



The Park Bench

Seniors in the Park Newsletter
March 2010 Volume X Issue 3

Seniors in the Park promotes and enhances a vital aging community

EASTER BUNNY LUNCH

Saturday, March 27

11:00 am to 1:00 pm

Enjoy a Hot Dog Luncheon with dessert in conjunction with the Whitewater Optimist Easter Egg Hunt. Kids can frost and decorate their own cupcakes, and the Easter Bunny will be available for pictures after the hunt, which begins at noon. Cost is \$2.50 for a one-hot dog lunch or \$3.50 for a two-hot dog lunch. Stop in and enjoy lunch while supporting Seniors in the Park.

Volunteers and donations are needed. (See page 9).



UWW LECTURE SERIES

World War II Stories: Sixty-five Years Since Victory

Wednesdays, 1:00 pm

UW-W Emeritus Professor Richard Haney returns with an engaging series of talks on WWII.

- Mar. 31** Generals Dwight Eisenhower and Douglas MacArthur: Vital Strategic Combat Decisions in Europe and the Pacific
- Apr. 7** Hiroshima and Nagasaki: President Harry Truman's Decision to Use the Atomic Bomb
- Apr. 21** When Is Daddy Coming Home? An American Family During World War II, the best-selling book by Richard Haney, detailing the wartime lives of his father [who was killed in combat] and his mother [life in wartime Janesville].
- Apr. 28** Anti-Nazi European Resistance Movements: Civilians in the occupied countries fight back.
- May 5** Rationing, V-mail, Movies, Songs, Shortages and Regret-to-Inform Telegrams: The American Home Front During World War II

Please register for the presentations in advance.

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Opportunities

The Office will be closed

Tuesday

March 30.

The building will be open for lunch and Sheepshead.



THANK YOU ROSE!

Rose has opted to leave the SER Senior Aide position here at Seniors in the Park. This will give her the opportunity to participate in activities here and to pursue volunteer opportunities both here and at the Library. We will miss her continued presence but she assures me she will volunteer at the front desk occasionally. We all give Rose a big hug and a huge thank you for her caring, dedication, and hard work over the past year.

Classes and Activities



OUR OWN CABLE TV SHOW!

A committee has been formed to present our own cable show, "The Park Bench", on the City of Whitewater's Cable Channel 98 or Digital 990. We are in need of people to plan the show, find interesting people to interview, develop interview questions, host the show, and do the videotaping and editing of the show. The next meeting is March 18 at 1:00 pm. Please contact Deb, as soon as possible if you are interested in working on this exciting project. Some aspects of the show are already in the planning stages and help is needed before the next meeting.

"PARK BENCH" TV HOST NEEDED

Do you have good public speaking skills and are aware of current issues, topics and trends of interest to older adults? If so, apply to become the host of our TV show. Applications available at the Community Building or by emailing dweberpal@ci.whitewater.wi.us. Interviews could take place as early as March 18.

HEALING THE LAND

Monday March 15, 12:30 pm

Penny and Gary Shackelford will discuss their efforts to restore their property in Rock County, near Milton, to native prairies, woodland and wetlands. Gary is an avid photographer and will show many beautiful photos of the landscape, birds, and flowers.

Reservations for the presentation are due by Thursday, March 11.

NVR2LATE

Thursday March 18, 6:30 pm

This will be an organizational get-together. We will discuss activities and outings the group would like to do such as dinner theater, sports events, meals, etc. If you cannot attend but are interested please call Deb and share your ideas.

NVR2LATE is a group for single, adults 50+ who are interested in making new friends to share interests and activities with. Watch next month's newsletter for activities and socials.

LUNCH & LEARN:

Ouch! My Joints Ache

Thursday, March 25, Noon

The diminished quality of life is immeasurable for many people because of joint pain and/or disease. According to the American Academy of Orthopedic Surgeons, musculoskeletal disorders and diseases of the muscles, joints, tendons, ligaments and nerves are the leading cause of disability in the United States and account for more than one-half of all chronic conditions in people over 50 years of age. Most conditions develop over time and are caused by heredity and a number of factors affecting joint condition. Dr. Zambrano, will discuss joint health, prevention and correction of injuries in the joints and skeletal system, and arthritic conditions.

