



# The Park Bench

Seniors in the Park Newsletter  
May 2011 Volume XI Issue 5

Seniors in the Park promotes and enhances a vital aging community



## VERY VEGGIE

Wednesday May 25, 1:00 pm

Although most vegetarians share the common practice of not eating meat, there are huge differences in specific practices and how they carry out their vegetarian lifestyle. Join Jenny Wehmeier as she provides a general overview of the vegetarian lifestyle. Learn about incorporating more fruits and vegetable into your diet, while ensuring that you consume enough protein. Samples of meatless and animal free products will be provided. You need not be a vegetarian to come and learn more!

Presenter: Jenny Wehmeier, Walworth County Family Living Educator

Cost: \$2.00 (paid to instructor) RSVP due May 16



## TOUR DE TRIANGLE

Saturday May 7, 10 am—1 pm

Tour de Triangle will encourage families to visit the newly purchased bicycle racks in Downtown Whitewater. At each of the racks, there will be a trivia and fitness challenge. Local bicycle shops, the Police Department and Wisconsin Bike Federation will be on hand in Cravath Lakefront Park to promote safe cycling and offer tips and information.

## NATIONAL SENIOR HEALTH AND FITNESS DAY

Wednesday, May 25



On this day, Seniors in the Park will join with an estimated 100,000 seniors across the country expected to help promote active, healthy lifestyles through physical fitness, good nutrition and preventive care.

This is a wonderful opportunity for seniors to make, renew, and revitalize their commitment to live healthier lives through better health and fitness.

At 9:30 am, there will be a **Pole/Balance Walking Demonstration and Instruction** (see page 2 for details) with a walk to follow. Pole Walking is fun and gives you energy! You use 90% of your muscles when pole walking, as opposed to less than 50% when walking without poles. Walking with poles helps with posture and lessens the impact on joints. Cost is \$10 and registration ends Monday May 23. At 1:00 pm will be a presentation on **Very Veggie**. Learn about incorporating more fruits and vegetable into your diet, while ensuring that you consume enough protein. Samples of meatless and animal free products will be provided. Cost is \$2.00 and registration deadline is May 16. (See above)

National Senior Health & Fitness Day is held in support of Older Americans Month and National Physical Fitness and Sports Month.

## WHAT'S INSIDE

Pages 1-3  
Classes and Activities

Page 4  
Resources, Services, and Opportunities, Thank You

Page 5  
Extended Trips

Pages 6  
Van Trips

Page 7  
Coach Trips

Page 8  
Nutrition Site, Coordinator's Comments

Page 9  
FYI and Community

Fill out the Parks and Recreation Services Survey at the Community Bulding or online at [www.whitewater-wi.gov](http://www.whitewater-wi.gov).



### **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 May 25, 9:30 am  
 Registration by May 23  
**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  
**Deadline:** 10 days prior to class  
 Sign up at the Starin Park Community Building, use the form in the parks and recreation brochure or online at <http://activenet9.active.com/whitewater>.

### **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 Bldg.  
 Second and fourth Tuesday and Wednesday at Trippe  
 Lake Shelter

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

### **SPRINGTIME FLOWERS IN WATERCOLOR**

Thursdays May 5 & 12,

1:00 – 4:00pm, Open to all levels

Explore joyous spring flowers: tulips, daffodils, or poppies. 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 may include: composition, color mixing, brushwork, negative painting, and wet-into-wet.

Instructor: Karolyn Alexander Tscharnack

Cost: \$20 payable to the instructor

Sign up by Monday, May 2nd



### **WATERCOLOR: MORE BASICS & BEYOND**

Thursdays June 2—30, 1:0—4:00 pm

Open to all levels

Express your personal creativity in this five-week watercolor class. Whether your approach is traditional, expressive, semi-abstract or something else you are welcome to join in. Beginning, intermediate and advanced concepts will be covered.

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 focus on color mixing, and composition. Subject matter may include flowers, still life, landscape and semi-abstractation. Attendees are always encouraged to paint from personal references, photos or ideas.

