



The Park Bench

Seniors in the Park Newsletter
August 2010 Volume X Issue 8

Seniors in the Park promotes and enhances a vital aging community

SHARING MEMORIES OR LIFE EXPERIENCES WITH DIGITAL STORYTELLING

Mondays 1:00 pm August 9, 16, 23



Everyone has many powerful stories to tell. The ritual of sharing insights and experiences about life can be immensely valuable both to those who speak and those who bear witness.

This workshop is for anyone who has a desire to document life experiences, events or history through the use of story, photos, and music. We are looking for memories of Whitewater or life stories of growing up in a less complicated time. People who believe they are mundane, uninteresting, or unmemorable possess a rich body of stories just waiting to be told.

The first meeting will be an introduction to digital storytelling with examples. Volunteers and Whitewater Cable TV will provide the technical expertise to make this project happen. You are welcome to bring your story and/or photos to begin the process. Come and check it out. Reservations for the workshop are due by Wednesday, August 4.



CAMPFIRE DAY

Wednesday, August 25, 11:00 am

Remember trips to camp or just a bonfire in the back yard? Join us as we sing songs around the "campfire" with guitarist Lenny Plucinski. The meal will be Hot Dog on a Bun, American Potato Salad, Baked Beans, Peaches and S'mores for dessert.

Call for reservations by Monday, August 23. Suggested meal site donation is \$2.50.

TRIVIA CONTESTS

Team Trivia Contest

Thursday, August 26, 1:00 pm

Put together a team of up to four people and tackle our 100 questions in ten different categories from music to movies to history to science. The trivia will be multiple choice and fill-in the blank. There will be food and prizes. Be crowned the Trivia Wizards! Register your team by Thursday, August 19. Cost: \$2.00 per person

Bulletin Board Trivia

Each week during the month of August there will be trivia posted on the bulletin board. Turn in your answer for the chance to win a variety of prizes. All correct answers will be put into a drawing which will be held at the end of the month for a Sentry gift card. Trivia answers are due by noon on Thursday. The winner and the answer will be posted the following Monday.

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FYI





COMPUTER SAVVY

Asked and Answered
August 16, 17, 19, 23, 24, or 26
9:00 am

One to 1 1/2 hour, one-on-one help sessions on topics of your choosing. Bring your own laptop, if you wish, with either VISTA or XP or use the XP computers at the Senior Center. Internet, E-mail, Word, Excel, Pictures or general topics can be raised. When registering for a date please give an indication of the topic or assistance you will need.

Instructor: Lyle Hunter

Cost: \$5.00; RSVP due one week prior to the day you would like the class.

BINGO!

Tuesdays, 10:00 am

August 3: Culver's Bingo

August 10: Our House Senior Living

August 24: City Bingo (**\$50 Savings Bond cover -all is back! Thanks Fort Community Credit Union!**)

Weekly Bingo Sponsors:

Culver's Our House Senior Living

City Bingo Sponsors:

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

Remember to thank our sponsors when you visit them.

BOOK CLUB

Monday, August 2, 10:30 am

The Book Club will discuss *La's Orchestra Saves the World* by Alexander McCall Smith. The book for August is *Dear John* by **Nicholas Sparks**.

An angry rebel, John dropped out of school and enlisted in the Army, not knowing what else to do with his life--until he meets the girl of his dreams, Savannah. Their mutual attraction quickly grows into the kind of love that leaves Savannah waiting for John to finish his tour of duty, and John wanting to settle down with the woman who has captured his heart. But 9/11 changes everything. John feels it is his duty to re-enlist. And sadly, the long separation finds Savannah falling in love with someone else. "Dear John," the letter read...and with those two words, a heart was broken and two lives were changed forever. Returning home, John must come to grips with the fact that Savannah, now married, is still his true love—and face the hardest decision of his life.



SALAD POT LUCK LUNCHEON

Tuesday, August 3, 11:30 am

Salads are the perfect meal on a hot summer day. We will be having a salad pot luck luncheon with a twist. Drop off your salad recipe by July 28. The recipes submitted will be assembled into a booklet and those attending the pot luck will receive a copy. Join us for good food and fun.



