



JUNE 2012

The Park Bench

Seniors in the Park Newsletter

FALCONRY IN THE MIDDLE EAST

July 16, 1:00 pm

Dianne Moller, executive director of Hoo's Woods Raptor Center, will share her recent cultural and falconry experiences while at the International Falconry Festival. Moller was selected as one of four U.S. licensed falconers to represent the U.S. at the International Falconry Festival in Abu Dhabi. She will discuss her participation in the event, her observations on bird conservation and care in the UAE, and the types of birds and training taking place there. Moller also will discuss her recent travels to Qatar as a sponsored guest for their national falconry event and as chair of an international women's working group for falconry. She will focus on the culture, interactions with people, family life, and Arab falconry and history. This entertaining program is appropriate for all ages and will educate and provide an understanding and appreciation of birds of prey. A donation of \$2.00 per person is requested and goes to support the non-profit, Hoo's Woods Raptor Center, in Milton
Registration deadline for the event is Monday, July 9.



Volume XII Issue 6

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COOL TREATS & SUMMER 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

between noon and 12:30.

June 12: View the 14 minute video "To Your Health" at 11:15. Enjoy an ice cream sundae after lunch

June 25: Surprise Treat

July 11: Picnic Games

July 17: Popsicle Day

July 31: Olympic Games—Celebrate the Olympic Games with our own version starting at 10:30. More in the July newsletter.

August 9: Ice Cream Cones

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.

4TH OF JULY PARADE - CALLING ALL POLE WALKERS



We are looking for a group to walk in the parade on the 4th of July. It's a fun way to promote a healthy lifestyle and

show the senior center is a fun place to be. An option would be to learn a short 30-40 second simple dance (think Broadway) to do a few times on the route, let Deb know and practice dates will be set up. The dance is optional and up to the group. We will decorate the poles July 2 or 3 with red, white and blue ribbons.

COMPUTER TUTOR

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

Dates June 21, 25 or 26

July 9, 10, 18 or 19

Time: 9:30 am

Cost: \$5.00 per session

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

CLUTTERBUGS

June 12, 10:30 am

Get handy ideas to de-clutter your home and your life. Bring your ideas and get new ones. June's topic will be De-Clutter Your Summer.

RSVP by Thursday, June 7

POLE WALKING INSTRUCTION

Turn your walk into a total body workout by using poles. Increase your cardio workout by 20% and calorie burn by up to 48% more! Lessen the impact on joints and walking with poles naturally aligns your spine and works your core. Save time, too! Thirty minutes of pole walking equals 50 minutes of regular walking. Nordic Walking is perfect for any age! Bring your own poles or use ours.

Instructor: Deb Weberpal

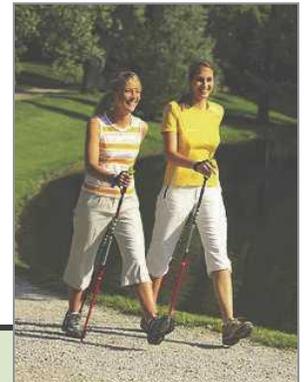
Day/Time: Monday June 11, 10:30 am

Day/Time: Tuesday June 12, 5:30 pm

Day/Time: Tuesday July 17, 10:00 am

Cost: \$10.00

Deadline: 3 days prior to class

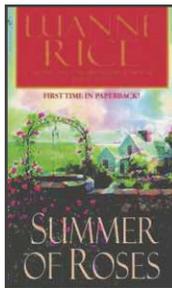


POLE WALKING GROUP

Wednesdays, 9:00 AM

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

BOOK CLUB



Monday, June 4, 10:30 am

The Book Club will discuss *The Help* by Kathryn Stockett. The book for July is *Summer of Roses* by Luanne Rice.

Luanne Rice vividly captures the dramas that make all the difference in love and families. Revisiting the characters in her bestselling *Summer's Child*, she brings full circle one of her most compelling

explorations of the human heart...all the many ways it can be broken...and the magic that can make it whole again. Their lives were a tapestry woven together by love and loss, tragedy and hope. On the windswept coast of Nova Scotia, as Lily and her eight-year-old daughter, Rose, struggle to embrace a new life, they are touched by the lives of others. During this eventful summer of roses, the paths—and fates—of these unforgettable characters will intersect in ways that none of them could ever expect—and shape a future none of them could possibly foresee. For each of them it will be a time of renewal and transformation that will circle inevitably to a past left behind, a mystery unsolved, and a love reclaimed.

