



August 2012

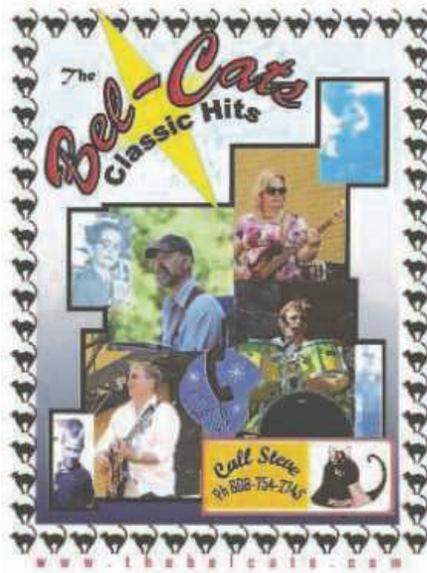
# The Park Bench

Seniors in the Park Newsletter

## CONCERT IN THE PARK—THE BEL CATS

Thursday, August 2, 7:00 pm  
Cravath Lakefront

Seniors in the Park is sponsoring the Bel Cats, who play a variety of classic rock hits of the 50's, 60's and 70's from Patsy Cline to Cat Stevens to the Kinks and everything in between. Groove to their smooth sounds as you enjoy an evening in the park with friends and family. The concert will be held in the Lakefront Center in case of inclement weather. Volunteers are needed to assist with handing out "cool" treats. See page 12 if you are interested in helping out.



Volume #XII Issue #8

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## WORLD WAR II: EUROPEAN THEATER UW-W CONTINUING EDUCATION LECTURE SERIES

Wednesdays, 1:00 pm

**Sept. 5:** Nazi Aggression: War Comes to Europe

**Sept. 12:** Germany Starts War Against Both America and Russia on top of England, the British Commonwealth of Nations, and all the rest!!

**Sept. 19:** Liberation of Europe: The Second Front in the West

**September 26:** Allied Victory: Justice is Served

Presenter: Dr. Richard Haney, Professor Emeritus UW-W  
Please RSVP in advance.



*Seniors in the Park Promotes & Enhances a Vital Aging Community*

# Classes and Activities

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

## ZUMBA GOLD ®

**Wednesdays, 12:45 pm**

Downtown Armory Dance studio

A fun and energizing workout.

Instructor: Lynette Brown

Fee: \$20.00 for August 1-29

Pay in advance at the Starin Park Community Building. \$5.00 Walk-in passes are available at the Community Building, if you would like to try the class.

## POLE WALKING GROUP

**Wednesdays, 9:00 am**

Meet at the Starin Park Community Building. Walking with friends helps you to stick with it, and it's more fun!



Summer is here, and it's time for cool, sweet treats, picnics, and fun! Meal site reservations need to be in by noon a day in advance (Friday for a Monday meal). Treats are available to those not attending the meal site, after lunch between noon and 12:30.

**August 6:** Root Beer Floats

**August 9:** Ice Cream Cones

**August 14:** National Creamsicle Day

**August 23:** Ice Cream Sundaes

**August 27:** Ice Cream Sundaes

## WATERCOLOR— BASICS AND BEYOND



**Thursdays, August 2-30;**

**1:00—4:00 pm**

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

class will focus on the composition and color mixing. Each session will include a demonstration on a technique or concept and plenty of time for individual painting with optional one-on-one coaching. Subject matter may include landscape, still life, and flowers. Semi-abstract and negative painting will be discussed. Attendees are always encouraged to paint from personal references, photos or ideas.

Cost: \$50, payable to the instructor on August 2 by cash or check. Sign up by Monday, July 30.

## JOURNEY TO ALASKA



**Monday August 13, 1:00 pm**

Alaska - from Barrow to Ketchikan. A photo adventure across Alaska into the Land of the Midnight Sun. Glaciers, Mountains, Animals, and Native Peoples. What is the difference between Reindeer and Caribou, Crows and Ravens, and other "fascinating facts worth forgetting" about the Far North explored!

Dan Sable will give a interesting look at his journey to Alaska. Please call if you will be attending the program.

## COMPUTER TUTOR

**August 2, 6, 9 13, or 16, 9:30 am**

Bring your own laptop, if you wish, with either VISTA or XP, or use the XP computers at the Senior Center. Internet, E-mail, Word, Excel, Pictures, or general topics can be raised. Please tell us what you want assistance with, when registering for your session.

Instructor: Lyle Hunter

Cost: \$5.00 per session

Register at least 5 days in advance, so Lyle can be prepared to assist you.

