



The Park Bench

Seniors in the Park Newsletter
June 2011 Volume XI Issue 6

Seniors in the Park promotes and enhances a vital aging community

POLE (BALANCE) WALKING INSTRUCTION

Turn your walk into a total body workout by using poles. Lessen the impact on joints and walking with poles naturally aligns your spine and works your core. Increase your cardio workout by 20% and calorie burn by up to 48% more! Save time, too! Thirty minutes of pole walking equals 50 minutes of regular walking. Pole walking is perfect for any age and it's FUN! Pick your day and time. Four classes will be offered. Poles provided.

- Instructor:** Deb Weberpal
- Day/Time:** Wednesday June 1, 9:00 am
Class #4435.21
- Day/Time:** Tuesday June 7, 5:00 pm
Class #4435.22
- Day/Time:** Tuesday July 5, 5:00 pm
Class #4435.23
- Day/Time:** Wednesday July 6, 9:00 am
Class #4435.24

Cost: \$10.00

Registration: Sign up at the Starin Park Community Building, call 473-0535, use the form in the Parks and Recreation brochure or online at <http://activenet9.active.com/whitewater>

Deadline: 3 days prior to class for phone or in person registration.
10 days prior to class for online or Parks and Recreation registration



POLE (BALANCE) WALKING GROUP

It's fun, motivating and energizing to walk with others. Join our weekly walking group beginning June 1. Bring your poles or rent ours.

- Instructor:** Deb Weberpal
- Day/Time:** Wednesdays, 9:30 am
Tuesdays, 5:30 pm
- Cost:** Free w/ your poles
Pole Rental \$5.00

Location: First, third and fifth Tuesday and Wednesday at Starin Park Community Building
Second and fourth Tuesday and Wednesday at Trippe Lake Shelter

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*How old would you be, if you didn't know how old you were?
~Satchel Paige*



COMPUTER TUTORS

Photos and Computers 2

Tuesday June 14, 8:45 am

Learn how to edit, share, and print the pictures you take with your digital camera.

Instructor: Jenny Rule.

Cost: \$5.00

Reservations due by Thursday, June 9

Asked and Answered Sessions

Lyle is back to do one-on-one tutoring. Please tell us what you want Lyle's assistance with, when registering for your session.

Dates. Mondays June 13 or 20 or 27

Wednesdays June 15 or 22 or 29

Time 9:30 am

Cost: \$5.00 per session

Register for class at least 5 days in advance so Lyle can be prepared to assist you

ACTIVITIES AT A GLANCE

Bid Euchre—Mondays 1:00

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

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

OUR HOUSE SENIOR LIVING MOVIES

Special thanks to *Our House Senior Living* for sponsoring the monthly movies. Popcorn and a beverage will be served. Movies will now be shown at 1:00. Two movies will be shown on the big screen TV. Let us know what you think about the time change and the TV.

"Hereafter"

Tuesday, June 14 1:00 pm

Rated: PG-13 2 hours

A drama centered on three people—a blue-collar American who has a special connection to the afterlife, a French journalist and a London school boy, who are touched by death in different ways. As their lives intersect they will be forever changed. Stars Matt Damon and is directed by Clint Eastwood. (Big Screen)

"Gulliver's Travels"

Tuesday, June 28 1:00 pm

Rated: PG 1 hr 15 min

Comedian Jack Black finds himself waking up in a world in which he is the largest creature. This comedic twist on the popular children's story has romance, humor and the message that we are all different in our own ways. (Big Screen)

"Babies"

Wednesday June 8, 1:00pm

Rated: PG 1 hr 20 min.

A look at one year in the life of four babies from around the world, from Mongolia to Namibia to San Francisco to Tokyo. (TV)

"Oceans"

Wednesday June 22, 1:00pm

Rated: G 1 hr 44 min.

An ecological drama/documentary, filmed throughout the globe. Part thriller, part meditation on the vanishing wonders of the sub-aquatic world. (TV)

****People Person needed**—Are you a people person?

Would you enjoy assisting others and Seniors in the Park? Would you like to meet new people? If so, there is an opening for a Tuesday morning receptionist. Help answer phones, sign up people and prepare for activities. Every Tuesday from 8:30 am to noon or find a friend to share the experience with. Opportunity begins July 5.



