



The Park Bench

Seniors in the Park Newsletter
April 2011 Volume XI Issue 4

Seniors in the Park promotes and enhances a vital aging community



EASTER BUNNY LUNCH

Saturday, April 23, 11:00 am to 1:00 pm

Enjoy a Hot Dog Luncheon with dessert in conjunction with the Whitewater Optimist Easter Egg Hunt. Kids can frost and decorate their own cupcakes, and the Easter Bunny will be available for pictures after the hunt, which begins at noon.

Cost is \$3.00 for a one hotdog lunch or \$3.50 for a two-hot dog lunch. Stop in and enjoy lunch while supporting Seniors in the Park.

Volunteers & donations are needed see page 9.

FOCUS ON THE ARCTIC

Wednesdays, 1:00 pm, begins April 6

Terry Tutton returns with lectures and video of Arctic expeditions.

April 6: An Anthropological Expedition to the Canadian Arctic

Join a group of anthropologists from the Universities of Chicago and Wisconsin on a National Geographic and National Museum of Canada sponsored expedition. Experience their journey to the central Canadian arctic to excavate Inuit graves and winter houses.

April 13: Quest for the Northwest Passage, Part I

For over 400 years intrepid, colorful souls probed the frozen north for the fabled northern route to the spice islands of Cathay. Fascinate in the stories of some of the most interesting of these hardy men of iron will.

April 20: Quest for the Northwest Passage, Part II

April 27: Race for the North Pole

Learn the story of two of the most curious characters that ever set foot for points north as they raced for the "Big Nail" and the ensuing controversy that developed.

Presenter: Terry Tutton

Register by April 4



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VOLUNTEER APPRECIATION

Thursday April 7, 4:00-7:00 pm

We are off to Vegas with the theme "Volunteers-Worth Their Weight in Gold!" Accumulate "Volunteer Money" by playing Bingo, Black Jack, Poker, Horse Racing, and Dice. There will be jackpots and prizes throughout the evening. At 5:30, prepare to be wowed, and maybe give a scream or two, for our Vegas style entertainment by Elvis! Appetizers and beverages will be available throughout the event. If you are in need of transportation, our senior limo (van) can pick you up. Let us know when you make your reservation.

Volunteers are free. Guests \$5.00

Register by March 31 so we have enough food and prizes for everyone.

Classes and Activities

MEDITATION

Mondays beginning April 11, 2:00 pm

Meditation refers to any of a family of practices in which the practitioner trains his or her mind or self-induces a mode of consciousness in order to realize some benefit. There are over 100 physiological, psychological and spiritual benefits to meditating including stress reduction, pain relief, better memory, and improved feelings overall well being.

Meditation is generally an internal, personal practice, done without any external involvement, except perhaps prayer beads or objects such as candle flames as points on which to focus attention. Meditation often involves invoking or cultivating a feeling or internal state, such as *compassion*, or *peace*. There are dozens or more specific styles of meditation practice. During the three week session we will be examining various techniques of meditation to find the one that works for you.

Facilitator: Jerry Stoke

RSVP by Wednesday April 6.



GOLF LEAGUE BEGINS

Mondays 8:30 am

The organizational meeting for the Seniors in the Park golf league will be held at the Oak Ridge Golf Course on Bowers Lake Road in Milton on Monday April 11 at 8:30 am. Golf will follow, weather permitting. 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, and there is a luncheon to conclude the season. For more information, 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

Dr. Isidoro Zambrano, an orthopedic surgeon with Fort HealthCare Orthopaedic Associates, is hosting a free seminar about shoulder pain and available treatments.

RSVP for the talk by Wednesday May 4.



VERY VEGGIE

Wednesday May 25, 1:00 pm

Join your Walworth County UW-Extension Family Living Educator Jenny Wehmeier as she provides a general overview of the vegetarian lifestyle.

Presenter: Jenny Wehmeier, UW-Extension

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

FACEBOOK INTRODUCTION

Tuesday, April 12, 11:30 am

Learn the basics about Facebook and ask your questions. Instructor: Jenny Rule.

