



Promotes and enhances a vital aging community

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July 2009 Volume IX Issue 7



PICNIC IN THE PARK

Tuesday, July 14 11:00 am

Play picnic games, have fun with bubbles, try Wii bowling or the bag toss. Savor a brat lunch with all the trimmings and 'Smores for dessert. (We will eat indoors.).

Reservation due by noon on Monday July 13.

WRITING YOUR MEMOIR

Wednesdays, July 8 – August 26 12:15—1:30 pm

You've lived it, now write about it! Everybody has a story to tell and this class will get you started or keep you writing. Practice with framing a story, catching a reader's attention, building tension, and being truthful in a non-threatening way. We'll discuss and demonstrate ways to enrich your writing, including the use of similes, metaphors, and dialogue. Learn how to put your ideas, experiences and memories into print. Bring a notebook and a pen and one of your stories (if you have one) to get started. Your facilitator is Lynn Greene, an award-winning journalist, who was recently recognized with a national award for best feature writing. This class will culminate with a celebration and reading of our work.

Reservation due by July 6.

Fee \$25 for 8 weeks or \$4 per drop in class. Payment is to the instructor.



MUSLIM AND JEWISH PRAYER

Wednesday, July 29 12:30 pm

Mary Lou Rossini will give a talk on Muslim and Jewish Prayer, which she learned about in her recent trip to the Holy Land. She will demonstrate some of the rituals which are used during prayer and the meaning behind them. She will also shed some light on how Jesus probably prayed in observance of Jewish law.

Please reserve for this program by Tuesday July 28.

NAME OUR NEWSLETTER

It's time our newsletter had a name. Pick up a form at the reception desk and submit your idea or ideas. Deadline for the contest is July 15. We will vote in August and by September our newsletter will be named! The winning submission will receive a \$10 Chamber Check.

VOLUNTEERS NEEDED

July 23, 25 & 26

We will be providing concessions for a youth ball tournament here in the park. We will be serving inside and will need many volunteers for the weekend. Please check out page 5 for more information and shifts.

WHAT'S INSIDE

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COMPUTER SAVVY

Beginning Word

July 13 & 14

9:30 am

Learn how to open and save files, format text, spell check, cut, copy, paste, clip art, text boxes and columns.

Instructor: Lyle Hunter

Cost: \$5.00; Register by July 9.

My Pictures

July 20 & 21

9:30 am

Bring in your pictures on a disc or flash drive and learn how to edit and manipulate your photos..

Instructor: Lyle Hunter

Cost: \$5.00; Register by July 16.



TAI CHI CLASS

Wednesdays beginning July 1

10:00 am

Tai Chi is a gentle exercise that originated in ancient China and is considered a slow moving meditation. The movements are very slow and doable by most anyone. Intensive tai chi practice shows favorable effects on the promotion of balance control, flexibility, cardiovascular fitness and reduce risk of falls. It benefits healthy participants, anyone recovering from stroke or heart attack, has high blood pressure, multiple sclerosis, Parkinson's, or Alzheimer's. It also has other advantages which include: Promoting correct posture, integrating body and mind, exercising the entire body, and improving blood circulation. Tai Chi is also an excellent exercise for anyone with arthritis. Tai Chi involves learning a sequence of 6-12 exercises done very slowly, but its gentle, low impact movements can burn more calories than surfing and nearly as many as downhill skiing. No special attire is needed; just clothes and flat shoes that are easy to move in. There is no fee for the class. Please call if you will be attending.

Instructor: Nancy Yang, UWW International student from China



INTERNET ACCESS

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

LUNCH AND LEARN

"Health 365"

Wednesday, July 22 Noon

Lunch and Learn is a new program featuring health and wellness speakers on a variety of topics. Bring your lunch, if you like, and we will provide the beverages. Or eat an Oven Fried Chicken meal at the Nutrition Site. Reservations are due by noon on July 21 for the meal which begins at 11:30.

Our first topic will be Fort Health Care's new Health 365 program. Learn how you can have a free health risk assessment and all the tools that are available to help evaluate or improve your health.

