



The Park Bench

Seniors in the Park Newsletter
February 2011 Volume XI Issue 2

Seniors in the Park promotes and enhances a vital aging community

REFLEXOLOGY

Wednesday Feb 23, 1:00 pm

Reflexology is a science that deals with the principle that there are over 7,200 nerve endings on each foot. These nerve endings connect to nerve pathways that lead to organs, glands, and all parts of the body. The therapist uses thumb and finger pressure to break up crystal deposits that form at the ends of compromised nerves. Increased circulation and balance of the endocrine glands is brought about, improving all the body's systems and leaving one with a feeling of harmony and balance.

Karen Coburn, MA, CHTP, has practiced energy modalities for over 20 years and is in the process of being certified in reflexology. She will be offering a short reflexology session for those who would like to experience this very old and respected therapy.

Register by Monday February 21

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 & Global Ethics

Register for the series by Monday, February 14

AARP TAX ASSISTANCE

Thursdays

AARP is offering free service/help to low and moderate income taxpayers, with special attention to those age 60 and older, with quality assistance in filing their personal income taxes. Appointments are available at the Starin Park Community Building beginning February 10. Call 262-473-0535 to set up an appointment. Donations for this service are accepted and support programming at Seniors in the Park. You must bring:

- Photo ID
- Social Security cards for taxpayer, spouse and dependents
- Copy of 2009 tax returns
- Proof of 2010 Income
- Blank check for electronic refund deposit

If you are filing Wisconsin Homestead Credit, you will need either a 2010 real estate tax bill **OR** Certificate of Rent form signed by your landlord. 2010 taxes do not have to be paid to file Homestead Credit.

IMPORTANT NOTE: Preparers will not prepare tax returns for people who are married, but file separately, or people who become divorced in 2010; nor will they prepare schedules for business (Schedule C), rental income, moving expense forms, forms for nondeductible IRAs and child investment income tax.

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ESTATE PLANNING Q & A

Thursday February 17, 1:00

Attorney Guy Fish will present basic information on estate planning, wills, trusts, Power of Attorneys, death directives, and guardianships. He will then answer your questions on these topics.

Reservations due by Monday February 14



VALENTINE'S DAY & ANNIVERSARY CELEBRATION

Monday Feb. 14 11:30 am

Enjoy a roast turkey lunch with your sweetie. Those married 50 years or better will be recognized and receive a free lunch. Let us know how many years you've been married when you register.

Reservations due by Thursday Feb. 10

WATERCOLOR-BASICS & BEYOND

Thursdays, February 24—March 17

1:00—4:00 pm

Express your personal creativity in this four-week watercolor class. Whether your approach is traditional, expressive, semi-abstract or something else and your experience level is beginner, intermediate or advanced, you are welcome to join in. Each session will include a demonstration on a technique or concept and plenty of time for individual painting with optional one-on-one coaching. Topics will include: color mixing, brushwork, wet-into-wet, and composition. Also, negative painting, lifting paint, and special techniques may be discussed.

Instructor: Carolyn Alexander Tscharnack, a Whitewater artist who has been painting with watercolors for over 8 years. To see examples of her art, visit her website at: www.karolyn.biz.

Cost: \$40.00 (paid to instructor)

Reservations due by Monday February 21

(Minimum of six students for class to start)

FOCUS ON THE ARCTIC SERIES

Wednesdays, 1:00 pm, begins April 6

Terry Tutton returns with lectures and video of Arctic expeditions.

Register by March 31

DE-CLUTTER TODAY FOR A CAREFREE TOMORROW

Saturday, March 5, 10-11:30 am

Discover how de-cluttering can improve your life! Gain a new perspective on your belongings. Learn how to decide what to keep and how to get rid of the rest. Join us for this motivating and informative program by Kathi Miller, Clutter Coach. Snacks will be served.

Cost: \$5.00

RSVP/Payment deadline: Wednesday, Feb. 23

CLUTTER COACH COURSE FOR YOUR GARAGE & BASEMENT

Saturday, March 5, 1-3 pm

Learn how to decide what to keep, discard or donate and how to organize what's left. Turn your basement and garage into useful storage.