SENIORS IN THE PARK PROMOTES AND ENHANCES A VITAL AGING COMMUNITY

OUR HOUSE SENIOR LIVING MOVIES

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

“Invictus”

Tuesday, August 10 12:30 pm
Rated: PG-13 2 hr. 14 min.

After being imprisoned 27 years for his heroic fight against apartheid, Nelson Mandela is elected president of South Africa. He rejects revenge, forgives his oppressors and finds hope of national unity in an unlikely place: the rugby field. In this powerfully uplifting film about a team and a people inspired to greatness, Mandela (Morgan Freeman) asks the national rugby team captain and his underdog squad to do the impossible and win the World Cup. One team, one country. The universal language of sports has never spoken so thrillingly as in *Invictus*.

“The Young Victoria”

Tuesday, August 24 12:30 pm
Rated: PG 1 hr. 45 min.

Resolved to establish her authority over those who rule in her stead, a young and inexperienced Queen Victoria draws strength from the love of Albert, the handsome prince who’s stolen her heart. Based on the courtship and early reign of England’s longest-serving monarch, *The Young Victoria* is a majestic tale of romance, intrigue and power.

“Remember Me”

Tuesday, August 31 12:30 pm
Rated: PG-13 1 hr. 52 min.

In the summer of 2001, New York college student Tyler is still feeling lost from the tragedy that has strained his relationship with his father when he meets Ally, a girl who understands his pain. The last thing Tyler’s looking for is love, but through their passionate relationship, he finds new possibilities for happiness. It’s an unforgettable story about the power of the heart, the strength of family, and the importance of treasuring every day of one’s life

NOTES FROM THE KITCHEN

Get out of the heat and let us cook for you. Anyone 60 and over is welcome to attend. Nutrition Site meals are served at 11:30, Monday through Friday. The suggested donation is \$2.50. To reserve a meal, call 262-473-0536 by noon a day in advance (call Friday for a Monday meal) or call Walworth County at 1-800-365-1587 and leave your name, phone and the meal site you would like to attend. It’s that simple. Enjoy a meal with us.



~Sue

The Nutrition Program will be at Brookdale on Friday, August 13.

MEAL SITE CANCELLATIONS

Cancellations must be called in no later than 8:00 am the day of your reservation or the night before. Please call the Nutrition office at 262-741-3333 and leave your message. The County gets charged for meals ordered. Please help out the Nutrition Program by canceling in advance.

BIRTHDAY DAY

Wednesday, August 4, 11:30 am

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



Happy August Birthdays to:

2—Blanche Grum	14—Dorothy Poehler
3—Roger Provenzano	Jean Lee
9—Sandi Colombe	16—Gretchen Barth
12—Jean Nielsen	19—Alice Smith

**SUMMER HOURS ARE
9:00 AM TO 4:00 PM.**

**FREE LAKEFRONT CONCERTS
AND FAMILY FUN NIGHTS**

Thursdays 7:00 pm

August 5 Concert—Piper Road Spring Band

**CRAVATH LAKEFRONT
CONCESSIONS & BOAT
RENTALS**



The Cravath Lakefront will be a destination this summer you will not want to miss. Paddleboats, kayaks, and fishing poles will all be available to rent, along with a concession stand that will offer something for all. Rental fees for kayaks, and/or paddleboats are \$3.00 for 30 minutes or \$5.00 for 60 minutes through August 22

Hours: Thursdays & Fridays 4-10 pm
Saturdays & Sundays 2-8 pm

**DISCOUNTED ATTRACTION
TICKETS**

Tickets to these attractions are available for purchase at the Municipal Center, 1st floor, Finance window, between the hours of 8:00 am-4:30 pm, Monday through Friday until August 31. Payment can be made by credit card, cash or check.

