



The Park Bench

Seniors in the Park Newsletter
December 2009 Volume IX Issue 12

Seniors in the Park promotes and enhances a vital aging community

TOUR OF LIGHTS

**Thursday, Dec 10; Monday, Dec 14;
& Thursday, Dec 17 6:30 pm**



Enjoy a tour of local holiday light displays on our warm bus. We will pick you up at your home or apartment. When registering please give the date you are interested in and your address. If you live at Brookdale, please sign up for Thursday, December 10. If you live at Blackhawk, please sign up for Monday, December 14.

Reservations due:

Tuesday Dec. 8 for the December 10 trip

Thursday Dec 10 for the December 14 trip

Tuesday Dec 15 for the December 17 trip



HOLIDAY CELEBRATION

Wednesday Dec 23, 11:00 am

Get into the holiday spirit with the smooth sounds of Jerry Hartman. Join in and sing some joyful Christmas Carols. There may also be some special surprises. The meal is Turkey and Sage, Mashed Potatoes and Gravy, Winter Mixed Vegetable, Wheat Roll, and Pumpkin Pie. Reservations for the meal must be received by Tuesday December 22 at noon.

WHAT'S INSIDE

- **Pages 2-4**
Classes & Activities
- **Page 5**
FYI & Community
- **Page 6**
Nutrition Site, Volunteers, Thank You
- **Page 7**
Resources and Services
- **Page 8**
Van Trips
- **Page 9**
Extended Trips

NEW JANUARY CLASSES

FACILITATED MEDITATION

**2nd and 4th Wednesdays
Jan 13 thru March 24,
3:00 pm**

Regular meditation can improve longevity and quality of life, reduce blood pressure and promote relaxation. A variety of meditation methods will be explored.

Facilitator: Charlotte Soto

Cost: \$3.00 per class (Payable to the instructor)

Deadline: Two days prior to each class

ZUMBA® GOLD & CHI GONG

Wednesdays beginning Jan 13, 10:30 am

Put a little cha-cha-cha in your day with Zumba Gold. It is movement to Latin or other fun music and can be done standing or seated. Cool down and stretch with chi gong.

First class on January 13 is free!

Instructor: Cyndee Leibbrand, Certified Zumba and Chi Gong instructor

Cost: \$3.00 per class (Payable to the instructor)

Registration Deadline: Monday, January 11

Classes and Activities



SENIOR FORUM

Monday, December 7, 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 also be found at the city website www.ci.whitewater.wi.us. Items on the agenda include: One Stop Shop, Holiday Dinner and coffee corner.



BOWLING

Wednesdays, 9:00 am,

Hawk Bowl

No Bowling December 23

The Wednesday Bowling League meets at 9:00. Bowling begins at 9:30. You must be 55 years of age and want to have a good time. This is a recreational league. For more information, call Betty Lemke at 473-7248.

ACTIVITIES AT A GLANCE

Bid Euchre—Mondays 1:00

Book Club—First Monday 10:30. Books available at Starin Park

Bowling—Wednesdays 9:00 am, Hawk Bowl

Canasta—First, third and fifth Mondays 1:30

Ceramics—Tuesday and Wednesday 6:30-8:00 pm, Thursdays 1-3 at Armory

Dominoes—First Tuesday 11:30

Potluck—First Tuesday 11:00. Bring a dish to pass

Senior Forum—First Monday at noon

Sheepshead—Tuesdays 1:00 pm

Stretch & Flex—Mon & Thurs. 9:30 am

Texas Hold 'em Poker—First/Third Wed 1:00

Wii Bowling/Sports—Mondays 11:00 am

HOLIDAY DINNER

Wednesday, December 9

12:00 pm

Whitewater Country Club



POTLUCK, COOKIE EXCHANGE, AND DOMINOES

Tuesday Dec. 1, 11:00 am

We will have a Christmas cookie exchange for anyone who wants to participate. Bring your dish to pass and a batch (3-6 dozen) of your favorite Christmas Cookies.

