



The Park Bench

Seniors in the Park Newsletter
August 2011 Volume XI Issue 8

Seniors in the Park promotes and enhances a vital aging community

ISRAEL/JORDAN PRESENTATION

Wednesday, August 10 1:00 pm

See and hear about the UW-Whitewater trip to Israel and Jordan from the ancient ruins to the current tensions. There were many surprises and unique experiences on the trip including bombings, royalty, and an Arabic wedding.

Presenter: Deb Weberpal

Please RSVP by Thursday August 3

CHAIR YOGA

Thursdays, 1:00 pm

Gain strength and balance while improving flexibility in this 60-minute yoga class designed around chair and standing poses. That's right! No getting up and down off the floor in this class! We will use breath, synchronized movement, simple meditation exercise, and yoga poses supported by a chair to leave you feeling serene and strong. No experience required.

Instructor: Alyssa Swengel, LMT, CYT

4 week class beginning Sept. 8

Cost: \$20.00 (payable to instructor)



WHAT'S INSIDE

Pages 1-3
Classes and Activities,

Page 4
Resources & Services, Free Massages

Page 5
Extended Trips

Pages 6
Van Trips

Page 7
Coach Trips

Page 8
Nutrition Site Thank You FYI

Page 9
Coordinator's Comments, Community

SALAD POT LUCK LUNCHEON

Tuesday, August 2

11:15 am



Salads are the perfect meal on a hot summer day. The possibilities are endless! Bring a meat, veggie or fruit salad. Ice Cream sundaes will be

provided for dessert. Join us for good food and fun.

SWEET SUMMER TREATS

Stop into the Community Building for a sweet treat or sign up for lunch and get a special dessert!

Tuesday August 9: S'mores 11:30 am—12:30 pm

Monday August 15: Root Beer Floats 11:30 am—12:30 pm

Tuesday August 23: Sundaes 11:30 am—12:30 pm

Thursday August 25: End of Summer Party. 11:00 am. Sing summer songs with Guitarist, DeAnna Brunner. Enjoy a Nutrition Site Hamburger lunch with S'mores for dessert.

Lunch RSVP must be made by noon, Tuesday, August 23. Suggested meal donation is \$2.50.

Classes and Activities

COMPUTER TUTOR

Genealogy

August 15 & 17, 9:30 am

Class is filled. Another one will be offered in the fall. Watch the newsletter for dates or call and get your name on the list for the next class

Cost: \$8.00

Instructor: Lyle Hunter

20th CENTURY AMERICAN HISTORY STORIES

Wednesdays, 1:00 pm

Sept. 21: Presidential Health Concerns and their Impact

Sept. 28: American Sports and the Olympic Games as Reflections of American Society and International Relations

October 5: Presidential Library/Museums: The Grand Tour

October 12: America Had Political Demagogues in the Depression-era 1930s Too: Huey Long and Charles Coughlin

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



POLE WALKING GROUP

Wednesdays 9:30 am

Meet at the Starin Park Community building and walk with others.

POLE WALKING INSTRUCTION

Wednesday, September 7 or 21

9:00 am

Turn your walk into a total body workout. Learn how to pole walk for fun and fitness.

Cost: \$10.00

Deadline: Register by September 1 or September 19.

Instructor: Deb Weberpal

HIKING OPPORTUNITIES

Tuesdays 4:00 pm

Wednesdays 10:30 am

Meet at the Highway 12 Ice Age Crossing Lot.
Hikes are 2-3 miles or 4-6 miles

BOWLING LEAGUE

Wednesdays, 9:00 am

(beginning September 7)

Join this fun recreational league at Hawk Bowl. For more information on the league contact Betty Lemke at 473-7248.

SILK SCARF DYEING

Wednesday October 11, 6—9 pm or

Tuesday, October 18, 9 am—12:30 pm



Wearing scarves is all the rage now. Dye two silk scarves in the color(s) of your choice. All supplies are included and you leave with the finished product!

Cost: \$30.00

RSVP/Payment due by September 22

Minimum: 4 Maximum: 10

BOOK CLUB

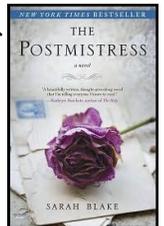
Monday, August 1, 10:30 am

The Book Club will discuss *Lamb* by Christopher Moore. The book for August is *The Postmistress* by Sarah Blake.