- Milwaukee County Zoo
- Mt. Olympus (Wisconsin Dells)
- Noah's Ark (Wisconsin Dells)
- Six Flags Great America & Hurricane Harbor

AUGUST OFFICE HOURS

The Seniors in the Park office is open 9 am—4 pm except:

- Wednesday, August 4, 12:30-4:00
- Wednesday, August 11, closed
- Thursday, August 19, 9:00-12:00

**UW-W CONTINUING EDUCATION
LECTURE SERIES**

**Cold War Stories: A Half-Century
of Soviet-American Tension**
1:00 pm Wednesdays

Sept. 22: Berlin, the Airlift, and the Wall: Ground Zero of the Cold War

Sept. 29: Spies: Hiss v. Nixon, the Rosenbergs, McCarthy and the U-2 Incident

Oct. 6: Cuba and the Missiles of October: The Brink of Nuclear War

Oct. 13: Presidents Meet Premiers: Soviet-American Cold War Summits

Oct. 20: The Cold War's Endgame: Collapse of the USSR

Presenter: Dr. Richard Haney, Professor Emeritus
Please RSVP in advance.

ZUMBA® GOLD

Tuesdays, 8:30 am, beginning September 14

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

Classes begin Tuesday, Sept. 14, 8:30 am

Instructor: **Sindy Leibbrand**, Certified Zumba® and Chi Gong instructor

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

Register by September 8; minimum of 12 people needed for the class to continue. Bring a friend!

TAI CHI

Wednesdays, 9:30 am.

September 15—November 3

Practicing Tai Chi boosts the immune system and the gentle relaxed movements provide energy, elevate mood, lessen anxiety and pain, and enhance balance and flexibility of body and mind. Tai Chi is beneficial at any age and movements can be modified to fit your needs. Beijing short form will be taught.

Instructor: Sue Whitford

Cost: \$24.00 (8 week class) Checks made out to Sue Whitford.

Minimum: 8 people Maximum: 12

Register/payment by September 9.

DUTCH WATERWAYS IN SPRING

April 16-24, 2011



Cruise the historic canals of Holland aboard the exclusively chartered and comfortable MS Rigoletto. Experience the Netherlands ablaze with spring colors and tulips. See picture postcard historic towns and villages with local people dressed in traditional costumes, fascinating windmills and open-air museums that stand as living monuments of the past. See the medieval harbor town which was headquarters for the Dutch East India Company. Kampen has one of the best preserved old town centers and well preserved mansions of Dutch sea captains. Visit Kinderdijk a UNESCO World Heritage Site. Tour includes: 21 meals, free round-trip airport transfers, Guaranteed Share program for single travelers.

Detailed itinerary available at the Starin Park Community Building or online at www.ci.whitewater.wi.us, Departments, Seniors in the Park.

Cost of other decks and single supplement available.

Main Deck \$3038 pp/dbl (by June 19)

Main Deck \$3238 pp/dbl (after June 19)

Deposit of \$400 due by October 10

Checks payable to Mayflower Tours

Optional Passenger Protection is available.

First Time Traveler and Referral Rewards available.

Next preview will be Monday, September 27 at 11:00 am

APOSTLE ISLAND APPLE FEST

October 2-5, 2010



The Bayfield Apple Festival is among the Top Ten Autumn Festivals in North America. Enjoy the Arts and Crafts Fair, over 46 Orchards and food booths selling apples, apple desserts and delicacies, and the Apple Fest Grand parade. Take the Madeline Island Ferry with spectacular views of Lake Superior and the 22 Apostle Islands. Join a local guide for a fascinating island tour. End the day with a fabulous dinner at the Old Rittenhouse Inn.

Tour includes 7 meals (3B, 2L, 2D), transportation, tour guide and excursions per the itinerary. Detailed itinerary available at the Starin Park Community Building or online at www.ci.whitewater.wi.us, Departments, Seniors in the Park.

Cost \$699 double, \$939 single
Deposit of \$50 with reservation.

Only 8 seats available!

Final payment due August 19.

Checks payable to Badger Tour and Travel.

