately and a second training may be scheduled.

FAIRHAVEN LECTURE SERIES:

"MY FAVORITE LECTURE"

Mondays 3 pm Fellowship Hall, Fairhaven

Apr. 6-Where Does Knowledge Come From?

The Role of Science & Research in Teaching

Greg Valde, Educational Foundations

Apr. 13-Promoting Peace by Building Schools:

The Story of Three Cups of Tea

Marilyn Durham, Languages & Literatures

Apr. 20-Asian Americans: The Fastest

Growing Minority Population in the U.S.

Larry Neuman, Sociology, Anthropology & Criminal Justice

All presentations are open to the public at no charge. Unable to attend? Download podcasts of all Fairhaven Lectures beginning with fall 2007 online at:

<http://www.uww.edu/conteduc/fairhaven>

**You can help Seniors in the Park by
volunteering for many activities.
See Page 7 for more information.**

WALK THE TRIANGLE

In an effort to promote the health of our community's growing senior population Downtown Whitewater, Inc. is sponsoring the **Senior Triangle Walk for Health Program** weekdays from 8 to 10:30 AM, May 1 through September 30, 2009. The Triangle branding comes from the unusual triangular shape of downtown Whitewater bounded by Main, Whitewater and Fremont Streets. It so happens a complete lap around the Triangle is almost exactly one-half mile. A lap around the Cravath Lakefront Park is slightly less. This will provide a great opportunity for seniors throughout the community to meet, enjoy each others company and exercise together. And, yes shop downtown, especially at a discount during these hours at participating downtown businesses. The location of to sign up for the program and obtain a punch pass will be available soon.

Stop into the Walking Clinic on Saturday April 18 (page 2) for more information or to sign up for the discounts.

Cut loose and walk the hypotenuse beginning Saturday, May 1, 2009.

**PARKS & RECREATION
SUMMER BROCHURE**

The summer brochure will be available in mid-April. New summer classes include Bocci and Creative Writing in addition to Concerts in the Park and Family Fun nights. Copies will be available at the Community Building, ILY Library, Municipal Building, Discover Whitewater and the Whitewater Aquatic and Fitness Center.

*Seniors in the Park Volunteers
donated 2,462 hours in 2008. The
value of this donated time is
\$34,468.*

**DE-CLUTTER TODAY FOR A
CAREFREE TOMORROW**

Tuesday, April 21, 2009 1:00 PM

Discover how de-cluttering can improve your life! Gain a new perspective on your belongings. Learn how to take control of paperwork and mail. Join us for this motivating and informative presentation by Kathi Miller, Clutter Coach. Kathi combines her background in education and business to help her clients achieve the clutter-free life. She does on-site consulting for homes and businesses, presents workshops, teaches classes, and is the author of the Clutter Coach Success Secrets, a monthly email newsletter .

Location: The Gathering Place, 715 Campus Street, Milton, WI 53563.

Cost: \$4 for the program (pay in Milton and RSVP by calling 608-868-3500)

Van transportation: \$4. RSVP by April 16

AUTHOR RHODES AT LIBRARY

Thursday, April 23 7:00 pm

Irvin L. Young Memorial Library

Wisconsin writer David Rhodes, who's latest novel "Driftless" has received glowing reviews in major publications, will read from and sign copies. As a young man, Rhodes published three highly acclaimed novels before he was paralyzed in a motorcycle accident that kept him from writing for over three decades. "Driftless" has been described by reviewers as "the best work of fiction to come out of the Midwest in many years" and as a work "that secures (Rhodes') place in American letters as a major contemporary writer of the rural Midwest." One of Rhodes' earlier works, "Rock Island Line," has also recently been reissued. This program is sponsored by the Friends of the Library and is free and open to the public.



Volunteers

VOLUNTEER OPPORTUNITIES

See Deb for more information if you are interested in any of the following opportunities. Signup sheets are also available at the Community Building for fundraiser help and donations.

IMMEDIATE NEEDS:

- **Easter Bunny Lunch Fundraiser,**
Sat. April 4—
8:00-10:30 Set-up and prep food
10:30-1:00 Serve food and assist families
1:00-2:30 Clean-up



Please consider donating one of the following items by Thursday April 2, if you can't help that day. Please let us know what you are donating.

