



# The Park Bench

Seniors in the Park Newsletter  
January 2011 Volume XI Issue 1

Seniors in the Park promotes and enhances a vital aging community

## TASTY, TEMPTING TEA

**Tuesday January 18, 2:00 pm**



Learn some history and terminology relating to teas and the secret to brewing a great cup of tea. Smell fragrant loose tea and sample your favorite. Enjoy a relaxing afternoon tea with snacks. If you have a pretty tea cup, please bring it along to enjoy your tea in.

Cost: \$3.00     Reservation Deadline: January 12

## SENSATIONAL SOUPS

**Thursday, January 27, 1:00 pm**



What is the difference between a bisque, bouillabaisse and borscht? Whether you are a soup connoisseur or a beginner, join us for an informational workshop covering how soup is part of a healthy diet, soup making tips and how to create tasty soups! Samples of several recipes will be provided.

Instructor: Jenny Wehmeier, UW-Extension Family Living Educator

Cost: \$3.00     RSVP/Payment deadline: Thursday, January 20

## BEGINNING BALLROOM DANCE

**Mondays, January 24-March 14 7:45—8:30 pm**

**Armory Dance Studio**

Learn basics of ballroom dance including, Waltz, Fox Trot, Salsa, Tango, Cha Cha, Rumba and Polka. Partners are recommended but not required.

Cost: \$55.00     Registration deadline January 14

(Registration form also in Recreation brochure).     \*Note: \$10 late fee after the 14th

## SHOWCASES: WEDDING PICTURES



Bring in your wedding picture in the month of January and we will display them in the showcase during the month of February, the month of love. Please bring them in a frame, preferably one that will sit on a shelf. We also need names and your wedding date so we can identify the pictures for those looking at them.

## SHOWCASES: ELECTRONIC PHOTOS

Seniors in the Park purchased a digital photo frame which will be displayed in one of the showcases. Photos taken with our digital camera will be displayed. See what we've been doing lately and you might even catch a glimpse of yourself!



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*Happy  
New  
Year*

## 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



## WORLD RELIGIONS AND GLOBALIZATION UW-W Lecture Series

**Wednesdays, 2:00 pm**

Join Wade Dazey, Associate Professor and Chair, Department of Philosophy & Religious Studies at UW-W for intriguing presentations on World Religions and Globalization. Thanks to UW-W Continuing Education for sponsoring the series.

**Feb. 16:** Understanding Religion and Globalization

**March 2:** The Abrahamic Religions: Judaism, Christianity and Islam

**March 16:** Eastern Religions: Hinduism, Buddhism, and Daoism

**March 30:** The Search for Common Ground: New Religions, Spirituality, and Global Ethics

**Register for the series by February 14**

## SNOWSHOE CLINIC & WALK

**Saturday, February 5**

**1:00—4:30 pm**



If you are comfortable hiking on trails in the summer, you can snowshoe. Snow-shoeing topics such as proper dressing, hydration, caloric intake, and orientation will be covered. We will then bus out to the Kettle Moraine John Muir Trails. You will learn how to snowshoe as a group switching up the leader who will be breaking the trail.

Cost: \$15 w/o shoe/pole rental

\$30 with snow shoes and poles

RSVP/Payment deadline: February 10

(Registration form also in Recreation brochure)

\*Note: \$10 late fee after the 12th.

## 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.

## AARP TAX ASSISTANCE

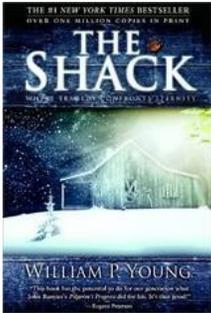
**Thursdays**

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 3. 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.



## BOOK CLUB

**Monday, January 3,  
10:30 am**

The Book Club will discuss *About Grace* by Anthony Doerr. The book for February is *The Shack* by William P. Young.

*The Shack* is a story about Mack, a man whose daughter is kidnapped and brutally murdered. A few years after her murder, Mack receives an invitation from God to meet Him at the shack where they found his daughter's bloody clothes. Mack goes and works through the meaning of suffering as he spends the weekend with the Trinity. A very interesting and thought provoking book.

