



The Park Bench

Seniors in the Park Newsletter
October 2011 Volume XI Issue 10

Seniors in the Park promotes and enhances a vital aging community



GLOBAL GALA

Thursday Oct. 13, 6:00—8:30 pm

Enjoy an evening of international entertainment, mingle with international students, and savor delightful desserts. Every year are new and different acts from all over the world. Desserts are served at 6:00 and the entertainment begins at 7:00 pm. Tickets are \$4.00 (\$3.00 for students) and can be purchased at the Starin Park Community Building or reserved by calling 262-473-0535. This event won a Silver Star Award last year from the Wisconsin Parks and Recreation Association.

OKTOBERFEST

Thursday, October 6, 11:00 am

Listen or dance to the music of Jerry Hartman. He plays all your favorites on the keyboard. Savor a German themed meal.

Cost: \$2.50 donation Reserve by Monday October 3.



CHAIR YOGA

Thursdays
1:00 pm



Gain strength and balance while improving flexibility in

this 60-minute yoga class designed around chair and standing poses. That's right! No getting up and down off the floor in this class! We will use breath, synchronized movement, simple meditation exercise and yoga poses, supported by a chair to leave you feeling serene and strong. No experience required. The instructor is Alyssa Swengel, LMT, CYT. Fee: \$20.00 (payable to instructor)

4 week class beginning October 6

Payment due by Thurs. September 29

ONE STOP SHOP

Saturday, November 19
9am—2 pm

Downtown Armory

Find unique and fun gifts, beautiful jewelry and items for your kitchen, bath and home at our fall fundraiser. Home-party consultants and crafters will be on hand to assist you in shopping for those hard-to-find-for people or yourself. There will also be a bake sale, a BBQ lunch, and a raffle of items donated by each vender. **Volunteers are needed; see page 6.**

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For wellness information and activities log onto the W3 website (Working for Whitewater's Wellness) at w3wellness.org



MAGICAL BEANS

Monday, October 24 1:00 pm

Maybe Jack really knew the secret of magical beans! Dry beans are an excellent addition to your diet. Not sure where to start? Join us for an informational workshop on the health benefits and cooking with dry beans—samples included!

Instructor: Jenny Wehmeier

Cost: \$2.00 RSVP deadline: October 10



MEN'S POKER GROUP

Second and Fourth Thursdays,

1:00 pm; Begins October 13

Calling all men! Want to play Texas Hold 'em Poker? Even if you don't know how, we will teach you. Enjoy a manly game with the fellas.

LADIES POKER GROUP

First and Third Thursdays,

1:00 pm Beginning October 6

The ladies are moving to Thursday Come join the fun and laughter..

CORE AND MORE

Mondays & Thursdays, 8:45 - 9:15 am

Want improved posture and balance? Want to be able to lift that grandchild or reach into that high cupboard? This half hour class focusing on your core will help you to perform everyday activities safely and with ease. Modifications for all levels of ability will be demonstrated. Must be able to get down on the floor for this class. Bring an exercise or yoga mat and water bottle.

Cost: \$30 (10 classes) or 10 punch pass for \$30.00 (passes do not expire)

Instructor: Deb Weberpal, NETA Certified Group Fitness Instructor

Next session Nov 3—Dec 8 (No class Nov 24)

POLE WALKING GROUP

Tuesdays, 10:00 am

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

TECHNOLOGY TUESDAY

Tuesday, October 18, 1:00 pm

E-Books and E-Readers

E-books and e-readers are becoming more and more popular. The Irvin L. Young Memorial Library currently has one Amazon Kindle, one Barnes & Noble Nook and one Nook Color, and a Sony Reader for checkout, as well as an iPad for in-library use. Each device is pre-loaded with popular bestsellers. The library also offers downloadable e-books and audiobooks that are compatible with many devices through OverDrive. Library Director Stacey Lunsford will demonstrate the library's devices and answer questions about using OverDrive.

Please register by Thursday, Oct. 13.

November 15: Laptops/Networks and Wireless



DID YOU KNOW . . .

More tablets and e-book readers are purchased by older adults. In the second quarter of 2011, people ages 55 years and older represented 30% of e-book reader owners and 19% of tablet computer owners, an increase of 9 percentage points compared to a year earlier. Among all age groups, 61% of e-book reader owners were women.

