



Promotes and enhances a vital aging community

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August 2009 Volume IX Issue 8

LUNCH AND LEARN: TRANSITIONS – FORT HEALTHCARE

Wednesday, August 19 Noon



Bring your lunch or eat at our mealsite (RSVP by noon a day in advance) and learn more about the 12-week Transitions Lifestyle Weight-Loss Class through Fort Hospital, which teaches you how to change your lifestyle in

order to live a healthier life.

Weight loss is an added benefit to the program. The Transitions Lifestyle System helps support your metabolism and allows you to shed inches and lose body fat. The class will teach you healthy eating habits and ways to exercise and manage stress. Learn to modify your diet so your meals contain a proper ratio of healthy carbohydrates, proteins and fats. The class also addresses the problems of carbohydrate sensitivity and fat storage as well as adopting a diet of low-glycemic foods. Class content includes hands-on behavior modifications. This free informational presentation is given by instructor Kathy Kalvaitis.

The actual 12-week class is \$130 and is scheduled Sept. 16 to Dec. 2 from noon to 1 at Whitewater Aquatic Center. 62 years of age and older receive a 10% discount.

Reservation for the presentation is due by Monday, August 17.

WOOD CARVER DEMONSTRATION

Thursday, August 20 1:00 pm

Members of the Rock River Valley Carvers of Janesville will show their arts and skills in wood carving. Members will demonstrate tools, wood types and their carvings. If there is enough interest we may start a club in Whitewater. See page 8 for a van trip to Janesville to the Woodcarvers Show in September

Reservations for the program are due by Tuesday, August 18.

AUTHOR SPEAKING

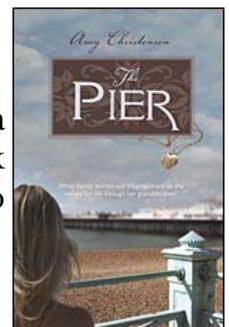
Tuesday, August 4 1:00 pm

Amy Christensen will speak about her novel, “**The Pier.**” It is a story of Virginia Baker, as she reveals her secrets to three of her grandchildren during one magical week during the summer at her cabin in Wisconsin. She is currently working on a sequel to this book.

Reservation for the presentation is due by Monday, August 3.

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COMPUTER SAVVY

Intro to the Internet

August 17 & 18, 9:30 am

Class content: Websites; Searching and addressing; Email; Downloading, registering, address book and attachments; Traveling and any other subjects that may be of interest.

Instructor: Lyle Hunter

Cost: \$6.00; Register by August 13.

Mailing Labels

August 24 & 25, 9:30 am

Learn how to make and print labels for mailings or Christmas cards.

Instructor: Lyle Hunter

Cost: \$6.00; Register by August 20.

TWITTER

Tuesday, August 18 11 am

Do you tweet? Have you heard everyone talking about Twitter? Now you can be part of the millions using this application. Follow your friends and family through their daily lives. Update everyone on what you're currently doing. Find out the inside life of celebrities, or simply read all the news headlines. Twitter is a simple, fun way to stay up to date on all the latest news of your choice.

Cost: \$3.00; Register by August 13.

FACEBOOK

Tuesday, August 25 11 am

Your kids or grandkids are on Facebook. What is it and how does it work? Do I really need to be on Facebook? It's a simple application for sharing pictures and information with a chosen group of people. You decide who you want to see your site. You can post public comments or send private messages. It is a quick and easy way to stay in touch with friends and family. Whitewater parks and Recreation is on Facebook. Become a friend.

Cost: \$3.00; Register by August 20.

ART IN THE PARK

Thursday, September 3, 12:30 pm

A guest artist will teach the first Thursday of the month. The rest of the month meet with other painters and practice the new skill or do your own painting.



