



# The Park Bench

Seniors in the Park Newsletter  
February 2012 Volume XII Issue 2

Seniors in the Park promotes and enhances a vital aging community

## ZUMBA GOLD®

Wednesdays, 12:45 beginning February 2  
Downtown Armory Dance Studio  
146 W. North Street



Party on with Zumba Gold® - the lower impact, easy-to-follow, Latin-inspired dance fitness party that keeps you in the groove of life. Great for the older active adult, beginners, and those with injuries who may need the assistance of a chair. A nine week session will be held in the dance studio at the Downtown Armory, and will begin on Wednesday February 1 at 12:45 pm and runs through March 28

Instructor: Lynette Brown

Fee: \$36.00 9 week session or \$20 for February and \$16 for March

Register ASAP!

Please try to pay in advance at the Starin Park Community Building. Checks to the City of Whitewater. Payments will be accepted at the Armory on February 1, ONLY.



## VALENTINE'S DAY

Tuesday February 14

Bring your favorite valentine to lunch. If you bring someone who has not attended the Nutrition Site in the past, your guest will receive a free meal and you will receive a coupon for a free meal at a future date. There will be guessing games and chocolate! The meal, which is served at 11:30, is Roast Prime of Pork, Mashed Potatoes, Spinach, Multi-Grain Bread and a Cookie. After lunch, the movie is "One Day," a romantic comedy (see page 4). Reservations for lunch need to be made by Thursday, February 9 with Sue, the nutrition site coordinator, or Seniors in the Park. Please also let us know if your guest is new to the dining site.

## FREEZE FEST

Saturday, February, 18; 11 am– 4 pm

Winter and Freeze Fest are just around the corner. There will be family entertainment in the Lakefront Center at 11:00 am entitled "Animals in Winter" presented by the UW-Madison Arboretum Naturalist, Noon kicks off those crazy and fun Polar Plungers (raising money for Special Olympics) and the Chili Cook-off. **(which we are sponsoring)**. Other events that include the Kiwanis Pancake Breakfast at the Downtown Armory, horse drawn wagon rides, and a snow shoe demonstration. Come out for the day or any portion of it! You can raise money for Special Olympics and not have to plunge. Just be "Too Chicken to Plunge." Go to the Special Olympic website at [www.specialolympicswisconsin.org](http://www.specialolympicswisconsin.org). Click on special events/polar plunge. You can also donate to the Plunge on the site. **Your help is needed at the Chili Cook-off. See page 5 for more details.**



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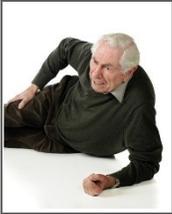
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### BALANCING ACT

Monday, February 13 1:00 pm

Mercy Whitewater Sports Medicine and Rehabilitation will present an interactive workshop on balance and falls prevention. The program will be presented by David Anderson, PT, DPT, Jessica Johnson, PT, MPT, Danielle Koran, LAT and Ashleigh Johnson, SPT. Stations will be set up to assess falls risk, instruct in exercise and activities to reduce the risk of falls, and to present guidelines and resources for falls risk reduction.

Please RSVP by Wednesday, February 8



### RED CARPET DAY

Tuesday, February 21

Welcome to our Pre-Oscar party! Feel free to dress for the occasion in your finest. Begin the day with your Oscar vote. Pick up an Oscar ballot at the front desk and make your predictions for the winners. At 12:30 view the second Oscar winner (1929) and first talking movie to win an Oscar, "Broadway Melody." Mark will have special treats and surprises for those attending the movie. Please call in advance so we have enough treats for everyone.

### GADGET GURUS

UW-W students Yi Xiong, Max Ziebol, and Ed Karwacki will be available during the spring semester to assist you with any of your "gadgets" be it computers, cell/smart phones, cameras or tablets. Computer tutoring is also available. Call to reserve a day and time. Let us know what you need help with and the brand/model of your gadget when you call.