20th CENTURY AMERICAN HISTORY STORIES

Wednesdays, 1:00 pm

October 5: Presidential Library/Museums: The Grand Tour

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

Presenter: Dr. Richard Haney, Professor Emeritus
This series is sponsored by the UWW Continuing Education Dept.

OCTOBER POT LUCK

Tuesday, October 4 11:00 am

If you can, please bring dishes made with fall items, such as apples, pumpkin, squash, root vegetables, etc.



COMPUTER TUTOR

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 October 17, 20, 24

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 pm

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

Bowling—Wednesdays, 9:00 am at Hawk Bowl

Canasta—First, third and fifth Mondays 1:30 pm

Chess—Wednesdays, 1:00 pm Beginners welcome

Dominoes—First Tuesday 11:45 am

Potluck—First Tuesday 11:00 am

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—Ladies: 1st/3rd Thursday
1:00 pm; Men: 2nd/4th Thursday 1:00 pm

Wii Bowling—Mondays 11:00 am



WATERCOLOR – FOCUS ON TEXTURE

Thursdays, 1:00—4:00pm

October 20 and 27, Open to all levels

This two-week watercolor class will focus on creating texture to add interest to your paintings. 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 fun techniques for creating interesting texture, color mixing and composition. Subject matter may include fall flowers and/or autumn landscape. Attendees are always encouraged to paint from personal references, photos or ideas.

Cost: \$20 payable to the instructor

Sign up by Monday, October 17th

Minimum – 6 people

NO FLU SHOTS

We will not be offering flu shots at the Senior Center this year.

FAIRHAVEN LECTURE SERIES: Wisconsin: Heritage to be Proud Of

Mondays 3:00 pm

Fairhaven Lecture Hall

The Fall 2011 Fairhaven Lecture Series examines the diverse array of talents, skills and products that have a strong connection to Wisconsin. Some topics are easily recognizable and associated with Wisconsin on a national or global scale. Other areas are perhaps some of Wisconsin's best-kept secrets. For all that you may know about Wisconsin, there is little doubt that you could expand your knowledge of Wisconsin's proud heritage. Unable to attend? Download podcasts at: <http://www.uww.edu/conteduc/fairhaven>



Sept. 26: The Wisconsin Dairy Industry: A Strong Past and Bright Future
Corey Geiger, Sr Assoc. Editor, Hoard's Dairyman

Oct. 3: Muir, Leopold and Nelson: Tracing Wis.'s Environmental Legacy into the 21st Century

Eric Compas, Asst Prof., Dept of Geography and Geology, UW-W

Oct. 10: Behind the Beans

Janell Gray, Berres Brothers Coffee

Oct. 17: Preserving Southeast Wisconsin's Architectural Past at Old World Wisconsin
Maertin Perkins, Curator of Research, Old World Wisconsin

Oct. 24: A History and Overview of the Wisconsin

Meat Industry

Jeff Sindelar, Assistant Professor, Extension Meat Specialist UW-Madison, UW Meat Lab.

Oct. 31: The Milton House and the Underground Railroad

Cori Olson, Executive Director, Milton

Historical Society/Milton House Museum

BINGO!

Tuesdays, 10:00 am

October 4: Culver's Bingo

October 11: Our House
Senior Living

October 25: City Bingo

Weekly Bingo Sponsors:

Culver's

Our House Senior Living

CITY BINGO SPONSORS:

Topper's Pizza * Subway

Robin's Nest * Pizza Hut

McCullough's * Rick's

Rosa's Pizza * Fairhaven

Dale's Bootery * Floral Villa

The Sweet Spot * Genoa Pizza

Tincher Realty * Taco Bell

Ketterhagen Ford * Sentry

Jones Dairy * VOS Sentry

Rocky Rococo Pizza

Commercial Bank

Fort Com. Credit Union

Bergey Jewelry

Fort HealthCare

Mirage Hair Studio

Downtown Whitewater

Binning & Dickens Ins

Jessica's Restaurant

Eastsider/Westsider

Winchester True Value

First Citizens State Bank

Dalee Water Conditioning

Kentucky Fried Chicken

SENIOR FORUM

Monday October 3, 12:00 pm

Give the Senior Coordinator input on activities, trips and more. Discuss funding and use of monies you helped raise. Stop in and help us chart the future of Seniors in the Park. New faces are welcome!

OUR HOUSE SENIOR LIVING MOVIES

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

"Temple Grandin"

Tuesday, Oct. 11, 12:30 pm

Rated: PG, 1 hr 43 min

Biopic of Temple Grandin, an autistic woman who overcame the limitations imposed on her by her condition, to become an expert in the field of animal husbandry. She is noted for creating her 'hug box', widely recognized today as a way of relieving stress and her humane design for the treatment of cattle in processing plants, even winning an award from PETA.

