



The Park Bench

Seniors in the Park Newsletter
November 2010 Volume X Issue 11

Seniors in the Park promotes and enhances a vital aging community

ONE STOP SHOP

Saturday November 20, 9:00am -2:00 pm

Downtown Armory

Find unique and fun gifts, beautiful jewelry and items for your kitchen, bath and home at our fall fundraiser. Home-party consultants and crafters will be on hand to assist you in shopping for those hard-to-find-for people or yourself. There will also be a bake sale, a BBQ lunch, and a raffle of items donated by each vender. Independent consultants include: Gold Canyon Candles, Pampered Chef, Usborne Books, Lia Sophia jewelry, Tastefully Simple, Shaklee, Tupperware, Discovery Toys, Simply Fun (kids games), Mary Kay Cosmetics, Party Lite, Scentsy Wickless Candles, Butterfly World (boutique items), L'Bri (facial care), Stampin'Up, , Blessing Unlimited, Love Me So Jewelry and Crafters include: Drews Designs Jewelry, Pendant Designs by Kristin, Generations Past, Scarves and Hand Weaving, Woodworking and Solar lights, Two Grannies, Sugar Scrubs/Stained Glass, and Nina's Goats (soaps), .



Volunteer to work or bake for the event. See page 9.



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 and tickets must be purchased by December 1. Share some holiday spirit with friends, great food and fantastic entertainment. Rides to the event are available. Let us know when you purchase a ticket.

MEDICARE PART D OPPORTUNITIES

There will be a **Medicare Refresher Workshop** for people who have been in Medicare at 1:00 pm November 3rd. There will be two workshops for people just starting Medicare on Thursday, December 9th from 1:00—2:30 pm or 6:00—7:30 pm. All workshops will be at the Walworth County Health and Human Services, W4051 County Road NN, Elkhorn. Information on individual appointments for Medicare Part D is on page 2.



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FALL BACK

Turn your clocks back
Saturday night Nov. 6





SEASON TO SEASON WITH THE NETSILIK INUIT

Wednesdays, 1:00 pm
beginning October 27

A look at the, almost extinct, old traditional ways of the Alaskan Inuit. A film team lived with the Netsiliks group and filmed them for a year. Twenty films were condensed out of thousands of feet of film with not one word of narration outside of the people speaking to one another. The instructor will provide the narration.

Oct. 27 Fishing at the Stone Weir

Nov. 3 Caribou Hunt

Nov. 10 Winter Sea Ice Camp

Presenter: Terry Tutton, Phys. Anthropologist
Please RSVP in advance.

DEAD PEOPLE DO TELL TALES

Wednesday, November 17, 1:00

Learn about Forensic Anthropology as it is applied to prehistoric peoples.

Presenter: Terry Tutton, Physical Anthropologist.

Please RSVP By Wednesday November 10



WATERCOLOR CLASS

Thursdays beginning
November 11, 1:00-4:00

This class is designed for the artist to roll up their sleeves and paint. Individual instruction will be provided to improve and advance current skill levels with the focus on main watercolor methods and techniques. Stop in or call for class outline and materials needed.

Instructor: Tom Jewell

Cost: \$40.00 Four week session

Please RSVP By Thursday Nov 4

MEDICARE PART D OPEN ENROLLMENT

Mondays, November 22 & 29

By Appointment Only

The Open Enrollment Period for Medicare Part D is November 15 thru December 31, 2010. There are several plans that will leave Walworth County effective January 1, 2011, and others will have significant premium increases.

You can review the 2011 Medicare Part D plans now on the www.medicare.gov website, or if you can not use the website (and don't have a friend or family member to assist you), a representative from the Elderly Benefits Specialist Program of the Walworth County Aging and Disability Resource Center will be here conducting free 45-minute Medicare Part D and Senior Care assessments. They can assist you in determining your appropriate drug coverage for 2011.

Space is limited. Call 262-473-0535/Seniors in the Park to reserve your appointment. You will need to supply the benefit specialists with your prescription information prior to your appointment. Forms are available at the Starin Park Community Building and must be mailed to Walworth County PRIOR to your appointment. Fairhaven residents can get the forms from Kay Demler.

MEDICARE PART D INFORMATIONAL PRESENTATION

November 10, 1:00

At Fairhaven

Julie Juranek, Walworth County Benefit Specialist, will discuss Medicare Part D updates, changes, and give information on finding the best Medicare part D plan for you. This is a for general information only. No individual assistance will be given at the presentation.