Cost: \$15.00 Registration deadline Feb 23

(Registration form also in Recreation brochure)

*Note: \$10 late fee after the 23rd.

CLUTTER COACH COURSE FOR YOUR HOME OFFICE

Saturday, March 5, 3:30—5:30 pm

Learn an easy system for managing all your paperwork, whether you run a business from your home or are just trying to keep track of your mail. Reduce stress and increase productivity.

Cost: \$15.00 Registration deadline Feb 23

(Registration form also in Recreation brochure)

*Note: \$10 late fee after the 23rd.

ASKED & ANSWERED COMPUTER CLASS

Tuesday February 8, 11:30

This class is for general computer questions. Please tell us your questions/concerns when registering for the class

Instructor: Jenny Rule.

Cost: \$5.00

Reservations due by Monday February 3

Tuesday, March 8 @ 11:30 am = Internet Introduction and Q&A

Tuesday, April 12 @ 11:30 am = Facebook Introduction and Q&A

BOOK CLUB

Monday, February 7, 10:30 am

The Book Club will discuss *The Shack* by William P. Young. The book for March is *Anyplace to Hang My Hat* by Susan Isaacs.

A political reporter in her late 20s goes in search of the mother who abandoned her. Amy Lincoln was brought up in the projects by her Grandma Lil, a leg waxer and devoted *Falcon Crest* viewer; her amiable father, Chicky, spent most of Amy's childhood in prison on a series of minor theft raps. A boarding school scholarship rescues Amy from lower-class oblivion; she goes on to Harvard and Columbia, then lands a job at *In Depth*, a highbrow weekly. Upbeat and self-deprecating, Amy spends little time bemoaning her past, but an encounter with college student, Freddy Carrasco, who claims he's the illegitimate son of a Democratic presidential candidate, gets Amy wondering where her own mother might be and uses her reporting skills to track down her elusive mother.

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—1st/3rd Wed. 1:00 pm

Wii Bowling—Mondays 11:00 am

OUR HOUSE SENIOR LIVING MOVIES

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

"Valentine's Day"

Tuesday, Feb. 8 12:30 pm

Rated: PG-13 1 hr. 57 min.

Enjoy a heartwarming romantic comedy with stories that crisscross, collide and boomerang in this look at a day in the life of love. There's a proposal. Flowers that didn't get sent. A big fat secret that's finally told. The "I'll show up and surprise him" that ended up surprising her. Fights, kisses, wrong turns, right moves and so much more.

"Leap Year"

Tuesday, Feb. 22 12:30 pm

Rated: PG 1 hr. 41 min.

When Anna's four-year anniversary to her boyfriend passes without an engagement ring, she decides to take matters into her own hands. Inspired by an Irish tradition that allows women to propose to men on Leap Day, Anna follows him to Dublin to propose. But after landing on the wrong side of Ireland, she must enlist the help of a handsome and carefree local to get her across the country.

BINGO!

Tuesdays, 10:00 am

February 1: Culver's Bingo

February 8: Our House Senior Living

February 22: 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	Fairhaven
Fort HealthCare	Floral Villa	Genoa Pizza
Dental Perfections	Eastsider/Westsider	
Winchester True Value	Downtown Whitewater	
Fort Com. Credit Union	Mirage Hair Studio	
Binning & Dickens Ins	Eastside Laundry	
First Citizens State Bank	Ketterhagen Ford	
Dalee Water Conditioning	Jessica's Restaurant	
Dale's Bootery		

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

FAIRHAVEN LECTURE SERIES

Reading the Tea Leaves: Best Guesses about Our World in 2040

Mondays, 3:00 pm

Fairhaven Fellowship Hall

While events of the future are never clear to us, our fascination with knowing what comes next never wavers.

Jan 31: The Fun, the Folly and Fascination with Forecasting the Future

Jon Stone-Dean Grad Studies & Cont. Ed.