Speaker: Dr. Isidoro Zambrano, orthopedic surgeon with Fort HealthCare

Register by Monday, March 22



ZUMBA® GOLD

Wednesdays, 10:45 am

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.

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

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

BOOK CLUB

Monday, March 1, 10:30 am

The Book Club will discuss *Enriques' Journey* by Sonia Nazario. The book for April is **Sun, Stone and Shadows**.

This Big Read book is a superb selection of the finest Mexican short stories of the twentieth century.





FACILITATED MEDITATION

March 10 and March 24, 3:00 pm

Regular meditation can improve longevity and quality of life. A variety of meditation methods will be explored, all done while seated in a chair.

Facilitator: Charlotte Soto

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

Deadline: Two days prior to each class

AARP TAX ASSISTANCE

Thursdays, 9 am-3 pm

AARP is offering free service/help to low and moderate income taxpayers with special attention to those age 60 and older with quality assistance in filing their personal income taxes. Call 262-473-0535 to set up an appointment. Donations for this service are accepted and support programming at Seniors in the Park. You must bring:

- Photo ID
- Social Security cards for taxpayer, spouse and dependents
- Copy of 2008 tax returns
- Proof of 2009 Income (W-2, Pension or IRA-1099R, Dividends-1099 DIV, Interest-1099 INT, Stock/mutual fund-1099B, SSA-1099, 1099-Misc, Social Security--SSA-1099, SSI income for 2009)
- Blank check for electronic refund deposit

If you are filing Wisconsin Homestead Credit, you will need either a 2009 real estate tax bill **OR** Certificate of Rent form signed by your landlord. 2009 taxes do not have to be paid to file Homestead Credit.



Golf League begins April 12 with organizational meeting (golf to follow) at Oak Ridge, Milton. Must be 60 years old to join. Questions, contact Bill Holcomb @262-495-2273.

OUR HOUSE SENIOR LIVING MOVIES



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

“The Informant”

Tuesday, March 9, 12:30

Rated: R 108 min.

Mark Whitacre has worked for the lysine developing company ADM for many years and has even found his way into upper management. But nothing has prepared him for the job he is about to undertake - being a spy for the FBI. Unwillingly pressured into working as an informant against the illegal price-fixing activities of his company, Whitacre gradually adopts the idea that he's a true secret agent. But as his incessant lies keep piling up, his world begins crashing down around him.

“Amelia”

Tuesday, March 23, 12:30 pm

Rated: PG 111 min.

Amelia Earhart, a Kansas girl, discovers the thrill of aviation at age 23, and within 12 years has progressed to winning the Distinguished Flying Cross for being the first woman to pilot a plane solo across the Atlantic Ocean. At age 39, she sets out on an attempt to circumnavigate the globe, an adventure that catapults her into aviation myth.

STRETCH AND FLEX IS ADDING GLIDING™!

Mondays & Thursdays at 9:30 am

Mary Zordell is excited to be able to offer Gliding™ as part of the Stretch and Flex class. With your foot/feet on a disc and using a simple sliding motion, Gliding™ engages, strengthens and lengthens all of the major muscle groups. Gliding™ allows active stretching of key muscle groups while passively activating others at the same time. This new activity will be done both seated and standing. Stretch and Flex meets on Mondays and Thursdays at 9:30 am.

Cost: \$1.00 per class

BINGO!**Tuesdays, 10:00 am**

- March 2: Culver's Bingo
 March 9: Our House Senior Living
 March 23: City Bingo

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.

