



Promotes and enhances a vital aging community

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February 2009 Volume IX Issue 2

ILA'S 100th BIRTHDAY

Thursday February 5, 11:00 am



We are having a party for Ila Webb to celebrate this incredible milestone in her life. She was born prematurely and, at only 3 pounds, was not expected to live! She was also the original telephone operator in town and still is one of the sweetest people you will ever meet. Stop in and wish Ila Happy Birthday or sign up for lunch by noon Wednesday, February 4, and celebrate with a meal and cake.

AARP TAX ASSISTANCE

AARP is offering free service/help to low income and moderate income taxpayers with special attention to those age 60 and older with quality assistance in filing their personal income taxes. Appointments are available on Tuesdays and Thursdays from 9 am – 3 pm, beginning February 3. Call 262-473-0535 to set up an appointment.

You must bring:

- Tax forms received in the mail
- Photo ID
- Social Security cards for taxpayer, spouse, and dependents
- Copy of 2007 tax returns
- Proof of 2008 Income (W-2, Pension or IRA received-1099R, Dividends-1099 DIV, Interest received-1099 INT, Stock/mutual fund income-1099B, SSA-1099, 1099-Misc, Social Security Income 2008-SSA-1099, SSI income for 2008, Amount of Economic Stimulus payment received in 2008)
- Blank check for electronic refund deposit

If you are filing Wisconsin Homestead Credit, the maximum income is \$24,500. You will need either a 2008 real estate tax bill OR Certificate of Rent form signed by your landlord. 2008 taxes do not have to be paid to file Homestead Credit.

IMPORTANT NOTE: Preparers will not prepare tax returns for people who are married but file separately or people who became divorced in 2008, nor will they prepare schedules for business (Schedule C) or rental income, moving expense forms, forms for nondeductible IRAs and child investment income tax.

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Welcome to
new senior
Aide Rose
Ellestad.



BEADED NIGHT LIGHT

Wednesday, Feb 4 1:00 pm

Everyone should have at least one night light for safety reasons. In this class you can make a beautiful one. A sample will be available for preview.

Cost \$4.00 RSVP deadline Monday Feb. 2

5 openings left!

Instructor: Patty Griffin

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. He has authored several books and articles, including the best-selling *When Is Daddy Coming Home? An American Family During World War II*. The dates and topics for each session are:

March 4: The Black Hawk War

March 11: Rural and Small Town Wisconsin
Life Around 1900

March 18: The Ku Klux Klan in Whitewater
in the 1920s

March 25: The Land of Milk and Beer:
Dairying and Brewing

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.

STRETCH AND FLEX

Mondays & Thursdays at 9:30 am

Stop in and try out this fun exercise program. Warm up and cool down with gentle movements and tai chi. Increase your strength and range of motion working with weights and bands. 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 or purchase a punch card, \$12.00 for 16 classes. Most equipment is provided.



CHECK OUT THESE WEBSITES

- 1. The National Body Challenge.** It's free! You sign up on-line at <http://health.discover.com/national-body-challenge/national-body-challenge.html>. Some of the free stuff you receive:
 - 30-day Bally Total Fitness membership
 - Custom meal plans with over 1000 easy recipes
 - 24/7 support from successful Challengers
 - Individualized weight and fitness trackers
 - Tools and video from fitness and weight-loss experts
 - And much more!
- 2. Looking for meals on a budget:** Go to Relish Mag's website for some great recipes: www.relishmag.com/article/31119.html.
- 3. Your healthiest year ever!** These 12 new developments will keep you feeling fit by Stephen R. Covey. To read the full article go to: www.usaweekend.com/09_issues/090104/090104health-resolutions.html.

LOOKING AHEAD

March—CPR and AED class

March 6—International Dinner at UW-W

March 19—End of Winter Party

April 4—Easter Bunny Luncheon Fundraiser

April 13—Golf starts

April 18—Walking Clinic 12-2 pm

May 2—Drawing class with Jeff Kennedy

COMPUTER TUTOR

Thursday, February 19, 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.

COMPUTER CLASSES

Classes will resume in April when our instructor returns from the warm south.