**"Jane Eyre"**

Wednesday, Oct. 25, 12:30 pm

Rated: PG-13, 2 hr

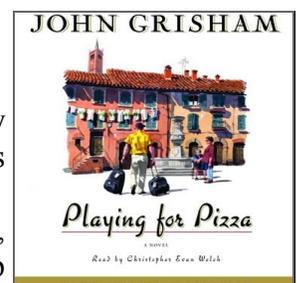
In this 19th Century-set story, Jane Eyre flees Thornfield Hall, where she works as a governess. The imposing residence—and the master's own imposing nature—have sorely tested her resilience. With nowhere else to go, she is extended a helping hand by clergyman St. John Rivers and his family. As she recuperates and looks back upon the tumultuous events that led to her escape, Jane wonders if the past is ever truly past.

**BOOK CLUB**

Monday, October 11, 10:30 am

The Book Club will discuss *Look Again* by Lisa Scottoline. The book for October is *Playing for Pizza* by John Grisham.

Rick Dockery, the third-string quarterback, actually got into an AFC Championship game. With a 17-point lead and minutes to go, Rick provided the worst single performance in the history of the NFL. Overnight, he became a national laughingstock, was cut by the Browns and shunned by all other teams. But all Rick knows is football, and he insists that his agent, find a team that needs him. Against enormous odds a team is located and Rick can now be a *starting* quarterback for the mighty Panthers of Parma, Italy. Rick reluctantly agrees, but Parma definitely holds a few surprises for him.



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

You can register for Parks and Recreation classes online at <http://activenet9.active.com/whitewater> or call in your registration to 473-0101. Both require a credit card. Forms can be mailed in or dropped off at the Municipal Building. Pick up a brochure for more information on the following classes. Remember there is a **late fee of \$10 for registering after a deadline.**

YES! YOU CAN AFFORD TO EAT HEALTHY!

Wednesday, October 26, 7:00 pm

Let's face it, fast food and unhealthy food can be less expensive than other healthier choices. In this class, we will discuss how we can help change this and explore some budget friendly choices for a healthier diet.

Instructor: Ivy Miles/ Holistic Health Coach

Fee: \$8.00 Class #: 4309.31

RSVP/payment deadline: Oct. 13 at Starin Park or Oct. 16 online

QUICK HEALTHY MEALS FOR BUSY PEOPLE

Wednesday, October 26, 7:30 pm

Pressed for time? No matter what your schedule is, it is possible to eat healthy when life is getting the better of you. In this class, we will discuss several time saving tips and recipes. Bring a "quick & easy" healthy recipe to share.

Instructor: Ivy Miles/ Holistic Health Coach

Fee: \$8.00; Class #: 4311.31

RSVP/payment deadline: Thursday, Oct. 13 at Starin Park or Sunday Oct. 16 online

If you sign up for more than one of Ivy's Good Health classes, only pay \$7.00 per class.

RUN FOR TREY

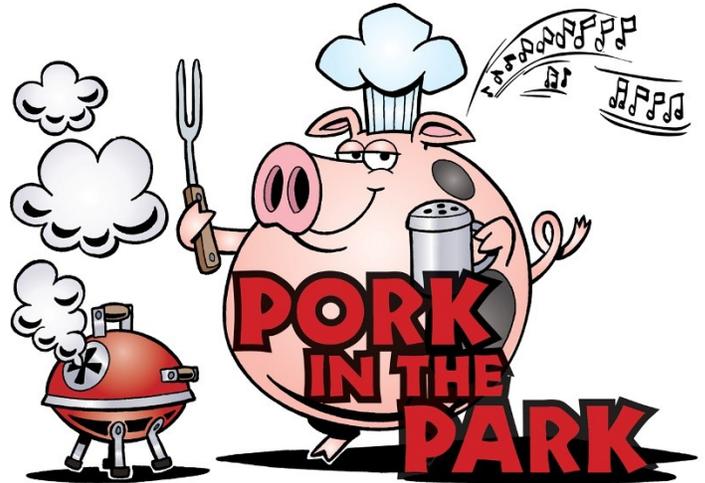
Sunday, October 16

5k run/walk start time 10:00 am

**Children's obstacle course to follow
Starin Park**

All are welcome to attend the 5k run/walk and children's obstacle course. Brat Fry to follow. All proceeds to go to the Treyton's Field of Dreams. Registration form on line at www.treysfield.org. If you are interested in volunteering or sponsoring this event, please email Carol Anason at carol54136@yahoo.com