After the meal, enjoy a friendly game of Dominoes.

INTERNET ACCESS

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

BINGO!

Tuesdays, 10:00 am

Dec. 1: Culver's Bingo

Dec. 8: Our House Senior Living

Dec. 22: City Bingo

← New Date

Weekly Bingo Sponsors:

Culver's Our House Senior Living

City Bingo Sponsors:

Topper's Pizza	Novak's	Subway
McCullough's	Robin's Nest	Pizza Hut
Commercial Bank	Genoa Pizza	Sentry
Bergey Jewelry	Rosa's Pizza	Beer Here*
Dale's Bootery	Rocky Rococo	Taco Bell
Day N Nite Café		Dental Perfections*
Winchester True Value		Eastsider/Westsider
Fort Com. Credit Union		Tincher Realty*
Dalee Water Condition.		Eastside Laundry*
Binning & Dickens Ins.		Mirage Hair Studio*
		First Citizens State Bank

Remember to thank our sponsors when you visit them.

*New sponsors



BOOK CLUB

Monday December 7, 10:30 am

The Book Club will discuss *In Sunlight in a Beautiful Garden* by Kathleen Casmbor. The book for January is *GRACE* by Richard Paul Evans

Grace is the story of a young runaway girl and the boy who hides her from a frightening world too large and unfathomable for him to comprehend. It is also about two brothers and the love that binds them together through difficult times. In some ways this is the most autobiographical of all his novels. When he was eight-years-old his father lost his job and they moved from a beautiful home in California to a rundown, rat-infested home in a poor neighborhood, like the one in the story. Most of all, Grace is a story of a young couple learning to love.



STRETCH AND FLEX

Mondays & Thursdays at 9:30 am

No class December 24

Maintaining or improving your strength and flexibility helps with activities of daily living including going up and down stairs, getting out of a chair, lifting a grandchild, backing your car, bending to retrieve a dropped item or putting on your shoes.

Try out this fun exercise program. Warm up and cool down with gentle movements and tai chi. Work with weights and bands to increase your strength and range of motion. Improve your outlook for the day with laughter and fellowship. All exercises are done standing or seated. Mary Zordell, retired Whitewater High School Physical Education teacher, leads the group. Class will run through May, and the **cost is \$1.00 per class**. Most equipment is provided.

The Stretch and Flex class is collecting canned food and paper shopping bags for the Food Pantry. The collection box is by the reception desk. Thanks!!

OUR HOUSE SENIOR LIVING MOVIES



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

“Young @ Heart”

Tuesday, December 8, 12:30

Rated: PG 107 min.

The true story of the final weeks of rehearsal for the Young at Heart Chorus in Northampton, MA, whose average age is 81, and many of whom must overcome health adversities to participate. Their music is unexpected, going against the stereotype of their age group, performing songs, for example, by James Brown, and Sonic Youth. Although they have toured Europe and sang for royalty, this account focuses on preparing new songs for a concert in their home town, which succeeds in spite of several real heart breaking events.

“Scrooged”

Tuesday, December 22, 12:30 pm

Rated: PG-13 101 min.

A cynically selfish TV executive gets haunted by three spirits bearing lessons on Christmas Eve. Loosely based on Charles Dickens’ *A Christmas Carol*.

LGBT DISCUSSION GROUP

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

Madison Senior Center

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

For Your Information

GIFT CERTIFICATES



They make great gifts for that hard to buy for person. Certificates can be used toward trips, classes or event fees and can be obtained at the Seniors in the Park office. In addition to Gift Certificates you can purchase:

- A Stretch and Flex exercise card—\$16
- Foot Care Gift Certificates—\$10



CHRISTMAS WREATHS AND GIRL SCOUT COOKIES

Beautiful, freshly made wreaths by the Boy Scouts and/or Girl Scouts cookies are available by calling Christine Tabaka at 262-473-3753. They will both be available for only a short time. Girl Scout cookies are \$3.50 per box and won't be for again until next November.