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—Tuesday and Wednesday 6:30-8:00 pm, Thursdays 1-3 at Armory
Dominoes—First Tuesday 11:30
Potluck—First Tuesday 11:00. Bring a dish to pass
Senior Forum—First Monday at noon
Sheepshead—Tuesdays 1:00 pm
Stretch & Flex—Mon & Thurs. 9:30 am
Texas Hold 'em Poker—First/Third Wed 1:00
Wii Bowling/Sports—Mondays 11:00 am
Zumba® Gold—Wednesdays 10:45 am

EASTER BUNNY LUNCH**Saturday, March 27****11:00 am –1:00 pm****VOLUNTEER APPRECIATION****Thursday, April 29, 2:00—4:00 pm**

Save the date! The theme this year is Volunteers Rock! You are encouraged to come in your 50's attire and have fun with TV and music trivia, games, music, door prizes and more.

TIMBER WOLF RECOVERY**Tuesday, April 6, 1:00 pm**

Larry and Emily Schuenemann have traveled to both Yellowstone & Isle Royale National Parks and the Northwest Territories of Canada to study wolves and are volunteer carnivore trackers for the DNR. As a skilled photographer, Larry has documented their travels and will share some of his photos of wolves in the wild. The program will focus on monitoring the wolf population and some of the current problems and challenges in managing the wolf population in Wisconsin.

Register by Monday April 1.

FIVE WISHES**Thursday, April 8, 12:30 pm**

Five Wishes is the first living will that talks about your personal, emotional, and spiritual needs, as well as your medical wishes. Five Wishes lets you say exactly how you wish to be treated if you get seriously ill. It's easy to use. All you have to do is check a box, circle a direction or write a few sentences. Ice cream sundaes will be served at the class.

Presenter: Taylor Danz, Hospice Advantage
Register by Tuesday, April 6

ROCKS 101**Wednesday, April 14, 2:00 – 4:00**

The energy from rocks and stones can affect the body in a myriad of wonderful and interesting ways. The class will cover the affect of stones and gems on your body, gem stones such as Amethyst, stones as jewelry & décor, and the laying on of stones. Bring in your jewelry or stones and discover their "affect" on you.

Presenter: Charlotte Soto
 Cost: \$3.00 payable to instructor
RSVP by Monday April 12

TELL ME A STORY
FAIRHAVEN LECTURE SERIES

Mondays, 3:00 pm

Fairhaven Lecture Hall

Mar. 1—What Costumes Say to an Audience
Marshall Anderson, Department of Theatre/ Dance

Mar. 8—What Costumes Say to an Audience
 (Part II): The Collaborative Process Between
 Choreographer and Costumer and the
 Resulting Costumes
Tracey Lyons, Department of Dance

Mar. 15—"Once Upon a Time...": The Power
 of Storytelling in Public Speaking
Anne Manel, Department of Communication

Mar. 29—That's My Story, But I'm Not
 Sticking to It: Compositional Conversations
*Robert Mertens, College of Arts &
 Communication*

SENIOR FORUM

Monday, March 1, Noon

Become involved! We are looking for some
 leaders to step forward and assist with the many
 wonderful ideas generated by the accreditation
 committee. An agenda is posted on the bulletin
 board at least 3 days prior to the meeting. The
 meeting minutes can also be found at the city
 website www.ci.whitewater.wi.us.



NOTES FROM THE KITCHEN

Anyone 60 and over is welcome to
 attend the meal. 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, March 12.**

MEAL SITE CANCELLATIONS

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

BIRTHDAY DAY

Wednesday, March 3, 11:30 am

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

Happy March Birthdays to:

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

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 _____

Van Trips

RED SKELTON: A TRIBUTE PRERFORMANCE

Thursday April 1, 3:00 show
Stoughton Opera House

Cost: \$30.00—Sold out

Trip departs: 1:30; Return approx: 6:00 pm

BRANSON ON THE ROAD

Thursday, April 15, 3:00 pm show
Stoughton Opera House

Branson on the Road is the kind of show most people thought was long gone in this day of over-produced music and special effects. In the same tradition as the traveling road shows during the glory days of the Grand Ole Opry, the Louisiana Hayride and the first Branson shows, this show keeps you tapping, laughing and smiling. Special guest: Maggie Mae of Maggie Mae's Café and Country Music in Oxford, WI.