Optional Passenger Protection is available.

CHRISTMAS IN DUBLIN OHIO

December 1-4



Tour this uniquely Irish community and enjoy three days of Irish Holiday Traditions and treats. Detailed itinerary available at the Community Building and online or call for details.

Cost: \$529 dbl; \$678 sgl; Deadline: August 31

PALM SPRINGS

March 25—April 5, 2011



Enjoy Palm Springs, where the desert blooms and has been a favorite getaway destination for celebrities and sun seekers alike for more than 100 years. Highlights include Palm Springs Follies, celebrity homes, air museum, living desert museum and more! Detailed itinerary available at the Community Building and online or call for details.

Cost \$1399 dbl; \$1978 sgl

Preview: September 27, 1:00 pm

DUTCH WATERWAYS

**First Time traveler discount applies
or use previous Mayflower money**

BECKMAN MILL AND HISTORIC AUTO MUSEUM

Tuesday, August 17

Beckman Mill is an authentically restored 1868 grist mill in Beloit. Have a guided tour of the working mill, visit the museum, vintage garden. Blacksmith shop and gift shop. Short flight of stairs in the Mill.



For the better part of 10 years Wayne Lensing built up a collection exceeding 70 special interest autos. These famous autos are now housed in a magnificent building and run as a museum in Roscoe, Illinois. Each display is artistically designed with graphic illustrations and historical information. Historic Auto Attractions is not only home to famous cars, but also a wide array of movie memorabilia. Some of those pieces include Marilyn Monroe's nightgown, a sweater worn by Hollywood legend James Dean and an outfit worn by Elvis Presley. In addition, a large section of the museum is dedicated to John F. Kennedy, along with the "Day in Dallas" display. Historic Auto Attractions is truly one man's passion for automobiles and history that is a must see for everyone! Lunch will be on your own.

Cost \$22.00 (65+) \$24.00 (under 65 yrs)

RSVP/payment due Wednesday August 4

Depart: 8:30 am Return: 4:00 pm

LUNCH BUNCH

Thursday, August 12

Travel to Ivan's on the Square in East Troy for lunch. Departure: 10:30 am. Cost: \$5

RSVP by Tuesday, August 10

Sept: The Depot & Brownberry Bread—
Oconomowoc

JANESVILLE SHOPPING

Wednesday, August 25, 10:30 am

Join us for a fun day in Janesville. Stops determined by those on the trip.

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

RSVP by Monday, August 23

WISCONSIN STATE FAIR

Thursday, August 5,

Enjoy the State Fair and the famous cream puffs! There is ample shade around the exhibition buildings and lots of great food. Check out this fun event without having to drive or park!

Cost: \$18 (60+); \$21 (under 60)

Reservation/payment due July 27.

Trip departs: 8:30 am; Return approx: 4:30 pm

MADISON FARMERS MARKET

Saturday, August 28

Visit the fabulous Madison Farmers Market on the Square.

Cost: \$8.00

Reservation/payment due Wednesday, August 18

Depart: 7:00 am

Return: Approx. 12:00 pm

GAYS MILLS APPLE ORCHARDS

Thursday September 23



Start the day with a tour of Arena Cheese. Visit two Apple orchards and enjoy fresh from the tree apples along with other delectable treats. Lunch will be on your own at the Pie Depot.

Cost: \$17.00

RSVP/Payment due Thursday Sept. 9

Depart 8:00 am; Return 6:00 pm (approx)

GENEVA LAKE MUSEUM OF HISTORY

Monday September 13

WOW! 19th Century Street with Geneva Lake home facades, Andy Gump memorabilia, Chicago World's Fair artifacts, vintage boats, hotel items designed by Frank Lloyd Wright, railroad exhibit, Fire station with vintage equipment and much more! Lunch on your own at Egg Harbor.