Guest artist September 3 and 10 will be Jack Zellner. Jack's philosophy is you are never too old to draw or paint and taught Art and Design at UW-Stout. His class will focus on quick painting techniques showing how to paint a tonal landscape in one or two settings. Demonstrations will show how to layout a tonal palette, compose a landscape with emphasis on either the ground or the sky and how to visually show atmospheric depth in a painting. Any media is welcome; water color, oil, acrylic or pencil. Canvas or paper size will be small, no larger than 6 inches by 12 inches. Come ready to paint and have a good time.

Cost: \$10 (includes both classes)

*NOTE-the class time is earlier and runs over two weeks.

FUNDAMENTALS OF INVESTING - HOW TO AVOID CATASTROPHE

Begins September 14, 1:00 pm

Discussion, information and education on investing and investments. Learn terminology and about differing types of investments. Great for beginning investors or those wanting to learn more about how to manage what you have. This will be a monthly meeting on the second Monday of the month.

Facilitated by Jacob Gerlach

SOCK HOP

Saturday September 19, 6:00 pm-10:00 pm

Downtown Armory

Take off your penny loafers and saddle shoes, roll down your socks, and hike up your Poodle Skirt - We are going back in time with a Sock Hop! Stroll on down to the Armory for dancing to the best of the 50's and early 60's, games, contests, prizes, and ice cream sundaes. Come in your poodle skirt or wear your favorite jeans and white t-shirt and don't forget the socks! Advance tickets are available at the Community or Municipal Building for \$8.00 through September 17. Tickets at the door will be \$10.00



OUR HOUSE SENIOR LIVING MOVIES

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

“Frost Nixon”

Tuesday, August 18, 12:30 pm

Rated: R 122 minutes

A dramatic retelling of the post-Watergate television interviews between former president Richard Nixon, the disgraced president with a legacy to save, and David Frost, a jet-setting television personality with a name to make, in the story of the historic encounter that changed both their lives.

“The Curious Case of Benjamin Button”

Tuesday, August 25, 12:30 pm

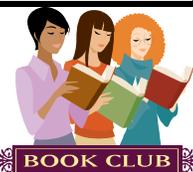
Rated: PG-13 2 hr. 47 min.

“I was born under unusual circumstances,” says Benjamin Button. He is a man who is born in his eighties, being diagnosed with several aging diseases at birth and thus given little chance of survival, but he does survive and gets younger with time. Abandoned by his biological father, Thomas Button, after Benjamin's biological mother died in childbirth, Benjamin was raised by Queenie, a black woman and caregiver at a seniors' home. Benjamin's unusual journey in life is set in New Orleans from the end of World War I in 1918 into the 21st century.

BOOK CLUB

Monday August 3, 10:30 am

The Book Club will discuss the book *One Thousand White Women* by Jim Fergus. The book for August is *The Divide* by Nicholas Evans.



In *The Divide*, two backcountry skiers find the body of a young woman embedded in the ice of a remote mountain creek. All through the night, police work to dig her out. She is quickly identified as Abbie Cooper, wanted for murder and acts of eco-terrorism, and her picture is on law-enforcement computers all across America. But just how did she die? And what was the trail of events that led this joyous, golden child of a loving family so tragically astray?

In a journey of discovery and redemption, from the streets of New York to the daunting grandeur of the Rocky Mountains, *The Divide* delves into the dynamics of a fractured family and their struggle with the pain of lost happiness.

BINGO!

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

August 4: Culver's Bingo

August 18: Our House Senior Living

August 25: 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.

WEDDING & ANNIVERSARY CARDS

Do you need Wedding or anniversary 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.



Wii BOWLING

Aug 17, 24 & 31, 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.

CONGRATULATIONS



Peggy Anderson Sharron McCarthy

The winner of the bean bag tournament at the picnic was Sharron McCarthy. Peggy Anderson was second. Thanks to all who participated. It was a fun event.

