



The Park Bench

Seniors in the Park Newsletter
December 2010 Volume X Issue 12

Seniors in the Park promotes and enhances a vital aging community



GHANA PRESENTATION

Monday Dec 13, 1:00

Photos and stories from Deb's trip to Africa. Living with a family gives a different perspective when travelling in a foreign country. The markets, shopping, a funeral, an engagement, and the fabulously wonderful people were part of the adventure. Please RSVP By

Wednesday Dec 8

HOLIDAY DINNER

Wednesday, December 15, 12:15 pm
Whitewater Country Club

The holiday season is about friends and family. Celebrate with your Seniors in the Park "family." The meal will consist of roast turkey or pork loin roast, stuffing, vegetable, beverage and dessert. Cost of the dinner, entertainment and door prizes is \$13.00 or for volunteers \$11.00. Tickets must be purchased by December 2. Share some holiday spirit with friends, enjoy great food and delight in the beautiful sounds of the Rock Prairie Dulcimers. Rides to the event are available. Let us know when you purchase a ticket.

HOLIDAY LUNCH

Wednesday, December 22, 11:00 am

Enjoy the smooth sounds of Jerry Hartman and join us in a round of Christmas Carols to help ring in Christmas. The lunch will consist of Turkey, Corn Bread Stuffing, Mashed Potatoes and Sage Gravy, Savory Green Beans, and Pumpkin Pie. This is a Nutrition Site meal and the suggested donation is \$2.50. Please RSVP by Monday December 20.



TASTY, TEMPTING TEA

Tuesday January 18, 2:00 pm

Learn some history and terminology relating to teas and the secret to brewing a great cup of tea. Smell fragrant loose tea and sample your favorite. Enjoy a relaxing afternoon tea with snacks. If you have a pretty tea cup, please bring it along to enjoy your tea in.

Cost: \$3.00 Reservation Deadline: January 12

WHAT'S INSIDE

Pages 1-4
Classes and Activities

Page 4
Nutrition Site

Page 5
Looking Ahead & Community Events

Pages 6
Extended Trips

Page 7
Van & Coach Trips

Page 8
FYI and Thank yous

Page 9
Resources, Services, and Opportunities

Happy Holidays!!



Upcoming Activities



SENSATIONAL SOUPS

Thursday, January 27, 1:00 pm

What is the difference between a bisque, bouillabaisse, and borscht?

Whether you are a soup connoisseur or a beginner, join us for an informational workshop covering how soup is part of a healthy diet, soup making tips, and how to create tasty soups! Samples of several recipes will be provided.

Instructor: Jenny Wehmeier, UW-Extension
Family Living Educator

Cost: \$3.00

RSVP/Payment deadline: Thursday, January 20

DE-CLUTTER TODAY FOR A CAREFREE TOMORROW

Saturday, March 5, 10-11:30 am

Discover how de-cluttering can improve your life! Gain a new perspective on your belongings. Learn how to decide what to keep and how to get rid of the rest. Join us for this motivating and informative program by Kathi Miller, Clutter Coach. Snacks will be served.

Cost: \$5.00

RSVP/Payment deadline: Wednesday, Feb. 23



WORLD RELIGIONS AND GLOBALIZATION

UWW Lecture Series

Wednesdays, 2:00 pm

Join Wade Dazey, Associate Professor and Chair, Department of Philosophy & Religious Studies at UW-W for intriguing presentations on World Religions and Globalization. Thanks to UW-W Continuing Education for sponsoring the series.

Feb. 16: Understanding Religion and Globalization

March 2: The Abrahamic Religions: Judaism, Christianity and Islam

March 16: Eastern Religions: Hinduism, Buddhism, and Daoism

March 30: The Search for Common Ground: New Religions, Spirituality, and Global Ethics

Register for the series by February 14

BEGINNING BALLROOM DANCE

Mondays, January 24-March 14

7:45—8:30 pm

Armory Dance Studio

Learn basics of ballroom dance including, Waltz, Fox Trot, Salsa, Tango, Cha Cha, Rumba and Polka. Partners are recommended but not required.