Cost: \$30.00

Reservation/payment due March 11

Trip departs: 1:30; Return approx: 6:00 pm



LUNCH BUNCH

Thursday, March 11, 11:00 am

Let's enjoy St Patrick's Day a little early and have lunch at Paddy Coughlins in Fort Atkinson.

Departure: 11:00 am. Cost: \$3

RSVP by Tuesday, March 9.

JANESVILLE SHOPPING

Thursday, March 18, 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 Tuesday, March 16.

FULL SPEED AHEAD AFTER 50

Wednesday March 24

A positive and fun event that focuses on active and healthy lifestyles for everyone age 50 and older. Registration forms are available at the Community Building or online at <http://communityevents.mononaterrace.com>. Those who attended last year will receive reservation forms in the mail mid-February. Afternoon sessions fill up quickly, so send yours in today!

Cost for day is \$18 and includes lunch (send in with your registration)

Van transportation \$8.00 (Minimum 8)

Van registration/payment due by March 11.

Van Departs: 7:15 am Return approx 4:45pm

MADISON ARBORETUM HIKE

Tuesday May 18

The UW Arboretum in Madison has a fabulous collection of lilacs. Enjoy their beauty and fragrance on the first of our monthly hike series. There are many paths to hike, there is a visitor center where you can shop or get information and there are also gardens to walk through if you are not an avid hiker.

Cost: \$8.00 (Minimum 8)

RSVP/Payment due by Thursday May 13

The Fireside

FIRESIDE 2010

Wednesday, April 14—Joseph & The Amazing Technicolor Dreamcoat

RSVP/Payment deadline: Wed., Mar. 10

Wednesday, June 2—Cinderella

RSVP/Payment deadline: Mon., May 3

Wednesday, Aug. 4—Ring of Fire

RSVP/Payment deadline: Fri., July 2

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

Van trips are dependent on weather and road conditions and are at the discretion of the driver.

Extended Trips

NATURAL WONDERS OF COSTA RICA

October 13-21, 2010, 9 days

Tour Highlights:

- Paos Volcano National Park
- Coffee Plantation Tour
- Cano Negro Jungle Cruise and Wildlife Refuge
- Arenal Volcano National Park
- Selvatura Park (Cloud forest conservation project)
- Monteverde Cloud Forest
- Butterfly Farm
- Hummingbird Gallery
- Carara Biological Reserve
- Orchid Garden Tour
- Sarchi Artesian Village
- Farewell Dinner and Folklore Show



Cost includes:

- Professional Naturalist Tour Director
- 2 nights-All Inclusive Eco-Resort in rainforest
- 2 nights-Paos Volcano area (La Fortuna)
- 2 nights at hotel-Monteverde Cloud Forest
- Airfare
- Sightseeing/admissions per itinerary
- 18 meals (8B –3L –7D)
- Hotel Transfers
- Baggage Handling
- International Air Departure Taxes

Cost: \$2399

\$500 deposit due by March 13

Detailed itinerary is available online at www.ci.whitewater.wi.us, Department, Seniors in the Park, at the Starin Park Community Building or by calling 262-473-0535.

Premier World Discovery

HIGH ROLLERS CASINO BUS TRIP

Oneida Casino, Thursday, March 18

Cost: \$51, includes transportation, \$50 in voucher and \$2 off-meal voucher

Register/payment by March 4

Depart from Fort Atkinson K-Mart at 8:00 am; return to Fort Atkinson at 8:00 pm

Coach Trips Page 7

DEAD SEA SCROLLS EXHIBIT

Tuesday March 30

Milwaukee Public Museum

Dead Sea Scrolls and the Bible: Ancient Artifacts, Timeless Treasures brings together archaeological objects and manuscripts to tell a story 2,000 years in the making. Take an audio tour and witness actual Dead Sea Scrolls and other early biblical artifacts. Also view the planetarium show “Secrets of the Dead Sea”. We will start the day viewing the beautiful “Jung at Heart Spring Show” at the exhibition dome at the Mitchell Park Conservatory. Lunch will be on your own in the Museum Cafeteria.

