



The Park Bench

Seniors in the Park Newsletter
September 2010 Volume X Issue 9

Seniors in the Park promotes and enhances a vital aging community

CELEBRATE NATIONAL SENIOR CENTER MONTH

As a new generation of older adults looks to redefine retirement, there is a growing focus on wellness, work and volunteerism. When it comes to finding tools for staying healthy and involved or information about benefits, senior centers are the place to start. You are invited to learn more about our programs and services during National Senior Center Month.

“Senior Centers – Your Place to Connect!” is the theme of this year’s celebration. Connect with health and wellness through our Stretch, Flex and Glide, Zumba® Gold and Tai Chi classes, wellness presentations, Massage Therapy, Foot Clinic and blood pressure readings. Connect with your intellect by attending stimulating lectures, playing cards or chess or learning something new on the computer. Connect with your inner child and play Wii Bowling. Connect with others at special events, pot luck, the nutrition program, volunteering or just by walking through the door. Connect to your inner being and the community through Seniors in the Park.



TAI CHI

Wednesdays, 9:30 am September 15—November 3

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

Instructor: Sue Whitford

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

Register by September 8; Minimum: 8 people, Maximum: 12

Tai Chi Demo: Saturday Sept 25, 11:00 am at Taste of Whitewater, Cravath Lakefront

ZUMBA® GOLD

Tuesdays, 8:30 am, beginning September 14

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

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

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

Register by September 8; minimum of 12 people needed. Bring a friend!

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OFFICE HOURS

The Seniors in the Park office is open 8:30 am to 4:30 pm except:

Sept. 15 & 16:

9:00 am -noon

Sept 23:

9:00 am -noon

Classes and Activities

UW-W CONTINUING EDUCATION LECTURE SERIES

Cold War Stories: A Half-Century of Soviet-American Tension

1:00 pm Wednesdays

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

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

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

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

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

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



FREE ASSISTIVE PHONE DEVICES PRESENTATION

Thursday Sept. 30, 1:00 pm

Would some special equipment help you make better use of your telephone? If so, the TEPP program is for you. The program helps people with disabilities, whether hearing, speech, sight or mobility, buy equipment they need to use basic telephone services. This program will assist you in getting funding for assistive equipment.

Please RSVP by Monday, September 27

PAINTING GROUP

Thursday, 1:00 pm

Beginning September 2 (no group Sept. 16)

Drop-in and paint on your own with paints of your choice. The group will assist each other with questions and technique.

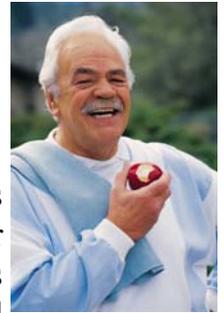
INTERNATIONAL CHOCOLATE DAY

Monday September 13

Stop in for a piece of delectable chocolate.

LIVING WELL WORKSHOP

Thursdays, 1:00-2:30 pm
Beginning October 7



For most of her adult life, Doris didn't worry much about her health. Then at 67, she was diagnosed with diabetes and high blood pressure. She tried to follow her doctor's advice to take her medications, exercise and eat better. But often she was tired and even a little depressed. "I figured it was just part of getting older," she recalls. Then a friend told Doris about the Living Well Workshop of six weekly sessions. Developed at Stanford University, the workshop has been offered at hundreds of locations throughout the United States. It helps participants with ongoing health conditions, such as arthritis, diabetes, high blood pressure, anxiety, heart disease, anxiety and others to:

Find better ways of dealing with pain and fatigue

Discover easy exercises to help improve or maintain strength and energy

Learn the appropriate use of medications

Improve nutrition

Talk effectively with family, friends, and health professionals

Understand new treatment choices

Feel better about life

Taught by specially trained volunteer leaders, some who have health conditions themselves, the program covers a new topic each week and provides opportunities for interaction and group problem solving. The CDSMP leaders are really more like coaches, and the answer to someone's question is usually in the room.