OUR HOUSE SENIOR LIVING MOVIES

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

"Wild Strawberries"

Wednesday, June 6, 12:30—Unrated

An elderly Stockholm professor reviews the disappointments of his life while travelling by car to receive an honorary degree. This 1957 Swedish film, directed by Ingmar Bergman, is considered a classic by film critics and historians. The movie will be shown with subtitles and is in black & white. It was requested by a regular movie attendee.

"Beginners"

Tuesday, June 12, 12:30—Rated R, 1 hr. 45 min.

Christopher Plummer (Capt. Von Trapp in "Sound of Music") received the Best Supporting Actor Oscar for this performance, becoming the oldest winner of an Oscar, at age 82. In this 2012 film, Plummer portrays an elderly father who rocks his family with two announcements: he has terminal cancer and he has a young male lover. Rated R for

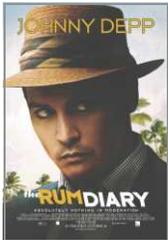
language, mild sexual content.



"The Rum Diary"

Tuesday, June 26, 12:30—Rated R, 2 hr.

Johnny Depp, as gonzo journalist Hunter S. Thompson (author, "Fear and Loathing in Las Vegas"). Depp is an aficionado of Thompson, and met him and bought the rights to make this film. Depp portrays a reporter for an English language newspaper in Puerto Rico in the 1950's who struggles to find a balance between Caribbean culture and the ex-pats who live there, in this seriocomic real life story. This 2012 film is rated R for rum, profanity, and mild sexual content.



WATERCOLOR—LANDSCAPES & FLORALS

Thursdays, June 7- 28 1:00 – 4:00 pm

Explore painting landscapes and florals in watercolor. Attendees are encouraged to bring personal references (photos or sketches) to work from. 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, semi-abstract and wet-into-wet, etc. Karolyn Alexander Tscharnack is a Whitewater artist who has been painting with watercolors for over 8 years. To see examples of her art, visit her website at: www.karolyn.biz

Cost: \$40 payable to the instructor on June 7 by cash or check

Sign up by Monday, June 4

TAI CHI IN THE PARK



**Tuesdays, 8:15—9:15 am
July 10-Aug 14**

Tai Chi is often referred to as moving meditation and has many health benefits including stress relief and increased energy. Class will be outside in Starin Park, weather permitting.

Cost: \$20.00 per session

Registration Deadline: July 3

Minimum: 5 people

FAMILY AND FRIENDS CPR

Monday, June 4; 6:00—8:00 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. SIP Volunteers can attend free.

Fee: Resident \$5.00

Non Resident \$6.25

RSVP Deadline: Thursday, May 30

ZUMBA GOLD®

Wednesdays, 12:45 pm

Instructor: Lynette Brown

Fee: \$16.00 for June 6-20

\$12.00 for July 11-25

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 before committing.

BINGO

Tuesdays, 10:00 am

June 5: Culver's Bingo

June 12: Our House
Senior Living

June 26: City Bingo

BINGO SPONSORS

Culver's

Our House Senior Living

Mulberry Glen: Cookies &
fruit drink

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Robin's Nest * Pizza Hut

McCullough's * Rick's

Rosa's Pizza * Fairhaven

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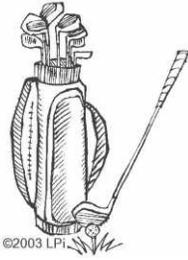
HIKING OPPORTUNITIES

Tuesdays 4:00 pm

Wednesdays 10:30 am

Meet at the Highway 12 Ice
Age Crossing Lot. Hikes are 2-
3 miles or 4-6 miles

GOLF LEAGUE



Mondays, 8:30 am

Have fun with this recreational league. There is a membership fee of \$5.00, and golfers must be 60 years old as of April 9 or spouse must be 60. Flag prizes are awarded weekly, and there is a luncheon to conclude the season. For more information, contact Don Roberts, 608-868-7054; Vicki Flitsch, 608-884-3586; or Bill Holcomb, 262-495-2273.