## 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

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

## OUR HOUSE SENIOR LIVING MOVIES

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

### “Letters to God”

**Tuesday, Jan. 11 12:30 pm  
Rated: PG 1 hr. 50 min.**

A young boy fighting cancer writes letters to God, touching lives in his neighborhood and community and inspiring hope among everyone he comes in contact. An unsuspecting substitute postman, with a troubled life of his own, becomes entangled in the boy's journey and his family by reading the letters.

### “Wall Street—Money Never Sleeps”

**Tuesday, Jan. 25 12:30 pm  
Rated: PG-13 2 hr. 13 min.**

As the global economy teeters on the brink of disaster, a young Wall Street trader partners with disgraced former Wall Street corporate raider Gordon Gekko on a two-tiered mission: To alert the financial community to the coming doom, and to find out who was responsible for the death of the young trader's mentor.

## BINGO!

**Tuesdays, 10:00 am**

- January 4: Culver's Bingo
- January 11: Our House Senior Living
- January 25: 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 |             |

**FREEZE FEST****Saturday, Feb. 19**

Kiwanis Pancake Breakfast

Horse-drawn Wagon Rides

Chili Cook-off

Entertainer David Stokes

Polar Plunge

**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.

**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, January 26, 11:30 am**

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

**Happy January Birthdays to:**

12—Virginia Hare

16—Betty Heth

15—Eunice Rowe

**The Nutrition Program will be at Brookdale on the first, second and fourth Fridays of every month, January 7, 14, and 28.**

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.

**Coordinator's Comments**

As we enter the new year, it's time to reflect on where we've been and where we are going in our lives, in our relationships and, the ever popular, with our health. The cold weather in January forces us to sit back, relax and not venture out as much, giving us time to rest and recharge for the coming spring. Honor your body and way it feels each day. Move when you can and rest when you need to. Take the time to reflect on the newness of the year and ways in which you can learn something new, enhance your mind, take steps to be more healthy in your lifestyle, or just have fun. Mother Nature is giving us the time to do this. Take advantage of it.

As I reflect on Seniors in the Park, where we've been, and the direction to go in 2011, I feel some days like I am flying blind. I need you as my compass in order to be able to navigate through the year, providing activities and programs which will enhance you, the quality of your life, and the community. With the economic climate, money will be getting even tighter and I must be able to prove our program is a valuable and needed service within the community. In order to accomplish both goals there is a survey on the next page. Please fill it out and return it to the office by the end of January. What you want and how you feel about the Seniors in the Park program is invaluable information that I can use to help steer us through this next year and beyond. Everyone who turns in a survey will be entered into a drawing to win a \$20 Sentry gift card. Just sign your name on the sheet at the reception desk when you turn in your survey and you will be entered in the drawing which will be held January 27 at 11:30 am. Thanks so much for your time in filling out the survey and helping us to navigate into the future.

**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.**

# Navigation Tool

Please fill it out and return to the office by the end of January. Everyone who turns in a survey will be entered into a drawing to win a \$20 Sentry gift card. Just sign your name on the sheet at the reception desk when you turn in your survey and you will be entered in the drawing which will be held January 27 at 11:30 am. Thanks so much for your time in filling out the survey. Feel free to make additional comments on another sheet of paper.

1. What do you like most about Seniors in the Park? \_\_\_\_\_

2. What does the program bring to and/or do for the community? \_\_\_\_\_

3. What can Seniors in the Park do better? \_\_\_\_\_

4. What programming brings you to the center?

Fitness    Educational    Nutrition Site    Cards/Games    Movies    Trips  
 Special Events    Other

5. What programs, classes, or activities would you like offered here or at any of the city facilities?

6. What are your thoughts on our name "Seniors in the Park"? Change ? Keep? Why? \_\_\_\_\_

7. When would you like the Community Building open for activities?

Weekday mornings    Weekday afternoons    Weekday evenings    Saturday am  
 Saturday afternoon    Sunday afternoon