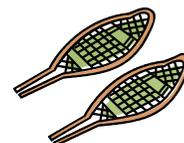
Cost: \$55.00 Registration deadline January 14
(Registration form in Recreation brochure).

*Note: \$10 late fee after the 14th

SNOWSHOE CLINIC & WALK

Saturday, February 5

1:00—4:30 pm



If you are comfortable hiking on trails in the summer, you can snowshoe. Snow-shoeing topics such as proper dressing, hydration, caloric intake and orientation will be covered. We will then bus out to the Kettle Moraine John Muir Trails. You will learn how to snowshoe as a group switching up the leader who will be breaking the trail.

Cost: \$15 w/o shoe/pole rental

\$30 with snow shoes and poles

RSVP/Payment deadline: February 10

(Registration form in Recreation brochure)

*Note: \$10 late fee after the 12th.

CLUTTER COACH COURSE FOR YOUR GARAGE & BASEMENT

Saturday, March 5, 1-3 pm

Learn how to decide what to keep, discard, or donate and how to organize what's left. Turn your basement and garage into useful storage.

Cost: \$15.00 Registration deadline Feb 23

(Registration form in Recreation brochure)

*Note: \$10 late fee after the 23rd.

CLUTTER COACH COURSE FOR YOUR HOME OFFICE

Saturday, March 5, 3:30—5:30 pm

Learn an easy system for managing all your paperwork, whether you run a business from your home, or are just trying to keep track of your mail. Reduce stress and increase productivity.

Cost: \$15.00 Registration deadline Feb 23

(Registration form in Recreation brochure)

*Note: \$10 late fee after the 23rd.

COMPUTER SAVY

Asked and Answered

December 14 or 15, 9:30 am

One 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. Please state what type of assistance you need when registering.

Instructor: Lyle Hunter

Cost: \$5.00; Register by December 9



My Pictures

December 7 & 9, 9:30 am

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

Instructor: Lyle Hunter

Cost: \$8.00. Register by December 3.

Genealogy Research Online

Lyle would like to know if anyone is interested in this topic. Let us know and he will plan a class.

COMPUTER LAB

The lab is open daily when a class is not being held. We now have a hub set up so you can come in and use your laptop.

FREEZE FEST

Saturday Feb. 19

Kiwanis Pancake Breakfast

Horse drawn wagon rides

Chili Cook-off

Entertainer David Stokes

Polar Plunge

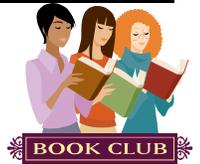
BOOK CLUB

Monday, December 6, 10:30 am

The Book Club will discuss *A New Earth* by Eckhart Tolle. The book for January is

About Grace by Anthony Doerr.

David Winkler has seen glimpses of the future ever since he was a boy. As a 32-year-old hydrologist in Anchorage, Alaska, he dreams of his future wife; soon they meet, fall in love and run away to Ohio, where she gives birth to their daughter, Grace. But when he dreams that he fails to save Grace from a flood, Winkler abandons wife and child, hoping to flee the future. He becomes a hermetic handyman on a Caribbean island near St. Vincent, befriended by a local family. The years pass until, emboldened by his surrogate family's grown daughter, Winkler realizes that he must embark on a journey to discover if Grace is alive.



OUR HOUSE SENIOR LIVING MOVIES

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

“Joyeux Noel”

Tuesday, Dec. 14 12:30 pm

Rated: PG-13 1 hr. 56 min.

In 1914, World War I, on Christmas Eve, numerous sections of the Western Front called an informal, and unauthorized, truce where the various front-line soldiers of the conflict peacefully met each other in No Man's Land to share a precious pause in the carnage with a fleeting brotherhood. The Germans, French and Scottish are trying to make peace, so they bury their dead and play football, even though they are aware that their superiors will not tolerate its occurrence.

“Eat, Pray, Love”

Tuesday, Dec. 28 12:30 pm

Rated: PG-13 2 hr. 13 min.

A married woman realizes how unhappy her marriage really is, and that her life needs to go in a different direction. After a painful divorce, she takes off on a round-the-world journey to "find herself".

BINGO!