Wednesday, February 8 or 22 at 9:30 or 10:30 am

Monday, February 13 or 27 at 1:00 or 2:00 pm

Monday, February 13 or 27 at 5:30, 6:30 or 7:30

Cost \$5.00

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

### TIPS FOR HEART HEALTHY LIVING

Wednesday, February 22 1:00 pm

If an apple a day keeps the doctor away what would it take to keep the heart surgeon away? Join a Fort Healthcare Nutritionist to learn how you can prevent heart diseases and have a healthy heart. Please RSVP by Thursday, February 16



### AARP TAX ASSISTANCE

Thursdays, 9:00 am—3:00 pm

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 2010 tax returns
- Proof of 2011 Income
- Blank check for electronic refund deposit

If you are filing Wisconsin Homestead Credit, you will need either a 2011 real estate tax bill **OR** Certificate of Rent form signed by your landlord. 2011 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 2011; schedules for business, rental income, farms, moving expense forms, forms for nondeductible IRAs and child investment income tax.

### BAD WEATHER CLOSINGS

In the case of inclement weather, Seniors in the Park and/or the meal site may close. For closings and meal cancellations, please check radio stations 107.3 WSJY, 940 WFAW, 106.5 WKCH or 104.5 WSLD, Whitewater Cable 98 or digital 990, or the Whitewater Banner. Nutrition site closings will also be on Milwaukee Channels 4 and 12.



## THE CIVIL WAR: A SESQUICENTENNIAL OVERVIEW LECTURE SERIES

Wednesdays, 1:00 pm

**Feb. 1:** Total War and Union Victory: Grant's Siege of Vicksburg, Sherman's "War is Hell" in Georgia, Sheridan's Shenandoah Valley "wasteland" Campaign and Confederate Defeat

Presenter: Dr. Richard Haney, Professor Emeritus UW-W

Please RSVP in advance

Series sponsored by UW-W Continuing Ed Dept.

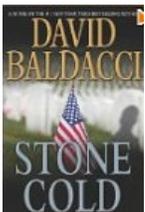
## CLUTTERBUGS

Second Tuesday

10:30 am

Join this new group and get handy ideas to de-clutter your home and your life. Bring your ideas and get new ones. February's topic will be de-cluttering your bedroom and your closets.

RSVP for the February session by Thursday, February 9.



## BOOK CLUB

Monday, February 6, 10:30 am

The Book Club will discuss *The Boy That Harnessed the Wind* by William Kamkwamba. The book for March is *Stone Cold* by David Baldacci.

An unforgettable novel of revenge, conspiracy and murder that brings a band of unlikely heroes face-to-face with their greatest threat. Oliver Stone, the leader of the mysterious group that calls itself the Camel Club, is both feared and respected by those who've crossed his path. Keeping a vigilant watch over our leaders in Washington, D.C., the Camel Club has won over some allies, but it has also earned formidable enemies - including those in power who will do anything to prevent Stone and his friends from uncovering the hidden, secret work of the government.

## FAMILY & FRIENDS CPR

Thursday March 8

1:00-3:30 pm or 6:00—  
8:30 pm

Do you know what to do in an emergency? Learn and practice adult, child and infant CPR and automatic external defibrillation (AED) from American Heart Association certified instructors. This is not a certifying course. There is no test and no card is issued. **Seniors in the Park volunteers** are encouraged to become familiar with what to do in an emergency and can take the class free.

Fee: \$5.00



## WATERCOLOR - FOCUS ON COLOR

Thursdays, Feb 2—23

1:00 - 4:00pm

This four-week watercolor class will focus on color mixing. Color can give form to objects and add interest to your paintings. Beginning, intermediate and advanced concepts will be covered. Each session will include a demonstration on a technique or concept and plenty of time for individual painting with optional one-on-one coaching. Topics will focus on color mixing with tips on how to achieve a particular color, how to maintain vibrant color and how to use complements effectively. Composition and giving form to shapes will also be covered. Subject matter may include landscape, floral and/or still life. Attendees are always encouraged to paint from personal references, photos or ideas.

Instructor: Karolyn Alexander-Tsharnack

Cost: \$40, payable to the instructor by cash or check.