Feb 7: The US Economy in 2040: A Look into One Economist's Crystal Ball

Russ Kashian-Prof, Dept. of Economics

Feb 14: Education 2040

Suzanne Zentner, WUSD District Administrator

Feb 21: Speculations about US Higher Education

Richard Telfer- UWW Chancellor

Feb 28: US Health System: Irrational, Unaffordable, and Unsustainable

Mike Wallace-Pres./CEO Fort HealthCare



FREEZE FEST

Saturday, Feb. 19

All activities take place at the Cravath Lakefront Park unless otherwise noted.

6:30 am: Kiwanis Pancake Breakfast, Downtown Armory

10:00 am: Horse-drawn Wagon Rides

10:00am: Family Open Skate, Big Brick Park

12-3 pm: Chili Cook-off

11:00 am: Entertainer David Stokes

11-6 pm: \$1 off Daily Admission, Aquatic Center

12 noon: Polar Plunge

2-4 pm: Snow Dogs Presentation, ILY Library

3:30-7:30 pm: Rail Jam

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.

LIVING WELL WITH CHRONIC CONDITIONS

Thursdays, March 10—April 14, 1:00—3:30 pm at Mulberry Glen

This workshop will empower you with the skills needed to increase your quality of life. The workshop meets for 2 1/2 hours once a week for six weeks. People with different chronic issues attend the program together. It is facilitated by two trained leaders in workshop style but most of the learning comes from sharing and helping others with similar challenges. For more information or to register for the class, call the Walworth County Health and Human Services Dept. at 262-741-3333.

Cost: \$20 (refundable if return the book) **Register by Thursday February 24**

BIRTHDAY DAY

Wednesday, February 16, 11:30 am

Celebrate your February birthday with the nutrition site. Sign up for the meal by noon a day in advance.



Happy February Birthdays to:

- | | |
|-------------------|--------------|
| 4—Ila Webb | 20—Dan Sable |
| 16—Emily Saunders | 21—Marie Roe |
| 20—Madeleine Isch | 22—Gene Lee |

The Nutrition Program will be at Brookdale on the first, second and fourth Fridays of every month, February 4, 11 and 25.

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 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.

VALENTINE'S DAY & 50th ANNIVERSARY CELEBRATION



Monday Feb. 14 11:30 am

Enjoy a roast turkey lunch with your sweetie. Those married 50 years or better will be recognized and receive a free lunch. Let us know how many years you've been married when you register.

Reservations due by Thursday Feb.10



February, the month of love! For some it is a joyful time with that special person or the fact that it is still winter for those that enjoy winter sports and the outdoors. For some people, February is a really rough month. There may not be a special person in their life or they may have lost loved ones who they previously spent Valentine's Day with. For others, winter is dragging on and getting out can be a challenge. For many people, the Happiness Column (to the right) is a ray of sunshine. These ideas can be used in February and throughout the entire year. It expresses simple ways to help a person increase happiness. Some days are harder than others, but practicing these techniques daily, especially a gratitude journal, can help a person see the bright side of life more consistently. Happiness and gratitude go hand-in-hand. What are you grateful for? Find ways to enjoy the last real month of winter, as spring will soon be here!!

Deb

FYI

CARBON MONOXIDE ALARMS

Carbon Monoxide alarms, in addition to smoke alarms, are now required in all one and two-family dwellings. As of February 1, you must have both alarms if you have a dwelling with fuel burning appliances (stove, water heater, furnace, etc) fireplaces, or an attached garage. Detailed information is available at the Starin Park Community Building.

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.

HAPPINESS

Experimental evidence reports that practicing gratitude can increase happiness by 25%. Here are Dr Robert Emmons' top 10 tips for actually becoming more grateful, and consequently, more happy.

1. Keep a gratitude journal

Sit down, daily, and write about the things for which you are grateful, both large and small. Start with whatever springs to mind and work from there. Try not to write the same thing every day but explore your gratefulness.

2. Remember the bad

The way things are now may seem better in the light of bad memories. Don't forget the bad things that have happened, the contrast may encourage gratefulness.