BOOK CLUB

Monday, June 6, 10:30 am

The Book Club will discuss *House Rules* by Jodi Picoult. The book for June is *Killer Angels* by Michael Shaara. This historical novel was awarded the Pulitzer Prize for Fiction in 1975. It tells the story of four days of the Battle of Gettysburg in the American Civil War: June 30, 1863, as the troops of both the Union and the Confederacy move into battle around the town of Gettysburg, Pennsylvania, and July 1, July 2, and July 3, when the battle was fought. The story is character driven and told from the perspective of various protagonists.



BINGO!

Tuesdays, 10:00 am

June 7: Culver's Bingo
 June 14: Our House Senior Living
 June 28: 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		
Dale's Bootery	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	

ISRAEL/JORDAN PRESENTATION

Wednesday, July 27, 1:00 pm

See and hear about the UWW trip to Israel and Jordan from the ancient ruins to the current tensions.

Presenter: Deb Weberpal

Please RSVP by Monday July 25

OFFICE HOURS

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

June 23 hours are 9 am—1 pm

Wednesdays 11:00 am—4 pm

GREETING CARDS

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

JUNE PARK BENCH TV SHOW

The June show features Rebecca Dill of the Biodiversity Project working on the Rock River Watershed. She will discuss Rain Gardens, lawn mowing, unhooking your downspouts, and why these practices are environmentally friendly, especially, in a community with two lakes and a creek. Dill lead the group that planted the rain garden at the Trippe Lake Shelter. 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.



HAPPY JUNE BIRTHDAY TO:

11—Doris McQuillin
 13—Fred Kraege
 16—Anne Prince
 24—Lois Zipp

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

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.

****People Person Needed**—Are you a people person? Would you enjoy assisting others and Seniors in the Park? Would you like to meet new people? If so, there is an opening for a Tuesday morning receptionist. Help answer phones, sign up people and prepare for activities. Every Tuesday from 8:30 am to noon or find a friend to share the experience with. Opportunity begins July 5



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

Sunday Newspapers—Do you get a Sunday newspaper? Are you willing to drop it off when you are finished? If so, please call before donating as I only need one paper.

****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.

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.

GRIEF SUPPORT GROUP

Tuesday, June 21, 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, June 7, 12:00 noon.** Please bring a towel. No appointment is necessary. Cost is \$10.00.
- **Therapeutic Table Massage—Monday, June 13, 1:00 pm.** Half-hour massages for \$25. Appointments must be made in advance by calling 262-473-0535



- **Blood Pressure Screening—Tuesday, June 28, 11:00 am.** Provided free by Country Nurses.

THANK YOU TO:

- **Sandi Colombe** cash donation for the Easter Bunny Lunch and books for the library.



SPRING/SUMMER THERMOSTATS

As a city facility, the thermostats are set at a general comfortable temperature. Please dress appropriately or bring a sweater. We try to keep the building comfortable, but not everyone has the same internal thermostat.



JOB TRAINING FOR 55+

Seniors in the Park is a SER Employment training site and is currently seeking someone to fill a receptionist training slot. Training and supervision is provided. This is an 18-month training program, which assists people in preparing for jobs in the community.

SER is an acronym for Service, Employment and Redevelopment. Eligibility requirements include: Age of 55 or better, income requirements and be a resident of Walworth County. Interested parties should contact Deb Weberpal, at 262-473-0535 or Darlene Pauna, SER Jobs for Progress, at 262-638-6670 for more information.

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.

TRAINS AND CANYONS OF THE WEST

September 8-15, 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, Dead Horse Point State Park and Santa Fe. 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.

Final payment due July 25



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.

BEST OF ITALY—FLORENCE & ROME

November 9-17, 2011

Revel in four nights staying in Florence, Italy! Enjoy a City Tour of Florence and a stroll across the famous Ponte Vecchio Bridge lined with shops. Side trips out of Florence include Lucca and Pisa. There is also an optional trip to the incomparable city of Venice. Visit the beautiful hillside town of Assisi and enjoy a city tour of Siena. 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. Premier World Discovery.