## OUR HOUSE SENIOR LIVING MOVIES

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### "The Artist"

**Tuesday, August 14, 12:30 pm**

**Rated PG-13; 1 hr. 40 min.**

Winner of 5 Academy Awards, including Best Picture, Actor, and Director. Resisting the coming of "the talkies," a silent-film star finds himself becoming a has-been, eclipsed by a young dancer who worships him, while she becomes the new ingenue of the talkies. This virtually silent, black-and-white film won Jean Dujardin the Best Actor Oscar for his performance as the fading silent-film star.

### "Queen of the Sun: What Are Bees Telling Us?"

**Wednesday, August 22, 12:30 pm; 1 hr. 22 min.**

A profound, alternative look at the global bee crisis, taking us on a journey through the catastrophic disappearance of bees and the mysterious world of the beehive. This engaging and ultimately uplifting film weaves an unusual and dramatic story of the heartfelt struggles of beekeepers, scientists and philosophers from around the world



### "Albert Nobbs"

**Tuesday, August 28, 12:30 pm**

**Rated R; 1 hr. 53 min.**



Glenn Close plays a domestic servant, in 19th-Century Ireland, disguised as a man, both out of economic necessity and to hide in plain sight. Close, who co-produced this film and co-wrote the screenplay, and co-star Janet McTeer, whose character also disguises her gender to keep her job, were both nominated for the Academy Award, for Best Actress and Best Supporting Actress, respectively. (Rated R for nudity, profanity.)

## BOOK CLUB

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**Monday, August 6, 10:30 am**

The Book Club will discuss *Tender in the Night* by F. Scott Fitzgerald. The book for September is *True Confections* by Katherine Weber. Alice Tatnall Ziplinsky's marriage into the Ziplinsky family has not been unanimously celebrated. Her greatest ambition is to belong, to feel truly entitled to the heritage she has tried so hard to earn. Which is why Zip's Candies is much more to her than just a candy factory, where she has worked for most of her life. In *True Confections*, Alice has her reasons for telling the multigenerational saga of the family-owned-and-operated candy company, now in crisis.



**Tuesdays, 10:00 am**  
**Aug. 7: Culver's Bingo**  
**Aug. 14: Our House Senior Living**  
**Aug. 28: City Bingo**

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**First Citizens State Bank**  
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**Kentucky Fried Chicken**

# Classes and Activities

## JUST BECAUSE DAY

August 27

Finally, you have a chance to do something without a rhyme or reason. Most often in life, we do things because we have to, or we want to, or it's expected of us. None of those reasons apply today.

Is there something you'd like to do, but there isn't a reason or logic for doing it? Well, today is the day to go out and do something "just because." It is most enjoyable if it is an uncommon or unexpected activity or action. Perhaps, you have something in mind. If not, just go with the first thing that comes to your mind. "Just because" activities often come from a "whim" or a "what if I" type of thought. We know you will quickly get the hang of this day, and have a lot of fun with it.

To get you started, here are some of our suggestions for *Just Because Day*:

- Visit or call someone you haven't seen in a while
  - Knock on someone's door and compliment them for \_\_\_\_\_
  - Skip, don't walk (or skip on the inside and smile)
  - Turn off the TV and draw a picture, doodle, or send a card to someone
  - Buy something you don't need, that's fun or colorful
  - Laugh out loud for no reason
  - Compliment strangers on their smile, outfit, cute child or whatever you notice
  - Wear mismatched clothes
- The whole idea is to go out of your comfort zone and have fun!

Silk Scarf Dyeing



Picnic Fun

Pole Walkers



Northshore Trip



Picnic Fun

## ACTIVITIES AT A GLANCE

**Bid Euchre**—Mondays 1:00 pm

**Bingo**—First, Second and Fourth Tuesdays at 10:00 am

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

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

**Chess**—Wednesdays, 1:00 pm Beginners welcome

**Dominoes**—First Tuesday 11:45 am

**Golf**—Mondays Tee time 8:30 am, Oak Ridge Golf Course, Milton

**Potluck**—First Tuesday 11:15 am

**Sheepshead**—Tuesdays 1:00 pm

**Stretch, Flex & Glide**—Mon & Thurs. 9:30 am; \$1.00 per class

**Texas Hold 'em Poker**—Ladies: First & Third Wednesday 1:00 pm

**Wii Bowling**—Thursdays, 11:00 am beginning April 19

**Zumba Gold**®-Wednesdays 12:45 pm, Downtown Armory. Cost \$4.00 per class for a session or \$5.00 walk-in. Must be paid for at Starin Park Community Bldg.

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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.whitewater-wi.gov](http://www.whitewater-wi.gov), (Departments, Seniors in the Park) or stop in to the Starin Park Community Building.

## THE BATTLE OF GETTYSBURG TOUR

July 5-11, 2013

This tour celebrates the 150th anniversary of the battles. Visit the Battlefields of Gettysburg and Antietam, attend reenactments, tour Civil War Museums, visit the Eisenhower national Historic Site, and Hershey Chocolate World.

