



Promotes and enhances a vital aging community

504 WEST STARIN ROAD
P.O.BOX 178
WHITEWATER WI 53190
262-473-0535 Fax 262-473-0537
Email: dweberpal@ci.whitewater.wi.us
Deb Weberpal, CPRP, Senior Coordinator
Rose Ellestad, Senior Aide
Romelle Koch, Volunteer Editor
March 2009 Volume IX Issue 3



END OF WINTER PARTY

Thursday March 19, 12:00 pm

It's been a long, cold winter, so let's thumb our nose at old man winter and give him a huge send off with an End of Winter Party.

We'll have a lasagna lunch and lots of games afterward including Wii, Bingo, Bunco, and Taboo. There will be prizes galore! Let's sail into spring on a high note.

Cost is \$4.00 per person and reservations are due by Monday March 16.

*Note: For those wishing to eat at the meal site the cost for the afternoon is \$1.00.

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.

WHAT'S INSIDE

- **Pages 2-6**
Classes, Activities & Community Events
- **Page 7**
Nutrition Site and Volunteers
- **Page 8**
Resources & Services
- **Page 9**
FYI and Donations
- **Page 10-11**
Van, Coach, and Extended Trips,

MARCH 8, 2009



WELCOME ROSE



Welcome to new Senior Aide, Rose Ellestad. Rose attended Whitewater City High in the 40's, married and moved away. She returned to her roots in 2003. She started volunteering at the Seniors in the Park Nutrition Site and from there, got a job with RSVP and Patti O'Brien. She worked there until 2008 when she decided to retire. She soon decided retirement wasn't for her and is now our Senior Aide. Rose has six children all of whom live in the Wisconsin.

Welcome Rose! We're so happy to have you with us.



EASTER BUNNY LUNCH

Saturday, April 4
11:00 am to 1:00 pm

Enjoy a Hot Dog Luncheon with dessert in conjunction with the Whitewater Optimist Easter Egg Hunt. Kids can frost and decorate their own cupcake and the Easter Bunny will make be available for pictures after the hunt. Cost is \$2.50 for a one hot dog lunch or \$3.50 for a two hot dog lunch. Stop in and enjoy lunch while supporting Seniors in the Park. To volunteer for or donate to this event see page 7.



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 Thursdays from 9 am-12 noon. 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
- 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.

CREATIVE WRITING SEMINAR

Wednesdays, April 1—May 6
11:30 am - 12:30 pm

Do you enjoy writing? Are you creative with words and need an outlet for expression? This creative writing seminar will include practice with fiction, nonfiction and memoir. Learn how to put your ideas, experiences and memories into print. Bring a notebook and a pen. Your facilitator is Lynn Greene, creative writing graduate and journalist. Greene is a cookbook author and has written for newspapers and magazines for the past 20 years.

\$20 for six weeks or \$5 drop-in fee
Registration due by Monday March 30



SENIOR FORUM

Monday, March 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. The meeting minutes can be found at the city website www.ci.whitewater.wi.us or on the bulletin board in the Community Building.



COMPUTER TUTOR

Thursday, March 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.



BOOK CLUB

The Book Club will meet on Monday, **March 4, at 10:30** to discuss the book *Empire Falls* by Richard Russo. The book for April is *To Kill a Mocking Bird* by **Harper Lee**.

This book depicts the life of its young narrator, Jean Louise "Scout" Finch, in the small town of Maycomb, Alabama, in the mid-1930s. Scout opens the novel as a grown woman reflecting back on key events in her childhood. The novel covers a two-year period, beginning when Scout is six and ending when she is eight. She lives with her father, Atticus, a widowed lawyer, and her older brother, Jem. Their black housekeeper, Calpurnia tends to the children. Scout and Jem's summer playmate, Dill Harris, shares the Finch children's adventures and adds imagination and intrigue to their game playing. In the novel, we see Scout grow in awareness and come to new understandings about her town, her family, and herself.

