



# The Park Bench

Seniors in the Park Newsletter  
March 2011 Volume XI Issue 3

Seniors in the Park promotes and enhances a vital aging community

## VOLUNTEER APPRECIATION

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

We are off to Vegas with the theme "Volunteers-Worth Their Weight in Gold!" We'll provide the excitement of Vegas without the cost. 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. Break out the bling and the glitz for your evening in Las Vegas!

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.



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## TAI CHI

**Mondays, 12:30 pm, Beginning March 21**

Practicing Tai Chi boosts the immune system and the gentle relaxed movements provide energy, elevate mood, lessen anxiety and pain, and enhance balance and flexibility of body and mind. Tai Chi is beneficial at any age and movements can be modified to fit your

needs. Beijing short form will be taught.

Instructor: Sue Whitford

Cost: \$24.00 (6 week class) Checks made out to Sue Whitford.

Register by March 10 for free class or by March 16 for 6 week class

Minimum: 7 people, Maximum: 12



## WORLD RELIGIONS AND GLOBALIZATION

**Wednesdays, 2:00 pm**

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

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

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

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



### **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. 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 March 31



### **BOOK CLUB AND BIG READ EVENTS**

**Monday, March 7, 10:30 am**

The Book Club will discuss *Anyplace to Hang My Hat* by Susan Isaacs. The book for April is **Unmask Poe** with selections from *Great Tales and Poems of Edgar Allen Poe*.

Events associated with the reading of the book include:

April 6, 7:30 pm - Joshua Kane performance of *Tales of Terror* at Young Auditorium

April 12, 7 pm - *Haunted Houses and Ghosts* by Curt Strutz – at ILY Library

April 26, 7 pm - *The Ghosts of Edgar Allan Poe* from Fox Tales International – at ILY Library

The Big Read is a program of the National Endowment for the Arts in partnership with the Institute of Museum and Library Services and Arts Midwest.

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

### **INTERNET COMPUTER CLASS**

**Tuesday, March 8, 11:30 am**

Ask your questions or learn basics about the internet  
Instructor: Jenny Rule.

Cost: \$5.00

Reservations due by Thursday March 3

Tues., April 12, 11:30 am = Facebook Introduction & Q&A

### **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 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 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. 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

## OUR HOUSE SENIOR LIVING MOVIES



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

### “Secretariat”

**Tuesday, Mar. 8 12:30 pm**

**Rated: PG-13 1 hr. 57 min.**

Witness the spectacular journey of an incredible horse, Secretariat, and the moving story of his unlikely owner, a housewife who risked everything to make him a champion.

### “RED”

**Tuesday, Mar. 22 12:30 pm**

**Rated: PG-13 1 hr. 51 min.**

A former black-ops CIA agent is living a quiet life alone... until the day a hit squad shows up to kill him. Frank (Bruce Willis) reassembles his old team – Joe (Morgan Freeman), Marvin (John Malkovich), and Victoria (Helen Mirren) – and sets out to prove that they still have a few tricks up their sleeves.

### “Expo—Magic of the White City”

**Wednesday, Mar. 23, 1;00**

**Rated: PG 2 hours**

This movie brings the to life Chicago’s World’s Fair, immerses viewers in one of the world’s biggest extravaganzas, and one of the most unforgettable events in American history. Great introduction and information to our May Trip. (Shown on big screen TV. Sorry, no popcorn)

### “The Social Network”

**Tuesday, Mar. 29 12:30 pm**

**Rated: PG-13 2 hours**

A stunning tale of a new breed of cultural insurgent: a punk genius who sparked a revolution and changed the face of human interaction for a generation, and perhaps forever. This superbly crafted film chronicles the formation of Facebook and the battles over ownership that followed upon the website’s unfathomable success.

## 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		

**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. (page 9).

**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.

Mar 7: America 2040: Bigger, Urban, Diverse  
*Jeffery Zimmerman, Geography Dept*

Mar 14: Medical Practice in Thirty Years: Will We Still Need Health Care Reform?  
*Ken Kidd, M.D., Whitewater Family Practice*

Mar 28: A Futurist City Manager Predicts the Future of the Whitewater Community.  
*Kevin Brunner, City Manager, Member World Future Society*

**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

**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

**BIRTHDAY DAY**

Wednesday, March 30, 11:30 am



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

**Happy March Birthdays to:**

5—Gert Drost                      25—Romelle Koch  
13—Sharron McCarthy      26—Audrey Peplinski  
17—Orville Klima

**The Nutrition Program will be at Brookdale on the first, second and fourth Fridays of every month, March 4, 11 and 25.**

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 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.