Cost: \$17.00 RSVP/Payment due Thurs. Sept 2

Depart 9:30 am; Return 2:30 pm (approx)



CHICAGO CULINARY TOUR

Wednesday August 11

Experience the culinary delights of Chicago. Enjoy a gourmet luncheon prepared by graduate chefs at a premier culinary school. Learn about the fascinating curriculum and how the school is educating students in every aspect of food. Visit an Italian Bakery and also a Delicatessen in Little Italy. Visit the Shop of Spices, who supply the nation's top chefs and learn the histories and mysteries of spices. Discover the fascinating history of chocolate, one of our favorite foods! Taste and learn how to use oils and vinegars. Visit the Grand Grocery Emporium. Detailed itinerary available at the Starin Park Community Building or online at www.ci.whitewater.wi.us, Departments, Seniors in the Park. **Please bring a cooler for your purchases.**

Cost: \$77.00

Reservations/payment due by July 28.

(Can possibly take reservations after this date. Please call)

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

Return: Starin:7:00 pm;
Fort K-Mart:7:30 pm

Only 10 seats left!

The Fireside

FIRESIDE 2010

Wednesday, Aug. 4—Ring of Fire

Wednesday, October 20—Hairspray

RSVP/Payment deadline: Mon., Sept 13.

Wednesday, December 21—The Child; Story of the First Christmas

RSVP/Payment deadline: Thurs., Nov. 4

Cost: \$67.00

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.

CHIP-IN CASINO

October 18-19



The Chip-In Resort is located near Escanaba, Michigan. Receive up to \$65 in credits, discounts on meals and free breakfast. Get a detailed itinerary at the Community Building.

Cost: \$79 per person double (\$109 single, \$74 triple)

Checks made out to Fort Atkinson Sr. Ctr.

Depart: Fort K-Mart 7:30 am

Return October 19 approx 7:30 pm

SALUTE TO VETERANS

Tuesday, November 9



Tour Fort McCoy, including a stop at the commemorative area, Museum, WWII barracks and static equipment; along with some good old story telling just for the fun of it. Then it's off to Ginny's Cupboard in Sparta for lunch. It will consist of choice of homemade soups, shredded homemade hot beef on homemade bread with shredded cheese, chips, pickle, cookie and choice of coffee or soda. Next stop is Burnstad's to see Deborah at Candy Creations, demonstrating candy making techniques, and sample 44 flavors of fudge and purchase some to take home. Our final stop will be Humbird Cheese with over 100 varieties to sample and buy to have on the bus and at home.

Cost: \$48 (Veterans get \$2 off)

Reservation/payment due: October 12

Checks made out to Fort Senior Center

Depart: Starin Park 7 am; Fort K-Mart 7:30 am

Return: Fort K-Mart 5:45 pm; Starin Park 6:15 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/emergency contact numbers and a list of your medications.

GRIEF SUPPORT GROUP

Tuesday, August 17, 2:00

This group is open to anyone who has experienced a loss. Share and grow with one another. Currently the group will meet monthly. Questions, call Rainbow Hospice, 920-674-6255.

SERVICES AT A GLANCE

- **Blood Pressure Screening-Tuesday, August 24, 11:00 am.** Provided free by Country Nurses
- **Foot Clinic-August 10 at 12:00 noon (Second Tuesday).** Please bring a towel. No appointment is necessary. Cost is \$10.00.
- **Therapeutic Table Massage-Monday, August 9, 1:00 pm.** Sharon Baker, half-hour massages for \$25. Appointments must be made in advance by calling 262-473-0535.



IMPORTANT NUMBERS & WEB SITES

- **Alzheimer's Assistance,** Southeastern WI Chapter, 1-800-272-3900 or www.alzheimers-sewi.org
- **Walworth County Benefit Specialist,** contact Julie Juranek, 262-741-3200 or 1-800-365-1587
- **Aging and Disability Center of Walworth Co. (ADRC),** 1-800-365-1587
- **Information and Referral,** (County Aging Services), 262-741-3423
- **GWAAR, Greater Wisconsin Agency on Aging Resources, Inc.,** 262-821-4444 or 608-224-6300, www.gwaar.org
- **Walworth County Chapter of AARP,** contact Jim Davis, 262-642-5694

PAPER SHREDDER

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

CELL PHONE RECYCLING

Please donate your old cell phone to Seniors in the Park. Besides keeping cell phones out of landfills, it raises money for programs and activities.