THE BIG READ

The Young Auditorium and libraries throughout Rock, Jefferson and Walworth County are participating the The Big Read. This community reading event encourages everyone to read **Harper Lee's classic, To Kill A Mockingbird.** The book will be available free at distribution sites including the Irvin Young Library. Several community events will also take place including:

Kerry Madden, reading and discussing her biography of Harper Lee at the Council for the Performing Arts in Jefferson on Wednesday, April 8 at 7:30 pm.

Loretta Ellsworth, reading and discussion of In Search of Mockingbird at the Milton House Museum on Thursday, April 2 at 7:30 pm.

Mockingbird Calling Competition at the Elegant Farmer in Mukwonago on Saturday, April 18.

To Kill a Mockingbird performance by the Montana Repertory on April 28 at 7:30 pm at the Young Auditorium.

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.



*Exercise is Miracle Gro
for the brain*

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

Classes and Activities



WALKING CLINIC

Saturday April 18 12:00 – 2:00

Walking is a great, inexpensive way to exercise. Learn more about fitness walking from Liz of Bicyclewise including heart rate, pedometer, stretching, proper body mechanics and ideas to enhance your fitness walk. Dale's Bootery will provide information on proper shoes, shoe fit, foot beds and socks.

Downtown Armory, 116 W. North St



SENIOR GOLF LEAGUE

Monday April 13 9:00 am

The organizational meeting for the Seniors in the Park golf league will be held at 9:00 at the Oak Ridge Golf Course on Bowers Lake Road in Milton with golf to follow, weather permitting. Membership fee is \$5.00 and golfers must be 60 years old as of April 13 or spouse must be 60. Flag prizes are awarded weekly and there is a luncheon to conclude the season. For more information contact don Roberts 608-868-7054, Vicki Flitsch 608-884-3586 or Bill Holcomb

LOW IMPACT LAWN CARE: SAVING TIME MONEY AND THE ENVIRONMENT

Thursday, April 16 3:30 pm or 5:30 pm

Homeowners can take easy steps every year to reduce the amount of damaging pollution that can runoff their property and into local lakes and streams. Just by changing small things such as how you fertilize and mow can make a big difference. Join Suzanne Wade, UWEX Rock River Basin Educator, as she teaches you the seven actions you can take to make your own yard 'green' in more ways than one and keep your local water blue and not green!

RSVP by Monday April 13

SKETCHING & DRAWING WORKSHOP WITH JEFF KENNEDY



Saturday May 2, 9 am—4:30 pm

You can be the worlds best painter, but if your perspective or drawing is off, no amount of painting talent will fix it. Imagine, having the ability to perfectly and accurately sketch perspectives with only a pen and a sheet of paper. Here's what you will learn

- Learn about the basic tools used for on site drawing or sketching from photo-graphs.
- Basic perspective techniques.
- Blocking in your subject and learning to develop the basic shapes and forms.
- How to start a perspective, so it ends up just the size you want it.
- How to begin drawing a perspective so that everything you draw will fit.
- How do I estimate how tall objects are, accurately, in perspective?
- Where to accurately place vanishing points.
- You'll be able to look at a perspective sketch, spot errors, and correct it with confidence
- Jeff will provide demonstrations on his techniques, then you will get a chance to try.
- A monthly e-newsletter to provide new ideas and reinforcement of your skills

The workshop will run from 9 am until 4:30 pm with a short break for lunch. The cost for this value packed workshop is \$65. This workshop will be limited to 19 participants.

Registration Deadline: Thursday, April 9

DONATIONS, GIFTS AND MEMORIALS

"No man can become rich without himself enriching others." Andrew Carnegie

You can make Seniors in the Park a recipient of a gift any time of the year. We appreciate your generosity and support of our programs.

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.

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



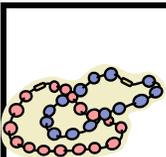
Wii BOWLING

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.

CERAMICS

Learn how to clean greenware and prepare it to be fired in the kiln. Learn painting and glazing techniques. Prices are based on the size of the project ranging from \$.50 to \$20. Drop-in as often as you like, Tuesdays 6:30–8 pm, Wednesdays 6:30–8 pm, and Thursdays 1–3:00 pm.