Cost: \$5.00

Reservations due by Thursday April 7

INTRO TO WATERCOLOR FOR THE ABSOLUTE BEGINNER

Thursday, April 28, 1:00-4:00 pm

No Supplies Required

Are you curious about watercolor painting? Wondering if it is right for you? Want to try it out before you buy all the



supplies? Come to a demonstration and informational session and check it out. This session will show you examples of watercolor paintings and include demonstrations. Paints, paper, brushes, etc. will be available for you to experiment with. Questions welcome!

Karolyn Alexander Tscharnack is a Whitewater artist who has been painting with watercolors for over 8 years.

Cost: \$5.00 (to cover materials) paid to the instructor

Sign up by Monday, April 25th

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



NORDIC (POLE) WALKING

Saturdays, May 7 & May 14, 1-4 pm

Turn your walk into a total body workout by using walking poles. Lessen the impact on joints and walking with poles naturally aligns your spine, works your core, and assists with

balance. 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. Nordic Walking is perfect for any age!

Practice with the poles by walking either 1 or 3 miles on a paved trail. Nordic poles will be provided, please dress accordingly and bring water.

Class #1 May 7—Hard Surface Walk and Education.

Starin Park Community Building

Cost: \$15.00 Class # 4435.11 Deadline: April 27

Class #2 May 14—Kettle Moraine Nordic Trail Walk and Education. (uneven terrain) Hike options will vary from 1.5 - 4 miles. Meet at Community Building then be bused to Kettle Moraine. If you have a state park sticker and would like to drive separately, please advise the instructor(s)

Cost: \$15.00 Class # 4435.12 Deadline: May 4

Min/max 6/12

Registration form here or in Park/Recreation brochure



BINGO!

Tuesdays, 10:00 am

March 1: Culver's Bingo
 March 8: Our House Senior Living
 March 22: City Bingo

Weekly Bingo Sponsors:

Culver's Our House Senior Living

City Bingo Sponsors:

Topper's Pizza	Robin's Nest	Subway
McCullough's	Pizza Hut	Taco Bell
Commercial Bank	Rosa's Pizza	Sentry
Bergey Jewelry	Rocky Rococo	Rick's
Tincher Realty	The Sweet Spot	Fairhaven
Fort HealthCare	Floral Villa	Genoa Pizza
Dental Perfections	Eastsider/Westsider	
Winchester True Value	Downtown Whitewater	
Fort Com. Credit Union	Mirage Hair Studio	
Binning & Dickens Ins	Eastside Laundry	
First Citizens State Bank	Ketterhagen Ford	
Dalee Water Conditioning	Jessica's Restaurant	
Dale's Bootery		

OUR HOUSE SENIOR LIVING MOVIES

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

"127 Hours"

Tuesday, April 12 12:30 pm

Rated: R 1 hr. 34 min.

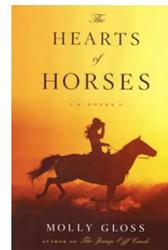
A mountain climber becomes trapped under a boulder while canyoneering alone near Moab, Utah and resorts to desperate measures in order to survive.

"Inception"

Tuesday, April 26 12:30 pm

Rated: PG-13 2 hr. 28 min.

Leonardo DiCaprio can steal secrets from dreams but can he plant an idea in one? Can you figure out what's real and what is a dream?



BOOK CLUB

Monday, March 7, 10:30 am

The Book Club will discuss Unmask Poe with selections from *Great Tales and Poems of Edgar Allen Poe*. The book for May is *The Hearts of Horses*

by Molly Gloss.

In the winter of 1917 many of the young ranch hands in this remote Eastern Oregon county have been called away to war. When 19-year-old Martha Lessen shows up at George Bliss's doorstep looking for work breaking horses, George glimpses beneath her showy rodeo costume a shy young woman with a serious knowledge of horses, and he hires her on. Martha's unusual, quiet way of breaking horses soon wins her additional work among several of George Bliss's neighbors. Martha gradually comes to feel enveloped by a sense of community and family she's never had before. And eventually, against her best intentions to lead a solitary cowboy life, she falls in love.