Tour Rate:

Twin: \$1399,  
Single add  
\$599 includes  
home pick up  
in Walworth  
County or at  
Starin Park,  
and 10 meals.



## NEW ORLEANS & CAJUN COUNTRY BY TRAIN

February 23-March 3, 2013

Relax and enjoy the changing landscape as you ride Amtrak to New Orleans. Highlights of the trip include: 3 nights in the French Quarter, Walking tour of French quarter, Café du Monde, Steamboat Natchez Cruise, Court of Two Sisters Dinner, New Orleans City Tour, Longue Vue Gardens and House, Dinner at the New Orleans School of Cooking, Natchez area tour, 2 Antebellum Mansion visits, Baton Rouge, Bayou Cruise & Vermillionville, Jean Lafitte Cultural Center and Pont Breaux's Farewell Dinner. Trip includes roundtrip Amtrak Train from Chicago with optional upgrade to Roomette, 10 meals, motorcoach transportation, professional tour guide, sightseeing per itinerary, baggage handling, transportation to Chicago (Janesville VanGalder bus), and Hotel transfers. The detailed itinerary will be online at [www.whitewater-wi.gov](http://www.whitewater-wi.gov) by July 10.



Tour Rate: \$1799 per person Double; \$650 single supplement

Deposit: \$200 per person

SAVE: \$50 if you deposit by August 31, 2012

**Trip Preview will be on Thursday, Sept. 13 at 5:00 pm.**

Premier World Discovery

### TRIP PREVIEWS

~Preview the **New Orleans by Train** trip on Thursday, September 13, at 5:00 pm. Find out about the unique adventure of travel by train and the fabulous city of New Orleans. Please register by Thursday September 6

~Preview the **Sea Islands and Gettysburg Trips** on Wednesday, October 10 at 1:00 pm. Please register by Wednesday, October 3

## THE SEA ISLANDS—BEAUFORT, SAVANNAH & CHARLESTON

March 9-16, 2013

Discover beautiful, historic Beaufort, South Carolina and spend 3 nights in the heart of the Sea Islands. Other highlights include: the international Museum of the Horse in Lexington, KY and dinner at the Horse Park; a trolley tour of Savannah, a narrated horse-drawn carriage tour of Beaufort's historic district, a Dolphin Watching River tour, guided tour of historic Charleston, tour Boone Hall Plantation and Gardens, Tour the Great Smoky Mountains, Moonshine Distillery in Gatlinburg and diner/entertainment at the Hatfield and McCoy Dinner Show.

Cost: \$1198 per person double, Single add \$399 includes home pick up in Walworth County or at Starin Park, 4 dinners and 11 breakfasts.



## DOOR COUNTY

The trip is full! The bus will leave Monday September 3 from The Gathering Place in Milton at 8:00 am and the Starin Park Community Building at 8:30 am. If you will be leaving your car in our lot, please contact us with your license plate number, make, model and color of your car no later than Thursday, August 30, at noon.

## FALL APPLE TOUR

Wednesday September 26



Start the day with a stop at Clausen's European Bakery in Middleton. This is a favorite stop on any trip to the east Madison area. Tour the Appleberry Farm in

Cross Plains. They sell antique varieties of apples, bakery, their homemade cider, caramel apples, honey, and fresh eggs. Lunch will be on your own at the quaint Luckenbooth Café in Black Earth. After lunch we will make a stop at Arena cheese, home to the original Co-Jack Cheese. There is a viewing area so you can watch our artisan cheese maker making different varieties of cheese. Samples may be available.

Cost \$12.00 (van trip)

Minimum 8 people

Depart: 8:00 am; Return 3:00 pm

Deadlines: September 12



North Shore Trip

## RACINE - DANISH KRINGLE TO MODERN ARCHITECTURE



Thursday, August 30

Start the morning at **Larson's Bakery** with a bakery tour and short demonstration on how kringle is made. View the Danish custom of suspending a model replica Danish ship from the ceiling at the **Gethsemane Lutheran Church** along with its history and seeing the

beautiful stain-glassed windows. Enjoy a delicious lunch (included) in Taylor Hall, among the Gothic-style buildings of the **Dekoven Center**, which originally housed Racine College, founded in 1852. Tour the campus including St. John's Chapel and Taylor Hall, as well as walking the beautiful grounds. A testament to SC Johnson's rich history, **Fortaleza Hall** honors the spirit of adventure and highlights the landmark expeditions to Brazil by the late fourth generation leader Sam Johnson and his father, H.F. Johnson, Jr. Also view the Frank Lloyd Wright Library and Legacy gallery; The Commons, a new exhibit highlighting Wright's influence on the American home, featuring works from his archives, and the famous Frank Lloyd Wright built **SC Johnson Administration Building**.