For more information on or to register for the Living Well Workshop, call the Walworth County Health and Human Services Dept. at 262-741-3333.

Cost: \$10 book fee (refundable)

RSVP by September 30 to Walworth County or Seniors in the Park.



BOWLING

Wednesdays, 9:00 am
Begins September 7
Hawk Bowl

This is a recreational league. You must be 55 years of age and want to have a good time. For more information, call Betty Lemke at 473-7248.

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 Last Station”

Tuesday, Sept. 14 12:30 pm
Rated: R 1 hr. 53 min.

Academy Award® winner Helen Mirren and Christopher Plummer star in this compelling look at the final days of literary icon Leo Tolstoy. Having renounced his title and property, Tolstoy makes plans to donate his royalties to the Russian people, supported by his trusted disciple Chertkov. Tolstoy’s outraged wife wages a one-woman war to challenge her husband’s outrageous act of idealism. Co-starring Golden Globe® nominee James McAvoy as the novelist’s worshipful assistant whose romance with a free-spirited young woman puts Tolstoy’s notion of ideal love to the ultimate test. Rated R for a scene of sexuality and nudity.

“Alice in Wonderland”

Tuesday, Sept. 28 12:30 pm
Rated: PG 1 hr. 49 min.

Inviting and magical, **Alice in Wonderland** is an imaginative new twist on one of the most beloved stories of all time. Alice, now 19 years old, returns to the whimsical world she first entered as a child and embarks on a journey to discover her true destiny. This Wonderland is a world beyond your imagination and unlike anything you've seen before. The extraordinary characters you've loved come to life richer and more colorful than ever! Stars Johnny Depp.

COMPUTER SAVY



Labels

September 20 & 21

Learn how to make and print labels for mailings, Christmas cards or whatever you may need labels for. Instructor: Lyle Hunter
Cost: \$8.00; RSVP by September 15

Asked and Answered

Sept 15 or 16; 9:30 or 11 am

One hour, on-on-one help sessions on topics of your chosin. Bring your own laptop, if you wish, with either VISTA or XP or use the XP computers a the Senior Center. Internet, E-mail, Word, Excel, Pictures or general topics can be raised. You must register for a day and time.

Instructor: Lyle Hunter

Cost: \$5.00; Register by September 13

BOOK CLUB

Monday, September 13, 10:30 am

The Book Club will discuss *Dear John* by Nicholas Sparks. The  book for September is *A Long Way Gone* by Ishmael Beah.

A gripping story of a child’s journey through hell and back. There may be as many as 300,000 child soldiers, hopped-up on drugs and wielding AK-47s, in more than fifty conflicts around the world. Ishmael Beah used to be one of them. He is one of the first to tell his story in his own words.

In *A Long Way Gone*, Beah, now twenty-six years old, tells a riveting story. At the age of twelve, he fled attacking rebels and wandered a land rendered unrecognizable by violence. By thirteen, he’d been picked up by the government army, and Beah, at heart a gentle boy, found that he was capable of truly terrible acts. Eventually released by the army and sent to a UNICEF rehabilitation center, he struggled to regain his humanity and to reenter the world of civilians, who viewed him with fear and suspicion. This is, at last, a story of redemption and hope.

GLOBAL GALA

Thursday October 14

6:00 pm Dessert

7:00 pm International Entertainment

Delight in an evening of entertainment by the International Student Association from UW-Whitewater. The Gala begins with desserts from 6-7 pm. Tickets can be purchased in advance for \$4.00 and may be available at the door, if it is not sold out.

OKTOBERFEST

Thursday Oct 7

Listen or dance to the music of Gerry Hartman. He plays all your favorites on the keyboard. Savor a meal of German dishes.

Cost: \$2.50 donation Reserve by October 4.

