



The Park Bench

Seniors in the Park Newsletter
July 2010 Volume X Issue 7

Seniors in the Park promotes and enhances a vital aging community



SHARING MEMORIES OR LIFE EXPERIENCES WITH DIGITAL STORYTELLING

Wednesdays 1:00 pm beginning July 14

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 Thursday July 8

I WANT TO STAY IN MY HOME

Tuesday, July 20, 6:30 pm

Whether you have a parent who is in need of minimal care or you are a person trying to remain in your home, Homecare agencies are here for you. Representatives from a variety of Homecare Agencies will be at the Community Building to talk about what makes their services unique in the homecare market today and how they can help you to age in place. A question and answer period will follow the presentations. Be informed about local Homecare Services! Refreshments will be provided. Sponsored by BrightStar. RSVP by Wed. July 14.



SALAD POT LUCK LUNCHEON

Salads are the perfect meal on a hot summer day. We will be having a salad pot luck luncheon with a twist. If you would like to attend the luncheon, please turn in the recipe to the salad you will be bringing by Thursday July 22. Either drop it off or email it. We will then assemble all the recipes into a booklet and those attending the pot luck will receive a copy.

Luncheon: Tuesday, August 3, 11:30 am

Recipe deadline: Thursday, July 21 by noon

WHAT'S INSIDE

Pages 1-2

Classes and
Activities

Page 3

Coordinator's
Comments,
Nutrition Site

Page 4

Community
Events

Pages 5-7

Travel

Page 8

Resources,
Services

Page 9

Opportunities

RIDE THE VAN IN JULY 4TH PARADE

Enjoy the parade from a different point of view in air conditioned comfort.

Sign up by
June 30.



Classes and Activities

COMPUTER SAVY

Internet

Tues & Thurs, July 26 & 29

9:30 am

Class content: Websites; Searching the web; E-mail and accessing your email from a remote computer; address book, attachments, travel or any other topics requested by the class.

Instructor: Lyle Hunter

Cost: \$8.00; Register by July 22



Asked and Answered

July 19 or 20 or 22, 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.

Instructor: Lyle Hunter



BOOK CLUB

Monday, July 12, 10:30 am

The Book Club will discuss *Yellow Raft in Blue Water* by Michael Dorris. The book for August is *La's Orchestra Saves the World* by Alexander McCall Smith.

Lavender ("La") Stone, a promising Cambridge student, married well; however, things go awry when her philandering husband unexpectedly leaves her, and dies shortly thereafter. In 1939, she retreats to her in-law's country house to sort out the emotional wreckage of her failed marriage and premature widowhood. In this self-imposed exile, she finds solace in contributing to the war effort—tending hens on a neighbors farm, cultivating a victory garden and conducting an orchestra composed of local amateur musicians. Her daily battles represent important generational and social struggles among women to lead independent and dignified lives in the face of hardship, moral ambiguities, burdensome class and social conventions, and isolation.

BINGO!

Tuesdays, 10:00 am

July 6: Culver's Bingo

July 13: Our House Senior Living

July 27: 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.

OUR HOUSE SENIOR LIVING MOVIES

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

"Avatar"

Tuesday, July 13

12:30 pm

Rated: PG-13

2 hr. 42 min.



A reluctant hero. An epic journey. A choice between the life he left behind and the incredible new world he's learned to call home. This adventure/love story touches on many issues in today's world.

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



Summer is here! The Fourth of July is upon us and we've definitely had enough rain for the time being. Summer is lazy days, family fun, and vacation. I will be fortunate enough to partake of family and vacation. I'm looking forward to time up north with my sisters and mom, plus, visiting my international student "daughters" in Africa. The opportunity arose and I'm looking forward to visiting them and meeting their families. This will mean the office will be open limited hours this month. The volunteer receptionists will be here most mornings, although a couple of them will be on vacation over this time also. Please be patient with us if we don't get back to you immediately. I will be out of the office the 15-28th. Next month will be trivia month and we will be gearing up for Senior Center Month in September. All our classes will be back in full swing with the addition of Zumba® Gold, Tai Chi and Dick Haney is back with a Cold War lecture series. Enjoy your summer and thanks for your patience

~Deb

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, July 9.