Instructor: Karolyn Alexander Tscharnack

Cost: \$50.00— payable to the instructor on June 2<sup>nd</sup> by cash or check.

Registration for class due by Monday, May 30th

### **GOLF LEAGUE**

Mondays, 8:30 am

There are no set teams. Show up and golf! There is a membership fee of \$5.00 and golfers must be 60 years old as of April 11 or spouse must be 60. Flag prizes are awarded weekly. For more info, contact Don Roberts, 608-868-7054; Vicki Flitsch, 608-884-3586; or Bill Holcomb, 262-495-2273.



## SHOULDER PAIN SEMINAR

**Monday, May 9, 12:30 pm**

Musculoskeletal disorders and diseases affect the body's muscles, joints, tendons, ligaments and nerves. Most conditions develop over time and are caused by heredity and a number of factors affecting joint condition. Dr. Zambrano, an orthopedic surgeon with Fort HealthCare Orthopedic Associates, will discuss shoulder pain and available treatments.

RSVP for the talk by Wednesday May 4.

## COMPUTER TUTORS

### Photos and Computers 1

**Tuesday May 10, 8:45 am**

Learn how to upload and store the pictures you take with your digital camera.

Instructor: Jenny Rule.

Cost: \$5.00

Reservations due by Thursday, May 5

### 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, May 5

### 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. Tuesdays May 17 or 24

Thursdays May 19 or 26

Time 9:30 am

Cost: \$5.00 per session

## OUR HOUSE SENIOR LIVING MOVIES

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

### "The Kings Speech"

**Tuesday, May 10 12:30 pm**

**Rated: PG-13 2 hours**

Oscar winning movie about a prince who stutters, suddenly elevated to King on the brink of WWII when radio "chats" rule.

### "feed the fish"

**Tuesday, May 24 12:30 pm**

**Rated: not rated 92 min**

A children's author, who breaks up with his girl friend, goes to Wisconsin with his brother, where he finds romance and complications. Cute romantic comedy filmed in Ellison Bay WI. Won best feature film at Midwest Independent Festival.

### "The Tourist"

**Tuesday, May 31 12:30 pm**

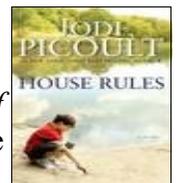
**Rated: PG-13 1 hr 53 min.**

Elise (Angelina Jolie) sits next to an American tourist, Frank (Johnny Depp), on a train going to Venice. She has chosen him as a decoy, making believe that he is her lover, who is wanted by police and the mob.

## BOOK CLUB

**Monday, May 2, 10:30 am**

The Book Club will discuss *The Hearts of Horses* by Molly Gloss. The book for June is *House Rules* by Jodi Picoult.



Jodi Picoult is known for combining controversial issues, courtroom scenes and family drama. In *House Rules*, a boy with Asperger's syndrome is accused of murder. Picoult shifts viewpoints and examines the prejudices surrounding the boy's social disability.

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

## 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.

### Field of Dreams Fundraiser May 14, 3 pm

**-12 am at American Legion**—If you would like to volunteer your time and/or talent on this day, please contact Michelle Hebbe by email at [michellehebbe@charter.net](mailto:michellehebbe@charter.net) or by phone at (920) 723-0066.

### \*\*Fill-in and Afternoon Receptionists—

Help answer phones, sign up people, and prepare for activities.

**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.

## SERVICES AT A GLANCE

- **Foot Clinic—Tuesday, May 3, 12:00 noon.** Please bring a towel. No appointment is necessary. Cost is \$10.00.
- **Therapeutic Table Massage—Monday, May 9, 1:00 pm.** Half-hour massages for \$25. Appointments must be made in advance by calling 262-473-0535
- **Blood Pressure Screening—Tuesday, May 24, 11:00 am.** Provided free by Country Nurses.