Sign up by Monday, January 30

Minimum - 6 people

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

**BINGO!**

Tuesdays, 10:00 am

- February 7: Culver's Bingo
- February 14: Our House Senior Living
- February 28: City Bingo

**BINGO SPONSORS**

Culver's  
Our House Senior Living

**CITY BINGO SPONSORS:**

Topper's Pizza \* Subway  
Robin's Nest \* Pizza Hut  
McCullough's \* Rick's  
Rosa's Pizza \* Fairhaven  
Dale's Bootery \* Floral Villa  
The Sweet Spot \* Genoa Pizza  
Bergey Jewelry \* Taco Bell  
Ketterhagen Ford \* Sentry  
Jones Dairy \* VOS Sentry  
Rocky Rococo Pizza  
Commercial Bank  
Fort Com. Credit Union  
Fort HealthCare  
Mirage Hair Studio  
Downtown Whitewater  
Binning & Dickens Ins.  
Jessica's Restaurant  
Eastsider/Westsider  
Winchester True Value  
First Citizens State Bank  
Dalee Water Conditioning  
Kentucky Fried Chicken  
Walworth Co. Nutrition Prog.

**OUR HOUSE SENIOR LIVING MOVIES**

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

**"Cleopatra-Destiny's Queen "**

Tuesday, February 7, 2:00 pm (note time)

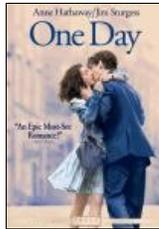
Rated: Not rated, 50 min

This fascinating portrait of the Queen of the Nile traces her short life, from her noble birth to her legendary suicide. Ancient records combined with modern re-enactments and computer-generated graphics bring her remarkable story to life.

**"One Day"**

Tuesday, February 14, 12:30 pm

Rated: PG-13, 1 hr 48 min

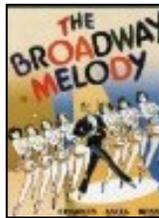


After one day together in 1988 upon their graduation from the University of Edinburgh, Emma Morley and Dexter Mayhew begin a friendship that will last a lifetime. For the next two decades, key moments of their relationship are experienced as they meet on every July 15th.

**"Broadway Melody"-RED CARPET DAY**

Tuesday, February 21, 12:30 pm

Rated: Not rated, 1 hr 40 min

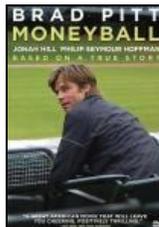


Harriet and Queenie Mahoney, a vaudeville act, come to Broadway, where their friend Eddie Kerns needs them for his number in one of Francis Zanfield's shows. It becomes a love story between Eddie, Harriet, Queenie and Jock Warriner, a member of New York high society.

**"Moneyball"**

Tuesday, February 28, 12:30 pm

Rated: PG-13, 2 hr 13 min



Despite having the lowest payroll in major league baseball, the 2002 Oakland Athletics were led to an excellent season by general manager Billy Beane, who upset traditionalists by using statistics and mathematical analysis in player evaluation.

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

## SERVICES AT A GLANCE

- **Foot Clinic—Tuesday, February 7, 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.
- **Therapeutic Table or Chair Massage by Angie—Monday, February 13, 1:00 pm.** Half-hour massages for \$25. Appointments must be made in advance.



- **Blood Pressure Screening—**  
**Tuesday, February 14, 11:00 am**  
Provided free by Our House  
**Tuesday, February 28, 11:00 am.**  
Provided free by Country Nurses.

- Free computer/internet access in Lab
- Information or referral on many senior citizen related topics
- Photo copies 10 cents each black/white page; 25 cents each colored page
- Document shredder available for your use
- Income tax assistance (free) on Thursdays during tax season
- Books, magazines, puzzles available to borrow FREE
- Newcomer tour: Call for an appointment or just stop in

## ROCK RIVER FREE CLINIC

The Rock River Free Clinic provides high quality medical services to individuals who are: Uninsured, Income at or below 200% of federal poverty level, and are NOT eligible for Medicare, Medicaid, Private insurance or BadgerCare. Services include: physical assessments, care for chronic and acute diseases, health education, lab and radiology testing, prescription medications, referrals to other medical providers, and referrals to community resources. Call 920-674-7442 for an appointment. The Clinic is free but donations are appreciated. Tax deductible donations are also welcome from individuals, community organizations, churches, businesses or others wishing to support the clinic.