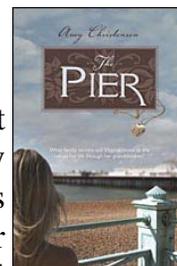
Reservation due by Monday July 20.



AUTHOR SPEAKING

Tuesday, August 4 1:00 pm

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



BOCCE

Thursdays 10:00 am

Open bocce will be played (no court). Two to eight people can play. Try out this fun and challenging sport.



OUR HOUSE SENIOR LIVING MOVIES

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

“Doubt”

Tuesday, July 21, 12:30 pm

Rated: PG-13 104 minutes

Set at a Catholic school in the Bronx, a charismatic priest, Father Flynn, is trying to upend the school’s strict customs, which have long been fiercely guarded by the iron-gloved Principal who believes in the power of fear and discipline. A battle of wills threatens to tear apart the community with irrevocable consequence.

“Ghost Town ”

Tuesday, July 28, 12:30 pm

Rated: PG-13 102 minutes

Bertram Pincus, a curmudgeonly dentist, is a loner and revels in people not being able to talk to him. After a near-death experience, he can see ghosts, which puts him in urgent demand by those who yearn to communicate with their loved ones, especially one young man trying to communicate with his wife. This is a great comedy with an endearing twist.

ACTIVITIES AT A GLANCE

Bid Euchre—Mondays 1:00

Bocce—Thursdays 10:00 am beginning June 11

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

Canasta—First, third and fifth Mondays 1:30

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

Chess—Wednesdays 1:00

Dominoes—First Tuesday 11:30

Golf League—Mondays 8:30 tee time

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

Senior Forum—First Monday at noon

Sheepshead—Tuesdays 1:00 pm

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

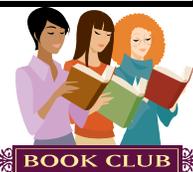
Wii Bowling/Sports—Mondays 11:00

BOOK CLUB

Monday July 6, 10:30 am

The Book Club will discuss the book *Rasputin’s Daughter* by Robert Alexander.

The book for August is *A Thousand White Women* by Jim Fergus.



One Thousand White Women begins with May Dodd's journey west into the unknown. A government program, in which women are brought west as brides for the Cheyenne, is her vehicle. What follows is the story of May's adventures: her marriage to Little Wolf, chief of the Cheyenne nation, and her conflict of being caught between two worlds, loving two men, living two lives. Jim Fergus has so vividly depicted the American West that it is as if these diaries are a capsule in time.

BINGO!

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

July 7: Culver’s Bingo

July 21: Our House Senior Living

July 28: City Bingo

Weekly Bingo Sponsors:

Culver’s Our House Senior Living

City Bingo Sponsors:

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

Remember to thank our sponsors when you visit them.



CRAVATH LAKEFRONT ENTERTAINMENT

Thursdays 7:00 pm

- July 9 Big Rig Gig and “The Big Bounce”
 July 16 Concert: Pipe Circus
 July 23 David Stokes, “Talking with the
 Animals” (in the Lakefront Center)
 July 30 Concert: Steve Meisner, “Polka”

WALK THE TRIANGLE

In an effort to promote the health of our community’s growing senior population Downtown Whitewater, Inc. is sponsoring the **Senior Triangle Walk for Health Program** weekdays from 8 to 11 AM. This will provide a great opportunity for seniors throughout the community to meet, enjoy each others company and exercise together. And, yes shop downtown, especially at a discount during these hours, at participating downtown businesses.

Sign up at the Starin Park Community Building or any participating business downtown to receive your Senior Triangle Walk Shopping Pass. Deposit your Shopping Pass at a participating business to win monthly prizes.

Cut loose and walk the hypotenuse!

LGBT DISCUSSION GROUP

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

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



Coordinator’s Comments

June was a very exciting and busy month. To start the month we had our Accreditation review. It went very well and the peer review team is recommending us for accreditation. Accreditation provides for clarity to Senior Center operations, promotes efficiency, provides direction for present and future services, demonstrates accountability to sponsors and funding sources, helps identify areas to be expanded or strengthened, and is a great publicity, tool letting everyone know we are the very best we can be. Thanks go out to the committee who worked diligently on the process with incredible input and ideas to make Seniors in the Park a top notch senior center. Committee members include: Anne Prince, Arlene Trewyn, Gretchen Barth, Heidi Stewart, Jan Schmeling, Jim Stewart, Dr. Karen Barak, Linda Loomer, Mary Keene, Mary Lou Rossini, Mike Obinger, Stu Charland, Sue Mealy and Matt Amundson. Congrats to everyone on a job well done.