**SEASON TO SEASON
WITH THE NETSILIK INUIT**

**Wednesdays 1:00 pm
beginning October 27**

A look at the almost extinct, traditional ways of the Alaskan Inuit. Topics include: Fishing at the Stone Weir, Caribou Hunt, and Sea Ice Camp

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

FLU SHOTS

The date is yet to be determined but flu shots will be dispensed in October

CAR CLEANING & INSPECTION

**Saturday October 16, —10:00 am
Whitewater High School**

BINGO!

Tuesdays, 10:00 am

September 7: Culver's Bingo

September 14: Our House Senior Living

September 28: City Bingo

Weekly Bingo Sponsors:

Culver's Our House Senior Living
Remember to thank our sponsors when you visit them.

NOTES FROM THE KITCHEN



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

The Nutrition Program will be at Brookdale on the first and second Friday of every month. September dates are September 3 and September 10. The site will be closed on Friday, September 17.

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, September 29 11:30 am

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



Happy September Birthdays to:

- 15—Carla Anderson 28—Doris Wutke
- 21—Bea Jacobs

City Bingo Sponsors:

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

You can register for Parks and Recreation classes online at <http://activenet9.active.com/whitewater> or call in your registration to 473-0101. Both require a credit card. Forms can be mailed in or dropped off at the Municipal Building. Pick up a brochure for more information on the following classes. Remember there is a late fee of \$10 for registering after a deadline.



PANTRY RAID

Saturday Oct 16, 11:30—1:00

Learn how to “Raid” your own pantry and change how and what you eat into a healthier way of eating. Also discussed the 90/10 rule of healthy eating and how to keep your energy level up.

Fee: \$15.00 RSVP/payment by Oct 7

SUGAR BLUES

Saturday Nov. 13, 11:30—1:00

Learn the 8 primary causes of sugar cravings, how it effects your body and how to alleviate those cravings with healthy alternatives.

Fee: \$15.00 RSVP/payment by Nov 3

BASIC FITNESS

Mondays & Wednesdays 6:15—7:00 pm

Downtown Armory

Free Trial Class Sept 8, 6:15 pm

If you are new to fitness classes or just looking for a less intense, low-impact workout then this is the class for you. Bring water bottle and fitness mat.

Must register for free class.

Session 1: Sept 15-Nov 3 Payment: Sept 5

Session 2: Nov 8—Dec 29 Payment Oct 30

\$65.00 or punch card for 8 classes \$48

OTHER CLASSES OF NOTE

- Body Therapy Workshop: October 30
- Body Therapy Class: Nov 9—Dec 14
- Gentle Yoga Stretch: Thurs. 9:45 am
Sept 9—Oct 7, Oct 14—Nov 11,
Nov 18—Dec 23
- Restorative Yoga: Tues. 9:45 am
Sept 7—Oct 5, Oct 12—Nov 9,
Nov 16—Dec 21

TASTE OF WHITEWATER

September 24 & 25

Cravath Lakefront

Friday night: pizza and sweet corn, beer and wine tent offering samples and full glasses, and music. Saturday: Tai Chi 11:00 am (sponsored by Seniors in the Park), 5k Run/Walk (registration begins at 10:30 am), Extreme Trampoline, Animals of the World, dance performances, Drums Alive, bouncy rides for the kids, food from local restaurants, the beer and wine tent, music and more. For more information go online to www.tasteofwhitewater.com.

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>

Sept 20: The Pleasures and Pains of Reading and Writing Life Stories.