## SHARE YOUR TIME & TALENTS

**Newsletter Distribution Committee: Wednesday, February 8, 1:00 pm meeting**

In May, we will be switching over to a newsletter publisher and will have a couple of hundred extra newsletters to distribute throughout the community. If you are interested in identifying potential drop-off sites and/or are willing to assist in distribution, please let Deb know. Distribution will begin the middle of April.



The Park Bench

**Saturday, Feb. 18 Chili Cook-off at Freeze Fest**

Event is in a heated tent. Come for part or all of the day.

9:00–10:15 am: Help check-in chili cook-off participants, decorate judges table, general set-up

11:00 am—12:00 pm: Assist judges and tally scores for the winning People's Choice Chili

12:00 –2:00 pm: Sell bowls to tasters



**2012 Whitewater Stock Box program:**

The program is funded through the Hunger Task Force and supplies low income seniors with monthly boxes of staple food items. The boxes are 12 x 12 x 20 in size and weigh approximately 20 pounds. Help deliver approximately 27 Stock Boxes at least one time a year. The deliveries occur on the last Thursday of the month starting at approximately 3:30 pm either around Whitewater or to Brookdale (there is flexibility with the delivery time if needed). Sign up for one of the following delivery dates by calling 262-473-0555 or email Kathy Boyd [kboyd@whitewater-wi.gov](mailto:kboyd@whitewater-wi.gov) or Heide Gempler [hgempler@whitewater-wi.gov](mailto:hgempler@whitewater-wi.gov).

Dates: February 23, March 29, April 26, May 31, June 28, July 26, August 30, September 27, October 25, November 29, and December 27.

## WINTER THERMOSTATS

As a city facility, the thermostats in the Community Building are set at 69 degrees. Some may find this warm, and for others, it may be cool. Please dress appropriately or bring a sweater. We try to keep the building comfortable, but not everyone has the same internal thermostat.

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.



### **IMPERIAL CITIES - PRAGUE, BUDAPEST AND VIENNA**

**November 5-15, 2012**

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

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

### **DOOR COUNTY**

**September 3-5, 2012**

The dates are set! Watch for more info on our trip with The Gathering Place to Door County.

### **IF THE "WEATHER OUTSIDE IS FRIGHTFUL!"**

Van trips are dependent on weather, road conditions and the discretion of the driver. Safety of our passengers is most important.

### **MILWAUKEE PUBLIC MUSEUM: CLEOPATRA EXHIBIT**

**Wednesday, March 14**

*Cleopatra: The Search for the Last Queen of Egypt* features nearly 150 artifacts from Cleopatra's time and helps visitors experience the present-day search for the elusive queen, which extends from the sands of Egypt to the depths of the Bay of Aboukir near Alexandria. View "The Mysteries of Egypt" in the IMAX. Lunch is on your own in the cafeteria or preorder a box lunch for \$12.00



Fee: \$52.00 (includes transportation, Museum entrance, Imax, & Cleopatra exhibit with audio)

Fee: \$64 includes above and a box lunch

Checks to: City of Whitewater

**RSVP/payment deadline: February 14**

Depart: Fort K-Mart: 8:00am

Whitewater 8:30 am

Return (approx): Whitewater 5:30 pm

Fort K-Mart 6:00 pm

### **NORTH SHORE IN BLOOM**

**Thursday, July 12**

Learn the unique history of several North Shore Villages from Evanston to Lake Forest and hear tales of the Native American Tribes that were its first inhabitants. Tour the breathtaking Bahai Temple and its exquisite gardens. Visit the magnificent Main Sanctuary and the surrounding spectacular gardens with seasonal floral displays. Meet the owner of a grand private estate garden. You will hear the amazing story of the 1902 "birth" of the garden, patterned after the palatial gardens of Spain. After an included lunch, visit the home and gardens of My Kind of Town Tour owner, Marsha Goldstein. She will give a personal tour of her garden and talk about the enormous pieces of sculpture. Enter her house and have a tour of her personal art and sculpture collection. (Those of you on last year's Chicago trip will remember Marsha from the Private Club art tour). Enjoy light refreshments served by Marsha.