## GRIEF SUPPORT GROUP

**Tuesday, May 17, 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.

## THANK YOU TO:



- **Janet Nell** for organizing the tax preparers at our site! They had extra work this year as neither Fort Atkinson nor Jefferson had a site. Other volunteers are: **Carolyn Brown, Jane Peck, Pam Champeau, Art Kolb, Carol Lorenz, and Carol Weber.**
- **Janet Nell** for volunteering at the desk. She is taking a sabbatical from the desk and is going to volunteer elsewhere for awhile. Janet kept the attendance records and did a lot of computer work for me. She will be missed!

### **Cash Donations totaling \$270:**

- **Gert Drost** for the Easter Bunny Lunch
- **Rose Ellestad and Shirley Skaar**
- **Everyone** who donated for tax services. Donations were about \$900.

**Donors & volunteers for the Easter Bunny Lunch included:** Doris Wutke, Barb Koch, Donna Dable, Helen Brady, Peg Anderson, Linda Loomer, Dorothy Poehler, Marion Malo, Dan Sable, Alice Smith, Sharron McCarthy, Sandi, Colombe, Arlene Trewyn, Patti Griffin, Kathy Boyd, Betty Heth, Shirley Boyd, Darlene Knuteson, Sue Chapman, Gretchen Barth, Doris McQuillin, Rose Ellestad, Jean Nielsen, and John Rowe.

## 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](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.

## 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.



## 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.

## POTOWATOMI BINGO & CASINO

Tuesday, May 24

Trip is full. Waiting list only.

Reservation/payment due by May 6

**Departs 8:00 am Fort K-Mart** Return approx 3:15 pm

Make checks out to Fort Atkinson Senior Center

## 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, 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. Premier World Discovery.

## LIVING LINCOLN

August 3-4, 2011

Travel to Springfield, IL to see the only home Lincoln ever owned. Everything including the wooden sidewalks have been restored. See the Old State Capitol where he was laid in state after his assassination and a guided tour of the Lincoln Tomb. Visit the state-of-the-art Lincoln Presidential Library and Museum which really brings Lincoln to life. Visit the Dana-Thomas house the first and best preserved of Frank Lloyd Wright's prairie homes.

Cost: \$249 pp/double includes transportation, tour guide, all admissions, dinner, breakfast and lunch.

\$50 deposit required to reserve your spot.

Final payment due June 15

Make checks out to Van Galder Tour and Travel.



**FIRESIDE 2011**

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 10:30 am. Lunch is at 11:15 and Show at 1:30.

**LUNCH BUNCH**

Thursday, May 12

Eat lunch The Cursing Stone Pub at Glen Erin Golf Course in Janesville.

Departure: 10:30 am.

Cost: \$5.00 RSVP by Tuesday, May 10**JANESVILLE SHOPPING**

Wednesday, May 4, 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, May 2**MADISON ARBORETUM HIKE**

Wednesday, May 18



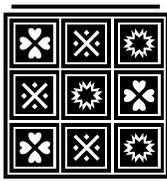
Take a hike through the UW Arboretum. Hopefully the lilacs will be in full boom. Bring a sack lunch or snack, if desired.

Cost: \$8.00

Reservation/payment due by Tuesday May 10

Depart: 8:30 am Return: 1:00 pm

Minimum: 8 people Maximum: 12 people

**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

**TRANSPORTATION AND ARCHITECTURE**

Wednesday May 11



Trek makes bikes for world class bicyclists, including Lance Armstrong.

Tour the Factory in Waterloo. (Closed toe shoes must be worn.). Eat lunch on your own at Napoli in Columbus. Take a tour of the F&amp;M Bank designed by Louis Sullivan (Chicago Expo architect). We will also do a walking tour of other downtown historic buildings. The Colonial Carriage Works has over 100 horse drawn carriages on display including some restored antiques.