CHIP-IN CASINO TRIP

October 32-November 1

Enjoy a stop at Oneida Bingo and Casino in Green Bay, and get \$25 plus 10% off your meal. Spend the night at Chip-In resort in Escanaba, MI. At Chip-In, receive \$40 total in free credits on your Players Card (good toward slots only), \$3 off dinner, \$2 off lunch and free breakfast. Chip-In Resort has an indoor pool and sauna. Includes motorcoach transportation.

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

Checks payable to Fort Senior Center

RSVP/Payment due Thursday, October 13

LIVING LINCOLN

August 3-4, 2011

Trip is full! Depart from Fort K-Mart. Time to be announced.

Final payment due June 15.

Make checks out to VanGalder Tour and Travel.



SENIORS IN THE PARK PROMOTES AND
ENHANCES A VITAL AGING COMMUNITY

LAKE GENEVA TO WILLIAMS BAY HIKE

Tuesday, June 21

Enjoy this lovely 7 mile hike that gets you up close and personal with many of the Lake Geneva homes around the lake. We will have lunch (on your own) at Harpoon Willie's (\$7-\$10 entrees) in William's Bay before returning home. Note: There are no restroom facilities along the trail. Bring a water bottle.

Cost: \$8.00

Reservation/payment due by Thursday June 9

Depart: 8:30 am Return: 1:30 pm

COOKIES & CONCOCTIONS

Wednesday, June 29

Trip is full. If there is enough interest, we will plan a second trip. Please call and get your name on the van #2 list!

Head for Greendale, the Reiman Visitor Center and the fabulous Taste of Home Outlet Center. Walk down Broad Street and sample the various unique shops, including Lotions and Potions, where you will sample oils and learn the benefits of aromatherapy. Choose from over 200 oils to create your own fragrance. Over 40,000 flowers are planted annually in Greendale.

Cost: \$12.00 (Lunch on your own)

Reservation/payment due by Thursday, June 9

Depart: 9:00 am Return: 4:00 pm

Minimum: 8 people Maximum: 12 people

LUNCH BUNCH

Thursday, June 9

Eat lunch at Su Wings in Lake Geneva.

Departure: 10:30 am.

Cost: \$5.00 RSVP by Tuesday, June 7

July 14: The Village at Delavan Lake

JANESVILLE SHOPPING

Wednesday, June 8, 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 Monday, June 6

BARN QUILTS OF WALWORTH CO.

Wednesday, July 13

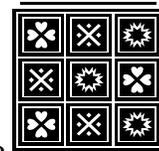
View several of the barn quilts in the Delavan and Elkhorn area. There will be a stop for lunch on your own and a visit to the Moon Star Farm. "A passion for the land and dedication to growing good food for our family and community is the reason we grow naturally."

Cost: \$10.00

Reservation/payment due by Thursday June 30

Depart: 9:30 am Return: 2:30pm

Minimum: 8 people Maximum: 12 people



WISCONSIN STATE FAIR

Thursday August 4

Spend a day at the fabulous State Fair. Cream puffs, animals, free entertainment stages and much more! Lots of places to sit in the shade in the display areas.

Cost: \$16.00

Reservation/payment due by Thursday July 21

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

Minimum: 8 people Maximum: 12 people

MILWAUKEE BREWERS

Thursday August 18

Enjoy a 1:10 ball game against the LA Dodgers. Trip includes transportation and ticket to the game. Seats in Section 126, Row 15, Field Outfield boxes (past third base).

Cost: \$43.00

Reservation/payment due by Monday August 1

Depart: 11:00 am

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

Tickets for 12 people!!





ST. CHARLES, IL

Wednesday, September 14

Relax and dine at the Hotel Baker, which has been recently restored, is reminiscent of its formal splendor, and is listed on the National Register of Historical Places. It has hosted famous guests, such as Louis Armstrong, John F. Kennedy and Billy Graham. In the afternoon, savor a leisurely 4-mile paddlewheel boat cruise on the Fox River.

Cost: \$79 Payment due with reservation

Seats are limited!