8. Would you be interested in pursuing an addition to the Community Building on the north side which would be a large fitness area?    Yes    No    Possibly, need more info

9. Any other ideas to enhance the Community Building for our programs? \_\_\_\_\_

10. Do you feel some area of your life has improved because of attending Seniors in the Park?

Yes    No   What area of your life and why? \_\_\_\_\_

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

## 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 a drive through celebrity neighborhoods along with stories about them, the air museum with 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. **Deposit due by December 29.** (After Dec. 29 on a space available basis)



## TRAINS AND CANYONS OF THE WEST

September 12-19, 2011

Three fabulous train rides including the Durango & Silverton Narrow Gauge Railroad (voted best in the USA), Tour Arches National Park with included float trip on the Colorado, plus much more! Stay 2 nights each in Moab, Durango, and Santa Fe.

Cost: \$2,224 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. Enjoy a dinner cruise, tours of San Antonio, LBJ Country and a driving tour of Austin.

Cost: \$1408 pp/double includes airfare, 7 meals, all sightseeing per the itinerary and free transportation to O'Hare. This trip is also available by bus. Call for details. **Preview February 15 at 10:00 am** RSVP by Feb. 10. Mayflower Tours.

## BEST OF ITALY—FLORENCE AND ROME

November 9-17, 2011

Revel in four nights in Florence, Italy! Side trips out of Florence include Lucca and Pisa, Assisi and Siena. Optional trip to Venice. Travel to Rome and spend two nights with a tour of the Vatican and the Eternal City.

Cost: \$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.



## DUTCH WATERWAYS IN SPRING

April 16-24, 2011

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. Tour includes: 21 meals, free round-trip airport transfers, Guaranteed

Share program for single travelers. Cost of other deck, single supplement and Optional Passenger Protection is available.

Main Deck \$3238 pp/dbl **Final payment due January 16.**



## The Fireside

### FIRESIDE 2011

Wednesday, Feb. 16—Swing on a Star with the Fireside's Live Swing Band

RSVP/Payment deadline Jan. 13

Wednesday, April 13—Annie

RSVP/Payment deadline Mar. 10

Wednesday, June 15—Patsy Cline

RSVP/Payment deadline May 12

Wednesday, August 10—David From the Bible

RSVP/Payment deadline July 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.

### TRIP PARKING

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

### 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.

### 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, January 13**

Travel to Charley O's in Elkhorn with a stop at Lakeland Bakery

Departure: 10:30 am. Cost: \$5.00

RSVP by Tuesday, January 11

### JANESVILLE SHOPPING

**Wednesday, January 12, 9:00 am**

Get picked up at your home, shop in Janesville, and return by lunchtime.

Cost: \$5.00 Departure: 9:00 am.

RSVP by Monday, January 10

## Coach Trip

### DEVIL IN THE WHITE CITY—MARVELS AND MAYHEM!

**Tuesday, May 17**

Travel back in time to 1893 and the Chicago Colombian Exposition. Hear the thrilling story of the best and the brightest who built the glorious "White City" to commemorate the event. 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 times TBA

Reservations payment due by April 12

(If you haven't read the book "The Devil in the White City", it is a great read.)



### 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.



### NEW DISPLAYS

- Remember to bring in your wedding picture for the display in February.
- 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.

### DISPLAY CASE SALES

Donate your nearly new jewelry, purses or scarves, and we will sell them to benefit Seniors in the Park. All items must be in new condition, be appropriate for fall/winter use and receive staff approval to be put in the display case for sale. Items in the case for more than 6 months will be donated.

### DONATIONS



- Betty Sweno**—Flower arrangement for Bingo prize
- Sandi Colombe and Dan Sable**—Donation of trip refund back to Seniors in the Park.
- Whitewater Greenhouse** for donating 12 Poinsettias for the Holiday Luncheon.
- Whitewater Country Club** for donating beverage service and dessert for our holiday luncheon.

### COFFEE DONATIONS

Thank you for your coffee donations. It REALLY does make a difference. Although it is not free, it is cheap!