3. Ask yourself three questions

Choose someone you know, then first consider what you have received from them, second what you have given to them and thirdly what trouble you have caused them. This may lead to discovering you owe others more than you thought.

4. Pray

Whatever your religion, a ritualized form of giving thanks may help increase gratitude.

5. Use your senses

80% of people say they are thankful for their health. Use your vision, touch, taste and smell to experience the world, and be thankful you can.

6. Use visual reminders

Two big obstacles to being grateful are simply forgetting and failing to be mindful. So leave a note of some kind reminding you to be grateful. It could be a post-it, an object in your home or another person to nudge you occasionally.

7. Swear an oath to be more grateful

Promise on whatever you hold holy that you'll be more grateful. Sounds crazy? There's a study to show it works.

8. Think grateful thoughts

Called 'automatic thoughts' or self-talk in cognitive therapy, these are the habitual things we say to ourselves all day long. What if you said to yourself: "My life is a gift" all day long? Too cheesy? OK, what about: "Every day is a surprise".

9. Acting grateful is being grateful

Say thank you, become more grateful. It's that simple.

10. Be grateful to your enemies?

It'll take a big creative leap to be thankful to the people who you most despise. But big creative leaps are just the kind of things likely to set off a change in yourself. Give it a try.

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.ci.whitewater.wi.us, (Departments, Seniors in the Park), or stop in to the Starin Park Community Building.



TRAINS AND CANYONS OF THE WEST

September 12-19, 2011

Ride three fabulous trains including the Durango & Silverton Narrow Gauge Railroad (voted best in the USA and top 10 in the world!) and the Rio Grande Line, one of America's most spectacular narrow gauge steam trains. Tour Arches National Park with a local guide and embark on a scenic float trip with picnic lunch on the Colorado River. Visit Mesa Verde National Park with its amazing cliff dwellings. Learn the history of Santa Fe on a walking tour with a local guide. Visit Dead Horse Point State Park with its breathtaking panorama of the Canyonland's sculpted pinnacles and buttes. Stay 2 nights each in Moab, Durango, and Santa Fe.

Cost: \$2,224 pp/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 RSVP by Feb 10.

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. This trip is also available by bus. Call for details. Mayflower Tours.

Preview February 15 at 10:00 am RSVP by Feb. 10.

TRIP PREVIEWS

Trains and Canyons of the West

February 15, 10:00 am
RSVP by February 10

Christmas on the Riverwalk

February 15, 10:00 am
RSVP by February 10

Best of Italy

February 15, 1:00 pm
RSVP by February 10



BEST OF ITALY—FLORENCE AND ROME

November 9-17, 2011

Revel in four nights staying in Florence, Italy! Enjoy a City Tour of Florence including a visit to the Academy Gallery to see Michelangelo's original Statue of David, the open air museum of Piazza Della Signoria and Santa Croce. It also includes a stroll across the famous Ponte Vecchio Bridge lined with shops. Side trips out of Florence include Lucca and Pisa, including the famous Leaning Tower of Pisa. There is also an optional trip to the incomparable city of Venice. Visit the beautiful hillside town of Assisi and the great Basilica of St. Francis. Be fascinated during a city tour of Siena and its dramatic Campo and the famous black and white striped cathedral. Experience the Eternal City of Rome, with a tour of the city and the Vatican Museum, including the Sistine Chapel and also St. Peter's Basilica.

Cost: \$2699 pp/double includes airfare, 10 meals and all sightseeing per the itinerary.

Preview February 15, 1:00 pm RSVP by Feb 10.

Premier World Discovery.

FIRESIDE 2011

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 7
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.

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.