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.

ACTIVITIES AT A GLANCE

- Bid Euchre**—Mondays 1:00
- Book Club**—First Monday 10:30. Books available at Starin Park
- Bowling**—Wednesdays 9:00—at Hawk Bowl
- Brain Fitness**—Thursdays 11:00 am
- 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
- Computer Tutor**—Third Thursday 11:00
- Discussion and Discovery**—TBA
- 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 and Flex**—Mon & Thurs 9:30 1.00/class
- Texas Hold 'em Poker**—First/Third Wed 1:00
- Wii Bowling/Sports**—Mondays 11:00

BOOK CLUB

The Book Club will meet on Monday, **February 4, at 10:30** to discuss the book *House of Abraham: Lincoln and the Todd's, A Family Divided by War* by Stephan Berry. The book for March is *Empire Falls* by **Richard Russo**.



Miles Roby was once known around town as a young man smart enough to escape Empire Falls. A devoted son, he put his dreams on hold when his mother's illness interrupted his last year of college. Twenty years later, Miles is the proprietor of Mrs. Whiting's (who owns most of the town) just barely profitable Empire Grill, the soon-to-be ex-husband of Janine and the proud father of Tick, a bright, loving teenager. Seduced by Mrs. Whiting's promise to bequeath him the restaurant, Miles stoically submits to her arbitrary, often humiliating demands—until the accidental discovery of a family secret shocks him into a troubling reevaluation of his life and the small town that shaped it. Nothing, however, prepares him for the horrific event that ultimately sets him free.

FYI

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.



FOOD PANTRY DONATIONS

If you would like to make a donation to the pantry, we now have a box under the sign-in podium. Please leave items here. We appreciate your generosity in support of those in need.

OUR HOUSE SENIOR LIVING MOVIES

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



“The Women”

Tuesday, February 10, 12:30 pm

Rated: PG-13 114 Minutes

An all star, all-women cast in a comedy of interlocking lives and problems involving love, husbands, children, jobs, sex and Saks Fifth Avenue. Well crafted entertainment starring Meg Ryan, Annette Bening, Jada Pinkett Smith, Debra Messing, Eva Mendes, Bette Midler, Candice Bergen and Cloris Leachman

“Get Smart”

Tuesday, February 24, 12:30 pm

Rated: PG-13 110 min.

Maxwell Smart works for an American government spy agency in an administrative capacity. When the agency's head office is attacked, the Chief decides to assign Maxwell as a spy and partners him with sexy Agent 99, much to her chagrin. The duo nevertheless set off to combat their attackers by first parachuting off an airplane and landing in Russian territory - followed closely by an over seven foot tall, 400 pound goon, known simply as Dalip. The duo, handicapped by Maxwell's antics, will eventually have their identities compromised, and may be chalked up as casualties, while back in America their attackers have planted a bomb that is set to explode at a concert.

SENIOR FORUM MINUTES

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 February 3, 11:00 am

Bring your favorite dish to pass and enjoy fellowship and conversation. After the meal, enjoy a friendly game of Dominoes.

BINGO!

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

Feb.3: Culver's Bingo

Feb. 17: Our House Senior Living

Feb. 24: 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.

SENIOR FORUM

Monday, February 2, 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.

Community Events



FREEZE FEST 2009

Saturday February 21

Fishin' for fun? Then come out for the annual Freeze Fest celebration.

- 6 am-1 pm Pancake Breakfast-Armory
10 am-3pm Horse Drawn Wagon Rides-Downtown
11 am-1 pm Talk with Animals Presentation-Cravath Lakefront Building
11 am-1 pm Whitewater Aquatic Center Half Price Admission
11 am-noon Meet the Klement's Running Sausages-Cravath Lakefront
Noon-3 pm Polar Plunge-Cravath Lakefront
Noon-3 pm Chili Cook-off-Cravath Lakefront
2 pm-3 pm Snow Dogs Presentation-Irvin L Young Library
All day: Store specials downtown
Skating at Big Brick Ice Rink