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, July 7, 11:30 am

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



Happy July Birthdays to:

- | | |
|--------------------|-------------------|
| 9—Mary Lou Rossini | 24—Terry Williams |
| 16—Henry Malo | 27—Harold Holst |
| 24—Eric Zipp | 31—Eleanor Reeb |

FARMER'S MARKET PROGRAM

Tuesday, July 6, 12:30-1:30 pm

The Senior Farmer's Market Program provides \$25, per qualified household, in vouchers to be used at approved Farmers Markets throughout the county for fresh fruits and vegetables. Vouchers will be distributed on a first-come, first-serve basis at the Starin Park Community Building. Must be 60+ years and meet income limits of \$1670/month single or \$2,2247/month couple.

JULY OFFICE HOURS

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

- Thursday July 1, 9:00-3:00
- Thursday July 8, 9:00-12:00
- Monday, July 12, 9:00-1:00
- Thursday July 15, 9:00-12:00
- Monday, July 19, 9:00-1:00
- Tuesday July 20, Office is closed
- Wednesday July 21, 1:00-3:00 pm
- Thursday July 22, 9:00-12:00
- Monday July 26, 9:00-1:00
- Tuesday July 27, 9:00-12:00
- Wednesday July 28, 1:00-4:00 pm

FREE LAKEFRONT CONCERTS AND FAMILY FUN NIGHTS

Thursdays 7:00 pm

- July 8 Concert—The Dang-It's. Country Music
- July 15 Family Fun Night—The Big Bounce & Big Rig Gig
- July 22 Concert—Assemble Avengers. A dynamic hybrid of indie pop and art rock with splashes of Latin and Jamaican nuances
- July 29 Family Fun Night—David Stokes-Talking with the Animals
- 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

VENDER EVENT

Saturday July 24, 2010. 10am-3pm.

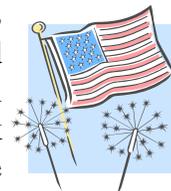
American Legion (Lower Level)

There will be prizes, treats, and 15 booths to shop at. Guests will have an opportunity to shop, enjoy samples, have some treats, socialize, meet new people, and host their own parties to receive free product.

JULY 4TH CELEBRATION

July 1—4

The Whitewater Area 4th of July has a full line-up of activities and entertainment for the 2010 Festival held at the Cravath Lakefront Park including Heidi Newfield, The Blue Olives, Pipe Circus, Steve Miesner, Saddlebrook, Shelly Faith, Hours Left, the Minnieska Ski team, WHS dance crew and more. Enjoy two nights of Fireworks on the lake, classic car show, midway, beer garden, Taste of Whitewater food court, the fabulous parade on the 4th and **free** high caliber music and entertainment on the main stage. Please visit us at ww4th.com.



LOVE LETTERS

July 10 at 7:30 pm or July 11 at 4:30 pm

Whitewater Cultural Arts Center

The UW-Whitewater Theatre/Dance Department is collaborating with the Whitewater Arts Alliance to present a staged-reading of Love Letters.



Performed by UW-Whitewater's Charles "Skip" Grover and wife, Carolyn "Carna" Grover – Love Letters tells a story of two characters, Melissa Gardner and Andrew Makepeace Ladd III, through the reading of the many letters, notes, and cards they shared throughout their separate lives. Each individual shares their inspirations, desires, failures through their writings and the audience is drawn into the very intimate relationship that was formed over many years.

The staged-reading of Love Letters supports the Theatre/Dance Department Summeround Series. Individuals can call Sarah Altermatt at 262-472-5943 to make their \$20 donation to attend the Love Letters event. Help support summer theater at the university and bring back a three production season.

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



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

DUTCH WATERWAYS

\$200 per person savings if booked by July 31st.

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, July 8

Travel to Walworth to Sammy's on the Square for lunch. Departure: 10:30 am. Cost: \$5

RSVP by Tuesday, July 6.

August: Ivan's on the Square—East Troy

JANESVILLE SHOPPING

Wednesday, July 28, 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, July 26.

ROCK AQUA JAYS PERFORMANCE

Wednesday, July 21

This award winning team is sure to thrill and delight you. We will have reserved bleacher seating or bring your own lawn chair.

Cost: \$7.00 includes transportation and donation to the group.



RSVP/Payment due Wednesday July 14.

Depart 5:45 pm from Starin Park. Will do pickups at apartment buildings.

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

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. Hear their stories of the families and businesses. 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.



Cost: \$77.00

Reservations/payment due by July 8.

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

RSVP/Payment deadline: Thurs. July 1.

Wednesday October 20—Hairspray

RSVP/Payment deadline: Mon. Sept 13.

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

GERMAN FEST

Friday, July 23

Departure: Starin Park, 1:30 pm

Fort K-mart, 2:00 pm

Return (approx): Fort K-Mart, 8:00 pm

Starin Park, 8:30 pm

Trip is filled and is now a van trip.