Tuesdays, 10:00 am

December 7: Culver's Bingo
 December 14: Our House Senior Living
 December 28: City Bingo

Weekly Bingo Sponsors:

Culver's Our House Senior Living

City Bingo Sponsors:

Topper's Pizza	Robin's Nest	Subway
McCullough's	Pizza Hut	Taco Bell
Commercial Bank	Rosa's Pizza	Sentry
Bergey Jewelry	Rocky Rococo	Rick's
Tincher Realty	The Sweet Spot	
Dental Perfections	Eastsider/Westsider	
Winchester True Value	Fairhaven*	
Fort Com. Credit Union	Mirage Hair Studio	
Binning & Dickens Ins	Eastside Laundry	
Fort HealthCare*	Ketterhagen Ford*	
First Citizens State Bank	Jessica's Restaurant	
Downtown Whitewater*	Floral Villa	
Dalee Water Conditioning	Genoa Pizza*	

Remember to thank our sponsors when you visit them. * is a new sponsor

ACTIVITIES AT A GLANCE

Bid Euchre—Mondays 1:00
Book Club—First Monday 10:30. Books available at Starin Park
Bowling—Wednesdays, 9:00 am, Hawk Bowl
Canasta—First, third and fifth Mondays 1:30
Ceramics—Wednesday 6:00 pm, Thursdays 3:00 at Downtown Armory
Chess—Wednesdays, 1:00 Beginners welcome
Dominoes—First Tuesday 11:45
Painting Group—Thursday 1:00 pm
Potluck—First Tuesday 11:00
Senior Forum—First Monday at noon
Sheepshead—Tuesdays 1:00 pm
Stretch, Flex & Glide—Mon & Thurs. 9:30 am; \$1.00 per class
Texas Hold 'em Poker—First/Third Wednesday 1:00 pm
Wii Bowling—Mondays 11:00 am

BIRTHDAY DAY

Wednesday, December 15, 11:30 am

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

Happy December Birthdays to:

3—Clara Bastian	8—Janet Nell
6—Anita Bishop	10—Roger Klusmeyer
6—Sue Chapman	

NOTES FROM THE KITCHEN

The holidays are upon us. Take a break from your hectic schedule and let us make a delicious, hearty lunch for you. Relax with great conversation and the warmth of friends. Anyone 60+ and their spouse is welcome to attend. Nutrition Site meals are served at 11:30 am, 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

**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.

**All activities are held at the
 Starin Park Community
 Building, 504 W. Starin Rd,
 unless stated otherwise**

TREYTON'S FIELD OF DREAMS and CULVER'S CONCRETE CAKE FUNDRAISER

Have dessert in a dash by purchasing a Cookies and Cream, Cookie Dough, Brownie Overload or Turtle Culver's Concrete Cakes, which are 3.5 pounds of goodness and serve 12—15 people, for \$18.99. Place your order through December 31 at the Starin Park Community Building, First Citizens Bank, Commercial Bank, Fort Community Credit Union, or Zing GMAC. Payment is required at the time of order and your cake(s) can be picked up 4 days after your order is submitted at the Whitewater Culver's. Together we can make Treyton's Field of Dreams concrete.

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.

HOLLY DAYS December 3-5



Seniors in the Park is participating in Holly Days. On December 4, we will be providing gift wrapping at Studio 84 for a donation. See page 9 for the opportunity to help out. Holly Days Schedule of events includes:

Friday

- 5:00 Live window displays, storytelling, roasted chestnuts and tree walk
- 6:00 Holiday Parade

Saturday

- 8-10 am Optimist Breakfast with Santa
- 9am—3pm Open House at several business
- 8am—4:30pm Chamber Gift Certificate Giveaway
- 10am—4pm Cookie Decorating/Art for Christmas at Studio 84

10am—3pm Free gift wrapping at Studio 84 provided by Seniors in the Park (see page 9 to volunteer for a shift)

- Storytelling and mini-plays during the afternoon
- Christmas tree walk at the Cultural Arts Center all day

Sunday

- Open House at several business
- Christmas tree walk at the Cultural Arts Center all day
- Chamber Gift Certificate Giveaway
- 5:00 Chamber Raffle Drawing

Looking Ahead

MILLER PARK TOUR

February 27, 2011 2:00 pm

Experience the magnificence of Miller Park while enjoying an exclusive tour that includes the dugout, luxury suites, clubhouse, press box, Bob Uecker's broadcast booth, and other behind-the-scenes attractions. We will meet at 11:30 am in the parking lot in front of Fridays Front Row Sports Grill at Miller Park. The tour will begin promptly at 12:00 pm. Transportation is on your own.