Fee: \$81.00

Reservation/payment due: Thursday, June 7

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

Return (approx): Starin Park 5:30 pm

Fort K-Mart 6:00 pm

## LUNCH BUNCH

Thursday, February 9

Eat lunch at Tellas in Elkhorn. A stop at a bakery afterward is planned.

Departure: 10:30 am.

Cost: \$5.00 RSVP by Tuesday, February 7

In March, plan to join us at Metropolitan in Janesville.

## JANESVILLE SHOPPING

Wednesday, February 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..

Departure: 12:30 pm

Cost: \$5.00 RSVP by Monday, January 30.



## PHOTO ID FOR VOTING RIDE

Thursday, Feb. 16 10:00 am

Tuesday, Mar. 20, 10:00 am

Do you need a photo ID for voting? We will be going to the DMV monthly with our van. A \$5.00 donation toward gas is requested, but is not mandatory. We will pick you up at your home. Please sign up for the day and time of your choice one week before that date.



## FIRESIDE 2012

Wednesday April 25—9-5 the Musical.

RSVP/Payment deadline March 15

Wednesday June 6—Legally Blonde the Musical

RSVP/Payment deadline April 31

Cost: \$66.00

Wednesday August 8—The Rock & the Rabbi

RSVP/Payment deadline July 2

Wednesday Sept. 19—Hello Dolly

RSVP/Payment deadline August 9

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.

## CENTRAL COAST PRESENTS:

“I LOVE YOU, YOU’RE PERFECT,  
NOW CHANGE”

Sunday, March 11, 2012

Arrive at Central Coast 11:00 a.m.

“I Love You, You’re Perfect, Now Change” is the longest running off Broadway Musical-Ever. It is a riotous and somewhat irreverent view of love and relationships throughout the lives of two couples. Enjoy dinner theater where you stay in your seats for the entire experience.

Meal: Spinach Salad, Panko Crusted Chicken with truffle mash and rosemary cream sauce with grilled vegetables, and Chocolate Truffle Cake. Vegetarian meal is Portobello Penne with fried basil and parmesan cheese.

RSVP/payments by Feb. 28

Cost: \$60 includes show, meal, tax and tip

Make checks payable to Central Coast.

## Community

### B.R.I.C.

(BRAZIL, RUSSIA, INDIA, CHINA)

### FAIRHAVEN LECTURE SERIES

Mondays, 3:00 pm at Fairhaven Fellowship Hall

The rapid advance of these four emerging economies is clearly transforming global trade and world power relations. Within a generation, they will eclipse the current richest countries and over two million BRIC will join the middle class. Examine how this will change our world.

**Jan. 30**—A Snapshot of India and China Today

*Choton Basu Information Tech. & Business Education*

**Feb. 6**—BRIC or BRICS: Does South Africa Belong to the BRIC Club?

*K. Praveen Parboteeah, Management*

**Feb. 13**—Globalization: We Are Who We Were and We Are Who They Are

*Guoli Liang, Pedagogy, Health, Physical Ed, Recreation & Coaching*

**Feb. 20**—India’s Technical Brilliance: UW-W Collaboration

*Hephzibah J. Kumpaty, Chemistry*

**Feb. 27**—Prosperity and Leftist Policies in Contemporary Brazil

*Seth Meisel, Political Science*

The Nutrition Program will be at Brookdale on the first, second and fourth Fridays of every month, February 3, 10 and 24.

Anyone 60+ and their spouse is welcome to attend. Nutrition Site meals are served at 11:30 am, Monday through Friday. The suggested donation is \$2.50. To reserve a meal, call 262-473-0536 by noon a day in advance (call Friday for a Monday meal) or call Walworth County at 1-800-365-1587 and leave your name, phone and the meal site you would like to attend.

### MEAL SITE MENU & CANCELLATIONS

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

### HAPPY FEBRUARY BIRTHDAY TO:

16-Emily Saunders  
20-Madeleine Isch  
20-Dan Sable  
21-Marie Roe  
22-Gene Lee



*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!*

### SENIOR FORUM

**Monday, February 6, 12:00 pm**

Agenda items include: Chili Cook-off and Easter Bunny lunch. Help us chart the future of Seniors in the Park. New faces are welcome!