Iris James is the postmistress of Franklin, Massachusetts a small town at the end of Cape Cod. She firmly believes her job is to deliver and keep people's secrets, to pass along the news of love and sorrow that letters carry. Faithfully, she stamps and sends the letters between people such as the newlyweds, Emma and Will Fitch, who has gone to London to help out during the Blitz. But one day she slips a letter into her pocket, and leaves it there.

Meanwhile, seemingly fearless radio gal, Frankie Bard is reporting the Blitz from London, her dispatches crinkling across the Atlantic, imploring listeners to pay attention. Then in the last desperate days of the summer of 1941, she rides the trains out of Germany, reporting on what is happening to the refugees there.

Alternating between an America on the eve of entering into World War II, still safe and snug in its inability to grasp the danger at hand, and a Europe being torn apart by war, the two stories collide in a letter, bringing the war finally home to Franklin.



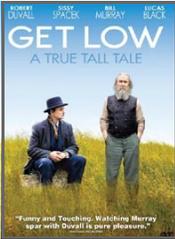
OUR HOUSE SENIOR LIVING MOVIES

Special thanks to *Our House Senior Living* for sponsoring the monthly movies. Popcorn and a beverage will be served. Two movies will be shown on the big screen TV.

“Hollywoodland”

Wednesday, August 3, 12:30 pm Rated: R 2 hr 6 min

Louis Simo, a struggling investigator, is hired to examine the mysterious death of George Reeves, TV's Superman, which had been ruled as a suicide. Reeves' story is told in part in flashback as Simo, who is trying to make a name for himself with this case, talks to or tries to talk to some of the players involved.



“Get Low”

Tuesday, August 9, 12:30 pm Rated: PG-13 1 hr 40 min

A movie spun out of equal parts folk tale, fable and real-life legend about the mysterious, 1930s Tennessee hermit who famously threw his own rollicking funeral party—while he was still alive. He gets a local funeral director to host his own funeral so he can hear what everyone is saying about him and get the truth about his past out in the open. But will anyone come?

“The Shadow”

Wednesday, August 17, 12:30pm Rated: PG-13 2 hr 18 min.

Enjoy a movie short and a Superman cartoon before the movie and a special movie treat from Mark. Based on the 1930's comic strip, in New York City, the Shadow battles his nemesis, Shiwan Khan, who plans to take over the world by holding a city at ransom using an atom bomb.



“Arthur”

Tuesday, August 23, 12:30pm Rated: PG-13 1 hr 50 min.

A drunken playboy stands to lose a wealthy inheritance when he falls for a woman his family doesn't like.



“La Strada”

Wednesday, August 30, 12:30 pm Rated: PG 1 hr 48 min.

Gelsomina is sold by her very poor mother to Zampanò, a traveling entertainer and strongman, who ill-treats her. She meets "The Fool," a funambulist. She feels like going with him, but he puts confusion in her mind by pointing out that perhaps Zampanò is in fact in love with her

“Burlesque”

Tuesday, August 31, 12:30 pm Rated: PG-13 1 hr. 59 min.

Tess, a retired dancer and owner of the venue, struggles to keep an aging theater alive, facing all kinds of financial and artistic challenges. Meanwhile, Ali, a small-town girl from Iowa, is hired by Tess as a waitress at the Lounge, and fulfills her dreams of being on stage herself. Things take a dramatic turn though when Ali's big voice makes her become the main attraction of the revue.

BINGO!

Tuesdays, 10:00 am

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

Weekly Bingo Sponsors:

Culver's

Our House Senior Living

CITY BINGO SPONSORS:

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



FREE CHAIR MESSAGES **Tuesday, August 2** **11:00 am—Noon**

If your new to the idea of massage therapy, you will soon learn that it is very healthy and makes you feel incredible. Ancients quickly learned that people who received the healing massage as a therapy were healed much quicker than those who did not. This healing trait extends itself into many other areas of medicine today and is quickly becoming a staple in the treatment practices of many modern doctors.

Therapeutic massage is a successful treatment for tension headache, stress, muscle aches and spasm, and other muscle issues. Therapeutic massage is also great for detoxification of your body's tissues through the promotion of the exchange of cellular fluids in the muscles. Angie Grunwaldt is a graduate of the Therapeutic Body work institute, is state licensed, and is certified in Reiki Therapy and all modalities of massage therapy.



