



A DIVISION OF WHITEWATER PARKS & RECREATION
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January 2009 Volume IX Issue 1

Promotes and enhances a vital aging community

AUDIT CLASSES AT UW-W

We need to know what classes you are interested in auditing. Go online to www.uww.edu and click on class schedule on the home page, then click on Spring 2009 for a listing of classes. (College of Business and Economics classes and Art Studio classes cannot be audited.) Contact Deb at Seniors in the Park, by the end of December, with classes you are interested in and we will help streamline the process for you.



John Stone, Dean of the School of Grad Studies and Continuing Education will be at the Community Building to discuss auditing classes at UW-W on January 6, 1:00pm. There will be information on how to audit, the improved process, timelines and he will also answer your questions about this opportunity. **RSVP with class choice by December 31**



GOLF SWING CLASS

Mondays, Feb. 2-16, 6-7:30 pm

All of you die-hard golfers out there know that the season is quickly approaching. Come to this informative 3 week session for some "spring training," golfing-style. Dress for activity as we will learn and do golf-specific stretching and strengthening exercises to get your body in shape for the upcoming season. The concept and benefits of video swing analysis will be introduced during the class but is not included in the price of the class. Tips for indoor and outdoor work on specific swing mechanics will be provided while you hit balls at our indoor golf cage.

Instructors: Brian Meitner, Fort Healthcare, Certified Athletic Trainer; US Golf Teacher Federation certified and Jason Gatlin, Fort Healthcare, PT, Certified Strength Conditioning Specialist.

Min 4/Max 12. \$20/person **RSVP/payment due by January 22**

ATTENDANCE CARDS

Beginning in 2009, everyone who participates in activities at Seniors in the Park is asked to fill out an activity card. This will help us track our participants and where they are from. Optional information on the back of the form will include emergency contacts and medical information. This information will be required if you travel with us and will only be used if a medical situation arises.. All cards are kept locked up in the office with limited access by staff and volunteers.

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Seniors in the Park will be closed January 1. Happy New Year!



BRAIN FITNESS

Thursdays 11:00

January 22-March 5

“Use it or lose it” applies to both your body and your brain. Buff up your gray matter with the national award-winning program “Breakfast for your Brain” developed by the Two Rivers Senior Center. This seven week course will provide a variety of activities that will use different parts of your brain. Challenge your brain to learn new things and help stave off the cognitive decline that can come with aging.

Cost: \$5.00 Min: 5; Max 10

RSVP/Payment due by Thursday January 15

BRAIN FITNESS II

Wednesdays, 10:00 am

January 14-March 18,

Continuation of the national award-winning program “Breakfast for your Brain” developed by the Two Rivers Senior Center. This ten-week course will provide a variety of activities that will use different parts of the brain.

Facilitator: Marilyn Fuerstenburg;

Cost: \$5.00 Min: 5; Max 10

RSVP/Payment due by Thursday January 8

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. The group meets at the Sweet Spot following class.



GLAZING WATERCOLOR CLASS

Thursdays 1:00

January 8—February 12

The 6-week class will focus on completing a still life using glazing technique. Learn how to layer color over color to paint luminous paintings that glow. You will have completed a 15 x 22 painting at the end of the class.

Instructor: Marilyn Fuerstenburg

Cost: \$18.00 for 6 week class

Drop-in fee: \$5.00 per class

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 January 28

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.



COMPUTER TUTOR

Thursday, January 15, 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.



Wii BOWLING

Mondays 11:00 am

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

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.

SHEEPSHEAD

Sheepshead has moved to Tuesdays at 1:00

CARD GROUPS

Bid Euchre: Mondays 1:00 pm

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

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

Sheepshead: Tuesdays 1:00 pm



BOOK CLUB

The Book Club will meet on Monday, January 5, at 10:30 to discuss the book *Lying Awake* by Mark Salzman.

The book for February is *House of Abraham: Lincoln and the Todd's A Family Divided by War* by Stephan Berry.