- Package of Hot Dogs
- 2 Packages of hot dog buns
- 2 large boxes of Jello (same flavor) (need by Monday March 30)
- Large can of fruit cocktail (need by Monday March 30)
- Squeeze bottle of catsup and mustard
- Can of frosting—Pink or yellow
- Easter/spring cake decorating sprinkles
- Bag of ridged potato chips

OTHER NEEDS:

- **Movie Set-up**—Set up and take down of room and equipment for bi-monthly movie.
- **Van Drivers** once or twice a month. Training provided and background check required. See Page 5.
- **Volunteer Coordinator** Assist in finding volunteers, developing volunteer opportunities, training, recordkeeping and recognition. See Deb for position description.

Nutrition Site

Page 7

BIRTHDAY DAY

Wednesday, April 15, 11:30 am

If you have a birthday in April, come and celebrate with us at the meal site. Sign up for the meal by noon a day in advance.



HAPPY APRIL BIRTHDAYS TO:

6-Joe Raupp	21-Adele Gergen
14-Marion Malo	25-Jerry Nell
17-Wilfred Roe	30-Margaret Patzer
17-Deb Weberpal	30-Matt Amundson

NOTES FROM THE KITCHEN

April Showers Bring May Flowers! Spring has arrived, the robins have returned, and new things replace older ones. With that said, our spring/summer menus have arrived! New this year are Chicken Tarragon, BLT Chicken Salad, and Santa Fe Ham Salad. Returning favorites, include Fiesta Pasta Bake, BBQ Riblets, Oven Fried Chicken and Hamburgers. If any participant needs a special request, let Sue know, and we will try to accommodate you.

Stop in and try a few of our new menu items. Nutrition Site meals are served at 11:30 Monday through Friday. Anyone 60 and over is welcome to attend the meal. To reserve a meal, call 262-473-0536 between 9:00 am and noon a day in advance (call Friday for a Monday meal) or call Walworth County before noon at 1-800-365-1587 and leave your name, phone and the meal site you would like to attend. It's that simple. Thanks for stopping in and here's hoping for the Best Spring Ever.



~Sue

REMINDER: The Nutrition Site meals are provided for a very reasonable donation. To continue with these minimal amounts, **cancellations must be called in.** The Walworth County Nutrition program is charged for all meals ordered. PLEASE call in your cancellation anytime prior to 8:00 am the day of your reservation by calling the County Nutrition office at 262-741-3333 and leaving your name, meal site, and that you are cancelling your meal for what day. Do not leave cancellations on the Seniors in the Park answering machine. The message will not get to the Nutrition staff.

IMPORTANT NUMBERS & WEB SITES

- Alzheimer's Assistance, Southeastern WI Chapter, 1-800-272-3900 or www.alzheimers-sewi.org
- Walworth County Benefit Specialist, contact Julie Juranek, 262-741-3200 or 1-800-365-1587
- Walworth Co. Dept of Health & Human Services, Dept on Aging, 1-800-365-1587
- Information and Referral, (County Aging Services), 262-741-3423
- Coalition of Wis. Aging Groups/Elder Law Center, 608-224-0606 or www.cwag.org
- Retired Senior Volunteer Program (RSVP), contact Patti O'Brien, 262-472-9632
- Social Security Administration, 1-800-772-1213
- Southeastern WI, Area Agency on Aging, 262-821-4444 or www.execpc.com
- Walworth County Chapter of AARP, contact Nancy Schultz 608-883-2044 or www.rina66@ticon.net

BECOMING MEDICARE ELIGIBLE IN 2009?

The Walworth County Benefit Specialist Program will host Medicare Workshops at Walworth County Health & Human Services, Hwy. NN, Elkhorn on Wednesday, April 15 at 1:00 pm or 6:00 pm. Session will last approximately 1 1/2 hours. Other dates include June 11, August 12, October 14, and December 9 at the same times. If you have questions on Medicare, call the Specialist, 262-741-3200 or 1-800-365-1587.

PAPER SHREDDER

We have a shredder available to use. Please call in advance.

LOOKING AHEAD

May 2—Drawing class with Jeff Kennedy
May 16—Car Cleaning and Inspection

THERAPEUTIC MASSAGE

Monday, April 13, 1:00 pm

Massage can increase range of motion and decrease pain. Sharon Baker specializes in massage for seniors. She will be at the Community Building on the second Monday of the month offering half hour massages for \$20. This is a table massage, if you are interested in chair massage, please call. Appointments must be made in advance by calling 262-473-0535.