**This trip is currently Waiting List only.**

Cost: \$44.00

Registration/payment due by July 27

Depart: Fort K-Mart 7:30 am; Starin Park 8:00 am

Return (approx): Starin Park 5:30 pm; Fort K-Mart 6:00 pm

## CHURCHES AND CHOCOLATE

Tuesday, November 27

Tour three interesting Milwaukee churches with a step-on guide. Lunch will be at Buca di BEPPO, a well known Italian restaurant in downtown Milwaukee. Our feast will consist of Mixed Green Salad and an Apple Gorgonzola Salad with House Bread,



Spaghetti with Meat Sauce, Cheese

Manicotti, and Chicken Parmigiana, all served family style. Chocolate Cake and soft drinks, coffee and tea, are included in trip price. The

final stop of the day is a tour of a chocolate factory. Samples will be

available along with items for purchase. Great Christmas gifts!

Cost is \$77 (Check made out to Fort Atkinson Senior Center)

Reservation/payment due by Nov. 1

Depart Fort K-Mart- 7:30 am and Starin Park- 8:00 am

Return Whitewater 3:00 pm and Return K-mart 3:30 pm

## MADISON FARMER'S MARKET

**Saturday, August 11**

**Saturday, September 15**

Spend the morning at the Madison Farmer's Market. Savor fresh fruits and vegetables, bakery, crafts, and more. Just walking around is an event unto itself! Walk through the State Capitol, explore State Street, visit the Madison Veteran's Museum, or sit in a coffee shop and watch the world go by. Unique stores line the square and State Street. Enjoy a great day in Madison. Lunch is on your own. Bring your own cooler.



Cost \$8.00

Minimum 7 people

Depart: 8:00 am; Return 2:00 pm

Deadlines: August 2 or September 6

## TEN CHIMNEYS



**Tuesday, September 18**

This trip is full.

There will be stairs and a lot of walking on this trip with some uneven flag stones. A portion of the tour is outside for 10-15 minutes rain or shine. Cameras are allowed outside only and purses/bags are not allowed on the tour. There are free lockers or they can be locked on the van. Lunch is on your

own at the Genesee Depot Café. We will do a drive through the Kettle Moraine State Forest after lunch.

Cost: \$29.00 (includes full estate tour and transportation)

Payment is due with reservation

Depart 9:00 am Return approximately 2:30

## MILWAUKEE BREWERS

**Wednesday, August 8**

It's Senior Day! Enjoy a 1:10 ball game against the Cincinnati Reds. Trip includes transportation and ticket to the game. Seats are on the first base side in Section 108, Field Outfield box (shade). You may bring small purses/bags/soft sided coolers no larger than 16" x 16" x 8" and sealed (new) plastic bottles of water/soda, and other food items in see-through, soft containers (ziplock bags). Tickets are for seniors, only.

Cost: \$41.00

Depart: 10:30 am; Return: 6:30 pm (dependent on game time/traffic)

Tickets for 12 people ONLY!!

## LUNCH BUNCH

**Thursday, August 9**

Enjoy dining at The Station in Oconomowoc. Sign up early as we had a full van last month!

RSVP by Tuesday, August 7

Trip departs at 10:30 am

On September 13, we will be traveling to Roma's in East Troy.

## JANESVILLE SHOPPING

**Wednesday, August 1, 12:30 pm**

Get picked up at your home and shop in Janesville. Participants decide where to shop, but the usual stops are the Mall and Aldi's.

Pickups begin at 12:30 pm.

Cost: \$5.00

RSVP by Monday, August 6

## FIRESIDE 2012

**Wednesday Sept. 19—Hello Dolly**

**RSVP/Payment deadline Aug. 9**

**Wednesday, Dec. 19—Scrooge, The Musical**

**RSVP/Payment deadline Nov. 2**

Cost: \$66.00:

Payable to: The Fort Atkinson Senior Ctr. Transportation is on your own.

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

## 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. Participants are encouraged to keep a list of medications in their purse or wallet.