**TRANS FATS LINKED TO DEPRESSION**

Over six years, 12,059 people in Spain reported their diet, lifestyle and health. At baseline, no participants reported depression; during the study 657 new cases were reported. Participants with an elevated consumption of trans-fats had up to a 48% increased risk of depression compared to people who did not eat these fats. Consuming polyunsaturated fats (in fish and vegetable oils) and olive oil was associated with a reduced risk of depression.

**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.**



## **BOOSTING YOUR PERSONAL ENERGY**

Ahhh, March. Spring is arriving and there is more sunshine everyday. Do you feel more energized? If not, what are some ways you can boost your personal energy? The first is to MOVE! Energy levels usually soar once individuals become more active physically. When you move it gets the blood flowing, lubricates your joints, lessens stiffness and pain, and you just feel better. You need at least 30 minutes a day of movement. It doesn't have to be all at once, it can be for 10 minutes, 3 times a day. Find what works for you and what you enjoy doing. There are many options. Check out the Nordic Walking Clinic in May. Walking poles assist with balance and promote good posture. We will continue walking groups throughout the summer. Nutrition and hydration are another component of energy. Think of your body as a high-performance vehicle that runs best on high octane fuel. Eat light and often to keep your glucose level within optimum range. Snacks should be healthy and light (less than 150 calories). Try not to go more than 4 hours with out food. Limit portions at meals to five handfuls of food. A handful covers your palm, no fingers. Have two handfuls of fruits or veggies, two handfuls of grains, and one of protein to maximize energy. Avoid sugar, as that spikes your glucose levels and then leaves you feeling depleted. Drink water throughout the day that equals half your weight in ounces. If you are physically active, you need more water. Virtually every system in your body needs adequate amounts of water to function properly. Rest and recovery is needed to allow your muscles and body to repair and regenerate. Your physical, emotional, mental, and spiritual systems all need time to recharge and rejuvenate. Try to build time into your day time for relaxation, unfocused thought, peaceful feelings, and quiet contemplation. Sleep is the most restorative process so develop good sleep habits. Get 7-8 hours of sleep every night, If you sleep well at night, a short nap (no more than 15 minutes), can be considered during the day. Establish a bedtime routine that works for you and stick to it. Build these three concepts into your daily life and reap the benefits of more energy and increased feelings of well being.

~Deb

## **LALANNEISMS**

Jack LaLanne passed away the end of January at the age of 96. Jack LaLanne fervently believed every human being can attain maximum body health and fitness if they will practice moderation, eat the most natural foods, and exercise on a regular basis. Over the years on national television, radio talk shows, and in feature stories written about Jack, certain ideas stated by Jack have become little gems known as "LaLanneisms" Here are a few of Jack's words of wisdom:

- \* Anything in life is possible, if you make it happen.
- \* Anything in life is possible and you can make it happen.
- \* **Your waistline is your lifeline.**
- \* Exercise is King, nutrition is Queen, put them together and you've got a kingdom.
- \* Don't exceed the feed limit.
- \* The food you eat today is walking and talking tomorrow.
- \* Ten seconds on the lips and a lifetime on the hips.
- \* Better to wear out than rust out
- \* Do – don't stew.
- \* **People don't die of old age, they die of inactivity.**
- \* First we inspire them, then we perspire them.
- \* **You eat everyday, you sleep everyday, and your body was made to exercise everyday.**
- \* Work at living and you don't have to die tomorrow.
- \* I can't die, it would ruin my image.
- \* If man makes it, don't eat it.
- \* If it tastes good, spit it out.
- \* What's it doing for me?
- \* Your health account is like your bank account: The more you put in, the more you can take out.
- \* If one apple is good, you wouldn't eat 100.
- \* It's not what you do some of the time that counts, it's what you do all of the time that counts.
- \* Make haste slowly.
- \* **Eat right and you can't go wrong.**

**If you have no goals for improvement,  
the expectation is for decline.**

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 with its amazing cliff dwellings. Learn the history of Santa Fe on a walking tour with a local guide. Visit Dead Horse Point State Park with its breathtaking panorama of the Canyonland's sculpted pinnacles and buttes. 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 including a visit to the Academy Gallery to see Michelangelo's original Statue of David, the open air museum of Piazza Della Signoria and Santa Croce. It also includes 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.