RESOURCE MATERIALS AVAILABLE

Books, pamphlets and a DVD are available to check out at the reception desk. Subjects include caregiving, choosing a nursing home, women's health and fitness, staying safe in your home, aging in stride, planning for the needs of an elderly parent, and having a family conversation about elderly driving.

PAPER SHREDDER

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

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	7½" X 9½"	\$120.00

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

GREETING CARDS

We have boxed and individual Christmas cards for sale. Check out our supply of cards. We also have a great selection of everyday and special greeting cards at low prices.



HOLIDAY CLOSINGS

Seniors in the Park will be closed Thursday, December 24; Friday, December 25; and Friday, January 1. Thursday December 31 the building will close at 11:00 am.

BAD WEATHER CLOSINGS

In the case of inclement weather, Seniors in the Park and/or the meal site may close. For closings and meal cancellations, please check radio stations 107.3 WSJY, 940 WFAW, 106.5 WKCH or 104.5 WSLD, Whitewater cable 98, or the Whitewater Banner. Nutrition site closings will also be on Milwaukee Channels 4 and 12.



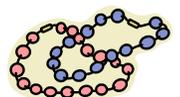
THERMOSTATS

As a city facility, the thermostats in the Community Building are set at 69 degrees. Some may find this warm and for others it may be cool. Please dress appropriately or bring a sweater. We try keep the building comfortable, but not everyone has the same internal thermostat.



DISPLAY CASE SALES

Donate your nearly new jewelry, purses or scarves, and we will sell them to benefit Seniors in the Park.



All items must be in new condition, be appropriate for fall/winter use, and receive staff approval before being left to put in the display case for sale. Items in the case for more than one year will be donated.

SERVICES AT A GLANCE

- **Blood Pressure Screening-Tuesday, Dec. 22, 11:00 am.** Provided free by the Whitewater Family Practice
- **Foot Clinic –Tuesday, Dec. 1 & 29, 12:00 pm. No Foot Clinic in January.** Please bring a towel. No appointment is necessary. Cost is \$10.00.
- **Therapeutic Table Massage-Monday, Dec. 14, 1:00 pm.** Sharon Baker, half-hour massages for \$25. Appointments must be made in advance by calling 262-

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
- Aging and Disability Center of Walworth Co. (ADRC), 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

FACEBOOK

Seniors in the Park is now on Facebook.
Become a fan!!

VOLUNTEER OPPORTUNITIES

See Deb for more information if you are interested in any of the following opportunities.

- **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.
- **Volunteer Coordinator** Assist in finding volunteers, developing volunteer opportunities, training, recordkeeping and recognition. See Deb for position description.
- **Decorate the Christmas Tree—Wednesday December 2 from 1:00—4:00.** Help make the Community Building beautiful for the holidays.
- **Take down Christmas decorations—Tuesday afternoon January 5 from 1:00—3:00.**

Thank You. . .



- **Jim Stewart and Marie Waters**—Books
- **Marion Malo, Clara Bastian, Janet Nell**—Candy
- **ONE STOP SHOP:**
Marion Malo for chairing the Bake Sale and
Lois Zipp for chairing the Raffle
The volunteers who helped: **Doris Wutke, Adele Gergen, Sharron McCarthy, Janice Batten, Donna Dable, Dorothy Poehler, Betty Heth, Jan Schmeling, Henry Malo, Carolyn Plucinski, Arlene Trewyn, and college students: Shawn Jones, Angela Brooks, Scott McLaughlin, Sara Golec, Ryan Higgins, and Shawna Golec.**
And those who donated: **Betty Sweno, Sandi Colombe, Marie Roe, Shirley Boyd, Anita Bishop, Gretchen Barth, Romelle Koch, Helen Brady, Sue Chapman, Adele Gergen, Dorothy Poehler, Sharron McCarthy, Janice Batten, Arlene Trewyn, Doris Wutke, Jean Nielsen, Gert Drost, Karen Koppein, Char Perkins, Theresa Raupp, Betty Heth, Jan Schmeling, Jan Nell, Bea Jacobs, Ursula North, Mary Zordell, and June Pattermann.**

Apologies to anyone who was missed, as not everyone signed in when donating baked goods.