COMPUTER SAVY

Asked and Answered

November 8 or 9; 9:30 am

One hour, on-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 November 4



Health Information Online

November 25 & 26, 9:30 am

Want to know where to go online to find reliable information on health? This class will help you to navigate the National Institute on Health website. There are health videos, personal stories, and up-to-date information on a myriad of topics.

Instructor: Lyle Hunter

Cost: \$5.00; Register by November 10

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.



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.

Please RSVP By Wednesday Dec 8

BOOK CLUB

Monday, November 1, 10:30 am

The Book Club will discuss *A Reliable Wife* by Robert Goolrick. The book for November is *A New Earth* by Eckhart Tolle

The Power of Now established Eckhart Tolle as one of the leading spiritual teachers writing today. He takes us beyond our own lives to show that we now have the opportunity to birth a new, more loving world. This involves a radical inner leap of consciousness from the current identification with our ego to an entirely new way of thinking about who we are. In **A New Earth**, Tolle shows how this transformation can occur not only in ourselves, but in the world around us. In illuminating the nature of this shift of consciousness, Tolle describes in detail how our current ego-based state of consciousness operates. He then gently and in very practical terms leads us into this new consciousness. We will come to experience who we are truly are, which is infinitely greater than anything we currently think we are.



OUR HOUSE SENIOR LIVING MOVIES

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

"Date Night"

Tuesday, Nov. 9 12:30 pm

Rated: PG-13 1 hr. 28 min.

In New York City, a case of mistaken identity turns a bored married couple's attempt at a glamorous and romantic evening into something more thrilling and dangerous.

"Me and Orson Welles"

Tuesday, Nov. 23 12:30 pm

Rated: PG-13 1 hr. 54 min.

A teenager is cast in the Mercury Theater production of "Julius Caesar" directed by a young Orson Welles.

"Chaplin"

Tuesday, Nov. 30 12:30 pm

Rated: PG-13 2 hr. 20 min.

A film about the troubled and controversial life of the master comedy filmmaker.

BINGO!

Tuesdays, 10:00 am

November 2: Culver's Bingo

November 9: Our House Senior Living

November 23: 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*	
Downtown Whitewater*	Floral Villa	
First Citizens State Bank	Jessica's Restaurant	
	Dalee Water Conditioning	

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

LIFELINE SCREENINGS

Friday November 12

By Appointment

Life Line Screening will be here to give stroke, heart rhythm and osteoporosis screenings. Call 1-800-324-1851 for an appointment. For more information pick up a flyer at the Community Building.

BIRTHDAY DAY

Wednesday, November 3, 11:30 am

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



Happy November Birthdays to:

4-Elaine Schultz	28-Janice Batten
4-Donna Dable	28-Janet Hintz
23-Jan Schmeling	

NOTES FROM THE KITCHEN

Soups are back along with other comforting winter meals. Enjoy the music of Lawrence Welk on Tuesdays from 10:30—11:30. Anyone 60 and over 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.



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.

Cost: \$3.00

Reservaion Deadline: January 12

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 Eth-



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 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.

Cost: \$3.00

Instructor: Jenny Wehmeier, UW-Extension Family Living Educator

RSVP/Payment deadline: Thursday January 20

FAIRHAVEN LECTURE SERIES: THE LIFE AND TIMES

Mondays 3:00 pm

Fairhaven Lecture Hall

Examine the biography as a literary form. Look at the life and times of some of history's most famous, infamous, and barely famous figures, and even take a biographical look at the life of a famous city. We'll take a closer look at people and places that have changed the world, altered the course of human events, and brought us to where we are today. Unable to attend? Download podcasts at: <http://www.uww.edu/conteduc/fairhaven>

Nov. 1: Along the Trail of Blackhawk

Tony Gulig, Assoc. Prof. History

Nov. 8: A Biography of a City: The History of Tokyo

Roderick Wilson, Lecturer, History

Nov. 15: The Least Dangerous Branch: Justices Who Have Gone Out on a Limb
Jolly Emrey, Assoc Prof, Pol. Science

Nov. 22: Honest Politicians in Illinois: There Actually Are a Few

Susan Johnson, Assoc Prof, Pol. Science

HOLLY DAYS

December 3-5

Seniors in the Park is participating in Holly Days. Friday night before the parade there will be opportunities for storytelling (inside). Saturday Dec 4, we will be providing gift wrapping downtown for a donation. See page 9 for opportunities to help out.



All activities are held at the Starin Park Community Building unless stated otherwise

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 drive through celebrity neighborhoods and hear stories that go with them, the air museum which is 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.