Rebecca Hogan, Prof. Languages and Literature

Sept 27: Six Degrees of Stanley Milgram: The Man Who Shocked the World

Elizabeth Olson, Asst. Prof. Psychology

Oct 4: Muhammad: The Last Prophet of Islam

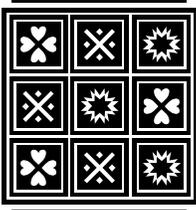
Molly Patterson, Asst. Prof. History

Oct 11: Bert the Miner: Herbert Hoover, Forgotten Progressive and Humanitarian

Richard Haney, Prof. Emeritus, History

Oct 18: Travels with Charlie: A Trip with Charles Darwin

Daryle Waechter-Brulla, Assoc. Prof. Biology



BARN QUILT TOUR

Wednesday, October 13

Our tour will begin in Monroe and we will travel through the countryside for 2 hours of seeing barn quilts. These quilts are painted on 8' by 8' pieces of wood and hung on the sides of barns. Enjoy an Amish home cooked meal at Country Lane Bakery consisting of meal meat loaf, chicken, vegetables, mashed potatoes and gravy, salad, rolls and homemade pie. Then it is off to Maple Leaf Cheese & Chocolate Haus in New Glarus for tasting and buying. Our final stop will be Hoesly's Meats for local sausages and much more from the area.

Cost: \$52

Reservation/payment due: September 22

Checks made out to Fort Atkinson Senior Ctr.

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

Return: Starin Park 4:30 pm; Fort K-Mart 5 pm



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)

RSVP/Payment due September 14

Checks made out to Fort Atkinson Sr. Ctr.

Depart: Fort K-Mart 7:30 am

Return October 19 approx 7:30 pm

SALUTE TO VETERANS

Tuesday, November 9



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

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

Reservation/payment due: October 12

Checks made out to Fort Senior Center

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

Return: Fort K-Mart 5:45 pm; Starin Park 6:15 pm

EMERGENCY FORMS

Emergency forms must be completed to travel with us. They can be filled out when you register for a trip or the day of. You will need doctor and emergency contact numbers and a list of your medications.

TRIP PARKING

Please park at the east end of the lot away from the building to allow access for those using the building during the day.

SENIORS IN THE PARK PROMOTES AND ENHANCES A VITAL AGING COMMUNITY

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)



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

DEVIL'S LAKE HIKE

Tuesday October 12

Hike around the Lake and see the gorgeous fall colors. It is fairly level and approximately 2 miles. Bring a sack lunch. A stop may be made at Wollersheim Winery.

Cost \$10
Reservation/payment due by October 4
Depart: 9:00 am Return: 3:30 pm (approx)
Minimum: 7 people

GURNEY OUTLET MALL

Friday October 22

Get in some early holiday shopping at this great outlet store in Gurney, IL.
Cost \$8.00

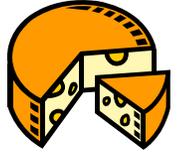
Reservation/payment due by October 14
Depart 8:30 am; Return: 5:00 pm (approx)
Minimum: 7 people

CHOCOLATE AND CHEESE

Tuesday Nov. 16, 9:00 am

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

Cost: \$16
Departure: 9:00 am.
RSVP by Tuesday Nov 2



JANESVILLE SHOPPING

Wednesday, September 8, 9:00 am

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

Departure: 9:00 am. Cost: \$5
RSVP by Monday, September 6

LUNCH BUNCH

Thursday, September 9

Travel to The Depot & Brownberry Bread in Oconomowoc for lunch. Departure: 10:30 am.
Cost: \$5
RSVP by Tuesday, September 7
Oct: Eagle Springs Pub

The Fireside

FIRESIDE 2010

Wednesday, October 20—Hairspray
RSVP/Payment deadline: Mon., Sept 13.
Wednesday, December 21—The Child; Story of the First Christmas
RSVP/Payment deadline: Thurs., Nov. 4
Cost: \$67.00
Payable to: The Fort Atkinson Senior Center.
Arrive at the Fireside at 10:30 am. Lunch is at 11:15 and Show at 1:30. Transportation is on your own.

Extended Trips



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.

Cost of other decks and single supplement available.

Main Deck \$3238 pp/dbl

Deposit of \$400 due by October 10

Checks payable to Mayflower Tours

First Time Traveler and Referral Rewards available.

Optional Passenger Protection is available.