NOTES FROM THE KITCHEN

Just can't believe it! Christmas and the New Year are just around the corner! We have some new soups (cabbage and white bean, beef noodle and chicken gumbo). Of course, beef stew, oven roasted chicken and our potato crusted fish are always good too. Stop on in and have a great meal and stay for a movie or listen to a speaker on some important subject related to you.

Seniors in the Park is also interested in using the new bus once a week to transport people to Starin Park on Tuesdays for the meal. Some Tuesdays feature Bingo and movies. Anyone who is interested in this service should contact me or Deb Weberpal.

Nutrition Site meals are served at 11:30, Monday through Friday. Anyone 60 and over is welcome to attend the meal. The suggested donation is \$2.50. 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.

~Sue

MEAL SITE CANCELLATIONS

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 leave your message. The County gets charged for meals ordered. Please help out the Nutrition Program by canceling in advance.

The Nutrition Program will be at Brookdale on Friday December 11.



BIRTHDAY DAY

Wednesday, Dec. 2, 11:30 am

Celebrate you December birthday with us. Sign up for the meal by noon a day in advance.

Happy December Birthdays to:

6—Anita Bishop

10—Roger Klusmeyer

8—Janet Nell

HOLLY DAYS ACTIVITIES

December 4-6

Whitewater is getting ready to celebrate the 2009 Holly Days Weekend and you will want to share in the fun. The lighted Christmas Parade on Friday, Dec. 4 kicks off the weekend of Holly Days at 6:00 pm. The route will begin at Whiton Street, travel west on Main Street, turn on Whitewater Street and end at Cravath Lakefront Park. Festivities will be hosted by a variety of organizations all weekend. The Whitewater Area Chamber of Commerce will once again host the popular Holiday Open House and FREE Gift Certificate Giveaway throughout Whitewater on Sunday, Dec. 6 from 11 am – 4 pm. Check this fun weekend



ARTS ALLIANCE EXHIBIT AT THE CAC

The Whitewater Arts Alliance's Members' Show exhibits work by WAA members in any medium including 3-D. It also features six holiday trees that were decorated by area artists and will be auctioned off at the CAC in a silent auction. The trees were decorated with the theme, "Thinking outside the Branches." As a part of the show, an exhibit in memory of Veronica Davis features several of her watercolors. Veronica Davis, who died this year, was an artist and volunteer for the Whitewater Arts Alliance. The hours at the Whitewater Cultural Arts Center, 402 West Main Street, are: Wednesday through Sunday, Noon to 5 pm, through December 13. There will be a reception on Saturday, December 12, from 3 pm to 5 pm, at which time the winners of the Viewer's Choice Awards will be announced with cards available for purchase at that time. Artists will also be demonstrating their art or talking about how they create their art.



Thank you, thank you, thank you to everyone who volunteered in any way for the One Stop Shop. It was very successful, because of everyone involved.

Another year has flown by so quickly. It was just the fourth of July! This year I am thankful it is going by so quickly as it means the 3200 soldiers who deployed with the Wisconsin National Guard will be home soon. This group includes my daughter and the son of Theresa, who delivers our nutrition site food. We are all thankful for their sacrifice and hope they come home safely.

Rose and I hope the holiday season finds you healthy and able to celebrate with family and friends. It is such a beautiful time of year (even with the snow). The holiday lights should be fantastic this year! With the warmer weather, many people should have been able to decorate. We are using the new van to view the lights as many older adults do not drive after dark anymore. Thanks to our volunteer drivers for taking people around to see the lights.