Cost: \$54.00 includes museum and exhibit admission with audio, planetarium show, and Milwaukee Domes.

RSVP/Payment due Tuesday March 2

Checks made out to City of Whitewater

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

Return (approx) Starin Park 5:30 pm;
Fort K-Mart 6:00 pm

ARCHITECTS AND EATERIES

Wednesday, May 12

Savor the deliciousness of **Clausen’s European Bakery**. They are known for their fabulous homemade breads and European tortes and pastries. Next a fragrant stop at **Orchids Garden Center**. They specialize in orchids but have many other beautiful plants and flowers. Their new orchid hybrid has won numerous awards recently. After lunch, at the Claddagh Pub (with 5 menu choices), a step-on guide will inform us on **Frank Lloyd Wright’s** Madison as we tour the Unitarian House, Monona Terrace, and around the city learning about his life and works.

Cost: \$47 (Lunch included, give choice when making reservation)

RSVP/Payment due Wed April 14

Checks made out to City of Whitewater

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

Return (approx) Fort K-Mart: 5:30 pm
Starin: 6:00 pm

GRIEF SUPPORT GROUP

Tuesday, March 16, 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 Pat Ross at 473-8822.

SERVICES AT A GLANCE

- **Blood Pressure Screening-Tuesday, Mar. 23, 11:00 am.** Provided free by the Whitewater Family Practice
- **Foot Clinic-Tuesday, Mar. 2, 12:00 noon** Please bring a towel. No appointment is necessary. Cost is \$10.00.
- **Therapeutic Table Massage-Monday, Mar. 8, 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
- **Coalition of Wis. Aging Groups/Elder Law Center**, 608-224-0606 or www.cwag.org
- **Retired Senior Volunteer Program (RSVP)**, contact Patti O'Brien, 262-472-9632
- **Social Security Administration**, 1-800-772-1213
- **GWAAR, Greater Wisconsin Agency on Aging Resources, Inc.**, 262-821-4444 or 608-224-6300, www.gwaar.org
- **Walworth County Chapter of AARP**, contact Jim Davis, 262-642-5694

THANK YOU TO . . .

- Chili Cook-Off Donors: **Marion Malo, Rose Ellestad, Dan Sable, Romelle Koch, Betty Sweno, John and Eunice Rowe, Joyce Malkenthen, Betty Lemke, and Betty Heth.**
- Chili Cook-off Workers—**Dan Sable, Betty Lemke, and Helen Brady**
Book Donations—**Jim Stewart**



**Helen Brady and Betty Lemke,
volunteers at the Chili Cook-off**

JOB TRAINING FOR SENIORS

Seniors in the Park is a SER Employment training site and is currently seeking someone to fill a receptionist training slot 20 hours per week. This is an 18 month training program which assists people in preparing for jobs in the community.

SER Jobs for Progress has been in the business of training job seekers for the workplace for nearly 40 years. SER is an acronym for Service, Employment and Redevelopment and means "to be" in Spanish. Eligibility requirements include: Age of 55 or better, income requirements, and be a resident of Walworth County. Interested parties should contact Deb Weberpal, Seniors in the Park, at 262-473-0535 or Darlene Pauna, SER Jobs for Progress, at 262-638-6670 for more information.

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.

Receptionist—Monday and/or Tuesday 8:30 am-12 pm. Answer phones, provide information about programs and trips, greet participants, take reservations and payments, and assist with program set up. Computer skills are appreciated but not required.

Cable TV Show Production: Be a part of the new cable TV show either behind the scenes or in front of the camera. People are needed to plan shows, find interviewees, develop interview questions, videotape, edit, and host the show.

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

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: Senior Health and Fitness Day May 26, Event at Taste of Whitewater September 11, Women's Health and Fitness Day Sept 29. Contact Deb by March 15.

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.

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

Update the Volunteer Application and Training Manual. Developing a volunteer base is crucial to our existence. These items need to be in place to assist in recruitment and retention of volunteers.