Wii BOWLING LEAGUE**Wednesdays, April 13—May 25**

Find a partner for you two person team and join the fun! Two games will be played at 8:45, 9:30, 10:15 and 11:00 Times will only accommodate 16 people so get your team signed up early!! On Wednesday April 6, drop in and learn how to play between 10:00 am and noon.

Signup deadline is April 4 so schedules can be distributed.

FAIRHAVEN LECTURE SERIES**Reading the Tea Leaves: Best Guesses about Our World in 2040****Mondays, 3:00 pm****Fairhaven Fellowship Hall**

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

Apr 4: Little Research That's a Big Deal: How Nanotechnology Will Change Our World
Eric Brown, Dept of Biological Sciences

Apr 11: Continuing Trends, Promising Alternatives and Alternative Realities of Power
Brian Bentel, Lecturer, Sociology Dept.

ACTIVITIES AT A GLANCE**Bid Euchre**—Mondays 1:00**Book Club**—First Monday 10:30. Books available at Starin Park**Bowling**—Wednesdays, 9:00 am, Hawk Bowl**Canasta**—First, third and fifth Mondays 1:30**Ceramics**—Wednesday 6:00 pm, Thursdays 3:00 at Downtown Armory**Chess**—Wednesdays, 1:00 Beginners welcome**Dominoes**—First Tuesday 11:45**Golf**—Mondays, 8:00 am, Oack 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**Happy April Birthdays to:**

4—Eleanor Connelly	21—Adele Gergen
5—Rose Ellestad	25—Jerry Nell
14—Marion Malo	30—Margaret Patzer
17—Wilfred Roe	30—Matt Amundson
17—Deb Weberpal	

The Nutrition Program will be at Brookdale on the first, second and fourth Fridays of every month, April 1 & 8. No Meal April 22.

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.

POTATO DESERVES A COMEBACK

In recent years it's reputation has been mashed. Here are some common misconceptions about potatoes.

Potatoes are high in calories. Fact: A medium-sized potato baked in its skin has 160 calories.

Potatoes are only carbohydrates. Fact: The average potato has 37 grams of carbs. They are also a great source of Vitamin C and potassium, as well as protein and iron.

Most of the nutrients are found in the potato skin. The truth is that most of the nutrients are found right below the skin's surface. To maintain nutrients, it is best to avoid peeling as the peels have a healthy dose of fiber —4 grams. When it's time to cook a potato, think baked, boiled, roasted or microwaved to get the most from a potato without adding calories.



APRIL IS VOLUNTEER APPRECIATION MONTH

The fabulous people who volunteer here and throughout the community make Whitewater such a special place. Our volunteers do all sorts of jobs including answering phones, tracking data, teaching classes, providing activities, doing taxes, and serving meals. Without them, many of our programs would not exist. Take a moment to thank these people for the time and talents they share with us. Other people make our community flourish, too. From the food pantry to the Arts Alliance to the many people who help with Children's sports through the Parks and Recreation Department they provide needed services and fun. All boards and commissions and the many community service groups such as Optimists, Lions, Kiwanis and Rotary provide needed services within the community. People also donate time to their churches. As you can see Whitewater is very dependent on volunteers to provide a great standard of living for our community, and it shows. It's a great place to live in and retire to. Take the time to thank a volunteer this month and/or give yourself a round of applause for all you do for Whitewater.

~Deb

PARKS AND RECREATION BROCHURE

The brochure will be out in April Watch for it in the Good Morning. Fabulous offerings form Nordic Walking to dance to Concerts in the Park. Watch for it and check it out!

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

DEVIL IN THE WHITE CITY- MARVELS AND MAYHEM!

Tuesday, May 17

Travel back in time to 1893 and the Chicago Colombian Exposition and the thrilling story of the best and the brightest who built the glorious "White City". At the same time, a handsome psychopath was luring young women to his hotel and murdering them. Visit the **Osaka Japanese Garden** which was the setting for the fair. This garden influenced a young Frank Lloyd Wright for the rest of his life. Tour the **University of Chicago** highlighting its grand Midway Plaisance, which was the Avenue of Exotic Entertainment during the Fair. Visit the **Union League Club** founded by Chicago's wealthy businessmen who were influential in the creation of the Fair. See a film that tells the story of the Fair, have lunch and tour their **priceless art collection**. There is a dress code at the Club, casual business attire (no jeans or gym shoes). Daniel Burnham was the head designer for the Fair. Visit his **Santa Fe Building** and their fabulous gift shop.