GRIEF SUPPORT GROUP

Tuesday, July 20, 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, July 27, 11:00 am.** Provided free by Country Nurses
- **Foot Clinic-NO Foot Clinic in July.** The August Foot clinic will be **August 10 at 12:00 noon (Second Tuesday).** Please bring a towel. No appointment is necessary. Cost is \$10.00.
- **Therapeutic Table Massage-Monday, July 12, 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

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.

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.

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.

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.

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.



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.

Volunteers to Ride to Bus in the July 4th

Parade—Enjoy the parade from a different point of view in air conditioned comfort. Sign up by June 29.

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.

Health and Fitness Event Planners—A group is being formed to plan and implement health and fitness opportunities for special events. Events include, but are not limited to: Women's Health and Fitness Day, Sept 29.

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.

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.

THANK YOU TO

- **Lois Zipp, Janice Batten, Dorothy Poehler and Doris Wutke** for helping at our booth at Senior Day Out.
- **Sharron McCarthy, Janice Batten, Dorothy Poehler and Doris Wutke, Adele Gergen, Romelle Koch, Peggy Anderson, Dan Sable, Betty Heth, Bea Jacobs, Marion Malo, Jean Nielsen, Alice Smith, an dSue Rudolph** or stamping 7500 postcards!
- **Linda Loomer**—Cash donation in memory of Marie Waters.
- **Joan Stone**—Donation of books

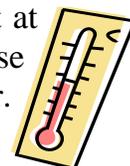
FYI

POLICIES AND PROCEDURES CARE AND LIABILITY OF VISITORS & PARTICIPANTS

Seniors in the Park (SIP) is committed to make reasonable efforts to accommodate all visitors/participants. However, SIP recognizes limitations on the type of services that it offers and provides to visitors/participants SIP is a multipurpose recreational facility, and is not licensed in the State of Wisconsin to offer or provide adult daycare services. Furthermore, SIP cannot provide any form of adult daycare services to any visitor/participant for the following reasons: 1) lack of training of staff, 2) time constraints of staff to supervise/monitor the activities of the visitor/participant, and 3) liability concerns. All visitors/participants must have the ability to function independently while at SIP or, as a prerequisite, the appropriate companion accompany that person to assist them at all times.

SPRING/SUMMER THERMOSTATS

As a city facility, the thermostats are set at a general comfortable temperature. Please dress appropriately or bring a sweater. We try to keep the building comfortable, but not everyone has the same internal thermostat.



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.

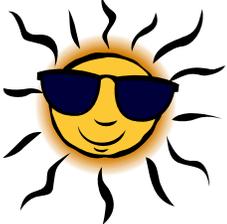
Name _____

E-Mail _____

Address _____



Seniors in the Park Activity Calendar –July 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 (OR)=Oak Ridge Golf Course, Milton</p>			<p>1 8:30 Golf 3:00 Ceramics (A) Office 9:00 -1:00</p>	<p>2</p>
<p>5 Closed for July 4th Holiday</p> 	<p>6 10:00 Culvers Bingo 11:00 Potluck 11:30 Dominos 12:30 Farmers Mkt Vouchers 1:00 Sheepshead</p>	<p>7 11:30 Birthday Day 1:00 Texas Hold 'em Poker 1:00 Chess 6:00 Ceramics (A) RSVP due Chicago Culinary Trip</p>	<p>8 9:30 Stretch/Flex 10:30 Lunch Bunch 3:00 Ceramics (A) 7:00 Concert in the Park –The Dang-Its (L) Office 9 - 12</p>	<p>9 11:30 Nutrition Site - Brookdale</p>
<p>12 8:30 Golf (OR) 9:30 Stretch/Flex 10:30 Book Club 11:00 Wii Bowl 1:00 Bid Euchre 1:00 Therapeutic Massage Office 9:00-1:00</p>	<p>13 9:30 Beginning Computer 10:00 Our House Senior Living Bingo 12:30 Our House Senior Living Movie “Avatar” 1:00 Sheepshead</p>	<p>14 1:00 Digital Storytelling 1:00 Chess 1:00 Texas Hold 'em Poker 6:00 Ceramics (A)</p>	<p>15 9:30 Stretch/Flex 1:00 Ceramics (A) 7:00 Family Fun Night –Big Rig Gig and The Big Bounce (L) Office 9-12</p>	<p>16</p> 
<p>19 8:30 Golf (OR) 9:00 Asked & Answered 9:30 Stretch/Flex 11:00 Wii Bowl 1:00 Bid Euchre 1:30 Canasta Office 9:00-1:00</p>	<p>20 9:00 Asked & Answered 1:00 Sheepshead 2:00 Grief support Group 6:30 Aging in Place Presentation Office Closed</p>	<p>21 1:00 Digital Storytelling 1:00 Chess 5:45 Rock Aqua Jay trip departs 6:00 Ceramics (A) Office 1:00-3:00</p>	<p>22 9:00 Asked & Answered 9:30 Stretch/Flex 3:00 Ceramics (A) 7:00 Concert in the Park-Assemble Avengers (L) Salad recipes due for pot luck Office 9-12</p>	<p>23 1:30 pm Depart Germanfest</p>
<p>26 8:30 Golf (OR) 9:30 Stretch/Flex 9:30 Internet Class 11:00 Wii Bowl 1:00 Bid Euchre Office 9:00-1:00</p>	<p>27 10:00 City Bingo 11:00 Blood Pressure 12:30 Our House Senior Living Movie “Avatar” 1:00 Sheepshead State Fair RSVP Due Office 9-12</p>	<p>28 10:30 Janesville Shopping 1:00 Digital Storytelling 1:00 Chess 6:00 Ceramics (A) Office 1-4 pm</p>	<p>29 9:30 Internet Class 9:30 Stretch/Flex 3:00 Ceramics (A) 7:00 Family Fun Night –Talking with the Animals (L)</p> 	<p>30</p>