Cost: \$17.00

Reservation/payment due by Monday May 2

Depart: 9:00 am Return: 4:30 pm

**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

Head for Greendale and the Reiman Visitor Center. Sample cookies for the "Best of Country Cooking", visit the Taste of Wisconsin Shoppe, the Norman Rockwell exhibit, the Limerick Hall of Fame, 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. Take a stroll and enjoy the view. Lunch is on your own with choices from a Malt Shoppe to bakery to pizza.

Cost: \$12.00

Reservation/payment due by Thursday, June 9

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

Minimum: 8 people Maximum: 12 people



## TREATS, TREASURES, AND TOILETS

**Thursday, June 16**

Start the day in Theresa touring Widmer Cheese, who still make brick cheese with bricks. Also visit Confections For Any Occasion by Joel. The uniqueness of this chocolatier is that he is blind. Samples at both stops. Closed toe shoes must be worn on the cheese tour. Lunch will be at the Villager in Sheboygan Falls. Choose from the Eigenburger, a Northwood's Turkey Grill or Cherry Pecan Chicken Sandwich. Tour the fabulous Kohler Design Center where they show off the most unique and luxurious bathrooms. End the day with a Wisconsin treasure, the historic Wade House. Return to the time of stagecoach travel and see a community where Yankee refinement met the Wisconsin wilderness.

Cost: \$49.00 (includes lunch)

Departure: Starin Park: 7:00am:

Fort K-Mart: 7:30am

Return (approx): Fort K-Mart 6:30 pm;

Starin Park 7:00pm

**Reservations/payment due by May 10**

## 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

## **UPCOMING VAN & COACH TRIPS**

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

August—St Therese Shrine

September 14—Hotel Baker lunch and

Paddlewheel Boat Cruise (limited seats)

September 15—Lake Geneva Mailboat (van)

September 20—Apple Orchard tour

October 6—Holy Hill (van)

October 31-November 1—Chip-In Casino

November—McHappy Trip

November—Bliss Communications (van)

## **EMERGENCY FORMS**

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

## **TRIP PARKING**

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



**The Nutrition Program will be at Brookdale on the first, second and fourth Fridays of every month, May 6, 13 and 27**

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.

## Happy May Birthdays to:

4—Betty Sweno  
19—Thelma Robbins  
27—Mark Dorn

## BINGO!

**Tuesdays, 10:00 am**

May 3: Culver's Bingo  
May 10: Our House Senior Living  
May 24: 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 |             |

# Coordinator's Comments



## MAY IS OLDER AMERICANS MONTH

### "Older Americans-Connecting the Community"

Every May since 1963, people in towns and cities across the country have come together to celebrate the enormous contributions of older Americans—borne of wisdom, experience, and the will to realize their dreams and speak their minds. Older Americans Month is our chance to show our appreciation and support our seniors as they continue to enrich and strengthen our communities.

The theme of this year's celebration—Older Americans: Connecting the Community—pays homage to the many ways in which older adults bring inspiration and continuity to the fabric of our communities. Their shared histories, diverse experiences, and wealth of knowledge have made our culture, economy, and local character what they are today.

In fact, older Americans are more active in community life than ever before, and are out and about giving back and making a difference in their community. Older Americans step up to help one another as well. Across the country, seniors connect with other seniors by delivering meals, helping with home repair, assisting with shopping, and offering companionship, counseling, and care. Their efforts remind us that when older adults are active and engaged in their communities, everyone benefits.

Help us celebrate Older Americans Month! Join your neighbors not only to recognize what older citizens bring to our communities, but also to help them continue playing a vital role in weaving a unique and lasting community fabric.

## OFFICE HOURS

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

**May 3, 4, and 5 hours are 9 am—1 pm**

**May 17 and 19 hours are 9 am—12 pm**



## GREETING CARDS

New greeting cards have arrived!!

Check them out. We have **First Communion, Confirmation, and Graduation** cards in addition to a great selection of everyday and special greeting cards at low prices.

## MAY PARK BENCH TV SHOW

The May show features The Irvin L Young library staff talking about the adult and youth summer reading programs. 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.

## TORNADO PROCEDURE POLICY



The staff/volunteer will monitor weather conditions with the internet or radio. Participants will be informed of changes in the weather.