ACTIVITIES AT A GLANCE

- Bid Euchre**—Mondays 1:00
- Bocce**—Thursdays 10:00 am beginning June 11
- Book Club**—First Monday 10:30. Books available at Starin Park
- Canasta**—First, third and fifth Mondays 1:30
- Ceramics**—Tuesday and Wednesday 6:30-8:00 pm, Thursdays 1-3 at Armory
- Chess**—Wednesdays 1:00
- Dominoes**—First Tuesday 11:30
- Golf League**—Mondays 8:30 tee time
- Potluck**—First Tuesday 11:00. Bring a dish to pass
- Senior Forum**—First Monday at noon
- Sheepshead**—Tuesdays 1:00 pm
- Texas Hold 'em Poker**—First/Third Wed 1:00
- Wii Bowling/Sports**—Mondays 11:00

Flu Shots

Monday October 19

1:00—4:00 PM

Community Events

CRAVATH LAKEFRONT PARK ENTERTAINMENT

Thursdays 7:00 pm

August 6 Family Fun Night, "Bubble Wonders"

August 13 Concert, Piper Road Spring Band"

LGBT DISCUSSION GROUP

1st & 3rd Thursdays 2:30-4:00 pm

LGTB (Lesbian, Gay, Bisexual and Transgender) senior adults meet at the Madison Senior Center, 330 W. Mifflin St., Madison. Join in friendly conversation with an appointed leader who guides discussions that are informal, open dialogues. Participants determine the topics based on group members' current interests and, occasionally, treats and soda appear. LGBT persons and their friends and families are invited and are welcome. For more information, call the Madison Senior Center at 608-266-6581

TASTE OF WHITEWATER
September 11th & 12th - Cravath Lakefront

www.tasteofwhitewater.com

- Local Food - Live Music -
- Family Entertainment -
- Arts & Crafts -

Volunteers

ANNUAL VOLUNTEER TRAINING

Monday August 24 1:00 pm

Thursday August 27, 1:00 pm

Monday August 31, 10:30 am

We will review and discuss Basic Information, Confidentiality, Policies and Procedures, and Emergency Situations. Please sign up for one of the trainings by Monday, August 17.

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.

- **Historian/Archivist**—Assist in maintaining newspaper articles, photos and other historical information on Seniors in the Park.
- **Van Drivers** Once or twice a month. Training provided and background check required.
- **Big Read Coordinator** Be the Seniors in the Park Liaison working with the local library and Young Auditorium to plan events for the Big Read in 2010. Assist in coordinating events at Seniors in the Park.
- **Volunteer Coordinator** Assist in finding volunteers, developing volunteer opportunities, training, recordkeeping and recognition. See Deb for position description.
- **Publicity**—Assist with publicity to include writing and distributing press releases and radio PSA's. Also making posters/ flyers and distributing.

THANK YOU TO:

- **Billie Hookstead, Romelle Koch and Marie Waters** for donating books to the library.



We accept books that are in great condition and dated 2004 or newer.

SPECIAL DESSERT DAYS



- Make your Own Sundae
August 20: 11:30—12:30;
Cost 50 cents
- 'Smores at the Nutrition site—
August 24 and 27

Nutrition Site Page 5

BIRTHDAY DAY

Wednesday, August 19, 11:30 am

If you have a birthday in August, come and celebrate with us at the meal site on Wednesday, August 19. Sign up for the meal by noon a day in advance.



HAPPY AUGUST BIRTHDAYS TO:

2— Blanche Grumm	13—Jo Fassl
Vera Leisher	14—Dorothy Poehler
3— Roger Provenzano	Jean Lee
9— Sandi Colombe	16—Gretchen Barth
12—Jean Nielsen	19—Alice Smith

NOTES FROM THE KITCHEN

Summertime certainly has arrived! It definitely is “the Dog Days of Summer”! Keep cool and try one of our summertime cool salads, such as BLT chicken salad, ham salad and turkey pasta. Of course, we still have our famous riblet sandwich, oven-fired chicken patty and Italian beef sandwich.