Pre-registration: \$20.00; Day of registration: \$25.00



**Saturday, October 1, 10 am—11 pm
Cravath Lakefront Park**

This event features a good old fashioned pig roast, corn boil, local music, wine tasting from Staller Estate Vineyard & Winery, beer brews from Randy's Fun Hunters Brewery, W3 Be Active Today! 5k Run, W3 Fit Kid Shuffle, pig-associated arts and crafts, motorcycle show, Safety Fair and much more.

Schedule of Events

6:30 am: Registration opens for W3 Be Active Today 5k

8 am: 5k Starts

8 am: Fit Kid Shuffle Registration

9:30 am: Fit Kid Shuffle Starts

11 am-5 pm: Family Day (at University)

10 am-9 pm: Corn Boil

10 am-7 pm: Free Inflatables

10 am-7 pm: Pig-Associated Arts & Crafts

11 am-6 pm: Motorcycle Show

11:30 am-1 pm: Music (TBD)

12-4 pm: Horse Drawn Wagon Ride

12 -2 pm: Safety Fair

1 pm: Minneiska Water Ski Shows

2 -3:30 pm: Music: Jesus Riders

2-5 pm: UW-W Football game (at University)

4-6 pm: Music: High Class Trash

6 pm: Minneiska Water Ski

7-11 pm: Music: Nothing But Trouble



ONE STOP SHOP VOLUNTEERS NEEDED

Make BBQ for One Stop Shop, Thursday November 17 1:00 pm— Help cook the barbeque, package, and clean up.

Bake Sale, Friday, November 18— Help price and set up the bake sale 2:00 pm– 3:30 pm.

Bake Sale, Saturday, November 20— Sign up to donate baked goods. Good sellers include: brownies, quick breads, pies and cookies.

Assistance, Saturday, November 20— Sign up to help at the bake sale, sell raffle tickets or serve lunch.

2-3 hour shifts are available. See the signup sheet at the reception desk.



VOLUNTEER INFO

**Monday Oct. 10 or
Thursday Oct. 20
1:00 pm**

It's that time of year again when we do a short volunteer training for new volunteers and refresher for our current volunteers. All volunteers are requested to fill out our volunteer form, so your contact information is current. Forms are available at the reception desk or from Deb.

HOT AND COLD BEVERAGES

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

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.

SERVICES AT A GLANCE

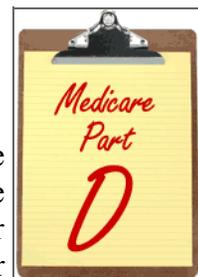
- **Foot Clinic—Tuesday, October 4, 12:00 noon.** Please bring a towel. No appointment is necessary. Cost is \$10.00.
- **Therapeutic Table or Chair Massage by Angie—Monday, October 10, 1:00 pm.** Half-hour massages for \$25. Appointments must be made in advance.
- **Blood Pressure Screening—**
Tuesday October 11, 11:00 am Provided free by Our House
Tuesday, October 25, 11:00 am. Provided free by Country Nurses.



MEDICARE PART D ENROLLMENT INFO & APPOINTMENTS

Starting in calendar year 2011, there will be a change in the dates of the Open Enrollment Period for Medicare Part D. The new dates for changing your Medicare Part D plans will be October 15-December 7, 2011 for plans to be effective January 1, 2012. You will NOT be able to change plans for the next year after December 7, therefore, please plan accordingly. To find a drug plan that will work for you, go on the Medicare Website www.medicare.gov. If you have any questions, please call the Aging and Disability Resource Center of Walworth County at 262-741-3400 or 800-365-1587.

Appointments are available at the Starin Park Community Building Tuesday, October 18 from 8:30 am—3:15 pm and Tuesday, October 25 from 8:30—11:15 am. To schedule your appointment please call Lori LaCoss at 1-262-741-3212.



GRIEF SUPPORT GROUP

Tuesday, October 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.

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.