**Watch for upcoming, exciting and interesting van trips and hikes!**

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

## JANESVILLE SHOPPING

Wednesday, March 2, 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, February 30

Next month: April 6, 12:30 pm

## LUNCH BUNCH

Thursday, March 10

Eat lunch at a group favorite—Moy's in Elkhorn. Stop for bakery or cheese afterward. Departure: 10:30 am.

Cost: \$5.00 RSVP by Tuesday, March 8

## 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

RSVP by Monday April 4

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

# Coach Trips

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

Tuesday, May 17

### Movie on Chicago Expo

Wednesday March 23, 1:00

See page 3

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

## UPCOMING COACH TRIPS

Watch for more info on potential coach trips in future newsletters.

June—Kohler WI

July—Betty Lou Lunch Cruise on Lake Mendota

August—St Therese Shrine

September—Big Cats & Wis Dells

November—McHappy Trip

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

### OFFICE HOURS

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

March 21 & 22	9:00—12:30
March 23	Office is closed
March 24	9:00—3:00
March 28 & 29	9:00—12:30
March 30	12:00—4:00

### MARCH PARK BENCH TV SHOW

Mike Hughes, a retired clinical psychologist is the March guest on the Park Bench. Since his retirement, Hughes has been involved with the Sage-ing Guild ([www.sage-ingguild.org](http://www.sage-ingguild.org)). Their mission is to “change the paradigm from age-ing to sage-ing.” honoring wisdom and its cultivation and expression in the lives of persons who are proceeding in their second maturity. 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](http://whitewatertv.org).

### AARP TAX ASSISTANCE

#### **Thursdays**

AARP is offering free tax preparation to low and moderate income taxpayers, with special attention to those age 60 and older, with quality assistance in filing their personal income taxes. Call 262-473-0535 to set up an appointment. Donations for this service are accepted and support programming at Seniors in the Park. You must bring:

- Photo ID and Social Security Card
- Copy of 2009 tax returns
- Proof of 2010 Income
- Blank check for electronic refund deposit

If you are filing Wisconsin Homestead Credit, you will need either a 2010 real estate tax bill **OR** Certificate of Rent form signed by your landlord. 2010 taxes do not have to be paid to file Homestead Credit.

**IMPORTANT NOTE:** Preparers will not do returns for people who are married, but file separately, or who become divorced in 2010; schedules for business, rental income, moving expense forms, forms for nondeductible IRAs and child investment income tax.

### THANKS FOR DONATING!

**Helen Brady**—puzzle donation

Thanks to all who gave a donation for the AARP Tax Service.

**Karen Coburn** for the Reflexology presentation

### 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.

### FUNDS FOR FRIENDS



In February, Sentry donated **\$70.81** 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.

### GREETING CARDS



New greeting cards have arrived!! Check them out. We have **St Patrick’s Day and Easter** cards in addition to a great selection of everyday and special greeting cards at low prices.

### 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.

## GRIEF SUPPORT GROUP

**Tuesday, March 15, 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, March 8, 12:00 noon.** Please bring a towel. No appointment is necessary. Cost is \$10.00.

- **Therapeutic Table Massage—Monday, March 14, 1:00 pm.** Half-hour massages for \$25. Appointments must be made in advance by calling 262-473-0535
- **Blood Pressure Screening—Tuesday, March 22, 11:00 am.** Provided free by Country Nurses.

## COMMUNITY INVITATION

The City of Whitewater invites community members to submit Citizen Interest Forms to serve on City Boards and Commissions. There will be openings on the:

- Birge Fountain Committee
- Board of Zoning Appeals
- Cable T.V. Committee
- Handicap Discrimination Appeals Com.
- Community Development Authority
- Ethics Committee
- Landmarks Commission
- Library Board
- Park and Recreation Board
- Plan /Architectural Review Commission
- Police and Fire Commission
- Urban Forestry Committee

To apply for a position on any Committee, please complete a Citizen Interest Form. The form can be obtained from the City Clerk or on the City's website ([ci.whitewater.wi.us](http://ci.whitewater.wi.us)). Interest forms must be returned by **March 16, 2011**, to the City Clerk, P.O. Box 178, Whitewater, WI 53190 by 5:00 p.m. For further information, please contact the City Clerk at (262) 473-0102.