To start off the New Year right, we have some new classes both of which are appropriate for all levels of ability. Anyone can meditate. It brings peace and helps you focus on what is truly important. For the more active, Zumba® Gold will bring some pizzazz to your day. It can be done standing or seated. Seated is a true workout. I've done it.

Merry Christmas and Happy New Year~*Deb and Rose*

COOKIES FOR THE FOOD PANTRY

Dec. 2 at 6:00 pm.

Starin Park Community Building

Help make cut out cookies to be given out in the Christmas baskets at the Food Pantry. Whitewater City Employees have volunteered to make the cookies but appreciate any extra help. Bring your rolling pin if you have one. Sign up by Noon on the 2nd if you will be helping. There will also be a night of frosting the cookies. If you would like to help frost and wish to be notified, sign up during the first week of December and we will let you know when they will be frosting. Thanks to anyone who can help with this worth while project.



OSS Volunteers Doris Wutke, Janice Batten and Bake Sale Chair Marion Malo

**One
Stop
Shop**



IF THE "WEATHER OUTSIDE IS FRIGHTFUL!"

Van trips are dependent on weather, road conditions, and the discretion of the driver. Safety of our passengers is most important.



ALL THAT JAZZ BIG BAND Saturday January 30, 3:00 pm show Stoughton Opera House

All That Jazz Big Band has a big band sound and a hometown spirit. Enjoy their fantastic music!

Cost: \$27.00, includes show and transportation

Depart: 1:30 pm (weather dependent)

RSVP/PAYMENT DUE: December 15



LUNCH BUNCH

Thursday, December 10, 10:30 am

December's Lunch Bunch will eat at Charley O's in Elkhorn. Lunch is on your own.

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

RSVP by Tuesday, December 8.

Driver: Steve Ridenour

JANESVILLE SHOPPING

Thursday, December 3, 10:30 am

Visit stores in Janesville for holiday gifts or your own shopping and stop for lunch.

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

RSVP by Tuesday, December 1.

The Fireside

FIRESIDE 2009

Wednesday, Dec 16—Fireside Christmas:

Miracle on 34th Street

Trip is full. Waiting list only

FIRESIDE 2010

Wednesday, Feb. 17—Fabulous 50's & 60's

RSVP/Payment deadline: Fri., Jan. 15

Wednesday, April 14—Joseph & The Amazing Technicolor Dreamcoat

RSVP/Payment deadline: Wed., Mar. 10

Wednesday, June 2—Cinderella

RSVP/Payment deadline: Mon., May 3

Wednesday, Aug. 4—Ring of Fire

RSVP/Payment deadline: Fri., July 2

Wednesday, Oct. 20—To Be Announced

RSVP/Payment deadline: Fri., Sept. 17

Tuesday, December 21—The Child

RSVP/Payment deadline: Fri., Nov. 5

Cost: \$67.00 (2010)

Payable to: The Fort Atkinson Senior Center.

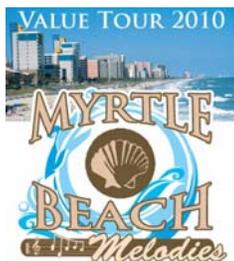
Arrive at the Fireside at 10:30 am. Lunch is at 11:15 and Show at 1:30. Transportation is on your own. The slightly higher cost in 2010 will help us ensure that shows will not be cancelled due to not meeting minimum numbers of people.

TRIP PLANNING INPUT

I will be doing the planning for many of the 2010 trips in December and I need YOUR input. Where would you like to go? Have you been somewhere interesting that others would enjoy? Do you want to canoe the Kickapoo or go to a museum? We have so much flexibility with the new van and our great volunteer drivers that we can plan several interesting trips. What about big trips? Hawaii, Italy, Costa Rica? Most of the companies I work with now will take 2 or more passengers. Mayflower Tours even does door-to-door pick-up in Walworth County. There are so many options!! Pick up the phone, stop in the office or email me with your ideas. I know it is a busy time of year but that will change soon. Where will your dream vacation take you?