IMPERIAL CITIES PREVIEWS

October 26, 1:00 pm

Get information on and a preview of the IMPERIAL CITIES—Prague, Budapest and Vienna

RSVP by Monday, October 24

IMPERIAL CITIES - Prague, Budapest and Vienna

November 5-15, 2012

Spend 3 nights in each of these beautiful cities, Highlights include: Prague, one of the most beautiful cities in the world, Hradcany Castle, Jewish Quarter, Schoenbrunn Palace, Grinzing Evening, Hungarian Horse Show on a horse farm and traditional Hungarian Feast, Matthias church, Fisherman's Bastion, and Renaissance-style dinner, plus much more! No Euros here, so less expensive once you arrive.

Cost: \$3249 pp/double (booked by May 5, 2012; will increase by \$100 after this date), includes airfare/air taxes, 15 meals, all sightseeing per the itinerary and free transportation to O'Hare. For details see above.

CHIP-IN CASINO TRIP

October 31-November 1

Trip is full.

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

Checks payable to Fort Senior Center

RSVP/Payment due Thursday, October 13

OFFICE HOURS

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

Wednesday, Oct. 19: Office Closed

CIVIL WAR SERIES 1862: THE BATTLES OF SHILOH AND CHICKAMAUGA

March 29—April 4, 2012



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

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

\$150 deposit due with reservation or

\$210 deposit include cancellation insurance.

EMERALD COAST TOUR

March 2 -9, 2012

Tour from Atlanta to Destin, Florida on the Emerald Coast and return home through Nashville.

Highlights include the Jimmy Carter Library, Mary Mac's Tea Room, Air force Armament Museum, Dolphin Watching cruise and much more.

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

\$200 deposit due with reservation or

\$350 deposit include cancellation insurance.



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.

LUNCH BUNCH**Thursday, October 13**

Eat lunch at the Blue Bay Inn in Mukwonago. Enjoy a stop at the Elegant Farmer.

Departure: 10:30 am.

Cost: \$5.00 RSVP by Tuesday, October 11

JANESVILLE SHOPPING**Wednesday, October 5, 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, October 3

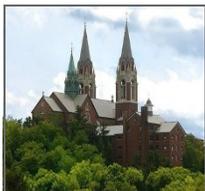
MADISON FARMER'S MARKET**Saturday October 8 (rain date Oct 15)**

A favorite trip last year. Browse the many vendors around the capitol. Check out State Street with its many crafters, unique stores and coffee/lunch spots.

Cost: \$8.00

Depart: 8:00 am Return 2:00 pm Approx.

Payment deadline October 5

**HOLY HILL****Tuesday, October 11**

Trip is full!

Departure: 9:00 am.

Return approx 3:00 pm

Cost: \$12.00 (Lunch is on your own)

LOCAL FARMERS MARKET OPEN

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

**SAINTS AND SINNERS****Wednesday, October 19**

Cost: \$52.00, includes lunch, transportation, Brewery tour and tasting, Transportation museum, visit to

Dickeyville Grotto and Shrines, and touring at Sinsinawa Mound. Seats still available!

RSVP/Payment deadline: October 6

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

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

**FIRESIDE 2011**

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.

FIRESIDE 2012

Wednesday Feb. 22—Viva Vegas

RSVP/Payment deadline January 12

Wednesday April 25—9-5 the Musical.

RSVP/Payment deadline March 15

Wednesday June 6—Legally Blonde the Musical

RSVP/Payment deadline April 31

Wednesday August 8—The Rock & the Rabbi

RSVP/Payment deadline July 2

Wednesday Sept. 19—Hello Dolly

RSVP/Payment deadline August 9

Cost: \$66.00

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.

SENIORS IN THE PARK PROMOTES AND ENHANCES
A VITAL AGING COMMUNITY

The Nutrition Program will be at Brookdale on the first, second and fourth Fridays of every month, October 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.

MEAL SITE MENU & CANCELLATIONS

Cancellations must be called in no later than 8:00 am the day of your reservation or the night before. Please call the Nutrition office at 262-741-3333 and leave your message. The County gets charged for meals ordered. Please help out the Nutrition Program by canceling in advance.

HAPPY OCTOBER BIRTHDAY TO:

22—John Rowe
28—Kay Salzwedel
30—Betty Lawrence



Want to be on our birthday list? Just let Deb or Sue know your birth date and correct spelling of your name and you can be in the newsletter, too!

DONATIONS, GIFTS, MEMORIALS

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



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

THANK YOU TO

Gretchen Barth for Re-sewing the West Room Quilt

Sandi Colombe: Puzzle Books doantion

Betty Sweno for calling Bingo for the past 5 years. Your dedication is appreciated!