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 \$2,224pp/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.

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.



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: \$2649 pp/double includes airfare, 10 meals, and all sightseeing per the itinerary. Premier World Discovery

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. Tour includes: 21 meals, free round-trip airport transfers, Guaranteed Share program for single travelers.

Cost of other decks and single supplement available. Main Deck \$3238 pp/dbl

The Fireside

FIRESIDE 2010

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

Cost: \$67.00

RSVP/Payment deadline: Thurs., Nov. 4

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.

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.

WHERE TO NEXT???

I am in the process of planning van, coach and extended trips for next year. Where would you like to go and how much are you willing to spend? Give me a call, email or stop in and let me know what your thoughts are. It makes my planning easier and you get to travel to your favorite destination



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, November 11

Travel to Ray's Restaurant in Edgerton and the Cheese Chalet in Newville.

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

RSVP by Tuesday, November 9

Dec: Millies

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

JANESVILLE SHOPPING

Wednesday, November 10, 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 be home for lunch.

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

RSVP by Monday, November 8

Next shopping date will be Wed. December 8



CHOCOLATE AND CHEESE

Tuesday Nov. 16, 9:00 am

Visit the fabulous Swiss Colony Outlet Store. Purchase cheese and have lunch on your own at Baumgartners, famous for their limburger cheese sandwich. Spend time on the square in Monroe visiting their unique shops.

Cost: \$16.00 (Lunch is on your own)

Departure: 9:00 am.

RSVP/payment due by Tuesday Nov 2

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.



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.

PAPER SHREDDER

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

OFFICE HOURS

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

- November 3 9:00—1:00
- November 4 9:00—3:00
- November 5 9:00—3:00
- November 29 9:00—1:00
- November 30 9:00—1:00
- December 1 9:00—3:00
- December 2 9:00—3:00

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>

- Since starting the recycling program
- Seniors in the Park has recycled 360
- phones and received \$498.00 in
- contributions for our recycling efforts.

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. Remember to collect them at both the Elkhorn and Whitewater Sentry stores. In 2010, Sentry has donated **\$516.01** to-date to Seniors in the Park.

GREETING CARDS



New greeting cards have arrived!! Check them out. We have Thanksgiving cards in addition to a great selection everyday and special greeting cards at low prices.

**SENIORS IN THE PARK
PROMOTES AND
ENHANCES A VITAL
AGING COMMUNITY**

GRIEF SUPPORT GROUP

Tuesday, Nov. 16, 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.

Remembering and Grieving

During the Holidays

Tuesday, Nov. 16, 6:30—8 pm

At Johnson Creek Center

417 Union St, Johnson Creek

RSVP to Rainbow Hospice 920-674-6255

Holiday Tips, Time of Remembrance, and refreshments will be served.

SERVICES AT A GLANCE

- **Foot Clinic-Tuesday Nov 2 at 12:00 noon.** Please bring a towel. No appointment is necessary. Cost is \$10.00.
- **Therapeutic Table Massage-Monday, Nov. 8, 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, Nov 23 11:00 am.** Provided free by Country Nurses



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



MAKE A DIFFERENCE

Make a difference by improving the programs and services offered at Seniors in the Park. Contact Deb with questions or your interest.

Volunteer as a team for some opportunities.

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

One Stop Shop Bake Sale November 19— Help price and set up the bake sale 2:00 pm – 3:30 pm.

One Stop Shop Bake Sale November 20— Sign up to donate baked goods. Good sellers include: brownies, quick breads, pies and cookies.

One Stop Shop Assistance November 20— Sign up to help at the bake sale, sell raffle tickets or serve lunch. **Shifts available.**

Holly Days December 3-4—Read stories before the parade. Provide gift wrapping on Saturday. Both events indoors.

Sixth Grade Essay Contest Committee— This group will assist in getting information to schools, collecting essays, reading and judging essays, finding and awarding prizes, and assisting with an event to recognize the winners.

30th Anniversary Committee—Next June is our 30th Anniversary. Help plan a special event to celebrate!

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.