PARK BENCH IDEAS

We need your ideas for topics you would like us to address on the Park Bench TV show. Call or email Deb with your ideas.

FUNDS FOR FRIENDS



Keep up the great work collecting those Sentry receipts. Make sure you ask for a "Friends" sticker when you get your receipt.

DONATIONS, GIFTS, 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.

DISPLAY YOUR COLLECTION

We are looking for a new collection to highlight in our display case. Contact Deb to see if you would like to share your collection.

NEWSLETTER ADVERTISING

Advertising is accepted in our newsletter.

<u>Ad Size</u>	<u>Dimensions</u>	<u>Rate</u>
Business Card	3½" X 2¼"	\$ 15.00
Quarter Page	3½" X 4"	\$ 30.00
Half Page (vert.)	3½" X 9"	\$ 60.00
Half Page (horiz.)	7 ½" X 4½"	\$ 60.00
Full Page	7½" X 9½"	\$120.00

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

GREETING CARDS

New greeting cards have arrived!! Check them out. We have a great selection of Wedding and Anniversary cards, as well as everyday and special greeting cards at low prices.



VOLUNTEER AT BEST DAM BIKE TOUR FOR MS

August 7-8

Help is needed in a variety of ways from registration, to driving golf carts, to helping out at the party tent. Shifts are from 2-3 hours long. The list of help needed and times is posted on the Community Building Bulletin Board and is at the reception desk. Event is held at Starin Park and UW-W. Please contact Patty at Volunteer Connections, Inc (formerly RSVP) if you are interested in helping out, 262-472-9632. It is a fun event, please lend a hand.

MAKE A DIFFERENCE

Make a difference by improving the programs and services offered at Seniors in the Park. Contact Deb with questions or your interest. Volunteer as a team for some opportunities.

Cable TV Show Production—Help is needed!! Assist with taping the interviews and arranging the set. Training provided.

Movie Director—Choose and project two movies a month on the second and fourth Tuesdays, 12 pm—2:30 pm. It can be as simple as you want or add your own flair with movie backgrounds or interesting facts. Training provided.

Van Drivers—Once or twice a month. Training and funding provided for CDL license.

Experience Coordinator—Provide people with quality travel experiences by planning and escorting day trips. Support and training provided.

Reflections—Reflecting on where we've been helps us go forward. Maintain and update our historical information and photos. Time commitment is your schedule, and training is provided.

BEAT THE HEAT

8 Simple Steps for Older Adults

Each year, more people die from “excessive heat events”—or heat waves—than from hurricanes, lightening, tornadoes, floods, and earthquakes combined. Anyone can be adversely affected by excessive heat, but older adults are particularly vulnerable.

Following these simple steps can save lives and reduce risk.

Visit an air-conditioned building in your community if your home is not air-conditioned.

Take a cool shower or bath.

Drink plenty of water. 6-8 glasses a day or more

Wear lightweight, light-colored, and loose-fitting clothing.

Avoid strenuous activities.

Ask your health-care provider if the medications you take could make you more susceptible to excessive heat.

Visit at-risk individuals and watch for warning symptoms, such as hot, dry skin, confusion, hallucinations or aggression.

Call 911 if medical attention is needed.

POLICIES AND PROCEDURES

TRAVEL POLICIES

- Please sign up and pay by deadlines.
- Cancellations after the deadline are refundable only if a person takes your place or if monies can be recovered by Seniors in the Park.
- Please sign up as early as possible so trips will not be cancelled! Waiting until the last minute to sign up will almost guarantee cancellation.
- Medical emergency forms are required for each individual. These are kept confidential and are updated every two years.
- Please park at the east end of the parking lot to leave space for those attending activities at the Community Building.