### GREAT CARDS, LOW PRICES!

We have Valentine cards for your loved ones. 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 new selection.

### ACTIVITIES AT A GLANCE

- Bid Euchre**—Mondays 1:00 pm  
**Book Club**—First Monday 10:30. Books available at Starin Park  
**Bowling**—Wednesdays, 9:00 am at Hawk Bowl  
**Canasta**—First, third and fifth Mondays 1:30 pm  
**Chess**—Wednesdays, 1:00 pm Beginners welcome  
**Core & More**—Monday and Thursday, 8:45 am; \$30 class pass for 10 classes (does not expire)  
**Declutter Group**—Second Tuesday, 10:30 am  
**Dominoes**—First Tuesday 11:45 am  
**Potluck**—First Tuesday 11:00 am  
**Senior Forum**—First Monday at noon  
**Sheepshead**—Tuesdays 1:00 pm  
**Stretch, Flex & Glide**—Mon & Thurs. 9:30 am; \$1.00 per class  
**Texas Hold 'em Poker**—Ladies: 1st/3rd Thursday 1:00 pm; Men: 2nd/4th Thursday 1:00 pm  
**Wii Bowling**—Mondays 11:00 am



### FEBRUARY PARK BENCH TV SHOW



At the February show, staff from ADRC (Aging and Disability Resource Center) of Walworth County will talk about what they have to offer.

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.

### FEBRUARY OFFICE HOURS

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

**Tuesday Feb. 21 9:00 am—12:30 pm**  
**Wednesday Feb. 22 9:00 am—2:00 pm**  
**Thursday, Feb. 23 9:00 am—3:00 pm**  
**Monday Feb. 27 9:00 am—1:00 pm**  
**Tuesday Feb. 28 9:00 am—12:30 pm**  
**Wednesday Feb 29 10:00 am—4:00 pm**

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



## ZIP LINE CANOPY TOUR

Tuesday, March 27

10 am—5 pm

Your adventure begins with a short preview video, a ride to our gear-up area, then it's off to "Ground School." Once on the course, you'll traverse 8 exhilarating ziplines in the trees, 5 tree-mendous SkyBridges and a one-of-a kind "floating" double helix stairway. Between zips, you'll enjoy spectacular views of the forest, Lake Como and the surrounding countryside. During your adventure, our SkyGuides will share interesting information on the ecology, biology, geology and local history of the Geneva Lakes area. Waiver and release forms must be signed. You should be in reasonably good health, weigh between 70 and 250 pounds with average mobility and strength, must wear closed toe shoes, and hair must be tied back.

Fee: \$80.00

Reservation deadline: March 2. Forms available at Starin Park Community Building

Class #6223.31

## CONTAINER GARDENS

April 23, 2012--1:00pm

If you have a little sun and anything that will hold soil, you can be a container gardener!! There are many plants that grow very well in containers. During this class we will look at the herbs and vegetables that are easy to grow and will provide you a fresh harvest to use in your next meal!

## ORGANIC GARDENING

May 14, 2012

One of the best ways to limit the amount of pesticides used in your garden is to get to know your garden and its inhabitants. During this class we will explore a few easy ways to recognize and control pests in your vegetable garden, lawn, landscape to keep you and your plants healthy.

## FREE HAPPY HOUR YOGA & MEDITATION

Fridays Dec 2—March 16, 4:45-5:45 pm  
Cravath Lakefront Center

Join Megan Wycklendt for an hour-long class that will help you de-stress! Megan's class incorporates beginning level yoga and breathing exercises to help you relax and feel great! Please wear comfortable clothing and bring a towel or yoga mat. Call 262.472.1305 for questions or more information.



Fee: FREE (No class February 17)

\*\* This class is brought to you by W3; space is on a first come basis and a waiver must be signed to participate. Come early, the class will fill fast.