### Tornado Watch:

1. A tornado watch is declared when conditions are right for developing a tornado. Participants and volunteers will be informed of the weather so they may decide whether they want to leave or not.

### Tornado Warning

1. A Tornado Warning is declared when a funnel cloud has been sighted.
2. When a tornado warning is issued the staff will inform all participants and volunteers and move them to the outdoor bathrooms. Participants may leave the building, but should be cautioned of the unsafe weather and be advised to remain in the building.

## TREYTON KILAR FIELD OF DREAMS FAMILY FUN DAY

Saturday, May 14, 3 pm - 12 am

American Legion Hall

This fantastic day will be filled with activities for all ages, silent auctions beginning at 3:00, 5:00 and 7:00, a live auction at 8:30, raffles, children's only raffle, children's games from 3:00—6:00 and food and entertainment throughout the day and night. The ultimate Legends Show featuring Elvis the Blues Brothers and more. This event is sponsored by Capn's of Whitewater, Capn's Steakhouse and Saloon and Modern Woodmen-Chapters 401 & 9033.



If you would like to volunteer your time and/or talent on this day, please contact Michelle Hebbe by email at [michellehebbe@charter.net](mailto:michellehebbe@charter.net) or by phone at (920) 723-0066.

## PARKS AND RECREATION SERVICES SURVEY

Here is your chance to let the Parks and Recreation Department know how you feel about the parks, programs offered, facilities, and older adult programming in Whitewater. Surveys are at the Community Building, the Municipal Building, and online at [www.whitewater-wi.gov](http://www.whitewater-wi.gov). The survey will be available until May 15.

## 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.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**

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Name \_\_\_\_\_

E-Mail \_\_\_\_\_

Address \_\_\_\_\_

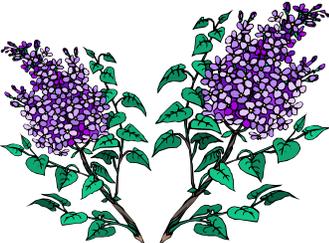
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# Seniors in the Park Activity Calendar –May 2011