# Activity Calendar

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## August 2012

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRI/SAT/SUN
<p>Activities take place at the Starin Park Community Building unless otherwise noted.</p> <p>(A)= Downtown Armory (L)= Cravath Lakefront (OR)= Oak Ridge Golf Course, Milton</p>		<p><b>1</b> 9:00 Pole Walking 12:30 Janesville Shopping 12:45 Zumba Gold (A) 1:00 Chess 1:00 Ladies Poker</p>	<p><b>2</b> 9:30 Stretch &amp; Flex 9:30 Computer Tutor 11:00 Wii Bowling 1:00 Watercolor <b>7:00 Seniors in the Park sponsored Concert—The Bel Cats (L)</b></p>	<p><b>3</b> Nutrition Site at Brookdale</p>
<p><b>6</b> 8:30 Golf (OR) 9:30 Stretch &amp; Flex 9:30 Computer Tutor 10:30 Book Club 12:00 Senior Forum 12:00 Root Beer Floats 1:00 Bid Euchre 1:30 Canasta</p>	<p><b>7</b> 8:15 Tai Chi 10:00 Culver's Bingo 11:15 Pot Luck 11:45 Dominoes 12:00 Foot Clinic 1:00 Sheepshead</p>	<p><b>8</b> 9:00 Pole Walking 10:30 Brewers trip departs 12:45 Zumba Gold (A) 1:00 Chess</p>	<p><b>9</b> 9:30 Stretch &amp; Flex 9:30 Computer Tutor 10:30 Lunch Bunch 12:00 Ice Cream Cones 11:00 Wii Bowling 1:00 Watercolor</p>	<p><b>10</b> Nutrition Site at Brookdale</p> <p><b>11</b> 8:00 Madison Farmers Market trip departs</p>
<p><b>13</b> 8:30 Golf (OR) 9:30 Computer Tutor 9:30 Stretch &amp; Flex 1:00 Alaska Presentation 1:00 Bid Euchre 1:00 Massage Therapy</p>	<p><b>14</b> 8:15 Tai Chi 10:00 Our House Senior Living Bingo 11:00 Blood Pressure 12:00 Creamsicles 12:30 Our House Senior Living Movie "The Artist" 1:00 Sheepshead</p>	<p><b>15</b> 9:00 Pole Walking 12:45 Zumba Gold (A) 1:00 Chess 1:00 Ladies Poker</p>	<p><b>16</b> 9:30 Stretch &amp; Flex 9:30 Computer Tutor 11:00 Wii Bowling 1:00 Watercolor 7:00 Concert (L)-The Dang Its and 50th Anniversary of Fairhaven Celebration</p>	<p><b>17</b></p> 
<p><b>20</b> 8:30 Golf (OR) 9:30 Stretch &amp; Flex 1:00 Bid Euchre 1:30 Canasta</p>	<p><b>21</b> 1:00 Sheepshead</p> <p><b>Office closed</b></p>	<p><b>22</b> 9:00 Pole Walking 12:30 Our House Senior Living Movie "Queen of the Sun" 12:45 Zumba Gold (A) 1:00 Chess</p>	<p><b>23</b> 9:30 Stretch &amp; Flex 11:00 Wii Bowling 12:00 Ice Cream Sundaes 1:00 Watercolor</p>	<p><b>24</b> Nutrition Site at Brookdale</p>
<p><b>27</b> 8:30 Golf (OR) 9:30 Stretch &amp; Flex 12:00 Ice Cream Sundaes 1:00 Bid Euchre</p>	<p><b>28</b> 10:00 City Bingo 11:00 Blood Pressure 12:30 Our House Senior Living Movie "Albert Nobbs" 1:00 Sheepshead</p> <p><b>Office closed 12:30</b></p>	<p><b>29</b> 9:00 Pole Walking 12:45 Zumba Gold (A) 1:00 Chess</p> <p><b>Office closed</b></p>	<p><b>30</b> <b>8:00 Racine trip departs</b> 9:30 Stretch &amp; Flex 11:00 Wii Bowling 1:00 Watercolor</p> <p><b>Office closed 12:30</b></p>	<p><b>31</b></p> <p><b>Have a Great Labor Day Weekend!</b></p>