## CHINESE BRUSH PAINTING

Sunday, February 19, 9:30 am-3 pm

Lake Geneva Art Association Gallery

For the standalone one-day workshop/class on Chinese Brush Painting, you do not need any painting or drawing skills; classical Chinese brush painting is considered to be a type of meditation. You should have two or three paintings to take home. Take some time off from stress.....and all those other things you HAVE to do. We will stop for lunch, and you can either bring food or take advantage of the choice in Lake Geneva. Lots more information and directions when you sign up.

To sign up or have questions answered, email the instructor at [gillian.graffy@yahoo.com](mailto:gillian.graffy@yahoo.com) or phone 262 767 0634. (maximum number in the class is 12).

Cost: \$40.00 each, plus supplies (which can be borrowed or bought from instructor) which should not cost more than about \$5.00.

## HOT AND COLD BEVERAGES

Soda is now available in the refrigerator.  
Thanks for your donations to this service.  
It is appreciated!

# Seniors in the Park Activity Calendar February 2012

Monday

Tuesday

Wednesday

Thursday

Fri/Sat/Sun

		<b>1</b> 9:00 Bowling (HB) 12:30 Janesville Shopping 12:45 Zumba Gold (A) 1:00 Civil War Lectures 1:00 Chess	<b>2</b> 8:45 Core & More 9-12 Taxes 9:30 Stretch & Flex 1:00 Watercolor 1:00 Ladies Poker 1:00 Family & Friends CPR	<b>3</b> 11:30 Nutrition Site at Brookdale
		<b>6</b> 8:45 Core & More 9:30 Stretch & Flex 10:30 Book Club 12:00 Senior Forum 1:00 Bid Euchre 1:30 Canasta	<b>7</b> 10:00 Culvers Bingo 11:00 Pot Luck 11:45 Dominoes 12:00 Foot Clinic 1:00 Sheepshead 2:00 Our House Senior Living Movie "Cleopatra-Destiny's Queen"	<b>8</b> 9:00 Bowling (HB) 9:30 Gadget Guru 12:45 Zumba Gold (A) 1:00 Chess <b>1:00 Newsletter Distribution meeting</b>
<b>13</b> 8:45 Core & More 9:30 Stretch & Flex 1:00 Gadget Guru <b>1:00 Balancing Act</b> 1:00 Bid Euchre 1:00 Therapeutic Massage 5:30 Gadget Guru	<b>14</b> ♥ 10:00 Our House Senior Living Bingo 10:30 Clutterbugs 11:00 Blood Pressure 12:30 Our House Senior Living Movie "One Day" 1:00 Sheepshead	<b>15</b> 9:00 Bowling (HB) 12:45 Zumba Gold (A) 1:00 Chess <b>Deadline Cleopatra Tour</b>	<b>16</b> 8:45 Core & More 9-3 Taxes 9:30 Stretch & Flex 10:00 Van to DMV 1:00 Watercolor 1:00 Ladies Poker	<b>17</b> 11:30 Nutrition Site 4:45 W3 Beginner Yoga/Meditation (L)
<b>20</b> 8:45 Core & More 9:30 Stretch & Flex 1:00 Bid Euchre 1:30 Canasta	<b>21 RED CARPET DAY</b> 12:30 Our House Senior Living Movie "Broadway Melody" 1:00 Sheepshead <b>Office 9—12:30</b>	<b>22</b> 9:00 Bowling (HB) 9:30 Gadget Guru 12:45 Zumba Gold (A) 1:00 "Heart Health" 1:00 Chess <b>Office 9:00—2:00</b>	<b>23</b> 9-3 Taxes 9:30 Stretch & Flex 1:00 Watercolor <b>Office 9:00—3:00</b>	<b>24</b> 11:30 Nutrition Site at Brookdale 4:45 W3 Beginner Yoga and Meditation (L) <b>Office Closed</b>
<b>27</b> 9:30 Stretch & Flex 1:00 Gadget Guru 1:00 Bid Euchre 5:30 Gadget Guru <b>Office 9:00—1:00</b>	<b>28</b> 10:00 City Bingo 11:00 Blood Pressure 12:30 Our House Senior Living Movie "Moneyball" 1:00 Sheepshead <b>Office 9—12:30</b>	<b>29</b> 9:00 Bowling (HB) 12:45 Zumba Gold (A) 1:00 Chess <b>Office 10:00—4:00</b>	Activities take place at the Starin Park Community Building unless otherwise noted. (A)= Downtown Armory (L)=Cravath Lakefront (HB) Hawk Bowl	