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

Declutter Group—Second Tuesday, 10:30 am

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.



BINGO RULES

There have been questions lately about Bingo rules. Nothing has ever been in writing (to my knowledge) so here goes:

- Bingo is a fun and social game. Winning is NOT the priority.
- Be courteous to others and keep talking to a minimum when the caller is calling.
- Players can play up to two cards.
- You can win once per round (between clearing of cards).
- If the prize at City Bingo is one you don't want, share it with a family member or someone else at Bingo who can use it or hasn't won a prize.
- Have FUN!



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The Nasco

Senior Citizen Day

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FOR HEALTH. www.FortHealthCare.com/Whitewater

Fort HealthCare Whitewater Clinic: 1461 W. Main St.
Hours: M-W: 8:15 a.m.-7 p.m. & Fri: 8:15 a.m.-5 p.m.
Patients are seen by appointment.

- Audiology-(920) 563-6667
- Internal Medicine-(262) 473-5888
- Psychology & Behavioral Health-(920) 563-9542
- Orthopedics & Sports Medicine (and joint care)-(262) 472-9334
- Marriage Counseling-(920) 563-9542
- Podiatry-(262) 473-5888
- Ear, Nose & Throat (+allergy)-(262) 472-6804
- Urology (and continence care)-(920) 568-7744
- Obstetrics & Gynecology-(262) 473-8920

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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, go to the city website at www.whitewater-wi.gov, (Departments, Seniors in the Park) or stop in to the Starin Park Community Building.



AMERICA'S MUSIC CITIES

September 23—30, 2012

Tour three fabulous music cities—Branson, Memphis and Nashville. Tour highlights include: Two shows in Branson including a dinner/show cruise, the Titanic Museum, the William Jefferson Clinton Presidential Center, a “musical” tour of Memphis, Graceland, The Grand Ole Opry tour and show, the Opryland Resort with nine acres of lush gardens, waterfalls and a scenic flatboat ride; nine meals, free home or local pickup, and motorcoach transportation.

Cost: \$1599 per person/dbl

CHIP-IN CASINO

June 12-13

Depart: 7:30 am from Fort K-Mart

New Orleans & Cajun Country by Train

Feb. 23– March 3, 2013

Details in the July newsletter

DISCOVER CUBA—PEOPLE TO PEOPLE

August 2-10, 2012

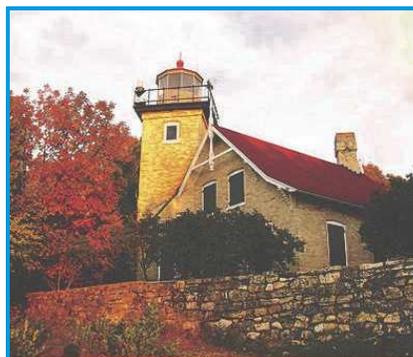
Tour Cuba on a people-to people tour. Highlights include: Unesco World heritage sites: Old Havana, Cienfuegos, Trinidad, & Sugar Mill Valley; Also: Cathedral de la Havana, Museo Fine Arts, Pinar Del Rio Vinales, Prehistoric Painted Caves, Jagua Castle, Church of Trinidad, Partagas Cigar Factory, Bay of Pigs Museum, Hemingway's Farm and Cojimar Fishing Village. People to People Interactions include: La Marketa de Havana, Las Terrazas Cooperative Village, Salsa Dancing Lessons, Traditional Pottery Studio visit and class, Bay of Pigs Museum, Santeria Religious Center, Callejon de Hamel, Cuban Literacy Museum, and a Cuban School/Day Care. Includes: airfare, visa, 19 meals, tour guide and baggage handling and more.

Cost: \$3924 per person dbl Seats are on a first come, first serve basis and will go quickly.

Premier World Discovery

DOOR COUNTY

September 3-5, 2012



Travel to scenic Door County where we will begin our two-night stay at Homestead Suites in beautiful Fish Creek at the entrance of Peninsula State Park. A Trolley will take us through the limestone bluffs, a tour of the Cana Island Lighthouse, and a stop at the Orchard Country Winery and Market. Tickle your funny bone at “Cheeseheads the Musical”. Also

enjoy a Fish Boil, a Glass Blowing Demonstration, and a beautiful ride on the Door County Fireboat.