FOOT CLINIC

Tuesday, April 7, 12:00 pm

Sharon Holz, R.N. provides our foot clinic on the first Tuesday of the month. You will get a foot soak, have your nails clipped, filed and cleaned, corns and calluses filed, and your foot massaged. Please bring a towel. No appointment is necessary.



BLOOD PRESSURE SCREENING

Tuesday, April 28, 10:30 am

A free blood pressure screening is provided by the Whitewater Family Practice at the Community Building.

WHITEWATER GRIEF SUPPORT GROUP

2:00 pm 3rd Tuesday

This group meets at Fairhaven in the Lower Level Conference Room. New members are always welcome. Call 920-674-6255 with questions.

EASTER GREETING CARDS

Do you need Easter cards? Check out our supply of cards. We have a great selection of everyday and special greeting cards, including Birthday, Sympathy, Baby, Christening, Get Well, Thinking of You and Friendship at low prices.



TORNADO SAFETY AT SENIORS IN THE PARK

We will be having a tornado drill in the month of April. We look forward to everyone's cooperation so that in the event of an actual tornado everyone will know what to do and survive.

Seniors in the Park Policy:

The staff/volunteer will monitor weather conditions with the internet or radio and participants will be informed of changes in the weather.

Tornado Watch:

A tornado watch is declared when conditions are right for developing a tornado. Participants and volunteers will be informed of the weather so they may decide whether they want to leave or not.

Tornado Warning

1. A Tornado Warning is declared when a funnel cloud has been sighted.
2. When a tornado warning is issued the staff will inform all participants and volunteers and move them to the outdoor bathrooms. Participants may leave the building, but should be cautioned of the unsafe weather and be advised to remain in the building.



SPRING/SUMMER THERMOSTATS

As a city facility, the thermostats in the Community Building are set at a general comfortable temperature. Some may find this warm, and for others, it may be cool. Please dress appropriately or bring a sweater. We try to keep the building comfortable, but not everyone has the same internal thermostat.

DONATIONS, GIFTS AND MEMORIALS

"No man can become rich without himself enriching others." Andrew Carnegie
You can make Seniors in the Park a recipient of a gift any time of the year. We appreciate your generosity and support of our programs.

THANK YOU TO:

- **Julianne Nueckl** for donating greeting cards. 
- **Betty Sweno** for donating candy.
- **Marie Waters** for donating cash toward the Easter Bunny Lunch
- **Doris McQuillin** for sharing her decorated and carved eggs for our show case.
- **Eric Zipp** for sharing RSVP memorabilia for our volunteer showcase.
- **Mulberry Glen Senior Apartments** for sponsoring the dessert for our Volunteer Appreciation.
- **Janet Nell** for donating four packages of napkins.

Coordinator's Comments



Thank You

I can't say thank you enough. Without all of the volunteers who give of themselves to Seniors in the Park, the program would cease to exist. Because of you we can offer a myriad of fun and educational activities. You help us serve meals, raise money, promote our programs, assist those who need it, share your talents and life wisdom, and take people to new places. The "Seeds of Kindness" you have planted here continue to blossom and grow.

Deb

Seniors in the Park serves adults of the Whitewater area who are 55 or better. Other adults are welcome to participate on a space available basis.

STOUGHTON OPERA HOUSE

Branson on the Road, Thursday April 16
Depart: 1:30 pm; Return: 5:30 pm

JANESVILLE SHOPPING

Wednesday, April 29

Join us for a fun day in Janesville. Stops determined by those on the trip. **Pickups begin at 10:30 am.** Must have four people for the trip to go.

Cost \$5. RSVP by Monday, April 27.



LUNCH BUNCH

Thursday, April 9, 10:30 am

Eat at Mullen's Dairy Bar in Watertown. Enjoy a scrumptious lunch and their yummy ice cream desserts which they are famous for. Lunch is on your own.

Departure: 10:30 am.

Cost: \$5 RSVP by Tuesday, April 7.

FISH FRY FRIDAYS

Friday, April 17, 4:30 pm

Enjoy the fish fry at C&J Crossroads, Elkhorn. 2-piece fish fry is \$9. Depart at 4:30.

Cost: \$5 (transportation only)

RSVP by Wednesday, April 15.

DE-CLUTTER YOUR LIFE

Tuesday April 21

See page 6 for information on the program.

Cost of transportation \$4.00

RSVP/payment due by April 16

EMERGENCY FORMS

Emergency forms must be completed to travel with us. They can be filled out when you register for a trip or the day of. You will need doctor and emergency contact numbers and a list of your medications.