We also have our new van!! The City Council approved the purchase of the van at the June 16 meeting. It is currently being made ready for use and will be available sometime in July. We are also in the process of training and licensing our volunteer drivers. Thanks to all our drivers for their willingness to take the time to become licensed.

~Deb

LOOKING AHEAD

Aug 6—Ice Cream Sundaes

Aug 19—Lunch and Learn; Fort HealthCare Transitions Program

Aug 20— Wood Carver demonstration

September:

Senior Center Month

Active Aging Week

Fundamentals of Investing—How to Avoid Catastrophe Discussion Group

Sock Hop and Pizza Party

October 19—Flu Shots

Volunteers

VOLUNTEER OPPORTUNITIES

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

- **Ball Tournament Concessions:** We will be inside the Starin Park Building serving hot dogs and BBQ, chips, beverages and dessert for a youth ball tournament. We need a lot of help for this event. Please sign up and invite a friend to help, too!

Thursday July 23

1:00-4:00 make BBQ, prep for Saturday: 3 needed

Saturday July 25

3 people per shift; last shift of the day includes clean-up.

8:30—11:30 Set-up

11:30—1:30 Serving:

1:30—4:30 Serving:

4:30—8:30

Sunday July 26

3 people per shift; last shift of the day includes clean-up.

11:00—1:00

1:00—3:00

3:00—5:00

5:00—7:00

- **Big Read Coordinator** Be the Seniors in the Park Liaison working with the local library and Young Auditorium to plan events for the Big Read in 2010. Assist in coordinating events at Seniors in the Park.
- **Volunteer Coordinator** Assist in finding volunteers, developing volunteer opportunities, training, recordkeeping and recognition. See Deb for position description.
- **Publicity**—Assist with publicity to include writing and distributing press releases and radio PSA's. Also making posters/ flyers and distributing.

Nutrition Site Page 5

BIRTHDAY DAY

Wednesday, July 29 11:30 am



If you have a birthday in July, come and celebrate with us at the meal site on Wednesday July 29. Sign up for the meal by noon a day in advance.

HAPPY JULY BIRTHDAYS TO:

9—Mary Lou Rossini 24—Eric Zipp
16—Henry Malo 27—Harold Holst
17—Arturo de la Vega 31—Elenor Reeb

NOTES FROM THE KITCHEN

Summer is finally here!

Look for the root beer floats on Thursday, July 30 and s'mores at our picnic on Tuesday, July

14. Stop in and try out some of our new salads (Santa Fe ham salad, the new tuna supreme and many more).

Nutrition Site meals are served at 11:30 Monday through Friday. Anyone 60 and over is welcome to attend the meal. To reserve a meal, call 262-473-0536 by noon a day in advance (call Friday for a Monday meal) or call Walworth County at 1-800-365-1587 and leave your name, phone and the meal site you would like to attend. It's that simple. Enjoy a meal and with us.

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

~Sue



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

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
- 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

ARE YOU ELIGIBLE FOR MEDICARE?

Walworth County Senior/Elderly Benefit Specialist Program will host Medicare Workshops at Walworth County Health & Human Services, Hwy. NN, Elkhorn at either 1-2:30 pm or 6-7:30 pm on Wednesdays August 12, October 14, and December 9. If you have questions on Medicare, call the Specialist, 262-741-3200 or 1-900-365-1587.

PAPER SHREDDER

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

FUNDS FOR FRIENDS

We received \$63.63 in June for our Funds for Friends project. 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.



THERAPEUTIC MASSAGE

Monday, July 13, 1:00 pm

Massage can increase range of motion and decrease pain. Sharon Baker specializes in massage for seniors. She will be at the Community Building on the second Monday of the month offering half hour massages for \$25 (please note price increase but is still a discount from her regular price). This is a table massage. Appointments must be made in advance by calling 262-473-0535.