UW-W INTERNATIONAL DINNER

Friday, March 6



Experience the flavor and the culture of the world at the International Dinner sponsored by the International Student Association and Chartwells. The menu was selected from recipes submitted by international students and will be expertly prepared by Chartwells. A live, local mariachi band will set the dinner mood, followed by entertainment provided by international students and other student organizations and will include singing, dancing, live music, martial arts, a slide show, a fashion show, and much more. The International Dinner is at the Hamilton Center, UC, with a cash bar at 5:30pm and dinner at 6:00pm. Seating is limited. Purchase tickets at the Center of the Arts Ticket Center, tickets.uww.edu, or call 472-2222, tickets are not sold at door. Cost: \$18 general public, and \$12 for children under 12.

Nutrition Site

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BIRTHDAY DAY

Wednesday Feb 11, 11:30 am

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

HAPPY FEBRUARY BIRTHDAY TO:

- 1-Shirley Thompson
4-Ila Webb
6-Edna Southerland
11-Emily Saunders
21-Marie Roe



NOTES FROM THE KITCHEN

Happy Sweetheart Month!! Let's hope we will have an abundance of happiness and great health, too. Look for a couple of extra sweets this month. Don't forget we will have a birthday surprise for a special lady we all know! 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. PLEASE, any cancellations must be made no later than 8:00 am the day of your reservation, by calling the Nutrition office at 262-741-3333 and leaving your message. If any participant needs a special request, let Sue know, and we will try to accommodate you. ~Sue

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.

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,

THE SENIOR/ELDERLY BENEFIT SPECIAL PROGRAM IS MOVING

You can now contact the Senior/Elderly Benefit Specialist at the Walworth County Health and Human Services in Elkhorn. Call Julie Juranek at 262-741-3200 or 1-800-365-1587 to contact the program if: you want to know more about any private or public program; you'd like help in applying for benefits and organizing the necessary paperwork and/or you've been denied a benefit that you believe you are entitled to receive. Walworth County residents 60 and better are eligible to use the services of this program.

PAPER SHREDDER

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

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

THERAPEUTIC MASSAGE

Monday, February 9, 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, February 3, 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. Cost is \$10.00.



BLOOD PRESSURE SCREENING

Tuesday, February 24, 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.



VALENTINE CARDS

We have Valentine cards for that special someone in your life. We also have a great selection of everyday and special greeting cards including Birthday, Sympathy, Baby, Christening, Get Well, Thinking of You and Friendship. Stop in and check out the selection and our low prices.

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 if you can't help that day:

Batch of cupcakes, unfrosted

Package of hot dog buns

2 large boxes of Jello (same flavor)

Large can of fruit cocktail

Squeeze bottle of catsup, mustard or pickle relish

Can of frosting

Easter/spring cake decorating sprinkles

Bag of ridged potato chips

- **Movie Set-up**—Set up and take down of room and equipment for the monthly or bi-monthly movie.

OTHER NEEDS:

- **Receptionists**—Answer phones and disseminate information, greet participants, register people and take payments, assist with program set-up, food and beverage preparation and serving.
- **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.
- **Facilitator for Mid Life Women's Support Group**—Meet monthly in the evening at a local venue. Help plan and facilitate meetings.
- **Investment Club Facilitator**—Help develop, implement and facilitate the club

THANK YOU TO:

- **The Family of Lil Reidel** for the  poinsettia plant
- **John Rowe** for candy and use of holiday candy dishes
- **Shirley Thompson** for donating 2998 wheat and Indianhead pennies for the van fund valued at \$120.00.
- **Les West** for identifying and counting the wheat and Indianhead pennies



2008 FUNDS FOR FRIENDS

We received a total of **\$882.76** in our Funds for Friends project in 2008. Keep up the great work collecting those Sentry receipts with Funds for Friends stickers. Remember to collect them at both the Elkhorn and Whitewater Sentry stores.

CELL PHONE RECYCLING

The holidays are over and many people received cell phones as a gift. Please donate your old cell phone to Seniors in the Park. Besides keeping cell phones out of landfills, it raises money for programs and activities. Starting in 2009, Seniors in the Park will be accepting small electronics for recycling. These electronics will include laptops, cameras, mp3 players and video game consoles. Bring old cell phones and small electronics to drop-off sites at the Starin Park Community Building, Irvin L. Young Library and the Municipal Building.