Check out the display case for inexpensive, new items to spice up your wardrobe for spring.

FAIRHAVEN LECTURE SERIES: "MY FAVORITE LECTURE"

Mondays 3 pm Fellowship Hall, Fairhaven

Mar. 2-Wisconsin's New Final Rights Law

Linda Reid, Finance & Business Law

Mar. 9-Enron: What Really Happened, and How Did They Do it?

Robert Gruber, Accounting

Mar. 16-The Myth of Narcissus and Echo

Rebecca Hogan, Languages & Literatures

Mar. 30-"Is Seeing Believing?": The Psychology of Visual Illusions

Greg Cook, Psychology

Apr. 6-Where Does Knowledge Come From?

The Role of Science & Research in Teaching

Greg Valde, Educational Foundations

Apr. 13-Promoting Peace by Building Schools:

The Story of Three Cups of Tea

Marilyn Durham, Languages & Literatures

Apr. 20-Asian Americans: The Fastest Growing Minority Population in the U.S.

Larry Neuman, Sociology, Anthropology & Criminal Justice

All presentations are open to the public at no charge. Unable to attend? Download podcasts of all Fairhaven Lectures beginning with fall 2007 online at:

<http://www.uww.edu/conteduc/fairhaven>

ARTISAN CO-OP GRAND OPENING

Saturday, March 7 10 am –6 pm

Enjoy a delightful visit to the Artisan Co-op in Fort Atkinson for a day of music and art.

Musicians include: 10:00 – 12:00 Les Oiseaux;

12:00 –2:00 Ren Rodee; 2:00 –3:00 Ted

Norstrom and 4:00—6:00 Cosmo. The day also

features 21 artists of various mediums including

pottery jewelry, paintings, wood carvings,

photography, stained glass, copper enameling,

glass fusion, rosemaling, and much more. The

Co-op is located at 212 South Main St Fort

Atkinson.

OUR HOUSE SENIOR LIVING MOVIES

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

“Fireproof”

Tuesday, March 17, 12:30 pm

Rated: PG 1 hr. 2 min.

Capt. Caleb Holt lives by the old firefighter's adage: Never leave your partner behind. Inside burning buildings, it's his natural instinct. In the cooling embers of his marriage, it's another story. After seven years of marriage, Caleb and Catherine Holt have drifted so far apart that they are ready to move on without each other. Yet as they prepare to enter divorce proceedings, Caleb's dad asks his son to try an experiment: The Love Dare.

While hoping The Love Dare has nothing to do with his parents' newfound faith, Caleb commits to the challenge. But can he attempt to love his wife while avoiding God's love for him? Will he be able to demonstrate love over and over again to a person that's no longer receptive to his love? Or is this just another marriage destined to go up in smoke?

“Secret Life of Bees”

Tuesday, March 24, 12:30 pm

Rated: PG-13 110 min.

Set in South Carolina in 1964, this is the tale of Lily Owens a 14 year-old girl who is haunted by the memory of her late mother. To escape her lonely life and troubled relationship with her father, Lily flees with Rosaleen, her caregiver and only friend, to a South Carolina town that holds the secret to her mother's past. Taken in by the intelligent and independent Boatwright sisters, Lily finds solace in their mesmerizing world of beekeeping.

**POTLUCK AND DOMINOES**

Tuesday March 3, 11:00 am

Bring your favorite dish to pass and enjoy fellowship and conversation. For those bringing food for potluck before Bingo, health code requires hot food to be kept hot and cold food to be kept cold. Any hot dishes **MUST** be put in the oven to maintain their temperature and cold items **MUST** be placed in the refrigerator. We now have a small refrigerator in the West Room for this purpose. Insulated carriers are meant for transportation only and are not intended to keep foods at safe serving temperatures for extended periods of time. After the meal, enjoy a friendly game of Dominoes.

BINGO!