CHAIR MASSAGE

Thursday July 23, 10:30 am

Sharon is now offering chair massage in addition to table massage. Please make an appointment in advance by calling 262-473-0535.

FOOT CLINIC

Thursday, July 9, 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, July 28, 10:30 am

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



WHITEWATER GRIEF SUPPORT GROUP

2:00 pm 3rd Tuesday

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

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



MISSISSIPPI RIVER FALL EXPLORER

October 5-7, 2009

Begin the trip with a scenic and explorative cruise down the Mississippi River from Prairie du Chien to Lansing IA. You'll see Effigy Mounds National Monument, majestic Pike's Peak bluff, and the mouth of the Wisconsin River, just at the early explorers did. Your Captain shares tales of steamboat wrecks, early explorers, and Native American wars. That evening enjoy dinner along with entertainment by the "Footnotes" a traditional Scandinavian band. Other tour highlights include the Laura Ingalls Wilder Park and Museum, the Seed Savers Exchange, the Vesterheim Norwegian American Museum, the famed Billy Brothers collection of carved wooden clocks, the Decorah Fish Hatchery, and Pikes' Peak State Park, one of the most beautiful overlooks on the entire Mississippi River. Trip includes 5 meals, baggage handling, driver gratuity, lodging and transportation.

Cost: \$399 per person double

\$465 per person single

Reservations and final payment due by 8/31/09

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 motorcoach transportation with escort. Cost

\$1599 per person double

\$2278 per person single

Reservations due by December 10

Final payment due February 5

GULF COAST GETAWAY

February 14-20, 2010

Welcome to the playground of the south. Experience Mardi Gras in Biloxi, Mississippi, as well a several optional trips (\$10—\$35) including New Orleans and Brett Favre country. Trip includes: all hotels with 4 nights at the fabulous Beau Rivage in Biloxi Mississippi, 6 meals, baggage handling, deluxe motorcoach transportation with escort, movies, games and fun.

Cost: \$665 per person double

\$865 per person single

Final payment due December 10

MYRTLE BEACH MELODIES

April 10-17, 2010

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

Cost: \$1029 per person double

\$1358 per person single

Reservations due by January 7

Final payment due March 4

Only 12 seats available, so sign up soon!!

CHIP-IN CASINO

November 4-5

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

Cost \$89 pp dbl \$123 pp sgl

Reservations/payment due by October 1

Make checks out to Fort Atkinson Senior Center



JANESVILLE SHOPPING

We are taking the summer off as ridership has been down. If you are interested and enough people want to go let us know and we will find a van driver.

**LUNCH BUNCH**

Thursday, July 9 10:30 am

The Village on Delavan Lake is a picturesque setting for lunch and they have the best rolls!

Departure: 11:00 am. Cost: \$4

RSVP by Tuesday, July 7.

FISH FRY FRIDAYS

Friday, July 17, 4:30 pm

Enjoy the fish fry at the Evergreen Country Club, Elkhorn. Early bird (4-5:30 pm) \$9.95 all you can eat, served family style.

Depart at 4:00. Cost for the trip is \$4.00.

RSVP by Wednesday, July 15.

Wood Carver's Show

Saturday September 12

The Rock River Carvers of Janesville are having a show at the Craig Center on the Rock County Fairgrounds. There will be chain carving demonstrations and 35 exhibits and vendors. Exhibitors will be available to answer questions, give advice and demonstrations.

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

Cost for the trip is \$5.00.

RSVP by Thursday September 3

EMERGENCY FORMS

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

TRADER JOE'S AND WHOLE FOODS

Wednesday July 22

Enjoy a delightful day on Monroe Street in Madison. Visit Trader Joe's and other unique shops and restaurants. After lunch on your own, we will travel to Whole Foods which is a comprehensive shopping experience on its own.

Depart at 9:30 am. Return approx 4:00 pm

Cost for the trip is \$12.00.

RSVP by Wednesday, July 15

MUSTARD MUSEUM

Wednesday August 12

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

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

Cost for the trip is \$19.00.