## August 2012

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Persons 60 and over and their spouses are eligible. Suggested donation is \$2.50. To reserve a meal, call 473-0536, 9:30 to noon, the day prior. Cancel meal day of by 8:00am. Call 1-800-365-1587, ext 3333.</p>				
<p><b>6 Root Beer Floats</b> Meatball/Marinara Sub Sandwich on soft Roll Potatoes Italiano Italian Green Beans Fruit Jell-O</p>	<p><b>7</b> Stuffed Cabbage Roll Red Beans and Rice Carrots and Chives Multi-Grain Bread Chilled Peaches</p>	<p><b>1</b> Country Fried Steak/Gravy Mashed Potatoes Harvard Beets Whole Wheat Bread Fruit Cup</p>	<p><b>2</b> Ground Beef, Macaroni and Cheese Squash &amp; Baby lima Beans Wheat Bread Hot Fruit Bake</p>	<p><b>3</b> Baked Alaskan Pollock Au Gratin Potatoes Cole Slaw Bran Muffin Bread Cookie</p>
<p><b>13</b> Chicken ala Orange Vegetable Rice Pilaf Chick Pea Salad Whole Wheat Roll Hot Peach Crumble</p>	<p><b>14 Nat'l Creamsicle Day</b> Meatloaf and Gravy Mashed Potatoes Harvard Beets Marble Rye Bread Applesauce</p>	<p><b>8</b> Country Chicken Soup w/ Kluski Noodles, Crackers Whipped Squash Tri-Bean Salad Hot Glazed Apples</p>	<p><b>9 Ice Cream Cones</b> Ham and Turkey Cub on Focaccia Fat Bread Lettuce and Tomato Pea Salad Pineapple Mandarin Cup</p>	<p><b>10</b> Veal Cutlet Mashed Potatoes/Gravy\ Broccoli Whole Wheat Bread Chilled Pears</p>
<p><b>20</b> Pork and Gravy Mashed Potatoes Chef's Vegetable Whole Wheat Bread Strawberry Yogurt</p>	<p><b>21</b> Wheat Spaghetti, Meatballs, Marinara Sauce Capri Blend Vegetables Garlic Bread Chilled Pears</p>	<p><b>15</b> Hot Dog on a Hot Dog Bun Oven Browned Potatoes Corn Banana</p>	<p><b>16</b> Beef Sandwich w/Gravy Diced Red Potatoes with Diced Peppers/Onions Carrots Fruit Pie</p>	<p><b>17</b> Classic Lasagna Squash &amp; Baby lima Beans Spinach Garlic Bread Oatmeal Raisin Cookie</p>
<p><b>27 Ice Cream Sundaes</b> Salisbury Steak Mashed Potatoes/Gravy Stewed Tomatoes Whole Wheat Bread Pineapple Tidbits</p>	<p><b>28</b> Fiesta Pasta Bake Corn with Black Beans Broccoli Whole Orange</p>	<p><b>22</b> BLT Chicken Salad Salad Greens/Tomatoes Mandarin Orange Cup Ry Krisp Crackers Ambrosia Fruit Custard</p>	<p><b>23 Ice Cream Sundaes</b> Hamburger on a Wheat Hamburger Bun Baked Beans Mixed Vegetables Fruit Sunburst</p>	<p><b>24</b> Baked Chicken Thigh Sweet Potato Puffs Green Beans Whole Wheat Bread Fresh Melon</p>
<p><b>29</b> Italian Sausage with Marinara Wheat Bun Scalloped Potatoes Italian Mixed Vegetables Banana</p>	<p><b>30</b> Chicken Piccata Brown Rice w/Red Peppers Capri Blend Vegetables Carrot Raisin Salad Cake</p>	<p><b>29</b> Italian Sausage with Marinara Wheat Bun Scalloped Potatoes Italian Mixed Vegetables Banana</p>	<p><b>31</b> Turkey Pasta Salad Lettuce and Tomato Tri-Bean Salad Whole Wheat Bread Mandarin Oranges</p>	

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We have immediate openings.

**BROOKDALE MANOR**

1061 Blackhawk Dr.  
Whitewater, WI 53190

**Dan Sable** for donating table games for our picnic.

**Sharon Holz** for providing our Foot Clinic for the past several years at a reasonable cost.



## HAPPY AUGUST BIRTHDAYS TO:

- 2 Blanche Grumm
- 3 Roger Provenzano
- 9 Sandi Colombe
- 12 Jean Nielsen
- 14 Dorothy Poehler
- 16 Gretchen Barth
- 19 Alice Smith

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!



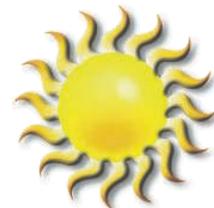
## CELL PHONE DO NOT CALL LIST

Cell phone numbers went public in May and are being released to telemarketing companies. You will be charged on your bill if you receive any of these calls. If you want to prevent receiving these calls and being charged for these solicitations, call 1-888-382-1222 to put your cell phone number on the Do Not Call List. The process only takes a minute to complete and will block your phone number for five years. (You must call from the cell phone you want to have blocked.)

## GET OUT OF THE KITCHEN!

Here is an opportunity to get out of a hot kitchen, enjoy our air conditioning, have no dirty dishes to do, and participate in stimulating conversation. What's holding you back?

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, ext. 3333 and leave your name, phone, and the meal site you would like to attend. The Nutrition Program will be at Brookdale on the first, second, and fourth Fridays of every month, July 6, 13, and 27.



## 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.

## FAMILY CAREGIVING 101 WEBSITE



The site is designed to provide caregivers with the basic tools, skills, and information they need to protect their own physical and mental health while they provide high quality care for their loved one. It is also a place for family caregivers to return again and again, as new levels of caregiving are reached. Advertising messages, crafted with the assistance of family caregivers themselves, assure caregivers across America that they are not alone, and encourage caregivers to take better care of themselves and their loved one by visiting the site and asking for help.