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

Mar.3: Culver's Bingo

Mar. 17: Our House Senior Living

Mar. 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.

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.

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.

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:

- **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

VOLUNTEER APPRECIATION

Wednesday April 22, 1:00 pm

Volunteers, save this date!!! It's the day we show our appreciation to you. We will have a "green" theme this year as the 22nd is also Earth Day. Enjoy a fascinating Earth Day related presentation, dessert and door prizes. More information will be available in next month's newsletter.

Nutrition Site

Page 7

BIRTHDAY DAY

Wednesday March 5, 11:30 am

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



HAPPY MARCH BIRTHDAYS TO:

5-Gertrude Drost
13-Sharron McCarthy
25-Romelle Koch

NOTES FROM THE KITCHEN

Ahh—Spring is in the air. I just saw some green plantings coming up thorough the soil the other day. March is National Nutrition month. If you aren't getting enough fruits and veggies (five servings per day), get outside and catch some sunny rays (natural vitamin D) and of course go for a short walk, too! Exercise is Miracle Gro for your brain.

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

LOOKING AHEAD

April 4—Easter Bunny Luncheon Fundraiser
April 13—Golf starts
April 16—Natural Lawn Care Class
April 18—Walking Clinic 12-2 pm
May 2—Drawing class with Jeff Kennedy

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.

THERAPEUTIC MASSAGE

Monday, March 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 IS CANCELLED FOR MARCH



BLOOD PRESSURE SCREENING

Tuesday, March 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.

GREETING CARDS

We 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.

"On February 10, a 10-year-old Sussex spaniel named Stump won Best in Show at the Westminster Kennel Club, becoming the oldest dog to win the title in the show's 133-year history. Yet another sign of the emerging trend of 2009: "Old is in."

OLDER ADULTS, CIVIC ENGAGEMENT AND ENVIRONMENTAL ISSUES

Thursday, March 26, 11:30am-1:30 pm

“Gray” is now “Green” - not with envy, but with a sense that elders must leave their children, grandchildren and future generations a more sustainable environment. Today, the challenges of hazards and sustainability loom large. Here and abroad, older adults are working with younger generations on a clear mission: we must act now, even if in tiny steps, to save the Earth.

Join Andrew Achenbaum, Ph.D., for a look at the impact of this higher level of civic engagement (volunteering) on the environmental issues that face us all, and what applications it has for social issues of all stripes at Helen Bader Foundation, 233 N. Water St., Fourth Floor, Milwaukee, WI 53202. Lunch will be served. No charge, but space is limited. RSVP by March 19 to Pat Ganeles, pat@hbf.org or 414-755-4398.

A detailed flyer is available at the Starin Park Community Building.



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.

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.



AGE-RELATED MACULAR DEGENERATION

AMD, or age-related macular degeneration, is a leading cause of vision loss for Americans age 65 and older. As you age, your risk for AMD increases. But you can take steps to help prevent loss of sight from AMD. If you are 65 or older, you should:

- 1. Visit your eye doctor regularly.**
- 2. Learn and watch for the signs of AMD.**
 - Straight lines, such as telephone poles, the sides of buildings or streetlight poles look wavy
 - Type looks blurry
 - A dark or empty spot may block the center of your vision
- 3. Take care of yourself.**
 - Avoid smoking
 - Eat healthy foods
 - Control blood pressure and cholesterol
 - Stay active

Prevent Blindness Wisconsin offers a free educational online resource, The AMD Learning Center at www.preventblindness.org/amd.

DONATION POLICIES FOR SENIORS IN THE PARK

1. Donated items must be usable and needed by Seniors in the Park
2. The item must be in good to excellent condition.
3. The item must be easily maintainable.
4. Books must be published within the past 5 years.
5. Magazines published in the past 4 months.
6. The Senior Coordinator reserves the right to accept or reject donations for the above or other reasons.

Please bring your donation to the reception desk. You will receive a receipt for your documenting your contribution.

FOOD PANTRY DONATIONS

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

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

Cost: \$31.00 Sold Out!