The above are the basic policies. The travel policies are too numerous to put in the newsletter. The Policies and Procedures Manual is available at the reception desk for anyone who would like the complete listing.

**Seniors in the Park
PO Box 178
Whitewater WI 53190**



Accredited by
the Wisconsin
Assoc. of Senior
Centers

Member:

Wis. Association of Senior Ctrs.
Wis. Parks & Recreation Assoc.
National Council on Aging
Nat'l Institute of Senior Centers

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For General City information see
the city website at
www.ci.whitewater.wi.us
Seniors in the Park is a division of
Whitewater Parks and Recreation
Matt Amundson, CPRP, Director
Michelle Dujardin, Recreation &
Community Events Coordinator

NEWSLETTER SUBSCRIPTION OR PICK-UP SITES

To have the Seniors in the Park Newsletter mailed to your home for one year, send \$5 with this coupon. To receive the newsletter **FREE**, go online to www.ci.whitewater.wi.us click on Departments, then Seniors in the Park or go to www.whitewaterbanner.com and look for the link in the left column. The newsletter is available for pick up at the Starin Park Community Building, Municipal Building, the Whitewater Aquatic and Fitness Center, and the Irvin L. Young Memorial Library.

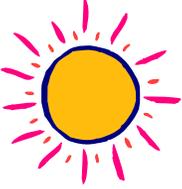
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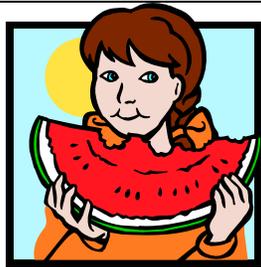
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Seniors in the Park Activity Calendar –August 2010

Monday	Tuesday	Wednesday	Thursday	Friday
2 8:30 Golf (OR) 9:30 Stretch/Flex 10:30 Book Club 11:00 Wii Bowl 1:00 Bid Euchre 1:30 Canasta	3 10:00 Culvers Bingo 11:30 Salad Potluck 11:30 Dominos 1:00 Sheepshead	4 1:00 Texas Hold 'em Poker 1:00 Chess 6:00 Ceramics (A) Office 12:30– 4 pm	5 9:30 Stretch/Flex 12:00 Trivia answer due 3:00 Ceramics (A)	6 
9 8:30 Golf (OR) 9:30 Stretch/Flex 11:00 Wii Bowl 1:00 Digital Storytelling 1:00 Bid Euchre 1:00 Therapeutic Massage	10 10:00 Our House Senior Living Bingo 12:00 Foot Clinic 12:30 Our House Senior Living Movie “Invictus” 1:00 Sheepshead	11 1:00 Chess 6:00 Ceramics (A) Taste of Chicago departs 7:30 am	12 9:30 Stretch/Flex 10:30 Lunch Bunch 12:00 Trivia answer due 3:00 Ceramics (A)	13 11:30 Nutrition Site - Brookdale
16 8:30 Golf (OR) 9:00 Asked and Answered 9:30 Stretch/Flex 11:00 Wii Bowl 1:00 Digital Storytelling 1:00 Bid Euchre 1:30 Canasta	17 9:00 Asked and Answered 1:00 Sheepshead 2:00 Grief support Group	18 11:30 Birthday Day 1:00 Chess 1:00 Texas Hold 'em Poker 6:00 Ceramics (A)	19 9:00 Asked and Answered 9:30 Stretch/Flex 12:00 Trivia answer due 3:00 Ceramics (A) Office 9-12	20 
23 8:30 Golf (OR) 9:00 Asked and Answered 9:30 Stretch/Flex 11:00 Wii Bowl 1:00 Digital Storytelling 1:00 Bid Euchre	24 9:00 Asked and Answered 10:00 City Bingo 11:00 Blood Pressure 12:30 Our House Senior Living Movie “The Young Victoria” 1:00 Sheepshead	25 11:00 Campfire Day 1:00 Chess 6:00 Ceramics (A)	26 9:00 Asked and Answered 9:30 Stretch/Flex 12:00 Trivia answer due 1:00 Team Trivia Contest 3:00 Ceramics (A) Applefest RSVP/Payment due	27 28 7:00 am Depart Madison Farmers Market
30 8:30 Golf (OR) 9:30 Stretch/Flex 11:00 Wii Bowl 1:00 Bid Euchre 1:30 Canasta	31 12:30 Our House Senior Living Movie “Remember Me” 1:00 Sheepshead Christmas in Dublin RSVP/payment due		*Activities take place at the Starin Park Community Building unless otherwise noted. (A)=Downtown Amory (L)=Cravath Lakefront (OR)=Oak Ridge Golf Course, Milton	