Cost: \$79.00 (includes lunch)

Departure: Fort K-Mart: 7:00 am; Starin Park: 7:30 am

Return (approx): Starin Park 6:30 pm; Fort K-Mart 7:00 pm

Reservations/payment due by April 12

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 at the historic Wade House and return to the time of stagecoach travel. 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



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

TRAINS AND CANYONS OF THE WEST

September 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.

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.

TRIP PREVIEW
April 19, 1:00pm

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.



POTOWATOMI BINGO & CASINO

Tuesday, May 24

Trip includes \$20 in Firekeepers Reward Play and a free buffet.

Cost: \$18.00

Reservation/payment due by May 6

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

Make checks out to Fort Atkinson Senior Center

FIRESIDE 2011

Wednesday, April 13—Annie

RSVP/Payment deadline Mar. 10

Wednesday, June 15—Patsy Cline

RSVP/Payment deadline May 12

Wednesday, August 10—David From the Bible

RSVP/Payment deadline July 7

Cost: \$65.00

Payable to: The Fort Atkinson Senior Center.

Transportation is on your own. Arrive at 10:30 am.

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

LUNCH BUNCH

Thursday, April 14

Eat lunch at The Brick House, a new restaurant in Jefferson.

Departure: 10:30 am.

Cost: \$5.00 RSVP by Tuesday, April 12

JANESVILLE SHOPPING

Wednesday, April 6, 12:30 pm

Get picked up at your home, shop in Janesville, and return by lunchtime. **Departure: 12:30 pm**

Cost: \$5.00 RSVP by Monday, April 4

Next month: May 4 at 12:30 pm



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

LAKE GENEVA TO WILLAIMS 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

THE UNDERGROUND RAILROAD

Tuesday, April 12

Tour the Lincoln-Tallman House in Janesville and the Milton House and discover their connections to the Underground Railroad, as well as their interesting histories. Tour and taste at the Northleaf Winery, originally built in 1850 as a wheat warehouse. All three sites are on the National Registry of Historic Places. Lunch is on your own at the Speakeasy. There is a video option, if you can't do the stairs at the Tallman House.

Cost: \$22.00

Reservation/payment due by Monday April 4

Depart: 9:15 am Return: 4:30 pm

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&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 April 28

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



UPCOMING VAN & COACH TRIPS

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

July—Betty Lou Lunch Cruise on Lake Mendota

July—Walworth County Barn Quilts (van)

August—St Therese Shrine

September—Holy Hill (van)

September 14—Hotel Baker lunch and
paddlewheel boat cruise

October 31-November 1—Chip -In Casino

November—McHappy Trip

November—Bliss Communications (van)

OFFICE HOURS

The Seniors in the Park office is open
9:00am to 4:00 pm except:
April 7, 14 & 28 9:00—12:00

**GREETING CARDS**

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

APRIL PARK BENCH TV SHOW

Patti O'Brien, Coordinator for Volunteer Connections and volunteers Shirley and Jerry Grant talk about this new program and volunteer opportunities in the county. 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.

**FUNDS FOR FRIENDS**

In March, Sentry donated **\$88.72** to Seniors in the Park. Thanks to everyone who brought in receipts!! Keep up the great work collecting those Sentry receipts. Make sure you ask for a "**Friends**" sticker when you get your receipt. Receipts must have stickers on them to be valid. Remember to collect them at both the Elkhorn and Whitewater Sentry stores.

HOT AND COLD BEVERAGES

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

THANK YOU TO:

- **Jo Coulthart** for chairing the Sixth Grade Essay Contest and **Linda Geske** and **Kathy Schumacher** for assisting by judging the entries. The winning entries will be featured in next month's newsletter.
- **Alice Overbee** for donating fresh eggs as a Bingo prize.
- **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**

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.