DONATIONS, GIFTS, MEMORIALS

"No man can become rich without himself enriching others." Andrew Carnegie

You can make Seniors in the Park the recipient of a gift any time of the year. Donations, gifts and memorials are placed in a special "Senior" account where the monies are kept for use as the need arises, whether the need is now or 10 years in the future. We appreciate your generosity and support of our programs.

NEW DATE

SERVICES AT A GLANCE

- **Foot Clinic—Thursday, August 4, 12:00 noon.** Please bring a towel. No appointment is necessary. Cost is \$10.00.
- **Therapeutic Table or Chair Massage by Angie—Monday, August 8, 1:00 pm.** Half-hour massages for \$25. Appointments must be made in advance.
- **Blood Pressure Screening—Tuesday, August 23, 11:00 am.** Provided free by Country Nurses.

GRIEF SUPPORT GROUP

Tuesday, August 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.

ACTIVITIES AT A GLANCE

Bid Euchre—Mondays 1:00

Book Club—First Monday 10:30. Books available at Starin Park

Bowling—Begins September 7 at Hawk Bowl

Canasta—First, third and fifth Mondays 1:30

Chess—Wednesdays, 1:00 Beginners welcome

Dominoes—First Tuesday 11:45

Golf—Mondays, 8:30 am, Oak Ridge Golf Course, Milton

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—1st/3rd Wed. 1:00 pm

Wii Bowling—Mondays 11:00 am

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

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

CHRISTMAS ON THE RIVERWALK— SAN ANTONIO

November 28—Dec 2, 2011



Spend 4 nights on the beautiful San Antonio Riverwalk richly decorated for the holiday season. Enjoy a dinner cruise along the Paseo de Rio. Experience the El Mercado Mexican

marketplace, the Mission San José and a guided tour of San Antonio. Tour LBJ country including the LBJ Library, Museum and Ranch. Visit the Alamo and see the IMAX presentation.

Cost: \$1408 pp/double, includes airfare, 7 meals, all sightseeing per the itinerary and free transportation to O'Hare. Call for details. This trip is also available by bus.



CHRISTMAS IN THE OZARKS

November 9-13, 2011

Enjoy the holiday season in Branson, MO. See: Daniel O'Donnell with Mary Duff Christmas show, "SIX" the Knudsen Brothers Christmas show, Andy William Christmas show, Pierce Arrow Show, the Miracle of Christmas show, the Veterans Memorial Museum and the Festival of Lights Display. Optional first night excursion to the Ameristar Casino in St Charles, MO.

Cost: \$670 pp/double \$832 pp/sgl includes transportation, hotels, 5 meals, 4 continental breakfasts, tickets for 5 shows

\$75.00 deposit due with registration.

Final payment due October 5

CHIP-IN CASINO TRIP

October 31-November 1

Oneida Casino: \$25 plus 10% off your meal.

Chip-In Resort, Escanaba, MI: \$40 in free credits (toward slots only); \$3 off dinner, \$2 off lunch and free breakfast.

Cost: \$79 pp/double; \$105 single, \$74 pp/triple

Checks payable to Fort Senior Center

RSVP/Payment due Thursday, October 13

EXTENDED TRIP PREVIEWS

September 22, 1:00 pm

- Get information and a preview of the following Mayflower trips: Emerald Coast
- Tour and Civil War Series 1862: The Battles of Shiloh and Chickamauga.

CIVIL WAR SERIES 1862: THE BATTLES OF SHILOH AND CHICKAMAUGA

March 29—April 4, 2012



This trip is second in a series of five annual tours to Civil War sites. Explore the hallowed grounds of Tennessee with special emphasis on the re-enactment of the Battle of Shiloh. Also, a narrated cruise on Mississippi, Candle lit dinner and Civil War Ball, Carnton Plantation, Buttonwillow Church, Civil War Dinner theatre and much more.

Cost: \$1299 pp/dbl, \$1818 sgl, includes free home or local pickup, 3 dinners, 2 lunches, 4 breakfasts

\$!50 deposit due with reservation or

\$210 deposit include cancellation insurance.

EMERALD COAST TOUR

March 2 -9, 2012

Tour from Atlanta to Destin, Florida on the Emerald Coast and return home through Nashville. Highlights include the Jimmy Carter Library, Mary Mac's Tea

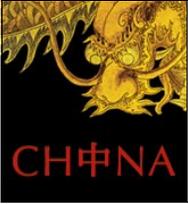


Room, Air force Armament Museum, Dolphin Watching cruise and much more.