*Happy
Valentine's
Day*



Van trips are dependent on weather and road conditions and are at the discretion of the driver.

STOUGHTON OPERA HOUSE

Branson on the Road, Thursday April 16

Branson on the Road takes on the same tradition as the traveling road shows during the glory days of the Grand Ole Opry, the Louisiana Hayride, and the first Branson music shows. It will keep you tapping, laughing, and smiling. Young and old cheer for more at each performance.

Cost: \$31.00 **ONLY 6 SEATS LEFT!**

RSVP payment deadline March 12

JANESVILLE SHOPPING

Wednesday, February 25

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, February 23.



LUNCH BUNCH

Thursday, February 12, 10:30 am

Eat lunch at Deb's Squeeze Inn in Newville and visit the Wine/Cheese Chalet. Lunch is on your own. Cost: \$5. Departure: 10:30 am. RSVP by Tuesday, February 10.

****Thursday March 5 (date change) 10:30 am****

Eat lunch at the Armory in Janesville. Enjoy this refurbished building and their wonderful food.

Cost \$5.00 Depart: 10:30 am

RSVP by Tuesday March 3.

FULL SPEED AHEAD AFTER 50

Thursday, March 12

Monona Terrace, Madison

Registration forms are available at the Community building or online at:

<http://communityevents.mononaterrace.com>

Mail in your reservation early so you get your choice of workshops. Cost: \$15, includes lunch & all day events.

Depart 8:00 am; Return 5:30 pm.

The van is sold out! Van transportation is \$10

Payment due Thursday, February 12

FIRESIDE 2009

Cost: \$62.00

Payable to: The Fort Atkinson Senior Center. Arrive at the Fireside at 10:30 am. Lunch is at 11:00 and Show at 1:00. Transportation is on your own.

Wed Feb 11: The Fabulous 50's Part Two.

Escort: Deb Weberpal

Wed April 8—The Fantasticks

RSVP/Payment deadline: Thurs., March

5. Escort: Deb Weberpal

Thurs. June 11—High School Musical

RSVP/Payment deadline: Wed., May 6

Escort: Deb Weberpal

Thurs. Aug. 6—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

Escort: Marie Hathaway

Wed Dec 16—Fireside Christmas

RSVP/Payment deadline: Thurs., Oct. 29

Coach Trip

DIAMOND JO RIVERBOAT GETAWAY

Tuesday March 17

The new and beautifully remodeled Diamond Jo features over 777 different machines and table games include Black Jack, Craps, and Roulette.

Cost: \$27 Includes: Free lunch buffet and 2-\$5 match play coupons for the table games.

Payable to: The Fort Atkinson Senior Center.

RSVP/Payment deadline: March 6

Name address and birth date are required when signing up. If you have a player's club card, please also give your card number.

Depart: Fort K-Mart 7:30 am

Starin Park 7:45 am

Return: Starin Park 5:30 pm

Fort K-Mart 6:00 pm

Note: Photo ID is required to receive rebates and collect jackpots.

Extended Trips



OREGON TRAILS Featuring the Portland Rose Festival & Columbia Gorge Cruise June 14-19, 2009

Tour highlights include Portland Rose Festival and city tour, Mt. St. Helens National Monument, Columbia Gorge Sternwheeler Cruise, Bonneville Dam, Pacific Coast, Winery, World Forestry Center, Astoria, Fort Clatsop National Memorial, Multnomah Falls and more. Trip includes airfare, 8 meals, 5 nights first class accommodations, tour director, baggage handling, admissions per itinerary and hotel transfers. Cost is \$1599 per person double. \$500 single supplement. For a detailed itinerary, call 262-473-0535 or stop in to the Community Building.

ALBUQUERQUE BALLOON FIESTA

October 2-6, 2009

\$1589 pp/dble

Trip Preview
Wed Feb 11
1:00 pm
Please RSVP

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.