**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.**

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.



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!!
A promotional DVD is available to watch.
Mayflower Tours

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

Mayflower Tours



GULF COAST GETAWAY

February 14-20, 2010

Welcome to the playground of the south. Experience Mardi Gras in Biloxi, Mississippi, tour Beauvoir-home of Jefferson Davis, watch the Mardi Gras parade which passes in front of your hotel, as well as several optional trips (\$10—\$35), including New Orleans, Brett Favre country, NASA SteniSphere, Bellingrath Gardens, and Sights & Ships in Mobile AL. 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.

Badger Tour and Travel



NEW ORLEANS AND CAJUN COUNTRY BY RAIL

April 25-May 2, 2010

Treasure the premier city of the south. Enjoy an Amtrak train experience on your way to Cajun Country. Highlights of the trip include: French Quarter walking tour, Café du Monde, Court of Two Sisters and New Orleans School of Cooking dinners, Bellingrath Gardens, Shrimp boat and bayou cruises, 2 antebellum mansion visits, Natchez area tour, Vermillionville, Jean Lafitte Cultural Center, and Mulate's Farewell Dinner. Tour includes 11 meals, professional tour director, baggage handling, Amtrak and motorcoach transportation and sightseeing per the itinerary.

Cost: \$1599 pp/double
\$2099 pp/single

Reservations due January 27

Final payment due February 15

Premier World Discovery

Seniors in the Park Activity Calendar –December 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 (HB)=Hawk Bowl</p>	<p>1 10:00 Culvers Bingo 11:00 Potluck 11:00 Cookie Exchange 11:30 Dominos 12:00 Foot Clinic 1:00 Sheepshead 6:30 Ceramics (A)</p>	<p>2 9:00 Bowling (HB) 11:30 Birthday Day 1:00 Texas Hold ‘em Poker 1:00 Decorate for the Holidays 6:30 Ceramics (A)</p>	<p>3 9:30 Stretch/Flex 1:00 Ceramics (A) Medicare Part D Assistance Appointments</p>	<p>4 Holiday Parade 6:00 pm</p> 
<p>7 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>8 10:00 Our House Senior Living Bingo 12:30 Our House Senior Living Movie “Young @ Heart” 1:00 Sheepshead 6:30 Ceramics (A)</p>	<p>9 9:00 Bowling (HB) 12:00 Holiday Dinner at Country Club 6:30 Ceramics (A)</p>	<p>10 9:30 Stretch/Flex 10:30 Lunch Bunch to Charley O’s 1:00 Ceramics (A) 6:30 Tour of Lights</p>	<p>11 Nutrition Site At Brookdale</p>
<p>14 9:30 Stretch/Flex 11:00 Wii Bowl 1:00 Therapeutic Massage 1:00 Bid Euchre 6:30 Tour of Lights</p>	<p>15 1:00 Sheepshead 6:30 Ceramics (A) Payment due for All That Jazz Big Band Trip</p>	<p>16 9:00 Bowling (HB) 10:30 Fireside Trip 1:00 Texas Hold ‘em Poker 6:30 Ceramics (A)</p>	<p>17 9:30 Stretch/Flex 1:00 Ceramics (A) 6:30 Tour of Lights</p>	<p>18</p>
<p>21 9:30 Stretch/Flex 11:00 Wii Bowl 1:00 Bid Euchre 1:30 Canasta</p>	<p>22 10:30 City Bingo 11:00 Blood Pressure 12:30 Our House Senior Living Movie “Scrooged” 1:00 Sheepshead</p>	<p>23 11:00 Holiday Party with Music by Jerry Hartman 6:30 Ceramics (A)</p>	<p>24 CLOSED Merry Christmas</p> 	<p>25 CLOSED Merry Christmas</p> 
<p>28 9:30 Stretch/Flex 11:00 Wii Bowl 1:00 Bid Euchre Deadline to purchase ticket for Holiday Dinner</p>	<p>29 10:00 Clean Sweep Bingo 12:00 Foot Clinic 1:00 Sheepshead 6:30 Ceramics</p>	<p>30 9:00 Bowling (HB) 6:30 Ceramics (A)</p>	<p>31 9:30 Stretch/Flex Closed at 11:00 am</p>	<p>1 CLOSED Happy New Year</p> 