Cost: \$1099 pp/dbl, \$1648 sgl, includes free home or local pickup, 4 dinners, 5 breakfasts

\$200 deposit due with reservation or

\$350 deposit include cancellation insurance.



**MILWAUKEE ART
MUSEUM**
**“Treasures from the
Forbidden City”**
Thursday, September 1

Enter a realm of majesty and mystery and experience three thousand years of Chinese art and culture in five exhibitions. At noon is a talk on Treasures from the Forbidden City. The MAM also houses the largest collection of Georgia O’Keefe and the leading collection of German Art in the states.

Cost: \$14.00 RSVP/Payment due August 23



WATER AND SKY
Thursday, September 15

It’s the last day of the Lake Geneva Mailboat. Special things happen as owners thank the mail carrier. Tour the Yerkes Observatory. Those wishing to climb to the dome (24 steps) may do so. There are also steps into the building. Lunch is on your own at Egg Harbor in Lake Geneva.

Cost \$43.00

RSVP/payment due by August 14

Leave at 8:30 am Return 4:30 pm

Minimum 8 Maximum 12

(This trip will sell out quickly!)



LUNCH BUNCH

Thursday, August 11

Eat lunch at The Lakeside on Phantom Lake, Mukwonago.

Departure: 10:30 am.

Cost: \$5.00 RSVP by Tuesday, August 9

JANESVILLE SHOPPING

Wednesday, August 3, 12:30 pm

Get picked up at your home and shop in Janesville. Participants decide where to shop.

Departure: 12:30 pm

Cost: \$5.00 RSVP by Tuesday, August 3

TREATS AND TOILETS

Tuesday August 30

Start the day in Theresa touring Widmer Cheese, where they still make brick cheese with bricks. See how chocolate is made and dip your own pretzel at Confections For Any Occasion by Joel. The uniqueness of this chocolatier is that he is blind. Lunch will be on your own at the Villager Inn. Tour the fabulous Kohler Design Center where they show off the most unique and luxurious bathrooms including a \$6,000 toilet!

Cost \$19.00

RSVP/payment due by August 11

Leave at 7:30 am Return 5:00 pm

Minimum 8 Maximum 12 (This trip will sell out quickly!)



GAYS MILLS APPLES

Tuesday, September 20

We are headed for Gays Mills again this year but going to some different orchards. Stops also for lunch and other fall goodies.

Departure: 8:00 am.

Cost: \$15.00 (Lunch is on your own)

RSVP by Tuesday, Sept 6



WISCONSIN STATE FAIR

Thursday August 4

Depart: 9:00 am Return: 6:00 pm

MILWAUKEE BREWERS

Thursday August 18

Trip is sold out. Cost: \$43.00

Reservation/payment due by Monday August 1

Depart: 11:00 am

Return: 6:00 pm (dependent on game time and traffic)

SENIORS IN THE PARK PROMOTES AND ENHANCES
A VITAL AGING COMMUNITY

UPCOMING VAN & COACH TRIPS

Watch for more info on potential van and coach trips in future newsletters. Share your ideas for trips with Deb!

October 6—Holy Hill (van)

November—Bliss Communications (van)



FIRESIDE 2011

Wednesday, October 12—Seven Brides for Seven Brothers

RSVP/Payment deadline September 15

Tuesday, December 20—Fireside Christmas

RSVP/Payment deadline November 1

Cost: \$65.00

Payable to: The Fort Atkinson Senior Center.

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

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.

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.



SAINTS AND SINNERS

Wednesday, October 19

The Great River Road Interpretive Center and the Potosi Brewing Company Transportation Museum, give a glimpse into the life of a brewery on the river. The brew master has beers on tap and to the delight of many, they also brew root beer! A sample of either beer or root beer is included. Enjoy a fabulous fish fry lunch with dessert. The **Dickeyville Grotto and Shrines** are the works of Father Matthias Wernerus. His handiwork in stone is dedicated to the unity of two great American ideals—love of God and love of Country. It is a creation in stone, mortar and bright colored objects—collected materials from all over the world. Experience the beautiful and serene grounds of **Sinsinawa Mound** home of the Dominican Sisters. Visit the Mazzuchelli Exhibit, Heritage Room, Queen of the Rosary Chapel and Bookshop. Order some bakery bread for which they are well known. Enjoy a cheese stop on the way home. Cost: \$52.00, includes lunch, transportation, Brewery and Sinsinawa tours