Last day to register/pay Monday, July 25

Checks made out to VanGalder Tour and Travel

Departure and return times will be announced later

GHOSTS AND GOBLINS OF GALENA

October 17 & 18



Trip highlights include: *The Woodstock Opera House Ghost tour*, highlighting the stories of the resident ghost, "Elvira". Learn her tragic story and the strange sightings and events that have built her legend here. Join local history and ghost hunter, Steve Repp, as he walks you around the historic district with tales of history and mystery on the *Galena Ghost Tour*. Experience a *Tarot Card Session* describing the ancient wisdom of the cards. Enjoy *Historic Downtown Galena* for lunch and shopping. Our last stop is *Edward's Apple Orchard*, with apples, apple donuts, gifts, crafts and more. The tour includes all of the above, bus fare, hotel accommodations at the DeSoto House Hotel in Galena, 3 meals: lunch at Harvest Restaurant, dinner at Fried Green Tomatoes and breakfast at the hotel. Taxes and gratuities on everything are included, except for the bus driver.

Cost: \$239/person double occupancy

\$100 deposit is due by July 1

Final payment due by September 2

Check payable to Tri-State Tours

Departure: This trip departs from the Janesville Senior Center at 8:30 am. You can go on your own, or we will transport in our van for a small fee.

Return (approx): 5:30 pm October 18

The Fireside

FIRESIDE 2011

Wednesday, June 15—**Patsy Cline**

Wednesday, August 10—**David From the Bible**

RSVP/Payment deadline July 7

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 1:30.

UPCOMING VAN & COACH TRIPS

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

September 15—Lake Geneva Mailboat (van)

September 20—Apple Orchard tour

October 6—Holy Hill (van)

November—McHappy Trip

November—Bliss Communications (van)

GIFT CERTIFICATES

Need that different, unique gift for a friend? Your children don't know what 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.

The Nutrition Program will be at Brookdale on the first, second and fourth Fridays of every month, June 3, 10 and 24

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

It's spring and the spring/summer menu has started. Check it out!

There are salads, hamburgers, Italian sausage, fajitas and more!

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.

FARMER'S MARKET PROGRAM

Thursday, June 30, 1:00—2:00 pm

The Senior Farmer's Market Program is being offered to qualified seniors in Walworth County. This program will provide \$25.00, per household, in vouchers to be used at approved Farmer's Markets throughout the county for fresh fruits and vegetables this summer. Qualifications for eligibility include individuals who are 60+ and meet household income limits:

Single \$21,147/year or \$1679/month;

Couple \$27,217/year or \$2268/month.

Vouchers will be distributed on a first-come, first-serve basis.



FUNDS FOR FRIENDS

Thanks to everyone for bringing in receipts!! Keep up the great work. 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.



Coordinator's Comments

BALANCE—USE IT AND KEEP IT!

Balance is important in all aspects of your life. Do you balance time alone with time among friends? Do you eat a balanced diet? Do you balance your day with physical and mental activities? Keeping your life in balance is important to staying healthy and active during all phases of life and become even more important as we age. Also important is ensuring you have and maintain good balance. Good balance is something most people don't think about—until you don't have it. Then it is capable of affecting every aspect of your life. Having poor balance reduces your ability to drive a car, walk down the sidewalk, do your own grocery shopping, handle simple household chores, or even get out of bed without an increased likelihood of falling.

How can you prevent loss of balance? Exercise and weight training are very important. They not only help with balance but also mental acuity and independent living. Work on balance every day. When doing dishes or preparing supper you can stand on one leg, hold for ten seconds and switch legs. Do five on each side. Standing straight, slowly raise up on to your toes, as high as possible and lower back down. Do 8 to 15 times.

Good balance is something most people don't think about—until they don't have it. ALWAYS do these standing balance exercises with something sturdy nearby to hold onto, if you become unsteady. Start by hanging on, if you are unsteady. If you are steady, use a fingertip touch, work up to no hands, and finally, balance with your eyes closed. You can also stand up and sit down from a chair without using your hands or walk across a room heel-to-toe. When it comes to balance don't think "Use it or lose it", instead think "USE IT AND KEEP IT!"

FREE LAKEFRONT CONCERTS AND FAMILY FUN NIGHTS

Thursday 7:00 pm

- June 16 Dr. Noize—Family Entertainment
June 23 The Dang’It’s—Concert
July 7 Minneiska Ski Show—Family
Entertainment



CRAVATH LAKEFRONT CONCESSIONS & BOAT RENTALS

Paddleboats, kayaks, and fishing poles are available for rent from June 16 to August 21. Hours are:

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

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

There is also a concession stand.