RSVP payment deadline March 12

JANESVILLE SHOPPING

Wednesday, March 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, March 23.



LUNCH BUNCH

Thursday, March 5, 10:30 am

Eat lunch at The Armory in Janesville

Lunch is on your own. . Departure: 10:30 am.

Cost: \$5 RSVP by Tuesday, March 3.

FISH FRY FRIDAYS

Friday, March 20, 4:30 pm

Enjoy the fish fry at Tubby's Too Bar & Grill, Richmond. Serving will be at 5 pm. (\$7.00 & \$8.00; no credit cards—cash only).

Cost: \$4.00 Depart at 4:30.

FULL SPEED AHEAD AFTER 50

Thursday, March 12

Monona Terrace, Madison

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

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 and emergency contact numbers and a list of your medications.

FIRESIDE 2009

Wed April 8—The Fantasticks

RSVP/Payment deadline: Thurs March 5

Escort: Deb Weberpal

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.

Escort: Marie Hathaway

Wed Oct. 28—The Sound of Music

RSVP/Payment deadline: Wed., Sept. 23

Wed 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.

Extended Trips

ALBUQUERQUE BALLOON FIESTA

October 2-6, 2009

\$1589 pp/dble

Trip Preview

Wed Mar. 25

10:00 am

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

****Final payment due March 11****

SMOKEY MOUNTAIN SHOW TRIP & THE BILTMORE ESTATE

Sept 27-Oct 3 \$619 per person dble

Call for a detailed itinerary for either trip

CARS & CHINA, TANKS & TEA

Thursday May 28

We head south of the border for a distinctive trip to Lake County Illinois. Visit Brans Nuts where they roast nuts on site and sell other yummy treats. Experience the Volo Auto Museum showcasing TV, Hollywood, and antique cars. With three antique Malls, a Mercantile Mall and the Historic Volo Country Village there is something for everyone. New at Volo are interactive military displays with realistic battles scenes and heart pounding sound effects. See restored and operational vehicles, armored cars, tracked vehicles, war wagons, amphibious vehicles and half-tracks used from WWII through Vietnam and Iraq. Some are unique to this museum. Lunch will be on your own at the Volo Diner. 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 40 unique shops and eateries. A special treat will await you at Infini-tea.

Cost: \$36 RSVP/Payment deadline: April 30

Make checks out to City of Whitewater

Depart: Fort K-Mart 7:30 am
Starin Park 8:00 am

Return: Starin Park 5:30 pm
Fort K-Mart 6:00 pm

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.

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 river walk 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.



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.

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**

Walworth County Nutrition Menu – March 2009

Monday	Tuesday	Wednesday	Thursday	Friday
2 Cowboy Pork Chili Macaroni Broccoli Salad Corn Bread Chunky Applesauce	3 Spaghetti and Meatballs Peas and Carrots Garlic Bread Chilled Peaches	4 Birthday Day Slow Roasted Beef w/Gravy Mashed Potatoes Brussels Sprouts Multi-Grain Bread Marble Cake	5 Turkey Pot Roast w/Gravy Diced White Potatoes Baked Squash Wheat Bread Oatmeal Raisin Cookie	6 Chicken Breast Parmesan Penne Pasta w/ Marinara Spinach French Bread Melon
9 Country Meatloaf Patty Mashed Potatoes/Gravy Corn Wheat Roll Apricots	10 Potato Crusted Fish Filet Del Monico Potatoes Capri Blend Vegetables Rye Bread Lemon Pudding	11 Chicken Gumbo Broccoli Rice Pilaf Pea Salad Bran Muffin Bread Fruit Cup	12 Macaroni, Ham and Cheese Italian Green Beans Warm Cinnamon Apples French Bread Chocolate Mousse	13 Veal Marsala Mashed Potatoes/Gravy California Blend Vegies Multi-Grain Bread Whole Banana
16 Sloppy Joes on a Hamburger Bun Au Gratin Potatoes Mixed Vegetables Chocolate Chip Cookie	17 St Patrick's Day Corned Beef Whole Irish Potatoes Cabbage and Carrots Rye Bread Leprechaun "Pistachio" Pudding	18 Ring Bologna Parslied Potatoes Red Cabbage Rye Bread Mixed Fruit Jell-O	19 Meatloaf and Gravy Mashed Potatoes/Gravy Harvard Beets Multi-Grain Dinner Roll Pineapple Tidbits	20 Pork Pot Roast (Pulled) Diced White Potatoes Green Beans Wheat Bread Apple Pie
23 Roast Turkey and Gravy Baked Sweet Potatoes Brussels Sprouts Wheat Bread Brownie	24 Chopped Pork Steak with Mushroom Gravy Mashed Potatoes Cauliflower & Red Peppers Multi-Grain Bread Ranger Cookie	25 Beef Noodle Soup Peas and Onions Carrot Raisin Salad Rye Bread Cake	26 Oven Roasted Chicken (Drumsticks) Garlic Mashed Potatoes Broccoli Wheat Bread Fresh Melon	27 Spaghetti and Meatballs Italian Mixed Vegetables Garlic Bread Peach Applesauce
30 Beef Tips Burgundy Mashed Potatoes Broccoli Wheat Bread Mandarin Oranges	31 Barbecued Country Pork Au Gratin Potatoes Parslied Cauliflower Multi-Grain Dinner Roll Chilled Peaches	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.		