### FUNDS FOR FRIENDS



Thanks, and 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.** Remember to collect them at both the Elkhorn and Whitewater Sentry stores.

### 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.**

### OFFICE HOURS

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

January 6 9:00—12:00  
 January 12 9:00—12:00  
 January 13 9:00—12:00

## **GRIEF SUPPORT GROUP**

**Tuesday, January 18, 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**

- **NO FOOT CLINIC IN JANUARY**—Please bring a towel. No appointment is necessary. Cost is \$10.00.
- **Therapeutic Table Massage—Monday, Jan. 10, 1:00 pm.** Half-hour massages for \$25. Appointments must be made in advance by calling 262-473-0535
- **Blood Pressure Screening—Tuesday, Jan. 25, 11:00 am.** Provided free by Country Nurses

## **LIVING WELL WITH CHRONIC CONDITIONS**

**Thursdays, March 10—April 14, 1:00 pm**

Living Well is designed to improve the self-management skills of people living with chronic health issues such as arthritis, heart problems, asthma stroke, pain, cancer, osteoporosis, diabetes, obesity, high blood pressure and emphysema. These health problems can cause those affected to lose physical conditioning and suffer health problems over many years.

What is a Self Management workshop? What you do about something is largely determined by how you think about it. Some of the best self-managers are people who think of their illness as a path. This path, like any path, goes up and down. This workshop will empower you with the skills needed to increase your quality of life. The workshop meets for 2 1/2 hours on ce 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.

Cost: \$20 (refundable if return the book)

Register by Thursday February 24

## **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**

Know someone who got a new phone for Christmas? Tell them about our recycling program. They keep their phone out of a landfill and helps us raise money for programs. illegal to dispose of some electronics in the trash, and they must be recycled. Seniors in the Park recycles cell phones, digital cameras, lap tops, game systems, ipods, cordless phones and any accessories as a fundraiser. Any of the above items can be brought to the Starin Park Community Building Monday – Thursday 9 am – 4 pm and the Irvin L Young Library.

For more information on the new recycling law go to <http://dnr.wi.gov/org/aw/wm/ecycle/index.htm>

**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](http://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](http://www.ci.whitewater.wi.us), click on Departments, then Seniors in the Park or go to [www.whitewaterbanner.com](http://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 –January 2011

Monday	Tuesday	Wednesday	Thursday	Friday
<b>3</b> 9:30 Stretch/Flex 10:30 Book Club 11:00 Wii Bowl 12:00 Senior Forum 1:00 Bid Euchre 1:30 Canasta	<b>4</b> 10:00 Culvers Bingo 11:00 Potluck 11:45 Dominos 1:00 Sheepshead	<b>5</b> 9:00 Bowling (HB) 1:00 Texas Hold 'em Poker 1:00 Chess 6:00 Ceramics (A)	<b>6</b> 9:30 Stretch/Flex 1:00 Open Painting 3:00 Ceramics (A)  <b>Office 9-12</b>	<b>7</b> 11:30 Nutrition Site - Brookdale
<b>10</b> 9:30 Stretch/Flex 11:00 Wii Bowl 1:00 Bid Euchre 1:00 Therapeutic Massage	<b>11</b> 10:00 Our House Senior Living Bingo 12:30 Our House Senior Living Movie <b>"Letters to God"</b> 1:00 Sheepshead	<b>12</b> 9:00 Janesville Shopping 9:00 Bowling (HB) 1:00 Chess 6:00 Ceramics (A)  <b>Office 9-12</b>	<b>13</b> 9:30 Stretch/Flex <b>10:30 Lunch Bunch</b> 1:00 Open Painting 3:00 Ceramics (A) <b>Ballroom dance deadline</b>  <b>Office 9-12</b>	<b>14</b> 11:30 Nutrition Site - Brookdale
<b>17</b> 9:30 Stretch/Flex 11:00 Wii Bowl 1:00 Bid Euchre 1:30 Canasta	<b>18</b> 1:00 Sheepshead <b>2:00 Tea Tasting</b> 2:00 Grief Support Group	<b>19</b> 9:00 Bowling (HB) 1:00 Chess 1:00 Texas Hold' em 6:00 Ceramics (A)	<b>20</b> 9:30 Stretch/Flex 1:00 Open Painting 3:00 Ceramics (A)	<b>21</b> 
<b>24</b> 9:30 Stretch/Flex 11:00 Wii Bowl 1:00 Bid Euchre	<b>25</b> 10:00 City Bingo 11:00 Blood Pressure 12:30 Our House Senior Living Movie <b>"Wall Street: Money Never Sleeps"</b> 1:00 Sheepshead	<b>26</b> 9:00 Bowling (HB) 1:00 Chess 6:00 Ceramics (A)	<b>27</b> 9:30 Stretch/Flex <b>1:00 Sensational Soups</b> 1:00 Open Painting 3:00 Ceramics (A)	<b>28</b> 11:30 Nutrition Site - Brookdale
<b>31</b> 9:30 Stretch/Flex 11:00 Wii Bowl 1:00 Bid Euchre 1:30 Canasta	<b>Remember to sign up for the February 15 trip previews by Feb. 10</b>			*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 – January 2011