**WHITEWATER’S 4TH OF JULY
FREE FAMILY FESTIVAL
Cravath Lakefront Park
July 1ST—July 4TH**

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

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.

FRIDAY FISH FRY FUNDRAISER

Friday, June 3 4:30-7:30 pm

The Gathering Place of Milton, 715 Campus St., is hosting its first fish and chicken buffet in the dining room, catered by Augie’s Catering of Watertown. Menu includes marinated roast chicken and white flaky Alaskan cod, breaded and baked in lemon butter, served with Pumpernickel rye rolls, cole slaw, American potato salad, German potato salad, lemons, tartar sauce, and butter. Iced tea, water and coffee is included, and there will be a cash bar with beer, wine, and soda. Cost: \$11.00.

“LIGHT UP YOUR LIFE IN WHITEWATER” ART

The Whitewater Arts Alliance will display lanterns created by local artists on light poles in the city. Pick up a brochure at the local banks, IRL Library, White Building/Cultural Arts Center, Municipal Building, Starin Park Community Building, and Whitewater Chamber of Commerce to see who the artists are and where their artwork is displayed.

PARKS AND RECREATION BROCHURE

The spring/summer brochure is now available at the Community Building. Fabulous offerings from Nordic Walking to dance to Concerts in the Park. Watch for it and check it out!

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.

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 –June 2011

Monday	Tuesday	Wednesday	Thursday	Friday
<p>*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</p>		<p>1 9:00 Pole Walking Instruction 9:30 Pole Walking Group 1:00 Chess 1:00 Texas Hold 'em Poker Office 11 am – 4 pm</p>	<p>2 9:30 Stretch/Flex 1:00 Watercolor 3:00 Ceramics (A)</p>	<p>3 11:30 Nutrition Site - Brookdale</p>
<p>6 8:30 Golf (OR) 9:30 Stretch/Flex 10:30 Book Club 11:00 Wii Bowl 12:00 Senior Forum 1:00 Bid Euchre 1:30 Canasta</p>	<p>7 10:00 Culvers Bingo 11:00 Potluck 11:45 Dominos 12:00 Foot Clinic 1:00 Sheepshead 5:00 Pole Walking Instruction 5:30 Pole Walking</p>	<p>8 9:30 Pole Walking(T) 12:30 Janesville Shopping 1:00 Our House TV Senior Living Movie "Babies" 1:00 Chess Office 11 am – 4 pm</p>	<p>9 9:30 Stretch/Flex 10:30 Lunch Bunch 1:00 Watercolor 3:00 Ceramics (A)</p>	<p>10 11:30 Nutrition Site - Brookdale</p>
<p>13 8:30 Golf (OR) 9:30 Stretch/Flex 9:30 Computer Tutor 11:00 Wii Bowl 1:00 Bid Euchre 1:00 Therapeutic Massage</p>	<p>14 8:45 Photos and Computers II 10:00 Our House Senior Living Bingo 1:00 Our House Senior Living Movie "Hereafter" 1:00 Sheepshead 5:30 Pole Walking(T)</p>	<p>15 9:30 Pole Walking Group 9:30 Computer Tutor 1:00 Chess 1:00 Texas Hold' em Office 11 am – 4 pm Payment due Living Lincoln</p>	<p>16 9:30 Stretch/Flex 1:00 Watercolor 3:00 Ceramics (A) 7:00 Dr Noize- (C) family entertainment</p>	
<p>20 8:30 Golf (OR) 9:30 Stretch/Flex 9:30 Computer Tutor 11:00 Wii Bowl 1:00 Bid Euchre 1:30 Canasta</p>	<p>21 1:00 Sheepshead 2:00 Grief Support Group 5:30 Pole Walking Group</p>	<p>22 9:30 Pole Walking(T) 9:30 Computer Tutor 1:00 Our House TV Senior Living Movie "Oceans" 1:00 Chess Office 11 am – 4 pm</p>	<p>23 9:30 Stretch/Flex 1:00 Watercolor 3:00 Ceramics (A) 7:00 The Dang It's -County Music (C) Office 9am -12pm</p>	<p>24 11:30 Nutrition Site - Brookdale</p>
<p>27 8:30 Golf (OR) 9:30 Stretch/Flex 9:30 Computer Tutor 11:00 Wii Bowl 1:00 Bid Euchre</p>	<p>28 9:30 Computer Tutor 10:00 City Bingo 11:00 Blood Pressure 1:00 Our House Senior Living Movie "Gulliver's Travels" 1:00 Sheepshead 5:30 Pole Walking(T)</p>	<p>29 9:00 Reiman Trip departs 9:30 Pole Walking Group 9:30 Computer Tutor 1:00 Chess Office 11 am – 4 pm</p>	<p>30 9:30 Stretch/Flex 1:00 Watercolor 3:00 Ceramics (A) Barn Quilts payment due Ghosts/Goblins deposit due</p>	