NIAGRA FALLS & TORONTO

May 17-23, 2009 \$565 per person dble

SMOKEY MOUNTAIN SHOW TRIP & THE BILTMORE ESTATE

Sept 27-Oct 3 \$619 per person dble

Call for a detailed itinerary for either trip

Coach Trip

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SPRING IS IN THE AIR

Thursday April 23

When the weather warms, two things happen. Flowers bloom and motorcycles hit the road. Experience two of the fascinating components of spring unique to Wisconsin; the newly refurbished Milwaukee Domes and the Harley-Davidson Museum. Treasure the beauty and inspiration of the Floral Dome and the uniqueness of the Arid and Tropical Domes. Enjoy a scrumptious visit to Palermo Pizza, where you will take a tour and enjoy a piece of their fantastic pizza. Within the walls of the Harley-Davidson Museum you will find motorcycles and artifacts that tell the story of the Motor Company's rich history and heritage. Every gallery and exhibit inside is an astonishing testimony to the legendary bikes and the people who built them. You can also stroll the riverwalk or have a snack or lunch in their café or restaurant. An audio tour will be provided.

Cost: \$42

RSVP/Payment deadline: March 30

Make checks out to City of Whitewater

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: There will be a lot of walking on this trip.

MAY TRIP

Thursday May 28

Visit Brans Nuts where they roast nuts on site and sell other yummy treats. Experience the Volo Auto Museum and Antique Village, now with interactive military displays. 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 100 unique shops and eateries. Watch for next months newsletter with final details of the trip

Seniors in the Park
PO Box 178
Whitewater WI 53190

Member Wisconsin Association
of Senior Centers
Wisconsin Parks and Recreation
Association

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—4:00 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 _____

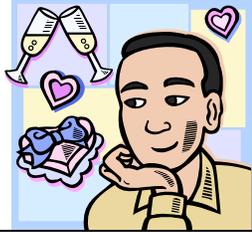
E-Mail _____

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

Seniors in the Park Activity Calendar –February 2009

Monday	Tuesday	Wednesday	Thursday	Friday
2 9:30 Stretch/Flex 10:30 Book Club 11:00 Wii Bowl 12:00 Senior Forum 1:00 Bid Euchre 1:30 Canasta 6-7:20 Golf Swing Clinic	3 9-3 AARP Tax Assistance 10:00 Culvers Bingo 11:00 Potluck 11:30 Dominos 12:00 Foot Clinic 1:00 Sheepshead 6:30 Ceramics (A)	4 9:00 Bowling 1:00 Texas Hold 'em Poker 1:00 Beaded Night Light Class 1:00 Chess 6:30 Ceramics (A)	5 9-3 AARP Tax Assistance 9:30 Stretch/Flex 11:00 100th Birthday Party for Ila Webb 1:00 Watercolor Glazing 1:00 Senior Singles 1:00 Ceramics (A)	6
9 9:30 Stretch/Flex 11:00 Wii Bowl 1:00 Therapeutic Massage 1:00 Bid Euchre 6-7:20 Golf Swing Clinic	10 9-3 AARP Tax Assistance 1:00 Sheepshead 6:30 Ceramics (A)	11 9:00 Bowling 10:30 Fireside 11:30 Birthday Day 1:00 Albuquerque Trip Preview 1:00 Chess 6:30 Ceramics (A)	12 9-3 AARP Tax Assistance 9:30 Stretch/Flex 10:30 Lunch Bunch to Deb's Squeeze Inn 11:00 Brain Fit 1:00 Ceramics (A)	13 <div style="text-align: center;">  <p>BE MY VALENTINE!</p> </div>
16 9:30 Stretch/Flex 11:00 Wii Bowl 1:00 Bid Euchre 1:30 Canasta 6-7:20 Golf Swing Clinic	17 9-3 AARP Tax Assistance 10:00 Our House Bingo 12:30 Our House Movie “The Women” 1:00 Sheepshead 6:30 Ceramics (A)	18 9:00 Bowling 1:00 Texas Hold 'em Poker 1:00 Chess 6:30 Ceramics (A)	19 9-3 AARP Tax Assistance 9:30 Stretch/Flex 11:00 Computer Tutor 11:00 Brain Fit 1:00 Watercolor Glazing 1:00 Ceramics (A)	20
				21 Freeze Fest (See Page 5)
23 9:30 Stretch/Flex 11:00 Wii Bowl 1:00 Bid Euchre	24 9-3 AARP Tax Assistance 10:00 City Bingo 10:30 Blood Pressure 12:30 Our House Movie “Get Smart” 1:00 Sheepshead 6:30 Ceramics	25 9:00 Bowling 10:30 Janesville Shopping 1:00 Chess 6:30 Ceramics (A)	26 9-3 AARP Tax Assistance 9:30 Stretch/Flex 11:00 Brain Fit 1:00 Watercolor Glazing 1:00 Ceramics (A)	27
<p style="text-align: center;">*Activities take place at the Starin Park Community Building unless otherwise noted. (A)=Downtown Amory (L)=Cravath Lakefront</p>				