<http://www.familycaregiving101.org/index.cfm>

Another good website for caregiving is:

<http://www.aarp.org/home-family/caregiving/>

## TYPO, HUMAN ERROR, WE GOOFED....!?

Occasionally there may be an error in days, times, registration requirements, or fees in the newsletter. When such errors occur, we will do everything possible to correct the situation promptly. We thank you for your patience and understanding when these situations arise.

## SHARE YOUR TIME AND TALENTS

---

### Assistance at the August 2 Concert in the Park

We are sponsoring the concert on August 2. I need 2-3 people to assist with distribution of cold treats and flyers promoting Seniors in the Park activities to those attending the concert. Help is also needed to clean up the area after the concert. Arrive at 6:30 and we should be finished up after the concert by 8:30ish. Please call if you can help.

### Receptionists



Do you enjoy meeting new people and helping others? This job is for you! Greet people, answer phones, register people and collect fees, give assistance as needed. Can also assist with program setup and beverage preparation. Wednesday afternoons and Monday afternoons are needed, as well as fill-in. Help out once a week or twice a month. We try to be flexible with your schedule.

## DRUG DROP BOX AVAILABLE

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Studies have shown that residential supplies of pharmaceutical controlled substances, those found in our home medicine cabinets, have become the supply choice for young people and criminals. Many abusers, a high percentage of which are teens, are known to have obtained their controlled substances from the homes of family, *grandparents*, and friends. In addition, research has shown that our environment has been threatened by medications being flushed down toilets. Most controlled substances are created synthetically and are not removed through normal water-treatment processes. This can result in the discharge of these substances into the environment and into our ground water supplies.

A drug drop box is conveniently located in the Fremont Street foyer of the Whitewater Municipal Building, 312 W. Whitewater St., and may be accessed during normal business hours. This free service is available to all residents of Whitewater, who now have a safe and anonymous means of disposing their old medications.

Items that will be accepted include: Prescription drugs, Over the counter medication, Liquids, Inhalers, Sprays, and Vitamins. Liquids, creams, gels etc, can remain in their original containers. You may remove the labels if you wish to remain anonymous and place these items in a zip-top baggie to prevent leaking.

Items we cannot accept include: Sharps (accepted by Whitewater Family Practice), Oxygen tanks, Nebulizers, Batteries, Radioactive cancer medication, and Mercury thermometers.

## SERVICES AT A GLANCE

### Foot Clinic:

**Tuesday, August 7, at 12:00**

**noon;** Please bring a towel. No appointment is necessary. Cost is \$12.00. Please stop at the front desk to pay and to sign in for the service.

**Welcome new provider  
Jan Arnold, RN.**

### Therapeutic Massage:

**Monday, August 13, 1:00 pm.** Half-hour massages for \$25. Appointments must be made in advance.

### Blood Pressure Screening:

**Tuesday, August 14, 11:00 am** Provided free by Our House

**Tuesday, August 28, 11:00 am.** Provided free by Country Nurses.

### Other Services:

- Free computer/internet access
- A document shredder is available, please call in advance.
- There are books, magazines, and puzzles available to borrow FREE from our library.
- Newcomer tours are offered by appointment.

## SPECIAL OFFICE HOURS IN AUGUST

**August 21: Office Closed**

**August 28: Office Closed 12:30**

**August 29: Office Closed**

**August 30: Office Closed 12:30**

## ATTRACTION TICKETS

Tickets to these attractions are available for purchase at the Municipal Center, 1st floor, Finance window, between 8:00 am-4:30 pm, Monday through Friday. Tickets will be available until August 31. Payment can be made by credit card, cash, or check.

### Milwaukee County Zoo

Adult Gate: \$14.25

Our Price: \$10.25

Child (ages 3-12) Gate: \$11.25

Our Price \$8.25

Children 2 and under Free

### Mt. Olympus (Wisconsin Dells)

All Day Pass Gate: \$39.99

Our Price \$29.00

Children 2 and under Free

### Noah's Ark (Wisconsin Dells)

All Day Pass Gate: \$39.39

Our price: \$30.00

Children 2 and under Free

### Six Flags Great America & Hurricane Harbor

Any Day Gate: \$61.79

Our price: \$38.00

### WPRA Week (July 7-15)

Gate: \$61.79

Our Price: \$30.00

Children 2 and under Free

## CONCERTS IN THE PARK AND FAMILY FUN NIGHTS

### Free at Cravath Lakefront Park

#### August 2—The Bel-Cats: Sponsored by Seniors In The Park

Classic hits of the 50's, 60's, & 70's, from Patsy Cline to Cat Stevens and everything in between.

**August 9—David Stokes:** Through the use of songs, stories, movement, riddles, audio/visual, and hands-on materials, students are actively engaged in learning.