FEE:

3-12 Years of Age \$8 Class # 6218.11
Adults \$12 Class # 6219.11

DEADLINE: February 11, 2011

*Note: \$10 late fee after the 11th. (Registration form in Recreation brochure)



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

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, a narrated tour of Palm Springs to learn about its Native American heritage and a drive through celebrity neighborhoods along with stories about them, the air museum with one of the nation's largest collections of WWII aircraft, the Living Desert & Botanical Gardens, the Painted Desert, and more! Detailed itinerary available at the Community Building and online or call for details. This is a Mayflower Value Tour. Cost \$1399 dbl; \$1978 sgl. **Deposit due by December 29.**



TRAINS AND CANYONS OF THE WEST

September 12-19, 2011

Three train rides including the Durango & Silverton Narrow Gauge Railroad, Tour Arches National Park with included float trip on the Colorado, plus much more! Stay 2 nights each in Moab, Durango and Santa Fe. Cost: \$2,224 pp/double includes airfare, 12 meals, all sightseeing per the itinerary and free transportation to O'Hare. Mayflower Tours. **Preview February 15 at 10:00 am** RSVP by Feb 10.

CHRISTMAS ON THE RIVERWALK—SAN ANTONIO

November 28—Dec 2, 2011

Spend 4 nights on the beautiful San Antonio Riverwalk. Enjoy a dinner cruise, tours of San Antonio, LBJ Country and a driving tour of Austin. Cost: \$1408 pp/double includes airfare, 7 meals, all sightseeing per the itinerary and free transportation to O'Hare. This trip is also available by bus. Call for details. Mayflower Tours. **Preview February 15 at 10:00 am** RSVP by Feb 10.



BEST OF ITALY—FLORENCE AND ROME

November 9-17, 2011

Revel in four nights in Florence, Italy! Side trips out of Florence include Lucca and Pisa, Assisi and Siena. Optional trip to Venice. Travel to Rome and spend two nights with a tour of the Vatican and the Eternal City. Cost: \$2699 pp/double includes airfare, 10 meals and all sightseeing per the itinerary. Premier World Discovery.

Preview February 15, 1:00 pm RSVP by Feb 10.

DUTCH WATERWAYS IN SPRING

April 16-24, 2011

. 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. Tour includes: 21 meals, free round-trip airport transfers, Guaranteed Share program for single travelers. Cost of other deck, single supplement and Optional Passenger Protection is available. Main Deck \$3238 pp/dbl **Final payment due January 16.**

The Fireside

Wednesday, Dec. 21, 2010—The Child; Story of the First Christmas

Arrive at the Fireside at 10:30 am. Lunch is at 11:15 and Show at 1:30.

Transportation is on your own.

FIRESIDE 2011

Wednesday, Feb. 16—Swing on a Star with the Fireside's Live Swing Band
RSVP/Payment deadline Jan. 13

Wednesday, April 13—Annie
RSVP/Payment deadline Mar. 10

Wednesday, June 15—Patsy Cline
RSVP/Payment deadline May 12

Wednesday, August 10—David From the Bible
RSVP/Payment deadline July 8

Cost: \$65.00

Payable to: The Fort Atkinson Senior Center.

Transportation is on your own. Arrive at the Fireside at 10:30 am. Lunch is at 11:15 and Show at 1:30.

IF THE "WEATHER OUTSIDE IS FRIGHTFUL!"

Van trips are dependent on weather, road conditions, and the discretion of the driver. Safety of our passengers is most important.

LUNCH BUNCH

Thursday, December 9

Travel to Millie's in Delavan for lunch and check out the gift shops there.