<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<b>3</b> Roast Turkey and Gravy Baked Sweet Potatoes Brussels Sprouts Wheat Bread Mandarin Oranges	<b>4</b> Pork Steak w/Gravy Mashed Potatoes Spinach Multi-Grain Bread Ranger Cookie	<b>5</b> Beef Minestrone Soup Peas and Onions Carrot Raisin Salad Ry Krisp Crackers Cake	<b>6</b> Spaghetti and Meatballs Italian Mixed Vegetables Garlic Bread Peach Applesauce	<b>7 AT BROOKDALE</b> Roasted Chicken Thigh Garlic Mashed Potatoes California Blend Vegies Wheat Bread Fresh Melon
<b>10</b> Smothered Chicken Divan With Supreme Sauce Au Gratin Potatoes Broccoli Wheat Bread Chocolate Pudding	<b>11</b> Beef Stew with Potatoes, Onions and Carrots Peas Baking Powder Biscuit Mandarin Orange Jell-O	<b>12</b> Boiled ham Dinner with Potatoes, Carrots, Cabbage and White Beans Corn Bread Pumpkin Bar	<b>13</b> Chopped Steak and Gravy Mashed Potatoes Creole Tomatoes Multi-Grain Dinner Roll Chilled Pears	<b>14 AT BROOKDALE</b> BBQ Riblet w/Sweet Baby Ray's on a Bun Diced White Potatoes Mixed Salad Greens Warm Cinnamon Apples
<b>17</b> Salisbury Steak Au Gratin Potatoes Corn Wheat Roll Pineapple Tidbits	<b>18</b> Split Pea Soup Mixed Vegetables Tuna Salad Multi-Grain Bread Hot Spiced pears	<b>19</b> Chicken Coq au Vin Mashed Potatoes and Gravy Broccoli Whole Wheat Bread Chilled Peaches	<b>20</b> Swedish Meatballs over Egg Noodles Spinach Wheat Bread Banana	<b>21</b> Potato Crusted Fish Filet Sweet Potato Puffs Scandinavian Mix Vegies Rye Bread Lemon Bar
<b>24</b> Cowboy Pork Chili over Macaroni Creamy Broccoli Salad Corn Bread Chilled Pears	<b>25</b> Spaghetti and Meatballs Butter Beans and Carrots Garlic Bread Melon	<b>26 BIRTHDAY DAY</b> Slow Roasted Beef & Gravy Mashed Potatoes Brussels Sprouts Multi-Grain Bread Marble Cake	<b>27</b> Turkey Fried Rice Oriental Vegetables Hot Fruit Bake Asian Slaw Fortune Cookie	<b>28 AT BROOKDALE</b> Chicken Breast Parmesan Penne Pasta with Marinara Spinach French Bread Chilled Peaches
<b>31</b> Country Meatloaf Patty Mashed Potatoes/Gravy Stewed Tomatoes Wheat Roll Apricots			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.	