# Walworth County Nutrition Menu—February 2012

Monday	Tuesday	Wednesday	Thursday	Friday
		<b>1</b> Chicken Gumbo Rice Pilaf Pea Salad Bran Muffin Bread Mandarin Oranges	<b>2</b> Sliced Beef BBQ on a Wheat andwich Bun Sweet Potato Puffs Country White Beans Fresh Melon	<b>3 AT BROOKDALE</b> Veal Marsala Scalloped Potatoes Winter Blend Vegetables Multi-Grain Bread Banana
<b>6</b> Sloppy Joes on a Hamburger Bun Seasoned Red Potatoes Mixed Vegetables Chocolate Chip Cookie	<b>7</b> Cheesy Broccoli Chicken Rice Casserole Butter Beans Whole Wheat Roll Warm Pear and Cranberry Crumble	<b>8</b> Meatloaf and Gravy Mashed Potatoes Harvard Beets Multi-Grain Dinner Roll Pineapple Tidbits	<b>9</b> Diced Pork Pot Roast Diced White Potatoes Parslied Carrots Wheat Bread Apple Pie	<b>10 AT BROOKDALE</b> Ring Bologna Baked Potato Red Cabbage Rye Bread Mixed Fruit Jell-O
<b>13</b> Roast Turkey and Gravy Baked Sweet Potatoes Brussels Sprouts Wheat Bread Mandarin Oranges	<b>14</b> Roast Prime Rib of Pork with Pork Sauce Mashed Potatoes Spinach O'Brien Multi-Grain Bread Ranger Cookie	<b>15</b> Spaghetti and Meatballs Mixed Salad Greens Garlic Bread Peach Applesauce	<b>16</b> Oven Roasted Chicken Thigh Garlic Mashed Potatoes California Blend Veggies Wheat Bread Fresh Melon	<b>17</b> Beef Minestrone Soup with Macaroni Green Beans Carrot Raisin Salad Ry Krisp Crackers Spice Cake
<b>20</b> Smothered Chicken Divan With Supreme Sauce Au Gratin Potatoes Broccoli Wheat Bread Chocolate Pudding	<b>21</b> Beef Stew with Potatoes, Onions & Carrots Peas Baking Powder Biscuit Fresh Orange	<b>22</b> Ham and Navy Bean Soup Northwest Blend Veggies Corn Bread Cookie	<b>23</b> Chopped Steak and Gravy Mashed Potatoes Creole Tomatoes Multi-Grain Dinner Roll Blueberry Yogurt	<b>24 AT BROOKDALE</b> BBQ Riblet with Sweet Baby Ray's on a Bun Diced White Potatoes Mixed Salad Greens Warm Cinnamon Apples
<b>27</b> Salisbury Steak Au Gratin Potatoes Mixed Vegetables Wheat Roll Apricots	<b>28</b> Garden Vegetable Soup Squash Medley Tuna Salad on Multi- Grain Bread Hot Spiced Pears	<b>29</b> Chicken Coq Au Vin with Vegetables Mashed Potatoes and Gravy Broccoli Whole Wheat Bread Chilled Peaches	<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. To reserve a meal call 262-473-0536 before 12:00 p.m. one business day in advance or call the Nutrition Program office at 741-3333 or 1-800-365-1587, Ext. 3333. Cancellations must be made no later than 8:00 a.m. the day of your reservation by calling the Nutrition office.</b>	

**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**

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Romelle Koch, Volunteer Editor

For General City information see the city

website at [www.whitewater-wi.gov](http://www.whitewater-wi.gov)

Seniors in the Park is a division of

Whitewater Parks and Recreation

Matt Amundson, CPRP, Director

Michelle Dujardin, CPRP, 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](http://www.whitewater-wi.gov), click on the Departments tab, 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** \_\_\_\_\_