For all the talk of the Civil War's pitting brother against brother, no single book has told fully the story of one family ravaged by that conflict. And no family better illustrates the personal toll the war took than Lincoln's own. Mary Todd Lincoln was one of fourteen siblings who were split between the Confederacy and the Union. Berry fills a gap in Civil War history, showing how the war changed one family and how that family changed the course of the war. As they debate each other about the issues of the day and comfort each other in the wake of shared tragedy, the Todds become a singular microcosm and metaphor for the country as a whole.



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

Brain Fitness II—Wednesdays 10:00 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

My Life's Journey Writing Group—First
Thursday 12:30

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

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.



OUR HOUSE MOVIES

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

“The Kite Runner”

Tuesday, January 20, 12:30 pm

Rated: PG-13 2 hr. 8 Minutes

In the 70's in Afghanistan, the Pushtun boy Amir and the Hazara boy Hassan, who is his loyal friend and son of their Hazara servant Ali, are raised together in Amir's father house, playing and kitting on the streets of a peaceful Kabul. Because of Amir's cowardice, Hassan and his father are released from service. In 1979, the Russians invade Afghanistan and Baba and Amir escape to Pakistan then the United States, where Amir discovers family secrets which propel him back to Pakistan on a journey of redemption.

“Mama Mia”

Tuesday, January 27, 12:30 pm

Rated: PG-13 108 min.

Set on a colorful Greek island, the plot serves as a background for a wealth of great ABBA songs which are used in remarkably appropriate ways. A young woman about to be married discovers that any one of three men could be her father. She invites all three to the wedding without telling her mother, Donna, who was once the lead singer of Donna and the Dynamos.

SENIOR FORUM

Monday, January 5, 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. Agenda items are: Financial Report, update on van fundraising, trip/activity report and discussion on fall fundraisers.

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.

BEADED NIGHT LIGHT

Wednesday Feb 4, 1:00 pm

For safety reasons you should have a night light. Why not have a beautiful one? Learn how to make one in the fun class. All supplies included

Cost \$4.00 RSVP by Friday Jan 30

Instructor: Patty Griffin



POTLUCK AND DOMINOES

The first Tuesday of the month, January 6, a potluck will be held at 11:00 am at the Community Building in Starin Park. After the meal, enjoy a friendly game of Dominoes.

BINGO!

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

Dec 2: Culver's Bingo

Dec 16: Our House Senior Living

Dec 23: 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.

DATES TO REMEMBER

February

4-Ila Webb=100 years

4-Night Light Class

11-Balloon Fest preview

21-Freeze Fest

GREETING CARDS

New Cards have arrived!! We have a great selection of everyday and special greeting cards including Birthday, Sympathy, Thinking of You, Baby, Christening, Get Well, and Friendship. Stop in and check out the selection and our low prices.



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 Channel 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 to keep the building comfortable, but not everyone has the same internal thermostat.



AARP TAX ASSISTANCE

This service will begin in February. Watch for more information in next months newsletter, on Whitewater Cable 13, the Whitewater Register, the Jefferson Daily Union, and possibly the Whitewater Banner.

FREEZE FEST 2009

Saturday February 21

Family Activities, Chili Cook-Off, Kiwanis Pancake Breakfast, Polar Plunge and more!

RECREATION SIGN UP ONLINE

Go to www.ci.whitewater.wi.us and click on Recreation Program Registration. This link will take you directly to online registration. You can also reserve/rent facilities at the site.

BIRTHDAY DAY

If you have a birthday in December, come and celebrate with us at the meal site on **Wednesday, January 21**. Sign up by noon a day in advance.

HAPPY JANUARY BIRTHDAY TO:

3-Theresa Raupp
12-Virginia Hare
16-Betty Heth
22-Myrtle Schultz



NOTES FROM THE KITCHEN

Happy New Year!! Let's hope we will have an abundance of happiness and great health, too.

It's that time of year when the sun shines, it provides a joy to all. Just a gentle reminder; much of our supply of Vitamin D is obtained from the sun so make sure you're taking enough Vitamin D; 400-800 International Units is recommended. Vitamin D promotes strong bones, reduces inflammation, and helps modulate immune function. The best sources of Vitamin D are salmon, tuna, mackerel, cod liver oil and milk.