EASTER BUNNY LUNCH VOLUNTEERS & DONATIONS NEEDED



This event is a community service project in partnership with the Whitewater Optimist Club. Sign up to volunteer or donate at the reception desk or give us a call.

Volunteers Needed Sat. March 27:

- 8-10:30 am
Set-up and prep food-5 people
- 10:30 am-1:00 pm
Serve food and assist families-4 people
- 10:45-1:15—
Serving Beverages/Dining Rm-2 people
- 10:45-1:00
Selling Tickets - 2 people
- 1:00-2:00
Cleanup - 4 people

Donations Needed:

- Hot dog buns
- Hot dogs
- Cupcakes
- Cans of frosting
- Liters of soda
- 9x13 Pans of fruited jello
- Bags of Potato chips

GREETING CARDS

Check out our supply of greeting cards. We have a great selection of St. Patrick's Day cards, as well as everyday and special greeting cards at low prices.



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 8:30 am—4:30 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



Computer Lab Survey

Please circle or fill in your response. Return to Seniors in the Park. Thanks for helping us improve!

Do you own a computer? Yes No

Do you use the computer lab here? Yes No

Have you or would you take a computer class here?

Yes No

If so, what classes: _____

If you use our computers, do they need to be upgraded?

Yes No

Do you feel the lab is duplicating a service provided by the library or is it complimentary?

Duplication Complimentary

Other thoughts: _____

Seniors in the Park Activity Calendar –March 2010

Monday	Tuesday	Wednesday	Thursday	Friday
1 9:30 Stretch/Flex 10:30 Book Club 11:00 Wii Bowl 12:00 Senior Forum 1:00 Bid Euchre 1:30 Canasta	2 10:00 Culvers Bingo 11:00 Potluck 11:30 Dominos 12:00 Foot Clinic 1:00 Sheepshead 6:30 Ceramics (A) Scrolls payment due	3 9:00 Bowling (HB) 10:45 Zumba® Gold 11:30 Birthday Day 1:00 Texas Hold 'em Poker 6:30 Ceramics (A)	4 9:00 – 3 AARP Tax Assistance 9:30 Stretch/Flex 1:00 Ceramics (A) 1:00 Advanced Watercolor Techniques	5 
8 9:30 Stretch/Flex 11:00 Wii Bowl 1:00 Therapeutic Massage 1:00 Bid Euchre	9 10:00 Our House Senior Living Bingo 12:30 Our House Senior Living Movie “The Informant” 1:00 Sheepshead 6:30 Ceramics (A)	10 9:00 Bowling (HB) 10:45 Zumba® Gold 3:00 Meditation 6:30 Ceramics (A)	11 9:00 – 3 AARP Tax Assistance 9:30 Stretch/Flex 11:00 Lunch Bunch 1:00 Ceramics (A) 1:00 Advanced Watercolor Techniques Branson RSVP due	12 11:30 Nutrition Site - Brookdale
15 9:30 Stretch/Flex 11:00 Wii Bowl 12:30 Healing the Land 1:00 Bid Euchre 1:30 Canasta	16 1:00 Sheepshead 2:00 Grief support Group 6:30 Ceramics (A)	17 9:00 Bowling (HB) 10:45 Zumba® Gold 1:00 Texas Hold 'em Poker 6:30 Ceramics (A) 	18 9:00 – 3 AARP Tax Assistance 9:30 Stretch/Flex 10:30 Janesville Shop 1:00 TV Show mtg 1:00 Ceramics (A) 1:00 Advanced Watercolor Techniques 6:30 NVR2LATE	19
22 9:30 Stretch/Flex 11:00 Wii Bowl 1:00 Bid Euchre	23 10:00 City Bingo 11:00 Blood Pressure 12:30 Our House Senior Living Movie “Amelia” 1:00 Sheepshead 6:30 Ceramics (A)	24 7:15 am Full Speed Ahead departs 9:00 Bowling (HB) 10:45 Zumba® Gold 3:00 Meditation 6:30 Ceramics (A)	25 9:00 – 3 AARP Tax Assistance 9:30 Stretch/Flex 12:00 Lunch & Learn “Ouch! My Joints Hurt” 1:00 Ceramics (A)	26 <hr/> 27 11 – 1 Easter Bunny Luncheon
29 9:30 Stretch/Flex 11:00 Wii Bowl 1:00 Bid Euchre 1:30 Canasta	30 8:00 am Dead Sea Scroll Trip departs 1:00 Sheepshead 6:30 Ceramics (A) Office is closed. Building open for lunch and cards.	31 10:45 Zumba® Gold 1:00 WWII Stories 6:30 Ceramics (A)	*Activities take place at the Starin Park Community Building unless otherwise noted. (A)=Downtown Amory (L)=Cravath Lakefront (HB)=Hawk Bowl	