Walworth County Nutrition Menu – June 2011

Monday	Tuesday	Wednesday	Thursday	Friday
<p>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 meal by calling the Nutrition office.</p>		<p>1 Whole Wheat Spaghetti and Meatballs with Marinara Sauce Capri Blend Vegetables Chilled Pears</p>	<p>2 Hamburger on a Wheat Hamburger Bun Baked Beans Mixed Vegetables Fruit Sunburst</p>	<p>3 AT BROOKDALE Grecian Baked Chicken Thigh Sweet Potato Puffs Green Beans Whole Wheat Bread Fresh Melon</p>
<p>6 Salisbury Steak Potatoes O'Brien Harvard Beets Whole Wheat Bread Chilled Apricots</p>	<p>7 Fiesta Pasta Bake Corn with Black Beans Broccoli Banana</p>	<p>8 Italian Sausage Slices on a Whole Wheat Bun Onions and Peppers Scalloped Potatoes Italian Mixed Vegetables Fresh Melon</p>	<p>9 Chicken Piccata Savory Brown Rice and Red Peppers Capri Blend Vegetables Carrot Raisin Salad Spiced Pears</p>	<p>10 AT BROOKDALE Turkey Pasta Salad with Shell Rigate Lettuce and Tomato Tri-Bean Salad Whole Wheat Bread Mandarin Oranges</p>
<p>13 BBQ Riblet on a Sliced Wheat Bun Baked Potato Parslied Cauliflower Mixed Fruit</p>	<p>14 Beef Barley Soup Parslied Carrots Peas Pretzel Stick Cantaloupe</p>	<p>15 Chicken Cacciatore Roasted Diced Potatoes Oregon Bean Medley Whole Wheat Bread Pineapple Tidbits</p>	<p>16 Tuna Salad Supreme with Mixed Salad Greens American Potato Salad Multi-Grain Bread Chilled Apricots</p>	<p>17 Open Faced Hot Turkey Sandwich on Multi-Grain Bread Baked Sweet Potatoes Broccoli Cherry Crisp</p>
<p>20 Kielbasa Scalloped Potatoes California Blend Vegies Rye Bread Rosy Applesauce</p>	<p>21 Chicken Salad Romaine Lettuce Herbed Tomato Wedges Multi-Grain Bread Chilled Pears</p>	<p>22 Ham and Navy Bean Stew Broccoli Cornbread Hot Fruit Bake with Oatmeal Crumble</p>	<p>23 Shepherd's Pie with Mashed Potatoes Seasoned Yellow Squash and Baby Lima Beans Wheat Bread Chilled Peaches</p>	<p>24 AT BROOKDALE Baked Alaskan Pollock with Florentine Sauce Au Gratin Potatoes Cole Slaw Bran Muffin Bread Fruit Sunburst</p>
<p>27 Hungarian Beef Goulash Mashed Potatoes Broccoli Whole Wheat Bread Pineapple Tidbits</p>	<p>28 Stuffed Cabbage Roll Red Beans and Rice Carrots and Chives Multi-Grain Bread Chilled Peaches</p>	<p>29 Country Chicken Soup with Kluski Noodles Whipped Squash Tri-Bean Salad Hot Glazed Apples</p>	<p>30 Ham and Turkey Club Focaccia Flat Bread Lettuce and Tomato Pea Salad Mandarin Oranges</p>	