Price: \$345 per person dbl, \$468 single

Checks made out to: The Gathering Place

Payment due within one week of signup

There is no registration deadline. When seats are sold, trip is full! Get your reservation in early!

SHARE YOUR TIME AND TALENTS



Pickle Ball

There is interest in the community for this fun game, appropriate for all ages. Volunteers are needed to help this become a reality. Funds are available for equipment, we need space and

people willing to help setup instruction and playing times. If you are interested in getting Pickle Ball started in Whitewater, please contact Deb.

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 mornings 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.

Parade Pole Walkers

We are looking for a group to walk in the parade on the 4th of July. It's a fun way to promote a healthy lifestyle and show the senior center is a fun place to be. An option would be to learn a short 30-40 second simple dance (think Broadway) to do a few times on the route, let Deb know and practice dates will be set up. The dance is optional and up to the group. We will decorate the poles July 2 or 3 with red, white and blue ribbons.

COORDINATOR'S COMMENTS



Happy Summer! Take a break from all that summer offers and stop in to the Starin Park Community Building. We are air conditioned and have interesting and fun activities lined up for the summer.

I hope you are enjoying our new newsletter format and our supportive advertisers. Our local businesses give so much back to our community. Please visit them, support them and say thanks for making this newsletter possible.

Please take note of the office closings the last two weeks of June. You might want to call before stopping in to make sure someone is here to assist you.

SPRING & SUMMER THERMOSTATS

As a city facility, the thermostats are set at a general comfortable temperature. Please dress appropriately or bring a sweater. We try to keep the building comfortable, but not everyone has the same internal thermostat.

SERVICES AT A GLANCE



Foot Clinic:

The dates and times for June and July have been changed.

Wednesday, June 20, at

9:00 am; 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. **The date in July is Monday, July 9, at 11:00 am.**

Therapeutic Massage—

Monday, June 11, 1:00 pm. Half-hour massages for \$25. Appointments must be made in advance.

Blood Pressure Screening—

Tuesday, June 12, 11:00 am
Provided free by Our House
Tuesday, June 26, 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.

SENIOR FORUM

Monday, June 4, 12:00 pm

Agenda items include: fall program ideas, storage cost updates, and summer meeting calendar. Help us chart the future of Seniors in the Park. New faces are welcome!

June 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 (MG)= Mulberry Glen</p>				1
<p>4</p> <p>8:30 Golf (OR) 9:30 Stretch & Flex 10:30 Book Club 12:00 Senior Forum 1:00 Bid Euchre 1:30 Canasta 1:30 Tai Chi (MG) 6:00 Family and Friends CPR</p>	<p>5</p> <p>8:15 Tai Chi 10:00 Culver's Bingo 11:15 Pot Luck 11:45 Dominoes 1:00 Sheepshead</p>	<p>6</p> <p>9:00 Pole Walking 12:30 J'ville Shopping 12:30 Our House Senior Living Movie "Wild Strawberries" 12:45 Zumba Gold (A) 1:00 Chess 1:00 Ladies Poker</p>	<p>7</p> <p>9:30 Stretch & Flex 10:30 Lunch Bunch 11:00 Wii Bowling 1:00 Watercolor</p>	<p>8</p> <hr/> <p>9 8:00 am Madison Farmer's Market Departs.</p>
<p>11</p> <p>8:30 Golf (OR) 9:30 Stretch & Flex 10:30 Pole Walking Instruction 1:00 Bid Euchre 1:00 Massage Therapy 1:30 Tai Chi (MG)</p>	<p>12 Sundaes Day</p> <p>8:15 Tai Chi 10:00 Our House Senior Living Bingo 10:30 Clutterbugs 11:00 Blood Pressure 11:15 To Your Health 12:30 Our House Senior Living Movie "Beginners" 1:00 Sheepshead 5:30 Pole Walking Instruction</p>	<p>13</p> <p>9:00 Pole Walking 12:45 Zumba Gold (A) 1:00 Chess</p>	<p>14</p> <p>8:00 Vet Museum State Capitol trip departs 9:30 Stretch & Flex 11:00 Wii Bowling 1:00 Watercolor</p>	15
<p>18</p> <p>8:30 Golf (OR) 9:30 Stretch & Flex 1:00 Bid Euchre 1:30 Canasta Office 8:30-1:00</p>	<p>19</p> <p>1:00 Sheepshead Office closed</p>	<p>20</p> <p>9:00 Foot Clinic 9:00 Pole Walking 12:45 Zumba Gold (A) 1:00 Chess 1:00 Ladies Poker Office 8:30-1:00</p>	<p>21</p> <p>9:30 Stretch & Flex 9:30 Computer Tutor 11:00 Wii Bowling 1:00 Watercolor Office 8:30—12:30</p>	22
<p>25 Surprise Treat</p> <p>8:30 Golf (OR) 9:30 Computer Tutor 9:30 Stretch & Flex 1:00 Bid Euchre Office 8:30-1:00</p>	<p>26</p> <p>9:30 Computer Tutor 10:00 City Bingo 11:00 Blood Pressure 12:30 Our House Senior Living Movie "The Rum Diary" 1:00 Sheepshead Office 8:30—12:30</p>	<p>27</p> <p>12:45 Zumba Gold (A) 1:00 Chess Office closed</p>	<p>28</p> <p>9:30 Stretch & Flex 9:45 Moon Star Farm trip departs 11:00 Wii Bowling 1:00 Watercolor Office 8:30—12:30</p>	