Walworth County Nutrition Menu – February 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. You may reserve a meal by calling your meal site coordinator <u>before 12:00 p.m. one (1) business day in advance.</u> Cancellations must be made no later than <u>8:00 a.m.</u> the day of your reservation. Call the Nutrition Program office and leave a message.</p>				
<p>2 Sloppy Joes on a Hamburger Bun Au Gratin Potatoes Mixed Vegetables Chocolate Chip Cookie</p>	<p>3 Chicken ala King over Brown Rice Carrots and Chives Potato Roll Mandarin Orange Cup</p>	<p>4 Ring Bologna Parslied Potatoes Red Cabbage Rye Bread Mixed Fruit Jell-O</p>	<p>5 Meatloaf and Gravy Mashed Potatoes/Gravy Harvard Beets Multi-Grain Dinner Roll Pineapple Tidbits</p>	<p>6 Pork Pot Roast (Pulled) Diced White Potatoes Green Beans Wheat Bread Apple Pie</p>
<p>9 Roast Turkey and Gravy Baked Sweet Potatoes Brussels Sprouts Wheat Bread Brownie</p>	<p>10 Chopped Pork Steak with Mushroom Gravy Mashed Potatoes Cauliflower & Red Peppers Multi-Grain Bread Ranger Cookie</p>	<p>11 Birthday Day Beef Noodle Soup Peas and Onions Carrot Raisin Salad Rye Bread Cake</p>	<p>12 Oven Roasted Chicken (Drumsticks) Garlic Mashed Potatoes Broccoli Wheat Bread Fresh Melon</p>	<p>13 Spaghetti and Meatballs Italian Mixed Vegetables Garlic Bread Peach Applesauce</p>
<p>16 Smothered Chicken with Artichoke Sauce Au Gratin Potatoes Green Beans Deluxe Wheat Bread Chocolate Pudding</p>	<p>17 Beef Stew with Potatoes, Onions and Carrots Peas Baking Powder Biscuit Mandarin Orange Cup</p>	<p>18 Country Style Roast Pork with Basil Dijon Sauce Scalloped Potatoes Garden Vegetable Soup Rye Bread Pumpkin Bar</p>	<p>19 Chopped Steak and Gravy Mashed Potatoes Stewed Tomatoes Multi-Grain Dinner Roll Chilled Pears</p>	<p>20 BBQ Riblet with Sweet Baby Ray's Diced White Potatoes Broccoli Fruit Cup</p>
<p>23 Swedish Meatballs over Egg Noodles Spanish Wheat Bread Fruit Cup</p>	<p>24 Ham and Corn Chowder Mixed Vegetables Salad Greens Multi-Grain Bread Hot Spiced Pears</p>	<p>25 Chicken Supreme Au Gratin Potatoes Broccoli Baking Powder Biscuit Pineapple Tidbits</p>	<p>26 Salisbury Steak Mashed Potatoes/Gravy Corn Wheat Roll Fruit Jell-O</p>	<p>27 Potato Crusted Fish Potatoes O'Brien Scandinavian Veggies Rye Bread Lemon Bar</p>