JANESVILLE SHOPPING

Wednesday, February 2, 9:00 am
Get picked up at your home, shop in Janesville, and return by lunchtime. Departure: 9:00 am.
Cost: \$5.00 RSVP by Monday, January 31

FULL SPEED AHEAD AFTER 50

Thursday, March 17
Spend the day learning and experiencing a myriad of activities at the Monona Terrace. Registration form available for event.
Departure: 8:30 am. Cost: \$7.00 (transportation only)
RSVP by March 1

LUNCH BUNCH

Thursday, February 10
Travel to Milwaukee Grill in Janesville with a stop at K&W Greenery. Departure: 10:30 am.
Cost: \$5.00 RSVP by Tuesday, February 8

Coach Trips

POTAWATOMI BINGO AND CASINO

Tuesday, Feb 22

Includes: transportation, \$10 Firekeepers Reward Play, and Free Buffet
Departure: Wal-Mart, Jefferson 7:10 am;
Return approx: 4:15 pm
Cost: \$ 16.00 RSVP/payment due by Feb. 7
Checks to Fort Senior Center
When signing up must submit name, address, birth date, and Player's Card number, if you have one. Bring photo ID on trip to receive specials and collect jackpots.

HISTORIC THEATERS TOUR

Tuesday, March 29

Enjoy the Marquee Tour at a National Landmark, the Chicago Theatre. Also tour the Ford Theater (Oriental Theater, 1926) with décor inspired by the Far East. Included lunch at 17 West at the Berghoff.
Departure: Fort K-Mart TBA
Cost: \$89.00
RSVP/payment due by Feb. 23
Checks to Van Galder Tour and Travel

DEVIL IN THE WHITE CITY—MARVELS AND MAYHEM!

Tuesday, May 17

Travel back in time to 1893 and the Chicago Colombian Exposition and the thrilling story of the best and the brightest who built the glorious “White City”. At the same time, a handsome psychopath was luring young women to his hotel and murdering them. Visit the **Osaka Japanese Garden** which was the setting for the fair. This garden influenced a young Frank Lloyd Wright for the rest of his life. Tour the **University of Chicago** highlighting its grand Midway Plaisance, which was the Avenue of Exotic Entertainment during the Fair. Visit the **Union League Club** founded by Chicago's wealthy businessmen who were influential in the creation of the Fair. See a film that tells the story of the Fair, have lunch and tour their **priceless art collection**. There is a dress code at the Club, casual business attire (no jeans or gym shoes). Daniel Burnham was the head designer for the Fair. Visit his **Santa Fe Building** and their fabulous gift shop.
Cost: \$79.00 (includes lunch)
Departure: Fort K-Mart: 7:00 am; Starin Park: 7:30 am
Return (approx): Starin Park 6:30 pm; Fort K-Mart 7:00 pm
Reservations payment due by April 12

NEW DISPLAYS

- Check out the display of wedding pictures in our display case.
- There is now a digital photo frame in the display case with pictures from Seniors in the Park activities. Stop and take a look.
- If you have a collection you would like to share with us, the display case will be available in March for a new display.

PARK BENCH TV SHOW

Our guest in February will be Karen Coburn talking about Reflexology, an old and respected therapy which uses pressure points on the foot to assist in alleviating issues throughout the body. She will also be doing a presentation at the Community Building (see page 1). 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..

**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.

DONATIONS

- \$100—**Joyce VandeBunt**
- To **Dan Sable** for the tour of Sable House for the January Park Bench TV Show

HOT BEVERAGES

Cocoa and tea are available everyday in the west room. Coffee is available on Tuesdays. We thank you for your donation of a quarter. It REALLY does make a difference. Although it is not free, it is cheap! There is also bottled water in the refrigerator in the west room.

FUNDS FOR FRIENDS

In 2010, Sentry donated **\$833.33** to Seniors in the Park. Thanks to everyone who brought in receipts!! Keep up the great work collecting those Sentry receipts. Make sure you ask for a "**Friends**" sticker when you get your receipt. Receipts must have stickers on them to be valid. Remember to collect them at both the Elkhorn and Whitewater Sentry stores.

GREETING CARDS

New greeting cards have arrived!! Check them out. We have **Valentine's Day** cards in addition to a great selection of everyday and special greeting cards at low prices.

NEWSLETTER ADVERTISING

Advertising is accepted in our newsletter.