Walworth County Nutrition Menu

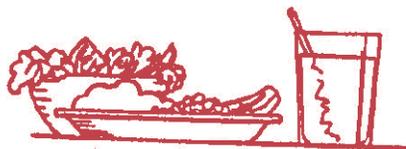
June 2012

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Persons 60 & over & spouse 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 8:00 am call 1-800-365-1587 ext 3333.</p>				<p>1 Baked Chicken Thigh Sweet Potato Puffs Green Beans Whole Wheat Bread Fresh Melon</p>
<p>4 Salisbury Steak Mashed Potatoes\Gravy Stewed Tomatoes Whole Wheat Bread Pineapple Tidbits</p>	<p>5 Fiesta Pasta Bake Corn, Black Beans, Brocc. Whole Orange Sundaes</p>	<p>6 Ice Cream Cones Italian Sausage\Marinara on a Whole Wheat Bun Scalloped Potatoes Italian Mixed Vegetables Banana</p>	<p>7 Chicken Piccata Brown Rice & Red Peppers Capri Blend Vegetables Carrot Raisin Salad Cake</p>	<p>8 Turkey Pasta Salad with Rigate, Lettuce\Tomato Tri-Bean Salad Whole Wheat Bread Mandarin Oranges</p>
<p>11 BBQ Riblet on Wheat Bun Baked Potato Parslied Califlower Mixed Fruit</p>	<p>12 Sundaes & Video Pasta Fagioli Soup Brussels Sprouts Mixed Salad Greens Wheat Soft Pretzel Stick Cantaloupe</p>	<p>13 Open Faced Hot Turkey Sandwich Baked Sweet Potatoes Broccoli Chilled Peaches</p>	<p>14 Supreme Tuna Salad Mixed Salad Greens American Potato Salad Multi-Grain Bread Chilled Apricots</p>	<p>15 Chicken Cacciatore Potatoes O'Brien Oregon Bean Medley Whole Wheat Bread Pineapple Tidbits</p>
<p>18 Kielbasa Scalloped Potatoes California Blend Vegies Rye Bread Rosy Applesauce</p>	<p>19 Chicken Salad Romaine Lettuce Herbed Tomato Wedges Multi-Grain Bread Chilled Pears</p>	<p>20 Country Fried Steak\Gravy Mashed Potatoes Harvard Beets Whole Wheat Bread Fruit Cup</p>	<p>21 Ground Beef, Mac\Cheese Seasoned Yellow Squash and Baby Lima Beans Wheat Bread Hot Fruit Bake/Oatmeal</p>	<p>22 Baked Alaskan Pollock Au Gratin Potatoes Cole Slaw Bran Muffin Bread Cookie</p>
<p>25 Surprise Treat Meatball and Marinara Sub Sandwich on a Soft Roll Potatoes Italiano Italian Green Beans Fruit Jell-O</p>	<p>26 Stuffed Cabbage Roll Red Beans and Rice Carrots and Chives Multi-Grain Bread Chilled Peaches</p>	<p>27 Country Chicken Soup w/ Kluski Noodles\Crackers Whipped Squash Tri-Bean Salad Hot Glazed Apples</p>	<p>28 Ham and Turkey Club on Focaccia Flat Bread Lettuce and Tomato Pea Salad Pineapple Mandarin Cup</p>	<p>29 Veal Cutlet Mashed Potatoes\Gravy Broccoli Whole Wheat Bread Chilled Pears</p>