RSVP/payment due by Wednesday August 5

**FIRESIDE 2009**

Wednesday, Aug. 5—The Witnesses; Jesus & Followers.

Escort: Marie Hathaway

Wednesday, Oct. 28—The Sound of Music

RSVP/Payment deadline: Wed., Sept. 23

Wednesday, Dec 16—Fireside Christmas

RSVP/Payment deadline: Thurs., Oct. 29

Cost: \$62.00

Payable to: The Fort Atkinson Senior Center.

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

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

Travel Questionnaire

Travel is an integral part of our programming. In order to plan trips you are interested in and are affordable please complete this survey and return to the reception desk at Seniors in the Park or mail to PO Box 178, Whitewater WI 53190. Thanks for helping us improve our programming.

Please check all that apply.

1. Are you most interested in:

_____ One day trips _____ 2-4 day trips _____ Week or longer trips

Comments: _____

2. What price point are you willing to pay for a trip?

One bus day trip: \$ _____ One day trip to show or museum \$ _____

One day van trip: \$ _____

One day trip with lunch included \$ _____ (note meals generally add minimum of \$15 to a trip)

Two—four day trip \$ _____ Week or longer trips \$ _____

Comments: _____

3. Would you rather purchase your lunch on a trip or have it provided?

_____ purchase _____ provided _____ either, depends on destination

4. Do you prefer bus or airfare on extended tours? _____ Bus _____ Air _____ Either

5. Are you interested in overseas trip? Yes _____ No _____

6. Where would you like to travel to in Wisconsin/Illinois (local) _____

7. Where would you like to travel to in the United States _____

6. What other countries would you like to travel to? _____

About you:

Female _____ Male _____ Age _____

Number of Day Bus trips you have taken 1-3 _____ 3-5 _____ 5+ _____

Number of Day Van trips you have taken 1-3 _____ 3-5 _____ 5+ _____

Number of extended trips you have taken 1-3 _____ 3-5 _____ 5+ _____

Seniors in the Park
PO Box 178
Whitewater WI 53190

Member:

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

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

Nutrition Site 262-473-0536
Mon-Thurs 8:30 am—3:30 pm
Deb Weberpal, CPRP, Senior Coordinator
dweberpal@ci.whitewater.wi.us

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 –July 2009

Monday	Tuesday	Wednesday	Thursday	Friday
*Activities take place at the Starin Park Community Building unless otherwise noted. (A)=Downtown Amory (L)=Cravath Lakefront		1 10:00 Tai Chi 1:00 Texas Hold 'em Poker 1:00 Chess 6:30 Ceramics (A)	2 10:00 Bocce 1:00 Ceramics (A)	3 Closed Happy 4th of July
6 8:30 Golf 9:30 Stretch/Flex 10:30 Book Club 11:00 Wii Bowl 12:00 Senior Forum 1:00 Bid Euchre 1:30 Canasta	7 10:00 Culvers Bingo 11:00 Potluck 11:30 Dominos 1:00 Sheepshead 6:30 Ceramics (A)	8 12:15 Writing Your Memoir 1:00 Chess 6:30 Ceramics (A)	9 10:00 Bocce 11:00 Lunch Bunch 12:00 Foot Clinic 1:00 Summer Painting 1:00 Ceramics (A)	
13 8:30 Golf 9:30 Beginning Word 11:00 Wii Bowl 1:00 Therapeutic Massage 1:00 Bid Euchre	14 9:30 Beginning Word 11:00 Picnic 1:00 Sheepshead 6:30 Ceramicd (A)	15 10:00 Tai Chi 12:15 Writing Your Memoir 1:00 Texas Hold 'em Poker 1:00 Chess 6:30 Ceramics (A)	16 10:00 Bocce 1:00 Ceramics (A)	17 4:30 Fish Fry
20 8:30 Golf 9:30 My Pictures 11:00 Wii Bowl 1:00 Bid Euchre 1:30 Canasta	21 9:30 My Pictures 10:00 Our House Senior Living Bingo 12:30 Our House Senior Living Movie "Doubt" 1:00 Sheepshead 6:30 Ceramics (A)	22 9:00 Trader Joe Trip 10:00 Tai Chi 11:30 Birthday Day 12:00 Lunch and Learn 12:15 Writing Your Memoir 1:00 Chess 6:30 Ceramics (A)	23 10:00 Bocce 10:30 Chair Massage 1:00 Summer Painting 1:00 Ceramics (A) 1:00-4:00 Cook for fundraiser	24 25-26 Ball Tournament Concession Fundraiser
27 8:30 Golf 11:00 Wii Bowl 1:00 Bid Euchre	28 10:00 City Bingo 10:30 Blood Pressure 12:30 Our House Senior Living Movie "Ghosttown" 1:00 Sheepshead 6:30 Ceramics	29 10:00 Tai Chi 12:15 Writing Your Memoir 12:30 Muslim and Jewish Prayer 1:00 Chess 6:30 Ceramics (A)	30 10:00 Bocce 11:30 Root Beer Floats – Nutrition Site 1:00 Ceramics (A)	