RSVP/Payment deadline: September 19

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

Return: Starin Pk 6:30 pm; Fort K-Mart 7:00 pm



WARRENS CRANBERRY FESTIVAL

Sunday, September 25

Arrive at the Cranberry Festival and browse the many outdoor arts and craft booths, antique & flea market booths, and farmers market & food booths with numerous cranberry products to sample and purchase. The “Gigantic Parade” starts at noon. You can bring a lawn chair if you would like, just put your name on it. After the parade board the bus and head to Ho Chunk for dinner or gambling or both.

Cost: \$37.00 includes motorcoach transportation, entry into festival, refreshments served and bingo on the bus

RSVP/Payment deadline: September 6

Checks made out to Happy Go Lucky Tours

Departs from Whitewater Sentry at 6:30 am

Returns to WW Sentry at 7:30 pm

The Nutrition Program will be at Brookdale on the first, second and fourth Fridays of every month, August 5, 12 and 26

Anyone 60+ and their spouse is welcome to attend. Nutrition Site meals are served at 11:30 am, Monday through Friday. The suggested donation is \$2.50. To reserve a meal, call 262-473-0536 by noon a day in advance (call Friday for a Monday meal) or call Walworth County at 1-800-365-1587 and leave your name, phone and the meal site you would like to attend.

MEAL SITE MENU & 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.



SWEET SUMMER TREATS

Stop into the Community Building for a sweet treat or sign up for lunch by noon a day in advance and get a special dessert!

Tuesday Aug. 9: S'mores 11:30 am—12:30 pm

Monday Aug. 15: Root Beer Floats 11:30 am—12:30 pm

Tuesday Aug. 23: Sundaes 11:30am—12:30 pm

HAPPY AUGUST BIRTHDAY TO:

- 2—Blanche Grumm
- 3—Roger Provenzano
- 9—Sandi Colombe
- 12—Jean Nielsen
- 14—Dorothy Poehler
- 16—Gretchen Barth
- 19—Alice Smith



FREE—Scanner for a computer. Ask Deb

END-OF-SUMMER PARTY

Thursday, August 25

11:00 am

Sing summer songs with Guitarist, DeAnna Brunner, beginning at 11:00 am and enjoy a Nutrition Site Hamburger lunch with S'mores at 11:30.

RSVP by noon, Tuesday August 23.

Suggested meal donation is \$2.50.



EYE GLASS COLLECTION

Have you had corrective surgery on your eyes or do you have an extra pair of eye glasses you are no longer using? Why not donate those extra glasses to the Lions Club? We have a collection box on the pamphlet table.

THANK YOU TO . . .

- Anonymous- \$1000 cash donation
- In Memory of Ila Webb: Anne Baldwin and the family of Ila Webb
- In Memory of Anita Bishop: Wednesday Bridge Club

GREETING CARDS

We have a great selection of everyday and special greeting cards priced from 25 cents to \$2.00. Stop in and check out our selection.



AUGUST PARK BENCH TV SHOW

The August show features the International Student Program at UW-W. Host families “adopt” a student for a semester or longer. The interactions are amazing, interesting and a learning experience for all involved.

The Park Bench airs daily at 6:00 pm and select days at 7:00 pm. on cable channel 98, digital 990 or online anytime at whitewatertv.org.



The new **Voter ID Law** will go into effect with the February 2012 Primary. At that time, you will need to show an acceptable photo ID and you will also have to sign the poll list before receiving your ballot. Acceptable photo IDs include:

- A Wisconsin DOT-issued driver license, even if driving privileges are revoked or suspended
- A Wisconsin DOT-issued identification card
- A US Passport

All these IDs must have an expiration date after November 2, 2010. There are other forms of IDs but most apply to students, immigrants, and tribes. Items you need to get an ID include:

- Proof of name and date of birth, for example, a certified U.S. birth certificate, valid passport or certificate of naturalization.
- Proof of identity (usually a document with a signature or photo).
- Proof of Wisconsin residency.
- Proof of U.S. citizenship, legal permanent resident status, legal conditional resident status or legal temporary visitor status.
- Your social security number.