Departure: 10:30 am. Cost: \$3.00

RSVP by Tuesday, December 7

Please share your ideas on restaurants to go to in 2011.

JANESVILLE SHOPPING

Wednesday, December 8, 9:00 am

We have revamped our Janesville shopping trip to be a morning trip. Get picked up at your home, shop in Janesville, and return by lunchtime.

Cost: \$5 Departure: 9:00 am.

RSVP by Monday, December 6

Next shopping date will be Wed. January 12.

Coach Trip

DEVIL IN THE WHITE CITY—MARVELS AND MAYHEM!

Thursday, May 19

Travel back in time to 1893 and the Chicago Colombian Exposition. Hear the thrilling story of the best and the brightest who built the glorious "White City" to commemorate the event. At the same time a handsome psychopath was luring young women to his hotel and murdering them. Visit the **Osaka Japanese Garden** which was the setting for the fair. This garden influenced a young Frank Lloyd Wright for the rest of his life. Tour the **University of Chicago** highlighting its grand Midway Plaisance, which was the Avenue of Exotic Entertainment during the Fair. Visit the **Union League Club** founded by Chicago's wealthy businessmen who were influential in the creation of the Fair. See a film that tells the story of the Fair, have lunch, and tour their priceless **art collection**. There is a dress code at the Club, casual business attire, no jeans or gym shoes. Daniel Burnham was the head designer for the Fair. Visit his **Santa Fe Building** and their fabulous gift shop.

Cost: \$79.00 (includes lunch)

Reservations payment due by April 14

(If you haven't read the book "The Devil in the White City", it is a great read.)



WINTER 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 digital 990, or the Whitewater Banner. Nutrition site closings will also be on Milwaukee Channels 4 and 12.

DISPLAY CASE SALES

Donate your nearly new jewelry, purses or scarves, and we will sell them to benefit Seniors in the Park. All items must be in new condition, be appropriate for fall/winter use and receive staff approval before being left to put in the display case for sale. Items in the case for more than 6 months will be donated.

HELP PREVENT MEDICARE FRAUD

You are the first line of defense against Medicare fraud. Here's how you can help protect your benefits:

- Watch for fake claims on your bill
- Be alert for ads for fake Medicare plans
- Don't let anyone use your Medicare card
- Protect your Medicare number—NEVER give it out in exchange for a free gift.

If you suspect fraud, call 1-800-MEDICARE or your Senior Medicare Patrol (SMP) program can help you make a report at 1-800-488-2596 x317.

ONE STOP SHOP:

The volunteers who helped:



Jan Schmeling, Arlene Trewyn, Mary Steele, Eleanor Reeb, Janice Batten, Donna Dable, Doris Wutke, Lois Zipp, Betty Heth, Adele Gergen, Romelle Koch, Sue Chapman and Janet Nell. UWW students: **Tom Churchill, Marc Brown, Jennifer Reichold, Brett Marth, Brian Neuwirth, Roman Ripp, William Werner, and Austin Koeshall.**

Baked goods donations: **Bea Jacobs, Doris Wutke, Jean Nielsen, Gert Drost, Adele Gergen, Jan Schmeling, Janice Batten, Betty Heth, Ann Chester, Arlene Trewyn, Doris McQuillin, Mary Steele, Patty Grosskreitz, Lois Zipp, Helen Brady, Deb Weberpal, and Romelle Koch.**

Apologies to anyone who was missed as not everyone signed in when donating baked goods.

DONATIONS:

- **Gretchen Barth**—cash donation for One Stop Shop
- **Anita Bishop**—Cash donation for One Stop Shop

Sandi Colombe—Books & candy

Nancy Noock—Showcase jewelry donation

Janet Nell—Paper goods and candy

OFFICE HOURS

The Seniors in the Park office is open 9:00am to 4:00 pm except:

December 16 9:00—12:00

December 22 9:00—1:00

December 23 Closed

December 24 Closed

December 30 9:00—12:00

December 31 Closed

GRIEF SUPPORT GROUP

Tuesday, Dec.21, 2:00

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

SERVICES AT A GLANCE

- **Foot Clinic-Tuesday Dec.7, Noon.** Please bring a towel. No appointment is necessary. Cost is \$10.00.
- **Therapeutic Table Massage-Monday, Dec. 13, 1:00 pm.** Sharon Baker, half-hour massages for \$25. Appointments must be made in advance by calling 262-473-0535
- **Blood Pressure Screening-Tuesday, Dec. 28, 11:00 am.** Provided free by Country Nurses



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. **Receipts must have stickers on them.** Remember to collect them at both the Elkhorn and Whitewater Sentry stores.