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 by noon a day in advance (call Friday for a Monday meal) or call Walworth County at 1-800-365-1587 and leave your name, phone and the meal site you would like to attend. It's that simple. Enjoy a meal and with us.

Don't forget our Bingo Days and Movie Days. We always have something cool to drink and, of course, some popcorn. Hope to see you soon.

~Sue

REMINDER: The Nutrition Site meals are available for a very reasonable donation. To continue with these minimal amounts, **cancellations** must be called in no later than 8 am the day of your reservation or the night before. Please call the Nutrition office at 262-741-3333 and leaving your message. Walworth County gets charged for meals ordered. Please help out the Nutrition program by canceling in advance.

SERVICES AT A GLANCE

- **Blood Pressure Screening-Tuesday, August 25, 10:30 am** Provided free by the Whitewater Family Practice
- **Foot Clinic -Thursday, August 4, 12:00 pm**
Please bring a towel. No appointment is necessary. Cost is \$10.00.
- **Therapeutic Table Massage-Monday, August 10, 1:00 pm** Sharon Baker, half hour massages for \$25 Appointments must be made in advance by calling 262-473-0535.
- **Chair Massage-Thursday August 27, 10:30 am** Sharon Baker, half hour massages for \$25 Appointments must be made in advance by calling 262-473-0535.
- **Whitewater Grief Support Group-2:00 pm 3rd Tuesday** This group meets at Fairhaven in the Lower Level Conference Room. Call 920-674-6255 with questions.

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 is now GWAAR, Greater Wisconsin Agency on Aging Resources, Inc., 262-821-4444 or 608-224-6300, www.gwaar.org
- Walworth County Chapter of AARP, contact Nancy Schultz 608-883-2044

Coordinator's Comments

Put your travelin' shoes on because the new van is here! We're so excited to be able to offer more day trips, so keep your ideas coming. Day van trips are less expensive and more intimate than bus trips. I've also been busy getting drivers trained and licensed. Our insurance is requiring they have a CDL license. This will help ensure your safety with competent drivers on our trips. Check out all the new trips on the next couple of pages and enjoy!

~Deb



NEWSLETTER ADVERTISING

Advertising is accepted in our newsletter.

<u>Ad Size</u>	<u>Dimensions</u>	<u>Rate</u>
Business Card	3½" X 2¼"	\$15.00
Quarter Page	3½" X 4"	\$30.00
Half Page (vert.)	3½" X 9"	\$60.00
Half Page (horiz.)	7 ½" X 4½"	\$60.00
Full Page	7 ½" X 9½"	\$120.00

Seniors in the Park does not endorse advertisers. Contact Deb Weberpal for procedural and invoicing information.

VOTE ON NEWSLETTER TITLE

These are the titles submitted by participants. Thanks to all who shared their ideas. The following are the top 5 as chosen by committee. All will be followed by "Seniors in the Park newsletter" in smaller print to help identify us. Please vote for one:

- ___ The Goldenagers
- ___ Happenings
- ___ The Park Bench
- ___ Reaching Out
- ___ Highlighter
- ___ Vitality

Turn your ballot into the reception desk by August 18. Thank you for your participation and input.

Medicare Part D Information

Medicare beneficiaries that have a Medicare Part D Plan will need to start watching your mail for notices sent out by CMS (Center for Medicare & Medicaid Services). People who currently receive the “extra help” and do not pay a plan premium and small co-pays need to pay special attention.

In September, CMS will be sending out a letter on GREY paper. This letter will state that the beneficiary no longer automatically qualifies for the “extra help” in 2010. You will be able to apply again with a Low Income Subsidy Application. This form is available from Social Security, or on the internet at ssa.gov. Applications are also available at the Aging and Disability Resource Center for Walworth County at (262)-741-3400.