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



**The meal site will be closed
December 31 and January 1**

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 at 262-728-4745
- 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 at 262-472-9632
- Social Security Administration 1-800-772-1213
- Southeastern WI Area Agency on Aging
- 262-821-4444 or www.execpc.com
- Walworth County Chapter of AARP
- Contact Nancy Schultz 608-883-2044

BENEFIT SPECIALIST

Contact Julie Juranek at 262-728-4745 or 1-800-365-1587 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.

GREETING CARDS

New Cards have arrived!! We have a great selection of everyday and special greeting cards including Christmas, Birthday, Sympathy, Baby, Christening, Get Well, Thinking of You and Friendship. Stop in and check out the selection and our low prices.

AARP TAX ASSISTANCE

This service will return February—April. Watch for days and times in next month's newsletter.

THERAPEUTIC MASSAGE

Monday, January 12, 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, January 6, 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, January 27, 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.

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 8 for more information.**

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:

Other Volunteers Needed

- **Receptionists**—Answer phones and disseminate information, greet participants, register people and take payments, assist with program set-up, food and beverage preparation and serving.
- **Decorating**—Wednesday January 7: Help pack away Christmas decorations and bring out the snowmen!
- **Movie Set-up**—Set up and take down of room and equipment for the monthly or bi-monthly movie.

OTHER NEEDS:

- **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

FUNDRAISERS

The One Stop Shop went very well this year. Thanks to everyone who helped. Thanks also to Silpada vender, Marci Lilly, who donated \$100 from her sales that day.



Totals raised to-date:

One Stop Shop	\$962.49
Chili Dinner	\$188.88
Showcase sales	\$173.75
Tax Assistance donations	\$204.00
Cell Phone Recycling	\$242.11
No Bake Bake Sale	\$1115.00
Million Penny Fund	\$3930.93

THANK YOU TO:



- **The Whitewater Country Club** for their hospitality at our Holiday Luncheon
- Volunteers at Chili Dinner—**Carolyn & Leonard Plucinski, Doris Wutke, Les & Charlotte West, Marion Malo, Romelle Koch, Dorothy Poehler, Sharron McCarthy, Linda Loomer, Eric & Lois Zipp, Thelma Robbins, and Eleanor Reeb.**
- **Thanks to all those who donated cookies or brownies for the Chili Dinner.**

FUNDS FOR FRIENDS

Our Funds for Friends equaled \$77.46 in November. 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’s.

RETIRED SENIOR VOLUNTEER PROGRAM (RSVP)

Looking for something meaningful to do in retirement? If you are, contact RSVP. They have an array of volunteer jobs just waiting for that special someone, who just might be you! Give them a call at 472-9632 and talk to Patti.

If you are not an RSVP Volunteer and you volunteer here at Seniors in the Park, Deb has forms available to fill out to join RSVP.

Thank you to everyone who worked at a fundraiser or gave money for our Van Fund. We have over \$19,000 saved toward our goal of \$20,000 Great job everyone!!

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

STOUGHTON OPERA HOUSE

Wisconsin Singers, Friday February 27

Let us Entertain You! Will take you on a journey through the past 40 years of Broadway showstoppers. This new musical revue includes and amusing look at different dance styles and takes you on a musical tour of great action film music.

Cost: \$37.00

RSVP payment deadline January 22

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

RSVP payment deadline March 12

JANESVILLE SHOPPING

Wednesday, January 28

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, January 26.



LUNCH BUNCH

Thursday, January 8, 10:30 am

Eat lunch at Cracker Barrel in Janesville. Lunch is on your own. Cost: \$5. Departure: 10:30 am. RSVP by Tuesday, January 6.

FISH FRY FRIDAYS

Will return in March

TRIP PARKING

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

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.

February 11—Fabulous Fifties Part 2

RSVP/Payment deadline Thurs. Jan 8

Wed April 8—The Fantasticks

RSVP/Payment deadline Thurs. April 2

Wed June 10—High School Musical

RSVP/Payment deadline Wed May 6

Wed Aug. 5—The Witnesses; Jesus & Followers

RSVP/Payment deadline Tues June 30

Wed Oct. 28—The Sound of Music

RSVP/Payment deadline Wed Sept 23

Wed Dec 16—Fireside Christmas.