<u>Ad Size</u>	<u>Dimensions</u>	<u>Rate</u>
Business Card	3½" X 2¼"	\$ 15.00
Quarter Page	3½" X 4"	\$ 30.00
Half Page (vert.)	3½" X 9"	\$ 60.00
Half Page (horiz.)	7 ½" X 4½"	\$ 60.00
Full Page	7½" X 9½"	\$120.00

Contact Deb Weberpal for procedural and invoicing information. **Seniors in the Park does not endorse advertisers.**

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

GRIEF SUPPORT GROUP

Tuesday, February 15, 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.

SERVICES AT A GLANCE

- **Foot Clinic –Tuesday, Feb. 1, 12:00 noon.** Please bring a towel. No appointment is necessary. Cost is \$10.00.
- **Therapeutic Table Massage-Monday, Feb. 14, 1:00 pm.** Half-hour massages for \$25. Appointments must be made in advance by calling 262-473-0535
- **Blood Pressure Screening-Tuesday, Feb. 22, 11:00 am.** Provided free by Country Nurses.

PAPER SHREDDER

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

FOOD PANTRY DONATIONS

There is a box in the lobby for donations to the food pantry. Thanks so much for helping those in need

GIFT CERTIFICATES

Need that different, unique gift for a friend? Your children don't want to get you because you have everything? Think about a Seniors in the Park gift certificate. They can be used for travel with Seniors in the Park, classes or special events. Certificates are available at the Community Building.

RESOURCES

We have a variety of resources you can check out for home viewing or reading. We have most of the Haney lecture series, several Park Bench TV episodes and many books and resources on aging. Please check items out with the receptionist.

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.

Fill-in Receptionist—Help answer phones, sign up people, and prepare for activities.

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.

RECYCLING ELECTRONICS

People frequently upgrade their cell phones, especially with technology changing almost daily. If you know someone who recently got a new cell phone, tell them about our recycling program. It keeps phones out of landfills and helps us raise money for programs. It is illegal to dispose of some electronics in the trash, and they must be recycled. We recycle 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>



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 **\$6.00** 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.

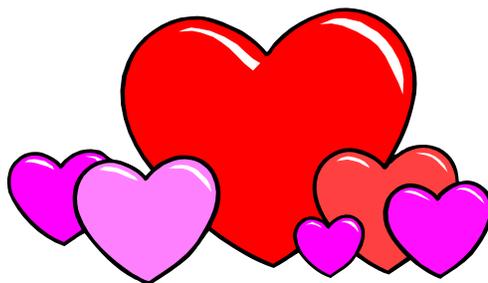
Name _____

E-Mail _____

Address _____



Seniors in the Park Activity Calendar –February 2011

Monday	Tuesday	Wednesday	Thursday	Friday
Register for trip previews by Feb 10!	1 10:00 Culvers Bingo 11:00 Potluck 11:45 Dominos 12:00 Foot Clinic 1:00 Sheephead	2 9:00 Janesville Shopping 9:00 Bowling (HB) 1:00 Texas Hold 'em Poker 1:00 Chess 6:00 Ceramics (A)	3 8:00 Travel Fest departure 9:30 Stretch/Flex 1:00 Open Painting 3:00 Ceramics (A)	4 11:30 Nutrition Site - Brookdale
	7 9:30 Stretch/Flex 10:30 Book Club 11:00 Wii Bowl 12:00 Senior Forum 1:00 Bid Euchre 1:30 Canasta	8 10:00 Our House Senior Living Bingo 11:30 Computer class 12:30 Our House Senior Living Movie "Valentine's Day" 1:00 Sheephead	9 9:00 Bowling (HB) 1:00 Chess 6:00 Ceramics (A)	10 9-3 AARP Tax Assistance 9:30 Stretch/Flex 10:30 Lunch Bunch 1:00 Open Painting 3:00 Ceramics (A) RSVP due trip previews
14 9:30 Stretch/Flex 11:00 Wii Bowl 11:30 Anniversary Luncheon & Celebration 1:00 Bid Euchre 1:00 Therapeutic Massage 	15 10:00 Trains of the West and San Antonio Trip Previews 1:00 Sheephead 1:00 Italy Trip Preview 2:00 Grief Support Group	16 9:00 Bowling (HB) 1:00 Chess 1:00 Texas Hold' em 2:00 World Religions & Globalization 6:00 Ceramics (A)	17 9-3 AARP Tax Assistance 9:30 Stretch/Flex 1:00 Estate Planning 1:00 Open Painting 3:00 Ceramics (A) RSVP due Reflexology	18 19 Freeze Fest Cravath Lakefront park
21 9:30 Stretch/Flex 11:00 Wii Bowl 1:00 Bid Euchre 1:30 Canasta	22 10:00 City Bingo 11:00 Blood Pressure 12:30 Our House Senior Living Movie "Leap Year" 1:00 Sheephead	23 9:00 Bowling (HB) 1:00 Chess 1:00 Foot Reflexology 6:00 Ceramics (A)	24 9-3 AARP Tax Assistance 9:30 Stretch/Flex 1:00 Open Painting 3:00 Ceramics (A)	25 11:30 Nutrition Site - Brookdale
28 9:30 Stretch/Flex 11:00 Wii Bowl 1:00 Bid Euchre				*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 – February 2011