| Monday  | Tuesday   | Wednesday   | Thursday  | Friday   |
|---|---|---|---|--|
| <b>2</b><br>8:30 Golf (OR)<br>9:30 Stretch/Flex<br>10:30 Book Club<br>11:00 Wii Bowl<br>12:00 Senior Forum<br>12:30 Tai Chi<br>1:00 Bid Euchre<br>1:30 Canasta                                      | <b>3</b><br>10:00 Culvers<br>Bingo<br>11:00 Potluck<br>11:45 Dominos<br><b>12:00 Foot Clinic</b><br>1:00 Sheepshead<br>6:30 City Council<br>Presentation<br><b>Office 9am -1pm</b>                                    | <b>4</b><br>9:30 Wii Bowling<br>League<br>12:30 Janesville<br>Shopping<br>1:00 Chess<br>1:00 Texas Hold<br>'em Poker<br>6:00 Ceramics (A)<br><b>Office 9am -1pm</b> | <b>5</b><br>9:30 Stretch/Flex<br>1:00 Springtime<br>Flowers-Watercolor<br>3:00 Ceramics (A)<br><br><b>Office 9am -1pm</b>   | <b>6</b><br>11:30 Nutrition<br>Site - Brookdale<br><br><b>7</b><br><b>10 am -1:00</b><br><b>Tour De</b><br><b>Triangle</b><br><br><b>1 – 2:30 Pole</b><br><b>Walking Class</b>                                 |
| <b>9</b><br>8:30 Golf (OR)<br>9:30 Stretch/Flex<br>11:00 Wii Bowl<br>12:30 Tai Chi<br><b>12:30 Shoulder</b><br><b>Pain</b><br><b>Presentation</b><br>1:00 Bid Euchre<br>1:00 Therapeutic<br>Massage | <b>10</b><br>8:45 Photos and<br>Computers<br>10:00 Our House<br>Senior Living Bingo<br>12:30 Our House<br>Senior Living Movie<br><b>“The King’s</b><br><b>Speech”</b><br>1:00 Sheepshead<br><b>RSVP due June trip</b> | <b>11</b><br><b>9:00 Trek Tour</b><br><b>departs</b><br>9:30 Wii Bowling<br>League<br>1:00 Focus on the<br>Arctic<br>1:00 Chess<br>6:00 Ceramics (A)                | <b>12</b><br>9:30 Stretch/Flex<br><b>10:30 Lunch</b><br><b>Bunch</b><br>1:00 Springtime<br>Flowers-Watercolor<br>3:00 Ceramics (A)  | <b>13</b><br>11:30 Nutrition<br>Site - Brookdale<br><br><b>14</b><br><b>1 – 3:00 Pole</b><br><b>Walking Class</b><br><b>&amp; Trail Hike</b><br><br><b>3-12 Field of</b><br><b>Dreams</b><br><b>Fundraiser</b> |
| <b>16</b><br>8:30 Golf (OR)<br>9:30 Stretch/Flex<br>12:30 Tai Chi<br>11:00 Wii Bowl<br>1:00 Bid Euchre<br>1:30 Canasta  | <b>17</b><br>7:30 Chicago Trip<br>departs<br>9:30 Computer<br>Tutor<br>1:00 Sheepshead<br>2:00 Grief Support<br>Group   | <b>18</b><br>8:30 Arboretum<br>Hike trip<br>departs<br>1:00 Chess<br>1:00 Texas Hold’ em<br>6:00 Ceramics (A)   | <b>19</b><br>9:30 Stretch/Flex<br>9:30 Computer<br>Tutor<br>3:00 Ceramics (A)<br><br><b>Office 9am -12pm</b>  | <b>20</b><br><br><br><br><br><b>21</b><br><b>City Wide</b><br><b>Rummage</b><br><b>Sale</b>  |
| <b>23</b><br>8:30 Golf (OR)<br>9:30 Stretch/Flex<br>12:30 Tai Chi<br>11:00 Wii Bowl<br>1:00 Bid Euchre  | <b>24</b><br>9:30 Computer<br>Tutor<br>10:00 City Bingo<br>11:00 Blood Pressure<br>12:30 Our House<br>Senior Living Movie<br><b>“Feed the Fish”</b><br>1:00 Sheepshead  | <b>25 Nat’l Health</b><br><b>&amp; Fitness Day</b><br><b>9:30 Pole Walking</b><br><b>1:00 Very Veggie</b><br>1:00 Chess<br>6:00 Ceramics (A)                        | <b>26</b><br>9:30 Computer<br>Tutor<br>9:30 Stretch/Flex<br>3:00 Ceramics (A)<br><br><b>Office 9am -12pm</b>  | <b>27</b><br>11:30 Nutrition<br>Site - Brookdale   |
| <b>30</b><br><br><b>Memorial Day</b><br><b>Observance</b><br><b>CLOSED</b>  | <b>31</b><br>12:30 Our House<br>Senior Living Movie<br><b>“The Tourist”</b><br>1:00 Sheepshead  |    | *Activities take place at the Starin Park<br>Community Building unless otherwise noted.<br><b>(A) = Downtown Amory</b><br><b>(L) = Cravath Lakefront</b><br><b>(OR)=Oak Ridge golf Course, Milton</b> |  |