Mary Zordel, Mary Mickle, Sam Peterson, Park & Recreation Intern, and Victoria, Our House for assisting with fitness assessments.

Rose Ellestad for coming in extra hours when needed, to keep the building open and programs running.

Thanks to **Jerry Nell** and **Dean Zweifel** our fabulous van drivers for keeping everyone safe while on their amazing adventures.

NEW CARDS HAVE ARRIVED!

A shipment of greeting cards has arrived!. Stop in and check them out. We have a great selection of everyday and special greeting cards Including **Halloween** priced from 25 cents to \$2.00. Stop in and check out our selection.



EYE GLASS COLLECTION

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



OCTOBER PARK BENCH TV SHOW

The October show features the Whitewater Arts Alliance talking about their projects an opportunities for you to experience art..

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 www.Whitewater-wi.gov Click on **Multimedia** then **Seniors-Park Bench** and you'll see all the episodes.

November Calendar

Monday	Tuesday	Wednesday	Thursday	Friday
3 8:45 Core & More 9:30 Stretch/Flex 10:30 Book Club 11:00 Wii Bowl 12:00 Senior Forum 1:00 Bid Euchre 1:30 Canasta 5:30 Beginning Line Dance (A)	4 10:00 Culvers Bingo 10:00 Pole Walking 11:00 Pot Luck 11:45 Dominos 12:00 Foot Clinic 1:00 Sheepshead	5 9:00 Bowling (HB) 12:30 Janesville Shopping 1:00 American History Stories 1:00 Chess	6 8:45 Core & More 9:30 Stretch/Flex 11:00 Oktoberfest 1:00 Chair Yoga 1:00 Ladies Poker	7 11:30 Nutrition Site - Brookdale <hr/> 8 8:00 Madison Farmer's Mkt
10 8:45 Core & More 9:30 Stretch/Flex 11:00 Wii Bowl 1:00 Bid Euchre 1:00 Therapeutic Massage 1:00 Volunteer Training 5:30 Beginning Line Dance (A)	11 9:00 Holy Hill departs 10:00 Our House Senior Living Bingo 10:00 Pole Walking 11:00 Blood Pressure 12:30 Our House Senior Living Movie "Temple Grandin" 1:00 Sheepshead	12 9:00 Bowling (HB) 1:00 Chess 1:00 American History Stories	13 8:45 Core & More 9:30 Stretch/Flex 10:30 Lunch Bunch 1:00 Chair Yoga 1:00 Men's Poker 6:00 Global Gala	14 11:30 Nutrition Site - Brookdale
17 8:45 Core & More 9:30 Stretch/Flex 9:30 Asked & Answered 11:00 Wii Bowl 1:00 Bid Euchre 1:30 Canasta 5:30 Beginning Line Dance (A)	18 8:30 Med Part D Appointments 9:00 Silk Scarf Dyeing 10:00 Pole Walking 1:00 Sheepshead 1:00 Technology Tuesdays – E-Books 2:00 Grief Support Group	19 7:00 Potosi Trip Departs 9:00 Bowling (HB) 1:00 Poker 1:00 Chess <p style="text-align: center;">Office Closed</p>	20 8:45 Core & More 9:30 Stretch/Flex 9:30 Asked & Answered 1:00 Chair Yoga 1:00 Watercolor 1:00 Volunteer Training	21 
24 8:45 Core & More 9:30 Stretch/Flex 9:30 Asked & Answered 11:00 Wii Bowl 1:00 Magical Beans 1:00 Bid Euchre 5:30 Beginning Line Dance (A)	25 8:30 Med Part D Appointments 10:00 Pole Walking 10:00 City Bingo 11:00 Blood Pressure 12:30 Our House Senior Living Movie "Jane Eyre" 1:00 Sheepshead	26 9:00 Bowling (HB) 1:00 Chess 1:00 Imperial Cities Trip Preview	27 8:45 Core & More 9:30 Stretch/Flex 1:00 Chair Yoga 1:00 Men's Poker 1:00 Watercolor	28 11:30 Nutrition Site - Brookdale
31 Halloween 9:30 Stretch/Flex 11:00 Wii Bowl 1:00 Bid Euchre 1:30 Canasta 5:30 Beginning Line Dance (A)			*Activities take place at the Starin Park Community Building unless otherwise noted. (A) = Downtown Amory (L) = Cravath Lakefront (HB) = Hawk Bowl	

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
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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 _____