In September, Social Security will randomly be selecting and sending out an “Income and Resources Summary” sheet to beneficiaries who, in the past, have filled out the “extra help” form. If you do receive this letter, which will be on white paper, you will need to return the form within 30 days or your extra help may be terminated.

In October there will be an ORANGE letter going out to beneficiaries that continue to qualify for the “extra help” in 2010. Keep this letter and no action is required on your part.

If your 2009 plan is terminating or going over the State of Wisconsin “bench mark” in 2010, CMS will reassign “extra help” beneficiaries to a new plan, if CMS has always automatically enrolled you in your Medicare Part D plans. In late October CMS will be sending out a letter on BLUE paper reassigning beneficiaries to a new plan that will be effective January 1, 2010. This letter will contain your new ID number that beneficiaries need to take to your local pharmacy.

For all Medicare beneficiaries the Medicare & You 2010 handbook will be mailed out by October 31st.

If you have questions on the letters you may receive in the mail this Fall, contact Julie Juranek, Elderly Benefit Specialist, at the Aging & Disability Resource Center for Walworth County at (262) 741-3400 or 1-800-365-1587.

Van Trips Page 7

LUNCH BUNCH

Thursday, August 13, 10:30 am

We will eat at the “The Rock” in Beloit.

Sit and watch the boats on the river. Lunch is on your own.

Departure: 10:30 am. Cost: \$5

RSVP by Tuesday, August 11.



FISH FRY FRIDAYS

Friday, August 21, 4:30 pm

Enjoy the fish fry at the River Front, Jefferson. Fish Fry is \$7.50 for 2 pieces, soup & salad, choice of potato, roll, butter & dessert.

Depart at 4:30. Cost for the trip is \$5.00.

RSVP by Wednesday, August 19.

FIRESIDE 2009

Wednesday, Oct. 28—The Sound of Music

RSVP/Payment deadline: Wed., Sept. 23

Wednesday, 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.

MUSTARD MUSEUM

Wednesday August 12

Tour the unique Mustard Museum with over 5,000 bottles, jars, and tubes of mustard. There is also an exhibit of antique mustard pots & tins, vintage mustard ads and assorted memorabilia. There will be a sampling and a 10% discount coupon. Lunch will be on your own at the Grumpy Troll. We will tour the town and have a photo op with one of the trolls. Visit Grandview, the former estate of Austro-Hungarian immigrant, Nick Engelbert, a dairy farmer, story-teller and self-taught folk artist. The Hauge Log Church is a simple, 18-by-18 foot church, which was built of oak logs in 1852, and is one of the earliest Norwegian Lutheran churches in Wisconsin to still keep its doors open.

Depart at 9:00 am. Return approx 4:00 pm

Cost for the trip is \$19.00.

RSVP/payment due by Wednesday August 5





Seniors in the Park is excited to announce the purchase of a new bus which will be used for programs, trips and transporting within the community. The seniors fundraised for two years raising money through the Million Penny fund, One Stop Shop, Cell Phone Recycling, Chili Dinners, and a No Bake—Bake Sale. Thanks go out to significant donors including Coburn Company, Commercial Bank, First Citizen's Bank, Dr. Thomas Rowley, Gert Drost, Marie Waters, Alice Smith, Thelma Robbins, Bruce Schroeder and several anonymous donors. We appreciate the generosity of our participants and the community I helping make the new van a reality.

WOODCARVERS SHOW

Saturday September 12

Experience the talent of woodcarvers from all across the stateline area. Enjoy chain carving demonstrations and the exquisite and intricate detail of the carvings of 35 vendors and exhibitors. Exhibitors will also be available to answer questions, give advice, and demonstrate their talent. Refreshments will be available at the show. Admission is free.

Depart at 12:30 pm. Return approx 4:00 pm

Cost for the trip is \$5.00.