# Walworth County Nutrition Menu – May 2011

| <b>Monday</b>  | <b>Tuesday</b>  | <b>Wednesday</b>   | <b>Thursday</b>   | <b>Friday</b>   |
|--|---|--|---|---|
| <b>2</b><br>BBQ Riblet on a Sliced Wheat Bun<br>Baked Potato<br>Parslied Cauliflower<br>Mixed Fruit  | <b>3</b><br>Beef Barley Soup<br>Parslied Carrots<br>Peas<br>Pretzel Stick<br>Cantaloupe   | <b>4</b><br>Chicken Caccaitore<br>Roasted Diced Potatoes<br>Oregon Bean Medley<br>Whole Wheat Bread<br>Pineapple Tidbits | <b>5</b><br>Tuna Salad Supreme with Mixed Salad Greens<br>American Potato Salad<br>Multi-Grain Bread<br>Chilled Apricots  | <b>6 AT BROOKDALE</b><br>Open Faced Hot Turkey Sandwich on Multi-Grain Bread<br>Baked Sweet Potatoes<br>Broccoli<br>Cherry Crisp                |
| <b>9</b><br>Kielbasa<br>Scalloped Potatoes<br>California Blend Vegies<br>Rye Bread<br>Rosy Applesauce  | <b>10</b><br>Chicken Salad<br>Romaine Lettuce<br>Herbed Tomato Wedges<br>Multi-Grain Bread<br>Chilled Pears                                   | <b>11</b><br>Ham and Navy Bean Stew<br>Broccoli<br>Cornbread<br>Hot Fruit Bake with Oatmeal Crumble                      | <b>12</b><br>Shepherd's Pie with Mashed Potatoes<br>Seasoned Yellow Squash and Baby Lima Beans<br>Wheat Bread<br>Chilled Peaches  | <b>13 AT BROOKDALE</b><br>Baked Alaskan Pollock with Florentine Sauce<br>Au Gratin Potatoes<br>Cole Slaw<br>Bran Muffin Bread<br>Fruit Sunburst |
| <b>16</b><br>Hungarian Beef Goulash<br>Mashed Potatoes<br>Broccoli<br>Whole Wheat Bread<br>Pineapple Tidbits   | <b>17</b><br>Stuffed Cabbage Roll<br>Red Beans and Rice<br>Carrots and Chives<br>Multi-Grain Bread<br>Chilled Peaches                         | <b>18</b><br>Country Chicken Soup with Kluski Noodles<br>Whipped Squash<br>Tri-Bean Salad<br>Hot Glazed Apples           | <b>19</b><br>Ham and Turkey Club<br>Focaccia Flat Bread<br>Lettuce and Tomato<br>Pea Salad<br>Mandarin Oranges  | <b>20</b><br>Meatball Marinara Sandwich on Hoagie Roll<br>Potatoes Italiano<br>Italian Green Beans<br>Banana                                    |
| <b>23</b><br>Chicken Fajitas with Onions & Peppers on Flour Tortilla<br>Spanish Rice<br>Pinto Beans<br>Whole Orange  | <b>24</b><br>Meatloaf and Gravy<br>Mashed Potatoes<br>Harvard Beets<br>Marble Rye Bread<br>Applesauce   | <b>25</b><br>All Beef Hot Dog on a Hot Dog Bun<br>Oven Browned Potatoes<br>Corn<br>Banana                                | <b>26</b><br>Open Face Beef Sandwich on Wheat Bread<br>Diced Red Potatoes<br>Spinach<br>Chilled Apricots  | <b>27 AT BROOKDALE</b><br>Pasta Carbonara with Chicken and Ham<br>Zucchini and Tomatoes<br>California Blend Vegetables<br>Chilled Peaches       |
| <b>30</b><br><b>Memorial Day Senior Lunch Centers will be closed.</b><br> | <b>31</b><br>BLT Chicken Salad<br>Mixed Salad Greens with Tomato Wedges<br>Mandarin Orange Cup<br>Ry Krisp Crackers<br>Ambrosia Fruit Custard |                                      | Persons age 60 or older and their spouse, regardless of age, are eligible to participate. A suggested donation of \$2.50 is requested. Those unable to contribute are still welcome. To reserve a meal call 262-473-0536 <u>before 12:00 p.m. one business day in advance</u> or call the Nutrition Program office at 741-3333 or 1-800-365-1587, Ext. 3333. Cancellations must be made no later than <u>8:00 a.m.</u> the day of your reservation by calling the Nutrition office. |   |