Walworth County Nutrition Menu – March 2010



Monday	Tuesday	Wednesday	Thursday	Friday
1 Cowboy Pork Chili Macaroni Creamy Broccoli Salad Corn Bread Chunky Applesauce	2 Spaghetti and Meatballs Peas and Carrots Garlic Bread Melon	3 Birthday Day Slow Roasted Beef and Gravy Mashed Potatoes Brussels Sprouts Multi-Grain Bread Marble Cake	4 Teriyaki Turkey Burger/Bun Roasted Potatoes with Peppers and Onions Asian Slaw Hot Fruit Bake	5 Chicken Parmesan Penne Pasta w/Marinara Spinach French Bread Chilled Peaches
8 Country Meatloaf Patty Mashed Potatoes/Gravy Stewed Tomatoes Wheat Roll Apricots	9 Potato Crushed Fish Filet Delmonico Potatoes Carrots Rye Bread Lemon Pudding	10 Chicken Gumbo Rice Pilaf Pea Salad Bran Muffin Bread Mandarin Oranges	11 Macaroni, Ham and Cheese Italian Green Beans Warm Cinnamon Apples French Bread Whole Banana	12 AT BROOKDALE Veal Marsala Mashed Potatoes/Gravy Mixed Vegetables Multi-Grain Bread Fresh Melon
15 Sloppy Joes on a Bun Seasoned Red Potatoes Mixed Vegetables Chocolate Chip Cookies	16 Cabbage, White Bean, Chicken & Sausage Soup Au Gratin Potatoes Peas Ry Krisp Crackers Apricots	17 Corned Beef Whole Irish Potatoes Cabbage and Carrots Rye Bread Leprechaun “Pistachio” Pudding	18 Meatloaf and Gravy Mashed Potatoes Harvard Beets Multi-Grain Dinner Roll Pineapple Tidbits	19 Pork Pot Roast (Diced) Mashed Potatoes/Gravy Parslied Carrots Wheat Bread Apple Pie
22 Roast Turkey and Gravy Baked Sweet Potatoes Brussels Sprouts Wheat Bread Mandarin Oranges	23 Chopped Pork Steak with Mushroom Gravy Mashed Potatoes Spinach Multi-Grain Bread Ranger Cookie	24 Beef Noodle Soup Peas and Onions Carrot Raisin Salad Rye Bread Cake	25 Oven Roasted Chicken (Drumsticks) Garlic Mashed Potatoes Broccoli Wheat Bread Fresh Melon	26 Spaghetti and Meatballs Italian Mixed Vegetables Garlic Bread Peach Applesauce
29 Smothered Chicken with Artichoke Sauce Au Gratin Potatoes Green Beans Wheat Bread Chocolate Pudding	30 Beef Stew with Potatoes, Onions and Carrots Peas Baking Powder Biscuit Mandarin Orange Cup	31 Country Style Roast Pork with Basil Dijon Sauce Scalloped Potatoes Mixed Vegetables Rye Bread Pumpkin Bar	Call 473-0536 by noon a day in advance to reserve your meal or call Walworth Co. at (262) 741-3333 or 1-800-365-1587, ext. 3333. You may reserve a meal by calling your meal site coordinator before 12:00 p.m. one (1) business day in advance. Cancellations must be made no later than 8:00 a.m. the day of your reservation. Call the Nutrition Program office and leave a message	