RECYCLING ELECTRONICS

It is now illegal to dispose of some electronics in the trash, and they must be recycled. Seniors in the Park recycles cell phones, digital cameras, lap tops, game systems, ipods, cordless phones and any accessories as a fundraiser. Any of the above items can be brought to the Starin Park Community Building Monday – Thursday 9 am – 4 pm and the Irvin L Young Library.

For more information on the new recycling law go to <http://dnr.wi.gov/org/aw/wm/ecycle/index.htm>

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.



Holly Days Saturday, December

4—Provide gift wrapping service at Studio 84. Sign up for a one or two hour shift anytime between 10:00 am and 3:00 pm

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



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, 1-800-365-1587
- **Aging and Disability Resource 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
- **Social Security Administration**, 1-800-772-1213

**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

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 9:00 am—4:00 pm
Deb Weberpal, CPRP
Senior Coordinator
dweberpal@ci.whitewater.wi.us
Romelle Koch, Volunteer Editor
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.

Name _____

E-Mail _____

Address _____



Seniors in the Park Activity Calendar –December 2010

Monday	Tuesday	Wednesday	Thursday	Friday
<p>*Activities take place at the Starin Park Community Building unless otherwise noted. (A) = Downtown Amory (L) = Cravath Lakefront (HB) = Hawk Bowl</p>		<p>1 9:00 Bowling (HB) 1:00 Texas Hold 'em Poker 1:00 Chess 6:00 Ceramics (A)</p>	<p>2 9:30 Stretch/Flex 1:00 Open Painting 1:00 Watercolor Skills Class 3:00 Ceramics (A)</p> <p style="text-align: center;">Last day to purchase Holiday tickets</p>	<p>3 11:30 Nutrition Site - Brookdale Holly Days Parade 6:00 pm</p> <hr/> <p>4 Holly Days-Volunteer – See page 9</p>
<p>6 9:30 Stretch/Flex 10:30 Book Club 11:00 Wii Bowl 12:00 Senior Forum 1:00 Bid Euchre 1:30 Canasta</p>	<p>7 9:30 My Pictures 10:00 Culvers Bingo 11:00 Potluck 11:45 Dominos 12:00 Foot Clinic 1:00 Sheepshead</p>	<p>8 9:00 Janesville Shopping 9:00 Bowling (HB) 1:00 Chess 6:00 Ceramics (A)</p>	<p>9 9:30 My Pictures 9:30 Stretch/Flex 10:30 Lunch Bunch to Millie's 1:00 Watercolor Skills Class 3:00 Ceramics (A)</p>	<p>10 11:30 Nutrition Site - Brookdale</p>
<p>13 9:30 Stretch/Flex 11:00 Wii Bowl 1:00 Ghana Presentation 1:00 Bid Euchre 1:00 Therapeutic Massage</p>	<p>14 9:30 Asked and Answered 10:00 Our House Senior Living Bingo 12:30 Our House Senior Living Movie "Joyeux Noel" 1:00 Sheepshead</p>	<p>15 9:00 Bowling (HB) 9:30 Asked and Answered 12:15 Holiday Luncheon at the Country Club 1:00 Chess 6:00 Ceramics (A)</p>	<p>16 9:30 Stretch/Flex 3:00 Ceramics (A)</p> <p style="text-align: center;">Office 9-12</p>	<p>17</p>
<p>20 9:30 Stretch/Flex 11:00 Wii Bowl 1:00 Bid Euchre 1:30 Canasta</p>	<p>21 1:00 Sheepshead 2:00 Grief Support Group</p>	<p>22 9:00 Bowling (HB) 9:30 Stretch/Flex 11:00 Holiday Lunch With Jerry Hartman 1:00 Chess 6:00 Ceramics (A) Office 9-1:00</p>	<p style="text-align: center;">CLOSED Happy Holidays</p>	<p style="text-align: center;">CLOSED Merry Christmas</p>
<p>27 11:00 Wii Bowl 1:00 Bid Euchre</p>	<p>28 10:00 City Bingo 11:00 Blood Pressure 12:30 Our House Senior Living Movie "Eat, Pray, Love" 1:00 Sheepshead</p>	<p>29 9:00 Bowling (HB) 9:30 Stretch/Flex 1:00 Chess 1:00 Texas Hold' em 6:00 Ceramics (A)</p> <p style="text-align: center;">Palm Springs RSVP due</p>	<p>30 9:30 Stretch/Flex 3:00 Ceramics (A)</p> <p style="text-align: center;">Office 9-12</p>	<p>31 CLOSED Happy New Year</p> 