## 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
- 10:30 am-1:00 pm: 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
- Hot Dogs
- 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  
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[www.ci.whitewater.wi.us](http://www.ci.whitewater.wi.us)  
Seniors in the Park is a division of  
Whitewater Parks and Recreation  
Matt Amundson, CPRP, Director  
Michelle Dujardin, Recreation &  
Community Events Coordinator

**NEWSLETTER SUBSCRIPTION  
OR PICK-UP SITES**

To have the Seniors in the Park Newsletter mailed to your home for one year, send **\$6.00** with this coupon. To receive the newsletter **FREE**, go online to [www.ci.whitewater.wi.us](http://www.ci.whitewater.wi.us), click on Departments, then Seniors in the Park or go to [www.whitewaterbanner.com](http://www.whitewaterbanner.com) and look for the link in the left column. The newsletter is available for pick up at the Starin Park Community Building, Municipal Building, the Whitewater Aquatic and Fitness Center, and the Irvin L. Young Memorial Library.

**Name** \_\_\_\_\_

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

**Address** \_\_\_\_\_

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# Seniors in the Park Activity Calendar –March 2011

Monday	Tuesday	Wednesday	Thursday	Friday
	<b>1</b> 10:00 Culvers Bingo 11:00 Potluck 11:45 Dominos 1:00 Sheepshead	<b>2</b> 9:00 Bowling (HB) <b>12:30 Janesville Shopping</b> 1:00 Texas Hold 'em Poker 1:00 Chess <b>2:00 World Religions &amp; Globalization</b> 6:00 Ceramics (A)	<b>3</b> 9-3 AARP Tax Assistance 9:30 Stretch/Flex 1:00 Watercolor Basics & Beyond 3:00 Ceramics (A)	<b>4</b> 11:30 Nutrition Site - Brookdale <hr/> <b>5</b> 10:00 De-clutter 1:00 Garage & Basement De-clutter 3:30 Home Office De-clutter
	<b>7</b> 9:30 Stretch/Flex 10:30 Book Club 11:00 Wii Bowl 12:00 Senior Forum 1:00 Bid Euchre 1:30 Canasta	<b>8</b> 10:00 Our House Senior Living Bingo 11:30 Internet Computer class <b>12:00 Foot Clinic</b> 12:30 Our House Senior Living Movie "Secretariat" 1:00 Sheepshead	<b>9</b> 9:00 Bowling (HB) 1:00 Chess 6:00 Ceramics (A)	<b>10</b> 9-3 AARP Tax Assistance 9:30 Stretch/Flex <b>10:30 Lunch Bunch</b> 1:00 Watercolor Basics & Beyond 3:00 Ceramics (A)
<b>14</b> 9:30 Stretch/Flex 11:00 Wii Bowl 12:30 Free Tai Chi Class 1:00 Bid Euchre 1:00 Therapeutic Massage	<b>15</b> 1:00 Sheepshead 2:00 Grief Support Group	<b>16</b> 9:00 Bowling (HB) 1:00 Chess 1:00 Texas Hold' em <b>2:00 World Religions &amp; Globalization</b> 6:00 Ceramics (A)	<b>17 Happy St. Patrick's Day</b> 9-3 AARP Tax Assistance 9:30 Stretch/Flex 3:00 Ceramics (A)	<b>18</b>
<b>21 SPRING!</b> 9:30 Stretch/Flex 12:30 Tai Chi 11:00 Wii Bowl 1:00 Bid Euchre 1:30 Canasta  <b>Office 9 - 1</b>	<b>22</b> 10:00 City Bingo 11:00 Blood Pressure 12:30 Our House Senior Living Movie "RED" 1:00 Sheepshead  <b>Office 9 - 12:30</b>	<b>23</b> 9:00 Bowling (HB) 1:00 Chess <b>1:00 "Expo - Magic of the White City" movie</b> 6:00 Ceramics (A)  <b>Office is closed</b>	<b>24</b> 9-3 AARP Tax Assistance 9:30 Stretch/Flex 3:00 Ceramics (A)  <b>Office 9 - 3</b>	<b>25</b> 11:30 Nutrition Site - Brookdale
<b>28</b> 9:30 Stretch/Flex 12:30 Tai Chi 11:00 Wii Bowl 1:00 Bid Euchre  <b>Office 9 - 1</b>	<b>29</b> 12:30 Our House Senior Living Movie "Social Network" 1:00 Sheepshead  <b>Office 9 - 12:30</b>	<b>30</b> 1:00 Chess <b>2:00 World Religions &amp; Globalization</b>  <b>Office 12-4:30</b>	<b>31</b> 9-3 AARP Tax Assistance 9:30 Stretch/Flex 1:00 Watercolor Basics & Beyond 3:00 Ceramics (A)  <b>RSVP due Vol. Appreciation</b>	*Activities take place at the Starin Park Community Building unless otherwise noted. (A) = Downtown Amory (L) = Cravath Lakefront (HB)=Hawk Bowl