Walworth County Nutrition Menu – August 2010

Monday	Tuesday	Wednesday	Thursday	Friday
2 Beef Bourguignonne Mashed Potatoes Broccoli Wheat Bread Chilled Pears	3 Stuffed Cabbage Roll Red Beans and Rice Carrots and Chives Multi Grain Bread Chilled Peaches	4 Summer Medley Chicken Baking Powder Biscuit California Blend Vegetables Cole Slaw Hot Glazed Apples	5 Ham and Turkey Club Focaccia Flat Bread Lettuce and Tomato Pea Salad Mandarin Oranges	6 Sicilian Meatball Soup Potatoes Italiano Italian Greens Beans Wheat Bread Iced Sugar Cookie
9 Chicken Breast ala Cran- berry Raisin Sauce Savory Brown Rice Scandinavian Blend Vegetables Multi Grain Dinner Roll Chilled Apricots	10 Italian Beef Sandwich on a Sliced Wheat Bun Peas Stewed Tomatoes Vanilla Pudding	11 Savory Ground Pork and Curly Noodle Casserole Carrots Parslied Cauliflower Rye Bread Fruit Jell-O	12 Meatloaf and Gravy Mashed Potatoes Harvard Beets Wheat Bread Applesauce	13 AT BROOKDALE Open Faced Hot Turkey Sandwich on Multi-Grain Bread Baked Sweet Potatoes Broccoli Cherry Crisp
16 Pork Stroganoff Mashed Potatoes Parslied Carrots Marble Rye Bread \Chocolate Chip Cookie	17 Spaghetti and Meatballs Mixed Green Salad Garlic Bread Chilled Pears	18 BLT Chicken Salad Mixed Salad Greens with Tomato Wedges Mandarin Oranges Ry Krisp Crackers Marble Cake	19 Hamburger on a Hamburger Bun Baked Beans Mixed Vegetables Fruit Sunburst	20 Italian Baked Chicken Thigh Mashed Potatoes Green Beans Wheat Bread Fresh Melon
23 Salisbury Steak Potatoes O'Brien Harvard Beets Wheat Bread Rosy Applesauce	24 Fiesta Pasta Bake Corn and Black Beans Green Beans Potato Roll Banana	25 Kielbasa Scalloped Potatoes Spinach Rye Bread Chilled Peaches	26 Oven Fried Chicken Patty Mashed Potatoes Brussels Sprouts Wheat Roll Fruit Cup	27 Turkey Pasta Salad with Shell Rigate Lettuce and Tomato Mandarin Oranges Wheat Bread Strawberry Mousse
30 BBQ Riblet on a Sliced Wheat Bun Diced Red Potatoes Parslied Cauliflower Mixed Fruit	31 Beef Barley Soup Parslied Carrots Peas and Onions Wheat Bread Cantaloupe			Persons age 60 or older and their spouse, regardless of age, are eligible to participate. A suggested donation of \$2.50 is requested. Those unable to contribute are still welcome. You may reserve a meal by calling 262-473-0536 <u>before 12:00 p.m. one (1) business day in advance.</u> If no answer, call the Nutrition Program office at 262-741-3333 or 1-800-365-1587, Ext. 3333. Cancellations must be made no later than <u>8:00 a.m.</u> the day of your reservation by calling the Nutrition Program office.