Tornado Danger Signs:

- An approaching cloud of debris can mark the location of a tornado even if a funnel cloud is not visible
- Before a tornado hits, the wind may die down and the air may become very still.
- Tornadoes generally occur near the trailing edge of a thunderstorm. It is not uncommon to see clear, sunlit skies behind a tornado.

GRIEF SUPPORT GROUP

Tuesday, April 19, 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, April 12 12:00 noon.** Please bring a towel. No appointment is necessary. Cost is \$10.00.

- **Therapeutic Table Massage—Monday, April 11, 1:00 pm.** Half-hour massages for \$25. Appointments must be made in advance by calling 262-473-0535
- **Blood Pressure Screening—Tuesday, April 26, 11:00 am.** Provided free by Country Nurses.

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. Potential trainees must meet income and age requirements. Training and supervision is provided. This is an 18 month training program which assists people in preparing for jobs in the community.

SER Jobs for Progress has been in the business of training job seekers for the workplace for nearly 40 years. 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.

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.

Easter Bunny Lunch—Saturday April 23

This event is a community service project in partnership with the Whitewater Optimist Club. Sign up to volunteer or donate at the reception desk or give us a call.

- 8:30-10:30 am: Setup and prep food—5 people
- 10:30 am-1:00 pm: Serve food—4 people
- 10:30am-1:00pm: Serve beverages/assist families—3 people
- 10:30 am-1:00 pm: Sell tickets—2 people
- 1:00-2:00 pm: Clean up—5 people

Donations Needed by Wed April 21:

- Hot Dog Buns
- One batch of Cupcakes (24)
- Cans of frosting
- Liters of Soda
- Large cans of fruit
- Large boxes of Jello—same flavor

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.

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

Cable TV Show Production—Help is needed!! Assist with taping the interviews and arranging the set. Training provided.

“Producer” for Movies on the Big Screen TV—A volunteer is needed to choose and show movies on our big screen TV. Training provided on use of TV and DVD player. Potentially one Sunday or Friday afternoon a month.

Van Drivers—Once or twice a month. Training and funding provided for CDL license.

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

Reflections—Reflecting on where we’ve been helps us go forward. Maintain and update our historical information and photos. Time commitment is your schedule, and training is provided.

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
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 –April 2011

Monday	Tuesday	Wednesday	Thursday	Friday
*Activities take place at the Starin Park Community Building unless otherwise noted. (A) = Downtown Amory (L) = Cravath Lakefront (OR)=Oak Ridge golf Course, Milton				1 11:30 Nutrition Site - Brookdale
4 9:30 Stretch/Flex 10:30 Book Club 11:00 Wii Bowl 12:00 Senior Forum 12:30 Tai Chi 1:00 Bid Euchre 1:30 Canasta	5 10:00 Culvers Bingo 11:00 Potluck 11:45 Dominos 1:00 Sheepshead	6 10-12 Wii Bowling Instruction 12:30 Janesville Shopping 1:00 Arctic Series 1:00 Chess 1:00 Texas Hold 'em Poker 6:00 Ceramics (A)	7 9-12 AARP Tax Assistance 9:30 Stretch/Flex 3:00 Ceramics (A) 4:00 -7:00 Volunteer Appreciation	8 11:30 Nutrition Site - Brookdale
11 8:30 Golf (OR) 9:30 Stretch/Flex 11:00 Wii Bowl 12:30 Tai Ch 1:00 Bid Euchre 1:00 Therapeutic Massage 2:00 Meditation Chicago trip payment deadline	12 9:15 Underground trip departs 10:00 Our House Senior Living Bingo 11:30 Facebook 12:00 Foot Clinic 12:30 Our House Senior Living Movie "127 Hours" 1:00 Sheepshead	13 9-12 Wii Bowling League 1:00 Arctic Series 1:00 Chess 6:00 Ceramics (A)	14 9-3 AARP Tax Assistance 9:30 Stretch/Flex 10:30 Lunch Bunch 3:00 Ceramics (A)	15 
18 8:30 Golf (OR) 9:30 Stretch/Flex 12:30 Tai Chi 11:00 Wii Bowl 1:00 Bid Euchre 1:30 Canasta 2:00 Meditation	19 1:00 Italy Trip Preview 1:00 Sheepshead 2:00 Grief Support Group	20 9-12 Wii Bowling League 1:00 Arctic Series 1:00 Chess 1:00 Texas Hold' em 6:00 Ceramics (A)	21 9:30 Stretch/Flex 3:00 Ceramics (A)	22 Nutrition Site - Closed 23 11 – 1 Easter Bunny Lunch
25 8:30 Golf (OR) 9:30 Stretch/Flex 12:30 Tai Chi 11:00 Wii Bowl 1:00 Bid Euchre 2:00 Meditation	26 10:00 City Bingo 11:00 Blood Pressure 12:30 Our House Senior Living Movie "Inception" 1:00 Sheepshead	27 9-12 Wii Bowling League 1:00 Arctic Series 1:00 Chess	28 9:30 Stretch/Flex 1:00 Intro to Watercolor 3:00 Ceramics (A) Trek van tour payment deadline	29 Make a Difference Day