Starting in 2012, the DMV hopes to have in place a renewal process online or via mail for those renewing photo ID's. Originals still need to be done in person. The middle of the month and the middle of the week are best times to be served quickly at the DMV. There tends to be less people coming at those times. Also, people can renew ID's within a year of the renewal date, so you don't have to wait until the last minute. Wisconsin ID cards are free, if you state it is for the purpose of voting.

Absentee voting: You need to show a valid ID to pick up an absentee ballot. Those requesting a ballot by mail must return the ballot with a copy of an appropriate photo ID. Exceptions are those electors who are indefinitely confined due to age, physical illness, or infirmity, or those living in a facility. They will be required to have a "qualified" witness to verify the name and address of the elector. The verification must be enclosed with the absentee ballot when it is mailed in.

These are the basics. I'm sure more info will be out soon. We do have a handout on the Voter ID Law posted on the bulletin board.

FREE LAKEFRONT CONCERTS AND FAMILY FUN NIGHTS

Thursday 7:00 pm

August 4 Family Entertainment—David Stokes

August 11 Concert—Piper Road Spring Band



CRAVATH LAKEFRONT CONCESSIONS & BOAT RENTALS

Paddleboats, kayaks, and fishing poles are available for rent until August 21.

Hours are:

Thursday & Friday: 4:00-10:00 pm

Saturday & Sunday: 2:00-8:00 pm

There is also a concession stand.

LOCAL FARMERS MARKET OPEN

The Farmers Market is open every Saturday from 7 am to 12 noon. This year it is located in the Winchester True Value parking lot.

ATTRACTION TICKETS

Tickets to various attractions are available for purchase at discount prices at the Municipal Building, 1st floor, Finance window, between the hours of 8 am-4:30 pm, Monday through Friday. They are available May 23-August 31. Payment may be made by credit card, cash or check. Tickets are available for:

- Milwaukee County Zoo
- Mt. Olympus (Wisconsin Dells)
- Noah's Ark (Wisconsin Dells)
- Six Flags Great America
- Hurricane Harbor



OFFICE HOURS

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

Tuesday, August 16: Noon—3:00 pm

Wednesday, August 17: 11 am—3:00 pm

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
Intern'l Council on Active Aging

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@whitewater-wi.gov

Romelle Koch, Volunteer Editor

For General City information see
the city website at

www.whitewater-wi.gov

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 **\$6.00** with this coupon. To receive the newsletter **FREE**, go online to www.whitewater-wi.gov, 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 –August 2011

Monday	Tuesday	Wednesday	Thursday	Friday
1 8:30 Golf (OR) 9:30 Stretch/Flex 10:30 Book Club 11:00 Wii Bowl 1:00 Bid Euchre 1:30 Canasta	2 10:00 Culvers Bingo 11:00 Salad Potluck 11-12 Free Chair Massage 11:45 Dominos 1:00 Sheepshead	3 9:30 Pole Walking 12:30 Janesville Shopping 12:30 Our House TV Senior Living Movie “Hollywoodland” 1:00 Poker 1:00 Chess	4 9:00 State Fair Trip departs 9:30 Stretch/Flex 12:00 Foot Clinic 1:00 Watercolor 7:00 David Stokes Family Show (C)	5 11:30 Nutrition Site - Brookdale
8 8:30 Golf (OR) 9:30 Stretch/Flex 11:00 Wii Bowl 1:00 Bid Euchre 1:00 Therapeutic Massage	9 10:00 Our House Senior Living Bingo 11:30 Smore’s 12:30 Our House Senior Living Movie “Get Low” 1:00 Sheepshead	10 9:30 Pole Walking Group 1:00 Israel/Jordan Presentation 1:00 Chess	11 8:30 Golf (OR) 9:30 Stretch/Flex 10:30 Lunch Bunch 1:00 Watercolor 7:00 Piper Road Spring Band concert (C)	12 11:30 Nutrition Site - Brookdale
15 8:30 Golf (OR) 9:30 Stretch/Flex 9:30 Geneology 11:00 Wii Bowl 11:30 Root Beer Floats 1:00 Bid Euchre 1:30 Canasta	16 1:00 Sheepshead 2:00 Grief Support Group Office 12pm – 3 pm	17 9:30 Pole Walking 9:30 Geneology 12:30 Our House TV Senior Living Movie “The Shadow” 1:00 Poker 1:00 Chess Office 11 am – 3 pm	18 9:30 Stretch/Flex 11:00 Brewers Trip Departs 1:00 Watercolor	19 
22 8:30 Golf (OR) 9:30 Stretch/Flex 11:00 Wii Bowl 1:00 Bid Euchre	23 10:00 City Bingo 11:00 Blood Pressure 11:30 Sundaes 12:30 Our House Senior Living Movie “Arthur” 1:00 Sheepshead	24 9:30 Pole Walking 1:00 Chess	25 9:30 Stretch/Flex 11:00 End of Summer Party 1:00 Watercolor	26 11:30 Nutrition Site - Brookdale
29 8:30 Golf (OR) 9:30 Stretch/Flex 11:00 Wii Bowl 1:00 Bid Euchre 1:30 Canasta	30 7:30 Treats & Toilets Trip departs 12:30 Our House Senior Living Movie “La Strada” 1:00 Sheepshead	31 9:30 Pole Walking 12:30 Our House TV Senior Living Movie “Burlesque” 1:00 Chess	*Activities take place at the Starin Park Community Building unless otherwise noted. (A) = Downtown Amory (L) = Cravath Lakefront (OR)=Oak Ridge Golf Course, Milton (T)=Trippe Lake Park	