FIRESIDE 2009

Wed June 10—High School Musical

RSVP/Payment deadline: Wed., May 6

Wed Aug. 5—The Witnesses; Jesus & Followers.

RSVP/Payment deadline: Tues June 30.

Escort: Marie Hathaway

Wed Oct. 28—The Sound of Music

RSVP/Payment deadline: Wed., Sept. 23

Wed Dec 16—Fireside Christmas

RSVP/Payment deadline: Thurs., Oct. 29

Cost: \$62.00

Payable to: The Fort Atkinson Senior Center.

Arrive at the Fireside at 10:30 am. Lunch is at

11:15 and Show at 1:30. Transportation is on your own.

Extended Trips

ALBUQUERQUE BALLOON FIESTA

October 2-6, 2009 \$1589 pp/dble

Imagine a blue sky filled with a kaleidoscope of dazzling colors and shapes. Witness the morning mass ascension and the Balloon Glow, an event that's guaranteed to set the night sky ablaze. Trip also includes a guided tour of Albuquerque with Old Town, Los Alamos and Bandelier National Monument, and an historic walking tour of Santa Fe. Trip includes professional Tour Manager, free home pickup (in Walworth Co), 3 meals, round trip airfare from Chicago and \$25 in Mayflower money. Call for complete itinerary.

SMOKEY MOUNTAIN SHOW TRIP & THE BILTMORE ESTATE

Sept 27-Oct 3 \$619 per person dble

Call for a detailed itinerary.

When leaving on a trip, please park your car at the east end of the lot, away from the building, to allow access for those using the facility during the day. Thanks.

CARS & CHINA, TANKS & TEA

Thursday May 28

We head south of the border for a distinctive trip to Lake County, Illinois. Visit Brans Nuts where they roast nuts on site and sell other yummy treats. Experience the Volo Auto Museum showcasing TV, Hollywood, and antique cars. With three antique Malls, a Mercantile Mall and the Historic Volo Country Village there is something for everyone. New at Volo are interactive military displays with realistic battles scenes and heart pounding sound effects. See restored and operational vehicles, armored cars, tracked vehicles, war wagons, amphibious vehicles and half-tracks used from WWII through Vietnam and Iraq. Some are unique to this museum. Lunch will be on your own at the Volo Diner.

End the day at Pickard China shop and Museum and see china used on Air Force One, as well as touring historic downtown Antioch with over 40 unique shops and eateries. A special treat will await you at Infini-tea.

Cost: \$36 RSVP/Payment deadline: April 30

Make checks out to City of Whitewater

Depart: Fort K-Mart 7:30 am

Starin Park 8:00 am

Return: Starin Park 5:30 pm

Fort K-Mart 6:00 pm

Note: Lunch is on your own. There will be a lot of walking on this trip.

SPRING IS IN THE AIR

Thursday April 23

See renovated Milwaukee Domes. Tour Palermo Pizza, and the Harley Davidson Museum.

Cost: \$42

RSVP/Payment deadline: March 30

Depart: Fort K-Mart 8:00 am

Starin Park 8:30 am

Return: Starin Park 6:00 pm

Fort K-Mart 6:30 pm

Note: Lunch is on your own. There will be a lot of walking on this trip.

*Seats
going
fast!!*

WINE AND CULINARY TOUR

Wednesday July 15

Experience the Valentino Vineyards with a tour of the vineyards, learning about the wine making process, and enjoy a sampling. (The owners name is Rudolph!). Then it's off to the scrumptious Long Grove Confectionery for a tour. See how they make chocolates and view their fabulous chocolate sculptures. Delight in the outlet store after the tour. The rest of the day will be spent in Historic Long Grove. Our group will be treated to a tour and tasting at the Olive Tap (olive oil), a snack and beverage at the Apple Haus and we will receive discount shopping coupons. This picturesque village offers some of the most extensive and select retail establishments in the Chicago area, most of which are located in landmark historic buildings. There are eclectic art galleries, a mosaic of gourmet specialty shops and a myriad of fine and casual dining opportunities. Enjoy a day of food and fun!

Cost: \$42 RSVP/Payment deadline: June 18

Make checks out to City of Whitewater

Depart: Fort K-Mart 7:30 am

Starin Park 8:00 am

Return: Starin Park 6:00 pm

Fort K-Mart 6:30 pm

Note: Lunch is on your own. There will be a lot of walking on this trip.