RSVP/Payment deadline Thurs Oct 29

FULL SPEED AHEAD AFTER 50

Thursday, March 12

Monona Terrace, Madison

This one-day event, offers a positive and fun atmosphere that focuses on promoting active, healthy lifestyles for adults over the age of 50. Highlights include: community resource fair, health screenings, sit-down lunch, and entertainment by Pianofondue, dueling pianos. There are over 20 different workshops to choose from! Registration forms are available at the Community building or online at:

<http://communityevents.mononaterrace.com>

Depart 8:00 am Return 5:30 pm

Cost: \$25 includes transportation, lunch & all day events

RSVP/Payment due February 12

Motorcoaches lead every other travel mode in per-passenger fuel efficiency, averaging more than 206.6 passenger miles per gallon, highest of 14 modes studied.

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

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.

ALASKA

June 16, 2009 9 days
\$2800 per person dbl
Carnival Cruise line



For a more detailed itinerary stop in or call the Community Building at 262-473-0535.

JEWELS OF THE ADRIATIC
Has been cancelled

Coach Trip

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GAMBLING GET AWAY

February 17-18, 2009 (Overnight)
Horseshoe Casino, Hammond, IN
and Blue Chip Casino,
Michigan City, IN

Cost: \$103, includes transportation, hotel accommodations, \$5 meal voucher and \$5 in coins at Horseshoe; \$21 buffet voucher at Blue Chip, and Vegas-style double points earned on Wednesday. Must be over 21 to participate in this event.

RSVP/payment deadline January 16, 2009.

Depart Fort K-Mart 6 am;

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.

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—3:30 pm
Deb Weberpal, CPRP, Senior Coordinator
dweberpal@ci.whitewater.wi.us

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 –January 2009

Monday	Tuesday	Wednesday	Thursday	Friday
<p>*Activities take place at the Starin Park Community Building unless otherwise noted. (A)=Downtown Amory (L)=Cravath Lakefront</p>			<p>1</p> <p>CLOSED Happy New Year</p> 	<p>2</p>
<p>5</p> <p>9:30 Stretch/Flex 10:30 Book Club 11:00 Wii Bowl 12:00 Senior Forum 1:00 Bid Euchre 1:00 Wii Bowl 1:30 Canasta</p>	<p>6</p> <p>10:00 Culvers Bingo 11:00 Potluck 11:30 Dominos 12:00 Foot Clinic 1:00 Auditing Classes at UWW 1:00 Sheephead 6:30 Ceramics (A)</p>	<p>7</p> <p>9:00 Bowling 1:00 Texas Hold 'em Poker 1:00 Chess 6:30 Ceramics (A)</p>	<p>8</p> <p>9:30 Stretch/Flex 10:30 Lunch Bunch to Cracker Barrel 1:00 Watercolor Glazing 1:00 Senior Singles 1:00 Ceramics (A)</p> <p style="text-align: center;">Fireside RSVP Due</p>	<p>9</p>
<p>12</p> <p>9:30 Stretch/Flex 11:00 Wii Bowl 1:00 Therapeutic Massage 1:00 Bid Euchre</p>	<p>13</p> <p>6:30 Ceramics (A) 1:00 Sheephead</p>	<p>14</p> <p>9:00 Bowling 10:00 Brain Fit II 11:30 Birthday Day 1:00 Chess 6:30 Ceramics (A)</p> <p style="text-align: center;">Office will be open until noon today.</p>	<p>15</p> <p>9:30 Stretch/Flex 11:00 Computer Tutor 1:00 Watercolor Glazing 1:00 Ceramics (A)</p> <p style="text-align: center;">Office will be open until noon today</p>	<p>16</p> 
<p>19</p> <p>9:30 Stretch/Flex 11:00 Wii Bowl 1:00 Bid Euchre 1:30 Canasta</p>	<p>20</p> <p>10:00 Our House Bingo 12:30 Our House Movie “The Kite Runner” 1:00 Sheephead 1:00 Ceramics (A)</p>	<p>21</p> <p>9:00 Bowling 10:00 Brain Fit II 11:00 Birthday Day 1:00 Texas Hold 'em Poker 1:00 Chess 6:30 Ceramics (A)</p>	<p>22</p> <p>9:30 Stretch/Flex 11:00 Brain Fit 1:00 Watercolor Glazing 1:00 Ceramics (A)</p> <p style="text-align: center;">WI Singer and Golf Class RSVPs due</p>	<p>23</p>
<p>26</p> <p>9:30 Stretch/Flex 11:00 Wii Bowl 1:00 Bid Euchre</p>	<p>27</p> <p>10:00 City Bingo 10:30 Blood Pressure 12:30 Our House Movie “Mama Mia” 1:00 Sheephead 6:30 Ceramics</p>	<p>28</p> <p>9:00 Bowling 10:00 Brain Fit II 10:30 Janesville Shopping 1:00 Chess 6:30 Ceramics (A)</p>	<p>29</p> <p>9:30 Stretch/Flex 11:00 Brain Fit 1:00 Watercolor Glazing 1:00 Ceramics (A)</p>	