Walworth County Nutrition Menu – April 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 reservation by calling the Nutrition office.</p>				<p>1 AT BROOKDALE Roasted Chicken Thigh Garlic Mashed Potatoes California Mixed Vegies Wheat Bread Fresh Melon</p>
<p>4 Hungarian Beef Goulash Mashed Potatoes Broccoli Whole Wheat Bread Pineapple Tidbits</p>	<p>5 Stuffed Cabbage Roll Red Beans and Rice Carrots and Chives Multi-Grain Bread Chilled Peaches</p>	<p>6 Country Chicken Soup with Kluski Noodles Whipped Squash Tri-Bean Salad Hot Glazed Apples</p>	<p>7 Ham and Turkey Club Focaccia Flat Bread Lettuce and Tomato Pea Salad Mandarin Oranges</p>	<p>8 AT BROOKDALE Meatball with Marinara Sub Sandwich on a Soft Hoagie Roll Potatoes Italiano Italian Green Beans Banana</p>
<p>11 Chicken Fajitas with Onions & Peppers on Flour Tortilla Spanish Rice Pinto Beans Whole Orange</p>	<p>12 Meatloaf and Gravy Mashed Potatoes Harvard Beets Marble Rye Bread Applesauce</p>	<p>13 All Beef Hot Dog on a Hot Dog Bun Oven Brownd Potatoes Corn Banana</p>	<p>14 Open Face Beef Sandwich on Wheat Bread Diced Red Potatoes Spinach Chilled Apricots</p>	<p>15 Pasta Carbonara with Chicken and Ham Zucchini and Tomatoes California Blend Vegetables Chilled Peaches</p>
<p>18 Braised Pork Tips/Gravy Mashed Potatoes Carrots and Chives Whole Wheat Bread Strawberry Yogurt</p>	<p>19 BLT Chicken Salad Mixed Salad Greens with Tomato Wedges Mandarin Orange Cup Ry Krisp Crackers Ambrosia Fruit Custard</p>	<p>20 Whole Wheat Spaghetti & Meatballs with Marinara Capri Blend Vegetables Chilled Pears</p>	<p>21 Hamburger on a Wheat Hamburger Bun Baked Beans Mixed Vegetables Fruit Sunburst</p>	<p>22 NUTRITION SITE IS CLOSED</p> <div style="text-align: center;">  </div>
<p>25 Salisbury Steak Potatoes O'Brien Harvard Beets Whole Wheat Bread Chilled Apricots</p>	<p>26 Fiesta Pasta Bake Corn with Black Beans Broccoli Banana</p>	<p>27 Italian Sausage Slices on a Whole Wheat Bun Onions and Peppers Scalloped Potatoes Italian Mixed Vegetables Fresh Melon</p>	<p>28 Chicken Piccata Savory Brown Rice and Red Peppers Capri Blend Vegetables Carrot Raisin Salad Spiced Pears</p>	<p>29 Turkey Pasta Salad with Shell Rigate Lettuce and Tomato Tri-Bean Salad Whole Wheat Bread Mandarin Oranges</p>