**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 –November 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 VOTE! 10:00 Culvers Bingo 11:00 Potluck 11:45 Dominos 12:00 Foot Clinic 1:00 Sheepshead Office open 9-1	3 9:00 Bowling (HB) 9:30 Tai Chi 1:00 Season to Season with Inuit 1:00 Texas Hold 'em Poker 1:00 Chess 6:00 Ceramics (A) Office open 9-3	4 9:30 Stretch/Flex 1:00 Open Painting 3:00 Ceramics (A) Office open 9-3	5 11:30 Nutrition Site - Brookdale
8 9:30 Asked and Answered 9:30 Stretch/Flex 11:00 Wii Bowl 1:00 Bid Euchre 1:00 Therapeutic Massage	9 7:00 Veterans Trip departs 9:30 Asked and Answered 10:00 Our House Senior Living Bingo 12:30 Our House Senior Living Movie "Date Night" 1:00 Sheepshead	10 9:00 Janesville Shopping 9:00 Bowling (HB) 1:00 Season to Season with Inuit 1:00 Chess 6:00 Ceramics (A)	11 9:30 Stretch/Flex 10:30 Lunch Bunch 1:00 Watercolor Skills Class 3:00 Ceramics (A) Office open 9-3	12 LifeLine Screenings by appointment 11:30 Nutrition Site - Brookdale
15 9:30 NIH Senior Health Online 9:30 Stretch/Flex 11:00 Wii Bowl 1:00 Bid Euchre 1:30 Canasta	16 9:00 Choc/Cheese Trip departs 9:30 NIH Senior Health Online 1:00 Sheepshead 2:00 Grief Support Group	17 9:00 Bowling (HB) 1:00 Chess 1:00 Dead People Do Tell Tales 1:00 Texas Hold 'em Poker 6:00 Ceramics (A)	18 9:30 Stretch/Flex 1:00 Watercolor Skills Class 3:00 Ceramics (A)	19 20 One Stop Shop 9:00-2:00 Downtown Armory Venders, Crafters, Bake Sale, and Lunch
22 Medicare Part D Open Enrolment by appointment 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 "Me and Orson Welles" 1:00 Sheepshead	24 9:00 Bowling (HB) 9:30 Stretch/Flex 1:00 Chess 6:00 Ceramics (A) Office open 9 – 11	25 Closed Happy Thanksgiving 	26 CLOSED
29 Medicare Part D Open Enrolment by appointment 9:30 Stretch/Flex 11:00 Wii Bowl 1:00 Bid Euchre 1:30 Canasta	30 12:30 Our House Senior Living Movie "Chaplin" 1:00 Sheepshead	1 Last Sale Date for Holiday Dinner Tickets	*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 – November 2010

Monday	Tuesday	Wednesday	Thursday	Friday
1 Cowboy Pork Chili over Macaroni Creamy Broccoli Salad Corn Bread Chilled Pears	2 Spaghetti and Meatballs Butter Beans and Carrots Garlic Bread Melon	3 BIRTHDAY DAY Slow Roasted Beef & Gravy Mashed Potatoes Brussels Sprouts Multi-Grain Bread Marble Cake	4 Turkey Fried Rice Oriental Vegetables Hot Fruit Bake Asian Slaw Fortune Cookie	5 AT BROOKDALE Chicken Breast Parmesan Penne Pasta with Marinara Spinach French Bread Chilled Peaches
8 Country Meatloaf Patty Mashed Potatoes and Gravy Stewed Tomatoes Wheat Roll Apricots	9 Potato Crusted 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 Mixed Salad Greens Wheat Bread Warm Cinnamon Applies	12 AT BROOKDALE Veal Marsala Mashed Potatoes and Gravy Mixed Vegetables Multi-Grain Bread Fresh Melon
15 Sloppy Joes on a Hamburger Bun Seasoned Red Potatoes Mixed Vegetables Chocolate Chip Cookie	16 Cabbage, White Bean, Chicken & Sausage Soup Au Gratin Potatoes Peas Whole Wheat Crackers Apricots	17 Meatloaf and Gravy Mashed Potatoes Harvard Beets Multi-Grain Dinner Roll Pineapple Tidbits	18 Ring Bologna Parslied Potatoes Red Cabbage Rye Bread Warm Cinnamon Apples	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 Pork Steak Madeira Mushroom Gravy Mashed Potatoes Spinach Multi-Grain Bread Ranger Cookie	24 Beef Minestrone Soup Peas and Onions Carrot Raisin Salad Ry Krisp Crackers Cake	25 CLOSED FOR THANKSGIVING HOLIDAY	26 CLOSED FOR THANKSGIVING HOLIDAY
29 Smothered Chicken Divan Au Gratin Potatoes Broccoli Wheat Bread Chocolate Pudding	30 Beef Stew with Potatoes, Onions and Carrots Peas Baking Powder Biscuit Mandarin Orange Jell-O		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.	