Walworth County Nutrition Menu – December 2010

Monday	Tuesday	Wednesday	Thursday	Friday
<p>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 business day in advance</u>. If no answer, call the Nutrition Program office at 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 office.</p>		<p>1 Boiled Ham Dinner with Potatoes, Carrots, Cabbage and White Beans Corn Bread Pumpkin Bar</p>	<p>2 Chopped Steak and Gravy Mashed Potatoes Creole Tomatoes Multi-Grain Dinner Roll Chilled Pears</p>	<p>3 AT BROOKDALE BBQ Riblet with Sweet Baby Ray's on a Bun Diced White Potatoes Mixed Salad Green Warm Cinnamon Apples</p>
<p>6 Salisbury Steak Au Gratin Potatoes Corn Wheat Roll Pineapple Tidbits</p>	<p>7 Split Pea Soup Mixed Vegetables Tuna Salad Multi-Grain Bread Hot Spiced pears</p>	<p>8 Chicken Coq au Vin Mashed Potatoes and Gravy Broccoli Whole Wheat Bread Chilled Peaches</p>	<p>9 Swedish Meatballs over Egg Noodles Spinach Wheat Bread Banana</p>	<p>10 AT BROOKDALE Potato Crusted Fish Filet Sweet Potato Puffs Scandinavian Mix Vegies Rye Bread Lemon Bar</p>
<p>13 Cowboy Pork Chili over Macaroni Creamy Broccoli Salad Corn Bread Chilled Pears</p>	<p>14 Spaghetti and Meatballs Butter Beans and Carrots Garlic Bread Melon</p>	<p>15 BIRTHDAY DAY Slow Roasted Beef & Gravy Mashed Potatoes Brussels Sprouts Multi-Grain Bread Marble Cake</p>	<p>16 Turkey Fried Rice Oriental Vegetables Hot Fruit Bake Asian Slaw Fortune Cookie</p>	<p>17 Chicken Breast Parmesan Penne Pasta with Marinara Spinach French Bread Chilled Peaches</p>
<p>20 Country Meatloaf Patty Mashed Potatoes/Gravy Stewed Tomatoes Wheat Roll Apricots</p>	<p>21 Potato Crusted Fish Filet Delmonico Potatoes Carrots Rye Bread Lemon Pudding</p>	<p>22 HOLIDAY PARTY Turkey and Corn Bread Stuffing Mashed Potatoes/ Gravy Savory Green Beans Pumpkin Pie</p>	<p>23 CLOSED FOR CHRISTMAS HOLIDAY</p>	<p>24 CLOSED FOR CHRISTMAS HOLIDAY</p>
<p>27 Sloppy Joes on a Hamburger Bun Seasoned Red Potatoes Mixed Vegetables Chocolate Chip Cookie</p>	<p>28 Cabbage, White Bean, Chicken & Sausage Soup Au Gratin Potatoes Peas Whole Wheat Crackers Apricots</p>	<p>29 Meatloaf and Gravy Mashed Potatoes Harvard Beets Multi-Grain Dinner Roll Pineapple Tidbits</p>	<p>30 CLOSED FOR NEW YEAR'S EVE DAY</p>	<p>31 CLOSED FOR NEW YEAR'S DAY</p>