Walworth County Nutrition Menu – July 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 (1) 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 8:00 a.m. the day of your reservation by calling the Nutrition Program office.</p>		<p>1 Meatloaf and Gravy Mashed Potatoes Harvard Beets Wheat Bread Applesauce</p>	<p>2 Open Faced Hot Turkey Sandwich on Multi-Grain Bread Baked Sweet Potatoes Broccoli Cherry Crisp</p>
<p>5 Senior Lunch Centers will be closed in Observance of Independence Day</p>	<p>6 Spaghetti and Meatballs Mixed Green Salad Garlic Bread Chilled Pears</p>	<p>7 BLT Chicken Salad Mixed Salad Greens with Tomato Wedges Mandarin Oranges Ry Krisp Crackers Marble Cake</p>	<p>8 Hamburger on a Hamburger Bun Baked Beans Mixed Vegetables Fruit Sunburst</p>	<p>9 AT BROOKDALE Italian Baked Chicken Thigh Mashed Potatoes Green Beans Wheat Bread Fresh Melon</p>
<p>12 Salisbury Steak Potatoes O'Brien Harvard Beets Wheat Bread Rosy Applesauce</p>	<p>13 Fiesta Pasta Bake Corn and Black Beans Green Beans Potato Roll Banana</p>	<p>14 Kielbasa Scalloped Potatoes Spinach Rye Bread Chilled Peaches</p>	<p>15 Oven Fried Chicken Patty Mashed Potatoes Brussels Sprouts Wheat Roll Fruit Cup</p>	<p>16 Turkey Pasta Salad with Shell Rigate Lettuce and Tomato Mandarin Oranges Wheat Bread Strawberry Mousse</p>
<p>19 BBQ Riblet on a Sliced Wheat Bun Diced Red Potatoes Parslied Cauliflower Mixed Fruit</p>	<p>20 Beef Barley Soup Parslied Carrots Peas and Onions Wheat Bread Cantaloupe</p>	<p>21 Oven Fried Chicken Mashed Potatoes Mixed Vegetables Wheat Bread Fruit Jell-O</p>	<p>22 Tuna Salad Supreme with Lettuce and Tomato American Potato Salad Rye Bread Chilled Apricots</p>	<p>23 Rigatoni (Pasta) and Meat Sauce Italian Mixed Vegies French Bread Ranger Cookie</p>
<p>26 Chopped Steak with Mushroom Sauce Mashed Potatoes Spinach Wheat Bread Chilled Peaches</p>	<p>27 Chicken Salad Romaine Lettuce Garnish Herbed Tomato Wedges Multi Grain Bread Chilled Pears</p>	<p>28 Ham and Navy Bean Stew Broccoli Corn Bread Hot Fruit Bakes with Oatmeal Crumble</p>	<p>29 All Beef Hot Dog on a Hot Dog Bun Oven Browned Potatoes Corn Banana</p>	<p>30 Potato Crusted Fish Filet Peas and Onions California Blend Vegies Wheat Bread Fresh Melon</p>