**August 16—Piper Road Spring Band: Come help us celebrate Fairhaven's 50th Anniversary.** The band was born into the age of rock & roll with individual backgrounds, diverse as classical, cowboy, folk, blues, and Dixieland.

## CRAVATH LAKE PADDLE BOATS & CONCESSIONS

### Through August 19

The Cravath Lakefront will be a destination this summer you will not want to miss. Paddleboats, kayaks, and fishing poles will all be available to rent, along with a concession stand that will offer something for all. Rental fee for kayaks and/or paddleboats is \$3.00 for 30 minutes or \$5.00 for 60 minutes.

**Hours:** Wednesdays 3 pm-7 pm

Thursdays 3pm-9pm

Saturdays & Sundays 2pm-6 pm

## PARK BENCH TV SHOW

The August Show features UWW Young Auditorium. The Park Bench airs daily at 7:00 am and select days at 6:00 pm on cable channel 98, digital 990 or online anytime at [www.Whitewater-wi.gov](http://www.Whitewater-wi.gov) Click on the **Multimedia** tab, then **Seniors-Park Bench** and you'll see all the episodes.

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Urology: 920.568.7744



**New Bike Rack at Starin Park donated by Dr. Ken Kidd**

## 30/30 JOINT SUPPORT

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**Tuesdays, August 14-September 4, 10:45 am-Noon**

New replacement joint? Scheduled for Surgery? Achy on a regular basis? Join us for 30 minutes of joint support group followed by 30 minutes of water rehabilitation led by Lorrie Koppein at the Whitewater Aquatic and fitness Center.

Cost: \$45

## CARYL YASKO: PUBLIC ART, THE ORIGINAL SOCIAL MEDIUM

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Long before Twitter and Facebook became mobilizing forces for collective action, the contemporary mural art movement in America offered a medium for community expression and empowerment. *Caryl Yasko: Public Art, the Original Social Medium* highlights the work of a nationally renowned artist who was at the forefront of this movement—a movement that, created the conditions for expression and engagement. The Whitewater Arts Alliance's Cultural Arts Center, 402 West Main Street, will feature her work August 4 through September 9. The public is invited to a free opening reception on Sunday August 12 from 1 p.m. to 4 p.m. The founder of the Chicago Mural Group, John Pitman Weber, will be presenting an overview of Caryl's work at the exhibit's opening reception. The show will run Thursdays through Sundays from noon to 5 p.m. A closing reception will be Sunday, September 9 from 1 p.m. to 4 p.m.

## PIG IN THE PARK

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**September 21 & 22**

Pig in the Park is our first ever State Championship BBQ Cook-Off through the Kansas City Barbeque Society! Join us for the excitement of team's competing for a prize purse of \$4,600 at Cravath Lakefront Park

Stop by Friday night to watch everything get started and enjoy some of your favorite Wisconsin Breads and Wine while listening to some great local music with your friends!



The Chops 2012 Motorcycle show will be Saturday from 11:00—3:00.

W3 will sponsor the morning Fun Run/Walk (hope some of you pole walkers participate) and there will be food, beverages and entertainment in the picnic tent throughout the event. Watch for more information and the

schedule in the September newsletter or go to [www.piginthepark.net](http://www.piginthepark.net).



## PARK BENCH CONTEST

We want photos of your favorite park bench during all four seasons. Send your bench photo to: [dweberpal@whitewater-wi.gov](mailto:dweberpal@whitewater-wi.gov) and it may end up on our cover. If your photo is chosen, you will receive a gift card and be recognized in our newsletter. Please send high quality, clear photos. Questions, call 262-473-0535 or email Deb (above).



## MAXWELL STREET DAY

**Saturday, July 28**

The Whitewater Area Chamber of Commerce will hold its annual Maxwell Street Day on Saturday, July 28. There will also be a **Brat & A Buck Sale** on Friday, July 27. For \$2 you get a Brat and \$1 Chamber Cheque to spend at Maxwell Street Day.

## GREAT CARDS, LOW PRICES!

We have Wedding and Anniversary cards, including 25th and 50th cards. We also



have a great selection of everyday and other special greeting cards. Most are priced from 85 cents to \$1.25. Stop in and check out our selection.

# Seniors in the Park

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## 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  
Hours.... Mon-Thurs, 9:00 am-4:00 pm

### Senior Coordinator

Deb Weberpal, CPRP  
dweberpal@whitewater-wi.gov

### Volunteer Editor

Romelle Koch

### Director

Matt Amundson, CPRP

### Recreation & Community Events Coordinator

Michelle Dujardin

For General City information see the  
city website at [www.whitewater-wi.gov](http://www.whitewater-wi.gov).

## 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](http://www.whitewater-wi.gov), 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. (Note: January 1, subscription cost will increase to \$8.00 due to postal increase and larger newsletter.)

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