TITANIC EXHIBIT

Wednesday, May 20

Travel with The Gathering Place to see the Titanic exhibit. Lunch is included at the Delafield Brew Haus.

Cost: \$50 RSVP/Payment deadline: April 25

Make checks out to The Gathering Place

Send to: 715 Campus St, Milton WI 53563

Payment due with registration.

Depart: The Gathering Place 7:00 am

Return: The Gathering Place 2:00 pm



Seniors in the Park
PO Box 178
Whitewater WI 53190

Member:

Wis. Association of Senior Ctrs.
Wis. Parks & Recreation Assoc.
Intern'l Council on Active Aging

Seniors in the Park
504 W Starin Rd
PO Box 178
Whitewater WI 53190
Phone 262-473-0535
Fax 262-473-0537

Nutrition Site 262-473-0536

Mon-Thurs 8:30 am—3:30 pm

Deb Weberpal, CPRP, Senior Coordinator
dweberpal@ci.whitewater.wi.us

Rose Ellestad, Senior Aide

For General City information see the city
website at www.ci.whitewater.wi.us

Seniors in the Park is a division of
Whitewater Parks and Recreation
Matt Amundson, CPRP, Director
Michelle Dujardin, Recreation &
Community Events Coordinator

NEWSLETTER SUBSCRIPTION
OR PICK-UP SITES

To have the Seniors in the Park Newsletter mailed to your home for one year, send \$5 with this coupon. To receive the newsletter **FREE**, go online to www.ci.whitewater.wi.us. Click on Departments, Parks and Recreation, Seniors in the Park to print a copy of the newsletter. The newsletter is available for pick up at the Community Building, Municipal Building, the Mercy Aquatic Center, Discover Whitewater, and the Irvin L. Young Memorial Library.

Name _____

Address _____

E-Mail _____

**SENIORS IN THE PARK PROMOTES AND
ENHANCES A VITAL AGING COMMUNITY**

Seniors in the Park Activity Calendar –April 2009

Monday	Tuesday	Wednesday	Thursday	Friday
<p>*Activities take place at the Starin Park Community Building unless otherwise noted. (A)=Downtown Amory (L)=Cravath Lakefront</p> 		<p>1 11:30 Creative Writing Seminar 1:00 Wis. History Stories 1:00 Texas Hold 'em Poker 1:00 Chess 6:30 Ceramics (A)</p>	<p>2 9:30 Stretch/Flex 1:00 Senior Singles 1:00 Ceramics (A)</p>	<p>3</p> <p>4 Easter Bunny Lunch 11:00 – 1:00</p>
<p>6 9:30 Stretch/Flex 10:30 Book Club 11:00 Wii Bowl 12:00 Senior Forum 1:00 Bid Euchre 1:30 Canasta</p>	<p>7 10:00 Culvers Bingo 11:00 Potluck 11:30 Dominos 12:00 Foot Clinic 1:00 Sheepshead 6:30 Ceramics (A)</p>	<p>8 11:30 Creative Writing Seminar 1:00 Chess 1:00 Van Driver Training 6:30 Ceramics (A)</p>	<p>9 9:30 Stretch/Flex 10:30 Lunch Bunch to Mullen's Dairy Bar 1:00 Ceramics (A) RSVP Deadline for drawing workshop</p>	<p>10 CLOSED</p> 
<p>13 9:00 Golf League Organizational Mtg. 9:30 Stretch/Flex 11:00 Wii Bowl 1:00 Therapeutic Massage 1:00 Bid Euchre</p> 	<p>14 1:00 Sheepshead 6:30 Ceramics</p>	<p>15 11:30 Creative Writing Seminar 11:30 Birthday Day 1:00 Texas Hold 'em Poker 1:00 Chess 6:30 Ceramics (A)</p>	<p>16 9:30 Stretch/Flex 11:00 Computer Tutor 1:00 Ceramics (A) 1:30 Depart for Branson on Road Trip 3:30 Low Impact Lawn Care 5:30 Low Impact Lawn Care</p>	<p>17 4:30 Fish Fry</p> <p>18 12:00 – 2:00 Walking Clinic (A)</p> 
<p>20 8:30 Golf 9:30 Stretch/Flex 11:00 Wii Bowl 1:00 Bid Euchre 1:30 Canasta</p>	<p>21 10:00 Our House Senior Living Bingo 12:15 DeClutter Trip 12:30 Our House Senior Living Movie "To Kill a Mockingbird" 1:00 Sheepshead 3:30 Ice Age Hike 6:30 Ceramics (A)</p>	<p>22 11:30 Creative Writing Seminar 1:00 Volunteer Appreciation 1:00 Chess 6:30 Ceramics (A)</p>	<p>23 8:30 Spring in the Air trip departs 9:30 Stretch/Flex 1:00 Ceramics (A) 7:00 Author Rhodes at ILY Library</p>	<p>24</p>
<p>27 8:30 Golf 9:30 Stretch/Flex 11:00 Wii Bowl 1:00 Bid Euchre</p>	<p>28 10:00 City Bingo 10:30 Blood Pressure 12:30 Our House Senior Living Movie "Australia" 1:00 Sheepshead 6:30 Ceramics</p>	<p>29 10:30 Janesville Shopping 11:30 Creative Writing Seminar 1:00 Chess 6:30 Ceramics (A)</p>	<p>30 9:30 Stretch/Flex 1:00 Ceramics (A) RSVP/Payment due for Cars/China, Tanks/Tea Trip</p>	