Walworth County Nutrition Menu – July 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>1 Kielbasa Scalloped Potatoes Spinach Rye Bread Chilled Peaches</p>	<p>2 Turkey and Gravy Baked Sweet Potatoes Broccoli Multi-Grain Bread Cherry Crisp</p>	<p>3 Independence Day Senior Lunch Centers will be closed.</p>
<p>6 Pork Tips Marsala Mashed Potatoes Parslied Carrots Marble Rye Bread Chocolate Chip Oatmeal Bar.</p>	<p>7 Spaghetti and Meatballs Mixed Green Salad Garlic Bread Chilled Pears</p>	<p>8 BLT Chicken Salad Mixed Salad Greens with Tomato Wedges Mandarin Oranges Ry Krisp Crackers Marble Cake</p>	<p>9 Hamburger on a Hamburger Bun Baked Beans Mixed Vegetables Peanut Butter Cookie</p>	<p>10 Italian Baked Chicken Thigh Mashed Potatoes/Gravy Green Beans Wheat Bread Fresh Melon</p>
<p>13 Salisbury Steak Potatoes O'Brien Harvard Beets Wheat Bread Gingered Pears</p>	<p>14 PICNIC Wisconsin Bratwurst American Potato Salad Baked Beans Watermelon S'mores</p>	<p>15 Oriental Beef and Savory Brown Rice Carrots and Chives Multi-Grain Bread Pineapple Tidbits</p>	<p>16 Oven Fried Chicken Patty Mashed Potatoes and Gravy Spinach Wheat Roll Chilled Peaches</p>	<p>17 Turkey Pasta Salad Lettuce and Tomato Mandarin Oranges Wheat Bread Strawberry Mousse</p>
<p>20 BBQ Riblet on a Sliced Wheat Bun Diced Red Potatoes Parslied Cauliflower Mixed Fruit</p>	<p>21 Beef Barley Soup Parslied Carrots Peas and Onions Wheat Bread Cantaloupe</p>	<p>22 Oven Fried Chicken Mashed Potatoes and Gravy Mixed Vegetables Wheat Bread Fruit Jell-O</p>	<p>23 Sante Fe Ham Salad Lettuce and Tomato Creamy Broccoli Salad Ry Krisp Crackers Chilled Apricots</p>	<p>24 Mostaccioli/Meat Sauce Italian Mixed Vegetables French Bread Ranger Cookie</p>
<p>27 Chopped Steak with Mushroom Sauce Mashed Potatoes Brussels Sprouts Wheat Bread Fruit Cup</p>	<p>28 Chicken Salad Romaine Lettuce Garnish Herbed Tomato Wedges Multi-Grain Bread Chilled Pears</p>	<p>29 BIRTHDAY DAY Diced Pork/Rosemary Sauce Garlic Mashed Potatoes California Blend Vegetables Marble Rye Bread Cake</p>	<p>30 ROOT BEER FLOATS All Beef Hot Dog on a Hot Dog Bun Oven Browned Potatoes Parslied Carrots Banana</p>	<p>31 Potato Crust Fish Filet Peas and Onions Corn Wheat Bread Fresh Melon</p>