Walworth County Nutrition Menu – December 2009



Monday	Tuesday	Wednesday	Thursday	Friday
<p>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.</p>	<p>1 Ham & Corn Chowder Mixed Vegetables Salad Greens Multi-grain Bread Hot Spiced Pears</p>	<p>2 Chicken Supreme Mashed Potatoes & Gravy Broccoli Baking Powder Biscuit Fruit Jell-O</p>	<p>3 Salisbury Steak Au Gratin Potatoes Corn Wheat Roll Pineapple Tidbits</p>	<p>4 Potato Crusted Fish Filet Baked Squash Scandinavian Mix Veg Rye Bread Lemon Bar</p>
<p>7 Cowboy Pork Chili Macaroni Creamy Broccoli Salad Corn Bread Chunky Applesauce</p>	<p>8 Spaghetti & Meatballs Peas & Carrots Garlic Bread Melon</p>	<p>9 Slow Roasted Beef/Gravy Mashed Potatoes Brussels Sprouts Multi-grain Bread Marble Cake</p>	<p>10 Teriyaki Turkey Burger Roasted Potatoes with Peppers & Onions Asian Slaw Hot Fruit Bake</p>	<p>11 Chicken Breast Parmesan Penne Pasta with Marinara Spinach French Bread Chilled Peaches</p>
<p>14 Country Meatloaf Patty Mashed Potatoes/Gravy Stewed Tomatoes Wheat Roll Apricots</p>	<p>15 Potato Crusted Fish Filet Delmonico Potatoes Carrots Rye Bread Lemon Pudding</p>	<p>16 Chicken Gumbo Rice Pilaf Pea Salad Bran Muffin Bread Mandarin Oranges</p>	<p>17 Macaroni, Ham & Cheese Italian Green Beans Warm Cinnamon Apples French Bread Whole Banana</p>	<p>18 Veal Marsala Mashed Potatoes & Gravy Mixed Vegetables Multi-Grain Bread Fresh Melon</p>
<p>21 Sloppy Joes on a Bun Seasoned Red Potatoes Mixed Vegetables Chocolate ChipCookie</p>	<p>22 Cabbage & White Bean Soup with Chicken & Andouille Sausage Au Gratin Potatoes Peas Apricots</p>	<p>23 Turkey & Sage Gravy Mashed Potatoes Winter Mixed Vegies Wheat Roll Pumpkin Pie</p>	<p>24 Christmas Holiday Senior Lunch Centers will be closed</p>	<p>25 Christmas Holiday Senior Lunch Centers will be closed.</p>
<p>28 Roast Turkey & Gravy Baked Sweet Potatoes Brussels Sprouts Wheat Bread Mandarin Oranges</p>	<p>29 Chopped Pork Steak with Mushroom Gravy Mashed Potatoes Spinach Multi-grain Bread Ranger Cookie</p>	<p>30 Birthday Day Beef Noodle Soup Peas & Onions Carrot Raisin Salad Rye Bread Cake</p>	<p>31 New Year's Eve Holiday Senior Lunch Centers will be closed.</p>	<p>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.</p>

Seniors in the Park
PO Box 178
Whitewater WI 53190



Accredited by
the Wisconsin
Assoc. of Senior
Centers

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—4:30 pm

Deb Weberpal, CPRP

Senior Coordinator

dweberpal@ci.whitewater.wi.us

Rose Ellestad, Senior Aide

Romelle Koch, Volunteer Editor

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, then 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**