# Walworth County Nutrition Menu – March 2011

<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
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.	<b>1</b> Split Pea Soup Mixed Vegetables Tuna Salad Multi-Grain Bread Hot Spiced Pears	<b>2</b> Chicken Coq au Vin with Vegetables Mashed Potatoes and Gravy Broccoli Whole Wheat Bread Chilled Peaches	<b>3</b> Swedish Meatballs over Egg Noodles Spinach Wheat Bread Banana	<b>4 AT BROOKDALE</b> Roast Beef and Gravy Mashed Potatoes Brussels Sprouts Multi-Grain Bread Marble Cake
<b>7</b> Cowboy Pork Chili over Macaroni Creamy Broccoli Salad Corn Bread Chilled Pears	<b>8</b> Spaghetti and Meatballs Butter Beans and Carrots Garlic Bread Melon	<b>9 Ash Wednesday</b> Potato Crusted Fish Filet Sweet Potato Puffs Scandinavian Mix Vegies Rye Bread Lemon Bar	<b>10</b> Turkey Fried Rice Oriental Vegetables Hot Fruit Bake Asian Slaw Fortune Cookie	<b>11 AT BROOKDALE</b> Chicken Breast Parmesan Penne Pasta with Marinara Spinach French Bread Chilled Peaches
<b>14</b> Country Meatloaf Patty Mashed Potatoes and Gravy Stewed Tomatoes Wheat Roll Apricots	<b>15</b> Potato Crusted Fish Filet Delmonico Potatoes Carrots Rye Bread Lemon Pudding	<b>16</b> Chicken Gumbo Rice Pilaf Pea Salad Bran Muffin Bread Mandarin Oranges	<b>17</b> Macaroni Ham and Cheese Italian Green Beans Mixed Salad Greens Wheat Bread Warm Cinnamon Applies	<b>18</b> Veal Marsala Mashed Potatoes & Gravy Mixed Vegetables Multi-Grain Bread Fresh Melon
<b>21</b> Sloppy Joes on a Hamburger Bun Seasoned Red Potatoes Mixed Vegetables Chocolate Chip Cookie	<b>22</b> Cabbage and White Bean Soup with Chicken & Andouille Sausage Au Gratin Potatoes Peas Whole Wheat Crackers Apricots	<b>23</b> Meatloaf and Gravy Mashed Potatoes Harvard Beets Multi-Grain Dinner Roll Pineapple Tidbits	<b>24</b> Ring Bologna Parslied Potatoes Red Cabbage Rye Bread Mixed Jell-O	<b>25 AT BROOKDALE</b> Pork Pot Roast (diced) Mashed Potatoes and Gravy Parslied Carrots Wheat Bread Apple Pie
<b>28</b> Roast Turkey and Gravy Baked Sweet Potatoes Brussels Sprouts Wheat Bread Mandarin Oranges	<b>29</b> Pork Steak w/Gravy Mashed Potatoes Spinach Multi-Grain Bread Ranger Cookie	<b>30 BIRTHDAY DAY</b> Beef Minestrone Soup Peas and Onions Carrot Raisin Salad Ry Krisp Crackers Cake	<b>31</b> Spaghetti and Meatballs Italian Mixed Vegetables Garlic Bread Peach Applesauce	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.