Monday	Tuesday	Wednesday	Thursday	Friday
	1 Potato Crusted Fish Filet Delmonico Potatoes Carrots Rye Bread Lemon Pudding	2 Chicken Gumbo Rice Pilaf Pea Salad Bran Muffin Bread Mandarin Oranges	3 Macaroni Ham and Cheese Italian Green Beans Mixed Salad Greens Wheat Bread Warm Cinnamon Applies	4 AT BROOKDALE Veal Marsala Mashed Potatoes & Gravy Mixed Vegetables Multi-Grain Bread Fresh Melon
7 Sloppy Joes on a Hamburger Bun Seasoned Red Potatoes Mixed Vegetables Chocolate Chip Cookie	8 Cabbage and White Bean Soup with Chicken & Andouille Sausage Au Gratin Potatoes Peas Whole Wheat Crackers Apricots	9 Meatloaf and Gravy Mashed Potatoes Harvard Beets Multi-Grain Dinner Roll Pineapple Tidbits	10 Ring Bologna Parslied Potatoes Red Cabbage Rye Bread Mixed Jell-O	11 AT BROOKDALE Pork Pot Roast (diced) Mashed Potatoes and Gravy Parslied Carrots Wheat Bread Apple Pie
14 Happy Valentine's Roast Turkey and Gravy Baked Sweet Potatoes Brussels Sprouts Wheat Bread Mandarin Oranges	15 Pork Steak w/Gravy Mashed Potatoes Spinach Multi-Grain Bread Ranger Cookie	16 BIRTHDAY DAY Beef Minestrone Soup Peas and Onions Carrot Raisin Salad Ry Krisp Crackers Cake	17 Spaghetti and Meatballs Italian Mixed Vegetables Garlic Bread Peach Applesauce	18 Roasted Chicken Thigh Garlic Mashed Potatoes California Blend Vegies Wheat Bread Fresh Melon
21 Smothered Chicken Divan With Supreme Sauce Au Gratin Potatoes Broccoli Wheat Bread Chocolate Pudding	22 Beef Stew with Potatoes, Onions and Carrots Peas Baking Powder Biscuit Mandarin Orange Jell-O	23 Boiled ham Dinner with Potatoes, Carrots, Cabbage and White Beans Corn Bread Pumpkin Bar	24 Chopped Steak and Gravy Mashed Potatoes Creole Tomatoes Multi-Grain Dinner Roll Chilled Pears	25 AT BROOKDALE BBQ Riblet w/Sweet Baby Ray's on a Bun Diced White Potatoes Mixed Salad Greens Warm Cinnamon Apples
28 Salisbury Steak Au Gratin Potatoes Corn Wheat Roll Pineapple Tidbits	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.			