PREVIEW

Monday, September 27, 11:00 am

Snacks will be served

RSVP by September 20



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.

PREVIEW

Monday, September 27, 12:30 pm

Snacks will be served

RSVP by September 20

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

FYI

PARK BENCH IDEAS

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

FUNDS FOR FRIENDS

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



CROSS STITCH & CROCHET SUPPLIES

We received a large donation of craft supplies. If you do cross stitch, stop in and take what supplies you would like. We also have lots of the thin cotton crochet thread to give away.

PAPER SHREDDER

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

GRIEF SUPPORT GROUP

Tuesday, September 21, 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, Sept 28, 11:00 am.** Provided free by Country Nurses
- **Foot Clinic-Sept 7 at 12:00 noon (Second Tuesday).** Please bring a towel. No appointment is necessary. Cost is \$10.00.
- **Therapeutic Table Massage-Monday, Sept 13, 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
- **Agging 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

GREETING CARDS

New greeting cards have arrived!! Check them out. We now have belated birthday cards in addition to a great selection 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.

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

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

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

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

WELCOME TO ...

New volunteer **Mark Dorn** who will be our "Movie Director". He will setup and show the movies each month. Thanks Mark!

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.



PLEASE, CELL PHONES ONLY. No cords, chargers, boxes, house phones, etc.

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.

FACEBOOK

Seniors in the Park is now on Facebook. Become a fan!!

**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.

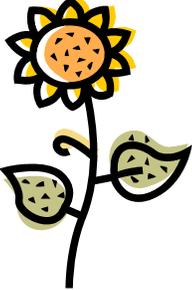
Name _____

E-Mail _____

Address _____



Seniors in the Park Activity Calendar –September 2010

Monday	Tuesday	Wednesday	Thursday	Friday
<i>Celebrate Senior Center Month “Senior Centers – Your Place to Connect!”</i>		1 1:00 Texas Hold ‘em Poker 1:00 Chess 6:00 Ceramics (A)	2 9:30 Stretch/Flex 1:00 Open Painting 3:00 Ceramics (A) Deadline Lake Geneva trip	3 11:30 Nutrition Site - Brookdale
6 Closed for Labor Day Observance	7 10:00 Culvers Bingo 11:00 Potluck 11:30 Dominos 12:00 Foot Clinic 1:00 Sheepshead	8 9:00 Bowling (HB) 9:00 Janesville Shopping 1:00 Chess 6:00 Ceramics (A)	9 9:30 Stretch/Flex 10:30 Lunch Bunch 1:00 Open Painting 3:00 Ceramics (A) Deadline Gays Mills trip	10 11:30 Nutrition Site - Brookdale
13 Chocolate Day 8:30 Golf (OR) 9:30 Stretch/Flex 10:30 Book Club 11:00 Wii Bowl 12:00 Senior Forum 1:00 Bid Euchre 1:00 Therapeutic Massage 1:30 Canasta	14 8:30 Zumba Gold 10:00 Our House Senior Living Bingo 12:30 Our House Senior Living Movie “The Last Station” 1:00 Sheepshead	15 9:00 Bowling (HB) 9:30 Tai Chi 9:30 Asked a& Answered 1:00 Chess 1:00 Texas Hold ‘em Poker 6:00 Ceramics (A) Office 8:30 - noon	16 9:30 Stretch/Flex 9:30 Asked a& Answered 3:00 Ceramics (A) Office 9-12	17 
20 8:30 Golf (OR) 9:30 Stretch/Flex 9:30 Labels 11:00 Wii Bowl 1:00 Bid Euchre RSVP due for trip previews	21 8:30 Zumba Gold 9:30 Labels 1:00 Sheepshead 2:00 Grief support Group	22 9:00 Bowling (HB) 9:30 Tai Chi 1:00 Cold War Stories 1:00 Chess 6:00 Ceramics (A) RSVP Due Barn Quilts trip	23 9:30 Stretch/Flex 1:00 Open Painting 3:00 Ceramics (A)	24-25 Taste of Whitewater Cravath Lakefront 11:00 Tai Chi (Saturday)
27 9:30 Stretch/Flex 11:00 Wii Bowl 11:00 Dutch Waterways Preview 12:30 Palm Springs Preview 1:00 Bid Euchre 1:30 Canasta	28 8:30 Zumba Gold 10:00 City Bingo 11:00 Blood Pressure 12:30 Our House Senior Living Movie “Alice in Wonderland” 1:00 Sheepshead	29 9:00 Bowling (HB) 9:30 Tai Chi 11:30 Birthday Day 1:00 Cold War Stories 1:00 Chess 6:00 Ceramics (A)	30 9:30 Stretch/Flex 1:00 Assistive Phone Hearing Devices Program 1:00 Open Painting 3:00 Ceramics (A) RSVP due Living Well Workshop	*Activities take place at the Starin Park Community Building unless otherwise noted. (A) = Downtown Amory (L) = Cravath Lakefront (OR) = Oak Ridge Golf Course, Milton (HB) = Hawk Bowl