Seniors in the Park Activity Calendar –March 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	3 10:00 Culvers Bingo 11:00 Potluck 11:30 Dominos 1:00 Sheepshead 6:30 Ceramics (A)	4 9:00 Bowling 11:30 Birthday Day 1:00 Wisconsin History Series 1:00 Texas Hold 'em Poker 1:00 Chess 6:30 Ceramics (A)	5 9-12 AARP Tax Assistance 9:30 Stretch/Flex 10:30 Lunch Bunch to the Armory 11:00 Brain Fit 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	10 1:00 Sheepshead 6:30 Ceramics (A)	11 9:00 Bowling 10:30 Fireside 1:00 Wisconsin History Series 1:00 Chess 6:30 Ceramics (A)	12 8:00 Full Speed Ahead departs 9-12 AARP Tax Assistance 9:30 Stretch/Flex 1:00 Ceramics (A)	13 
16 9:30 Stretch/Flex 11:00 Wii Bowl 1:00 Bid Euchre 1:30 Canasta	17 7:45 Diamond Jo departs 10:00 Our House Bingo 12:30 Our House Movie “Fireproof” 1:00 Sheepshead 6:30 Ceramics (A)	18 9:00 Bowling 1:00 Texas Hold 'em Poker 1:00 Wisconsin History Series 1:00 Chess 6:30 Ceramics (A)	19 9-12 AARP Tax Assistance 9:30 Stretch/Flex 11:00 Computer Tutor 12:00 End of Winter Party 1:00 Ceramics (A)	20 4:30 Fish Fry Happy Spring!
23 9:30 Stretch/Flex 11:00 Wii Bowl 1:00 Bid Euchre	24 10:00 City Bingo 10:30 Blood Pressure 12:30 Our House Movie “Secret Life of Bees” 1:00 Sheepshead 6:30 Ceramics	25 9:00 Bowling 10:00 Albuquerque Trip Preview 10:30 Janesville Shopping 1:00 Wisconsin History Series 1:00 Chess 6:30 Ceramics (A)	26 9-12 AARP Tax Assistance 9:30 Stretch/Flex 11:00 Brain Fit 1:00 Ceramics (A)	27 
30 9:30 Stretch/Flex 11:00 Wii Bowl 1:00 Bid Euchre 1:30 Canasta Spring Trip Deadline	31 1:00 Sheepshead 6:30 Ceramics	APRIL 1 1:00 Wisconsin History Series 1:00 Texas Hold 'em Poker 1:00 Chess 6:30 Ceramics (A)	*Activities take place at the Starin Park Community Building unless otherwise noted. (A)=Downtown Amory (L)=Cravath Lakefront	