Walworth County Nutrition Menu – April 2009

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Call 473-0536 between 9:00 am and noon a day in advance to reserve your meal or call Walworth Co. Nutrition at (262) 741-3333 or 1-800-365-1587, ext. 3333. Cancellations must be made no later than 8:00 a.m. the day of your reservation. Call the Walworth County Nutrition office and leave a message.</p>		<p>1 Chicken Tarragon Peas Cole Slaw Baking Powder Biscuit Hot Glazed Apples</p>	<p>2 Tuna Salad with Lettuce and Tomato American Potato Salad Rye Bread Fruit Cup</p>	<p>3 Sicilian Meatball Soup Potatoes Italiano Italian Green Beans Wheat Bread Iced Sugar Cookie</p>
<p>6 Chicken Breast ala Orange Savory Brown Rice Green Beans and Onions Multi-Grain Dinner Roll Chilled Apricots</p>	<p>7 Italian Beef Sandwich on a Sliced Wheat Bun California Blend Vegetables Stewed Tomatoes Vanilla Pudding</p>	<p>8 Kielbasa Scalloped Potatoes Spinach Rye Bread Chilled Peaches</p>	<p>9 Turkey and Gravy Baked Sweet Potatoes Broccoli Multi-Grain Bread Cherry Crisp</p>	<p>10 Good Friday Holiday Senior Lunch Centers are closed.</p>
<p>13 Pork Tips Marsala Mashed Potatoes Parslied Carrots Marble Rye Bread Chocolate Chip Oatmeal Bar</p>	<p>14 Spaghetti and Meatballs Mixed Green Salad Garlic Bread Chilled Pears</p>	<p>15 Birthday Day BLT Chicken Salad Mixed Salad Greens with Tomato Wedges Mandarin Oranges Ry Krisp Crackers Marble Cake</p>	<p>16 Hamburger on a Hamburger Bun Baked Beans Mixed Vegetables Peanut Butter Cookie</p>	<p>17 Italian Baked Chicken Thigh Mashed Potatoes/Gravy Green Beans Wheat Bread Fresh Melon</p>
<p>20 Salisbury Steak Potatoes O'Brien Harvard Beets Wheat Bread Gingered Pears</p>	<p>21 Fiesta Pasta Bake Corn Green Beans Ranchero Potato Roll Banana</p>	<p>22 Oriental Beef and Savory Brown Rice Carrots and Chives Multi-Grain Bread Pineapple Tidbits</p>	<p>23 Oven Fried Chicken Patty Mashed Potatoes/Gravy Spinach Wheat Roll Chilled Peaches</p>	<p>24 Turkey Pasta Salad with Shell Rigate Lettuce and Tomato Mandarin Oranges Wheat Bread Strawberry Mousse</p>
<p>27 BBQ Riblet on a Sliced Wheat Bun Diced Red Potatoes Parslied Cauliflower Mixed Fruit</p>	<p>28 Beef Barley Soup Parslied Carrots Peas and Onions Wheat Bread Cantaloupe</p>	<p>29 Oven Fried Chick. Drumstick Mashed Potatoes/Gravy Mixed Vegetables Wheat Bread Fruit Jell-O</p>	<p>30 Sante Fe Ham Salad Lettuce and Tomato Creamy Broccoli Salad Ry Krisp Crackers Chilled Apricots</p>	