RSVP/payment due by Thursday September 3

Minimum-5, Maximum-14

CEDARBURG ARTS FESTIVAL

Friday October 9

Relish Historic Cedarburg and it's plethora of artisans. Visit the Wisconsin Museum of Quilts and Fiber Arts and have time to spend in the various quaint shops and artists studios in Cedarburg. Lunch is on your own.

Cost for the trip is \$17.00.

RSVP/payment due by September 24

Depart at 9:00 am. Return approx 5:30 pm

Minimum-7, Maximum-14

COUNTRY GENTLEMEN SHOW

Saturday October 19

Take a nostalgic trip back to Grandpa's Attic with the Country Gentleman featuring the quartet Lunch Break

Cost: \$22 includes transportation and reserved seating

RSVP/payment due by September 24

Depart 1:00 pm Return approx 5:30 pm

Minimum-6, Maximum-14

WINE AND CULINARY TOUR

Friday September 25

Start the day at the scrumptious Long Grove Confectionery outlet store The rest of the day will be spent in Historic Long Grove. There are eclectic art galleries, a mosaic of gourmet specialty shops, and a myriad of fine and casual dining opportunities. Our group will be treated to a tour and tasting at the Olive Tap (olive oil) and a snack and beverage at the Apple Haus. Experience the Valentino Vineyards with a tour of the vineyards, learning about the wine making process, and enjoy a sampling of their premier wines. Enjoy a day of food and fun

Cost: \$34 Note: Lunch is on your own

RSVP/Payment due by: Thursday Sept. 11

Depart: Starin Park 8:30 am

Return: Starin Park 6:00 pm

Minimum-10, Maximum-14

Coach Trip

CHICAGO'S ETHNIC SALAD BOWL

Wed. October 14

Experience Chicago's global diversity. Tour Old St Patrick Church, Chicago's oddest church and survivor of the Great Chicago Fire. Visit the Jane Addams Hull House, an historic mansion and see a film about the life of Jane Addams and her revolutionary ideas which helped immigrants gain a new life in the new world. Tour a magnificent Byzantine style Ukrainian church in the heart of the Ukrainian village. Enjoy a special tour of China Town. Have time to shop here and savor the flavors of delicious Chinese specialties at your included lunch. .

Cost for the trip is \$75.00.

RSVP/payment due by September 17

Depart Fort K-Mart 7 am Starin Pk 7:30 am

Return Starin Pk 6:30 Fort K-Mart 7 pm

For detailed itineraries on any of the extended trips call 262-473-0535, email dweberpal@ci.whitewater.wi.us, go to the city website at www.ci.whitewater.wi.us, Parks and Recreation, Seniors in the Park or stop in to the Community Building.



MISSISSIPPI RIVER FALL EXPLORER

October 5-7, 2009

Begin the trip with a scenic and explorative cruise down the Mississippi River from Prairie du Chien to Lansing IA. You'll see Effigy Mounds National Monument, majestic Pike's Peak bluff and the mouth of the Wisconsin River, just as the early explorers did. Your Captain shares tales of steamboat wrecks, early explorers and Native American wars. That evening enjoy dinner, along with entertainment by the "Footnotes," a traditional Scandinavian band. Other tour highlights include the Laura Ingalls Wilder Park and Museum, the Seed Savers Exchange, the Vesterheim Norwegian American Museum, the famed Billy Brothers collection of carved wooden clocks, the Decorah Fish Hatchery and Pike's Peak State Park, one of the most beautiful overlooks on the entire Mississippi River. Trip includes five meals, baggage handling, driver gratuity, lodging and transportation.

Cost: \$399 per person double

\$465 per person single

Reservations and payment due by August 31.



ARIZONA SPRING TRAINING

March 10-21, 2010

Revel in the beauty of the Southwest on this incredible journey through Arizona and New Mexico. Also enjoy Chicago Cubs Spring training. Trip includes: all hotels, tours per the itinerary, 17 meals, baggage handling, deluxe motor coach transportation with escort.