Walworth County Nutrition Menu – August 2011

Monday	Tuesday	Wednesday	Thursday	Friday
1 Kielbasa Scalloped Potatoes California Blend Vegetables Rye Bread Rosy Applesauce	2 Chicken Salad Romaine Lettuce Herbed Tomato Wedges Multi-Grain Bread Chilled Pears	3 Ham and Navy Bean Stew Broccoli Cornbread Hot Fruit Bake with Oatmeal Crumble	4 Shepard's Pie with Mashed Potatoes Seasoned Yellow Squash and Baby Lima Beans Wheat Bread Chilled Peaches	5 AT BROOKDALE Baked Alaskan Pollock with Florentine Sauce Au Gratin Potatoes Cole Slaw Bran Muffin Bread Fruit Sunburst
8 Hungarian Beef Goulash Mashed Potatoes Broccoli Whole Wheat Bread Pineapple Tidbits	9 S'Mores Stuffed Cabbage Roll Red Beans and Rice Carrots and Chives Multi-Grain Bread Chilled Peaches	10 Country Chicken Soup with Kluski Noodles Whipped Squash Tri-Bean Salad Hot Glazed Apples	11 Ham and Turkey Club Focaccia Flat Bread Lettuce and Tomato Pea Salad Mandarin Oranges	12 AT BROOKDALE Meatball with Marinara Sub Sandwich Potatoes Italiano Italian Green Beans Banana
15 Root Beer Floats Chicken Fajitas with Onions and Peppers on Flour Tortilla Spanish Rice Pinto Beans Whole Orange	16 Meatloaf and Gravy Mashed Potatoes Harvard Beets Marble Rye Bread Applesauce	17 All Beef Hot Dog on a Hot Dog Bun Oven Browned Potatoes Corn Banana	18 Open Face Beef Sandwich with Gravy on Whole Wheat Bread Diced Red Potatoes Spinach Chilled Apricots	19 Creamed Chicken with a Baking Powder Biscuit Zucchini and Tomatoes California Blend Vegetables Chilled Peaches
22 Braised Pork Tips and Gravy Mashed Potatoes Carrots and Chives Whole Wheat Bread Strawberry Yogurt	23 Sundaes BLT Chicken Salad Mixed Salad Greens with Tomato Wedges Mandarin Orange Cup Ry Krisp Crackers Ambrosia Fruit Custard	24 Whole Wheat Spaghetti and Meatballs with Marinara Sauce Capri Blend Vegetables Chilled Pears	25 End of Summer Party Hamburger on a Wheat Hamburger Bun Baked Beans Mixed Vegetables Fruit Sunburst S'Mores	26 AT BROOKDALE Grecian Baked Chicken Thigh Sweet Potato Puffs Green Beans Whole Wheat Bread Fresh Melon
29 Salisbury Steak Potatoes O'Brien Harvard Beets Whole Wheat Bread Chilled Apricots	30 Fiesta Pasta Bake Corn with Black Beans Broccoli Banana	31 Italian Sausage Slices on a Whole Wheat Bun Onions and Peppers Scalloped Potatoes Italian Mixed Vegetables Fresh Melon	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. To reserve a meal call 262-473-0536 <u>before 12:00 p.m. one business day in advance</u> or 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.	