Walworth County Nutrition Menu – January 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 (252) 741-333 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>1 CLOSED Happy New Year</p>	<p>2 Spaghetti and Meatballs Italian Mixed Vegetables Garlic Bread Peach Applesauce</p>
<p>5 Smothered Chicken with Artichoke Sauce Au Gratin Potatoes Green Beans Deluxe Wheat Bread Chocolate Pudding</p>	<p>6 Beef Stew with Potatoes, Onions and Carrots Peas Baking Powder Biscuit Mandarin Orange Cup</p>	<p>7 Country Style Roast Pork with Basil Dijon Sauce Scalloped Potatoes Garden Vegetable Soup Rye Bread Pumpkin Bar</p>	<p>8 Chopped Steak and Gravy Mashed Potatoes Stewed Tomatoes Multi-Grain Dinner Roll Chilled Pears</p>	<p>9 BBQ Riblet with Sweet Baby Ray's on a Hamburger Bun Diced White Potatoes Broccoli Fruit Cup</p>
<p>12 Swedish Meatballs over Egg Noodles Spanish Wheat Bread Fruit Cup</p>	<p>13 Ham and Corn Chowder Mixed Vegetables Salad Greens Multi-Grain Bread Hot Spiced Pears</p>	<p>14 Chicken Supreme Au Gratin Potatoes Broccoli Baking Powder Biscuit Pineapple Tidbits</p>	<p>15 Salisbury Steak Mashed Potatoes/Gravy Corn Wheat Roll Fruit Jell-O</p>	<p>16 Potato Crusted Fish Potatoes O'Brien Scandinavian Veggies Rye Bread Lemon Bar</p>
<p>19 Cowboy Pork Chili Macaroni Broccoli Salad Corn Bread Chunky Applesauce</p>	<p>20 Spaghetti and Meatballs Peas and Carrots Garlic Bread Chilled Peaches</p>	<p>21 Birthday Day Slow Roasted Beef /Gravy Mashed Potatoes Brussels Sprouts Multi-Grain Bread Marble Cake</p>	<p>22 Turkey Pot Roast/Gravy Diced White Potatoes Baked Squash Wheat Bread Oatmeal Raisin Cookie</p>	<p>23 Chicken Breast Parmesan Penne Pasta w/Marinara Spinach French Bread Melon</p>
<p>26 Country Meatloaf Patty Mashed Potatoes/Gravy Corn Wheat Roll Apricots</p>	<p>27 Potato Crusted Fish Filet Delmonico Potatoes Capri Blend Vegetables Rye Bread Lemon Pudding</p>	<p>28 Chicken Gumbo Broccoli Rice Pilaf Pea Salad Bran Muffin Bread Fruit Cup</p>	<p>29 Macaroni, Ham & Cheese Italian Green Beans Warm Cinnamon Apples French Bread Chocolate Mousse</p>	<p>30 Veal Marsala Mashed Potatoes/Gravy California Veggies Multi-Grain Bread Whole Banana</p>