Cost: \$1599 per person double

\$2278 per person single

Reservations due by December 10

Final payment due February 5

GULF COAST GETAWAY

February 14-20, 2010

Welcome to the playground of the south. Experience Mardi Gras in Biloxi, Mississippi, as well as several optional trips (\$10—\$35), including New Orleans and Brett Favre country. Trip includes: all hotels with 4 nights at the fabulous Beau Rivage in Biloxi, Mississippi, six meals, baggage handling, deluxe motor coach transportation with escort, movies, games and fun.

Cost: \$665 per person double

\$865 per person single

Final payment due December 10.

MYRTLE BEACH MELODIES

April 10-17, 2010

Enjoy a variety of fabulous entertainment as you experience three World-Class shows and savor the culinary delights of the east coast. Also included is a tour of Wilmington, North Carolina, including a riverboat luncheon. Return trip is on the scenic Blue Ridge Parkway through the Pisgah National Forest. Trip includes: all hotels with 3 nights at ocean front hotel on the Grand Strand, 12 meals, including dinner at Crabby Mike's, baggage handling, deluxe motor coach transportation with escort and complimentary local pickup.

Cost: \$1029 per person double

\$1358 per person single

Reservations due by January 7

Final payment due March 4

Only 12 seats available, so sign up soon!!

CHIP-IN CASINO

November 4-5

\$40 in free credits. Meal discounts and free breakfast at Chip-In.

Cost \$89 pp dbl \$123 pp sgl

Reservations/payment due by October 1

Make checks out to Fort Atkinson Senior Center.

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, SeniorAide

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 or go to www.whitewaterbanner.com. The newsletter is available for pick up at the Starin Park Community Building, Municipal Building, the Whitewater Aquatic and Fitness Center, 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 –August 2009

Monday	Tuesday	Wednesday	Thursday	Friday
3 8:30 Golf 10:30 Book Club 1:00 Bid Euchre 1:30 Canasta	4 10:00 Culvers Bingo 11:00 Potluck 11:30 Dominos 12:00 Foot Clinic 1:00 “The Pier” Author Presentation 1:00 Sheepshead 6:30 Ceramics (A)	5 10:00 Tai Chi 12:15 Writing Your Memoir 1:00 Texas Hold 'em Poker 1:00 Chess 6:30 Ceramics (A)	6 10:00 Bocce 1:00 Summer Painting 1:00 Ceramics (A)	7 
10 8:30 Golf 1:00 Therapeutic Massage 1:00 Bid Euchre	11 1:00 Sheepshead 6:30 Ceramics (A)	12 9:00 Mustard Museum Trip Departs 10:00 Tai Chi 12:15 Writing Your Memoir 1:00 Chess 6:30 Ceramics (A)	13 10:00 Bocce 10:30 Lunch Bunch 1:00 Summer Painting 1:00 Ceramics (A)	14
17 8:30 Golf 9:30 Intro to Internet 11:00 Wii Bowl 1:00 Bid Euchre 1:30 Canasta	18 9:30 Intro to Internet 10:00 Our House Senior Living Bingo 11:00 Twitter 12:30 Our House Senior Living Movie “Frost/Nixon” 1:00 Sheepshead 6:30 Ceramics (A)	19 10:00 Tai Chi 11:30 Birthday Day 12:00 Lunch and Learn 12:15 Writing Your Memoir 1:00 Texas Hold 'em Poker 1:00 Chess 6:30 Ceramics (A)	20 10:00 Bocce 11:30-12:30 Ice Cream Sundaes 1:00 Woodcarver Demonstration 1:00 Summer Painting 1:00 Ceramics (A)	21 4:30 Fish Fry
24 8:30 Golf 9:30 MailingLabels 11:00 Wii Bowl 11:30 Smores at the Nutrition Site 1:00 Bid Euchre 1:00 Volunteer Training Mississippi River Trip Deadline	25 9:30 Mailing Labels 10:00 City Bingo 10:30 Blood Pressure 11:00 Facebook 12:30 Our House Senior Living Movie “Benjamin Button” 1:00 Sheepshead 6:30 Ceramics	26 10:00 Tai Chi 12:15 Writing Your Memoir 1:00 Chess 6:30 Ceramics (A)	27 10:00 Bocce 10:30 Chair Massage 11:30 Smores at the Nutrition Site 1:00 Summer Painting 1:00 Volunteer Training 1:00 Ceramics (A)	28 
31 8:30 Golf 10:30 Volunteer Training 11:00 Wii Bowl 1:00 Bid Euchre 1:30 Canasta			*Activities take place at the Starin Park Community Building unless otherwise noted. (A)=Downtown Amory (L)=Cravath Lakefront	