Walworth County Nutrition Menu – September 2010

Monday	Tuesday	Wednesday	Thursday	Friday
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.		1 Oven Fried Chicken (Drumsticks) Mashed Potatoes Mixed Vegetables Wheat Bread Fruit Jell-o	2 Tuna Salad Supreme with Lettuce and Tomato American Potato Salad Rye Bread Chilled Apricots	3 AT BROOKDALE Rigatoni (Pasta) and Meat Sauce Italian Mixed Vegetables French Bread Ranger Cookie
6 Senior Dining Centers will be closed Labor Day	7 Chicken Salad Romaine Lettuce Garnish Herbed Tomato Wedges Multi Grain Bread Chilled Pears	8 Ham and Navy Bean Stew Broccoli Corn Bread Hot Fruit Bakes with Oatmeal Crumble	9 All Beef Hot Dog on a Hot Dog Bun Oven Browned Potatoes Corn Banana	10 AT BROOKDALE Potato Crusted Fish Filet Peas and Onions California Blend Vegetables Wheat Bread Fresh Melon
13 Beef Bourguignonne Mashed Potatoes Broccoli Wheat Bread Chilled Pears	14 Stuffed Cabbage Roll Red Beans and Rice Carrots and Chives Multi Grain Bread Chilled Peaches	15 Summer Medley Chicken Baking Powder Biscuit California Blend Vegetables Cole Slaw Hot Glazed Apples	16 Ham and Turkey Club Focaccia Flat Bread Lettuce and Tomato Pea Salad Mandarin Oranges	17 Nutrition Site Closed
20 Chicken Breast ala Cranberry Raisin Sauce Savory Brown Rice Scandinavian Vegies Multi Grain Dinner Roll Chilled Apricots	21 Italian Beef Sandwich on a Sliced Wheat Bun Peas Stewed Tomatoes Vanilla Pudding	22 Savory Ground Pork and Curly Noodle Casserole Carrots Parslied Cauliflower Rye Bread Fruit Jell-O	23 Meatloaf and Gravy Mashed Potatoes Harvard Beets Wheat Bread Applesauce	24 Open Faced Hot Turkey Sandwich on Multi Grain Bread Baked Sweet Potatoes Broccoli Cherry Crisp
27 Pork Stroganoff Mashed Potatoes Parslied Carrots Marble Rye Bread Chocolate Chip Cookie	28 Spaghetti and Meatballs Mixed Green Salad Garlic Bread Chilled Pears	29 BIRTHDAY DAY BLT Chicken Salad Mixed Salad Greens with Tomato Wedges Mandarin Oranges Ry Krisp Crackers Marble Cake	30 Hamburger on a Hamburger Bun Baked Beans Mixed Vegetables Fruit Sunburst	