Walworth County Nutrition Menu – August 2009

Monday	Tuesday	Wednesday	Thursday	Friday
3 Beef Tips Burgundy Mashed Potatoes Broccoli Wheat Bread Mandarin Oranges	4 Barbecued Country Pork Au Gratin Potatoes Parslied Cauliflower Multi-Grain Dinner Roll Chilled Peaches	5 Chicken Tarragon Peas Cole Slaw Baking Powder Biscuit Hot Glazed Apples	6 Tuna Salad Supreme with Lettuce and Tomato American Potato Salad Rye Bread Fruit Cup	7 Sicilian Meatball Soup Potatoes Italiano Italian Green Beans Wheat Bread Iced Sugar Cookie
10 Chicken Breast ala Orange Savory Brown Rice Green Beans & Onions Multi-Grain Roll Chilled Apricots	11 Italian Beef Sandwich on a Sliced Wheat Bun California Blend Vegetables Stewed Tomatoes Vanilla Pudding	12 Kielbasa Scalloped Potatoes Spinach Rye Bread Chilled Peaches	13 Turkey and Gravy Baked Sweet Potatoes Broccoli Multi-Grain Bread Cherry Crisp	14 Meatloaf and Gravy Mashed Potatoes Harvard Beets Rye Bread Applesauce
17 Pork Tips Marsala Mashed Potatoes Parslied Carrots Marble Rye Bread Chocolate Chip Oatmeal Bar	18 Spaghetti and Meatballs Mixed Green Salad Garlic Bread Chilled Pears	19 Birthday Day BLT Chicken Salad Mixed Salad Greens with Tomato Wedges Mandarin Oranges Ry Krisp Crackers Marble Cake	20 Hamburger on a Hamburger Bun Baked Beans Mixed Vegetables Peanut Butter Cookie	21 Italian Baked Chicken Thigh Mashed Potatoes/Gravy Green Beans Wheat Bread Fresh Melon
24 Salisbury Steak Potatoes O'Brien Harvard Beets Wheat Bread Gingered Pears	25 Beef Barley Soup Parslied Carrots Peas and Onions Wheat Bread Cantaloupe	26 Oriental Beef and Savory Brown Rice Carrots and Chives Multi-Grain Bread Pineapple Tidbits	27 Oven Fried Chicken Patty Mashed Potatoes and Gravy Spinach Wheat Roll Chilled Peaches	28 Turkey Pasta Salad Lettuce and Tomato Mandarin Oranges Wheat Bread Strawberry Mousse
31 BBQ Riblet on a Sliced Wheat Bun Diced Red Potatoes Parslied Cauliflower Mixed Fruit			<h2 style="font-family: cursive;">Summer Time</h2>	
			Call 473-0536 by noon a day in advance to reserve your meal or call Walworth Co. at (262) 741-3333 or 1-800-365-1587, ext. 3333. You may reserve a meal by calling your meal site coordinator before 12:00 p.m. one (1) business day in advance. Cancellations must be made no later than 8:00 a.m. the day of your reservation. Call the Nutrition Program office and leave a message.	