WALWORTH COUNTY NUTRITION PROGRAM

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, x 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, June 1, 8 and 22.

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.

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THANK YOU TO . . .

- Thank you to Washington School for inviting us to their Heroes Breakfast and thanks also to **Dan Sable, Peggy Anderson, Henry Malo, and Romelle Koch** for getting up early and attending.
- Thanks to everyone who volunteered to assist in distributing the new newsletter: **Mark Dorn, Jean Bromley, Rose Ellestad, Nelda Bergsten, Gretchen Barth, Bill Holcomb, Marion Malo, Patti Grosskreutz, Sharron McCarthy, Lois Zipp, Kathy Ross, and Vivian McQuoid.**

HAPPY JUNE BIRTHDAYS TO:

- 11** Doris McQuillin
- 13** Fred Kraege
- 16** Anne Prince
- 24** Lois Zipp

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!



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.

FIND THE PARK BENCH NEWSLETTER

The newsletter and all the advertisers are available at **SeekAndFind.com**. Put in our zip code and the newsletter will appear. Scroll to the bottom of the page and choose to get a notification when the newsletter is posted online. Because of our fabulous advertisers we are able to have our newsletter printed for free. We are very appreciative of their support of our programs and hope that you let them know when you visit them how much you appreciate their support. The newsletter is also at **www.whitewater-wi.gov**, departments tab, Seniors in the Park or at the following businesses: **First Citizens Bank, Commercial Bank, Associated Bank, Fort Community Credit Union, McCulloughs, Dale's Bootery, Mercy Clinic and PT, Jessica's, Whitewater Street Restaurant, Whitewater Aquatic & Fitness Center, ILY Library, Nicole and Co, Davis/Dueher/Dean, Dr Nosek, Headquarters, Dr Rowley DDS, Robins Nest, Culvers, Whitewater Family Practice, Dental Perfections, Mirage Hair Studio, Whitewater Family Dentistry, and Woodland Quilts.** Thanks for displaying and distributing our newsletter.

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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 May 28-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

PARK BENCH TV SHOW

The June Show will feature the Whitewater Parks and Recreation Department and all the summer, and some fall, activities and events. 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 Click on the **Multimedia** tab, then **Seniors-Park Bench** and you'll see all the episodes.

CONCERTS IN THE PARK AND FAMILY FUN NIGHTS

Free at Cravath Lakefront Park

June 14—Doctor Noize: Interactive showz, muzic and bookz that inspire noisy kids and adventurous adults to live lives of character, *kindness*, good humor and *learning*. Explore music and creativity together.

June 21—The Dang-Its: The band shifts effortlessly from spare and gritty alternative-country stories, to jazzy, western swing jump tunes, to whisper-quiet ballads—simply described as “Atmospheric.”



July 12—“The Big Bounce” and Big Rig Gig; 5:30pm -7:00pm: Bouncy Houses, Snowplows, loaders, semi's, skid steers, tractors, and fire trucks at the park for all to explore.

July 19—The Fort Atkinson Community Band: A volunteer group of about 45 musicians, made up of adults, along with some high school and college students.

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.

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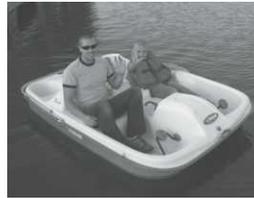
MORE PARKS AND RECREATION ACTIVITIES

CRAVATH LAKEFRONT CONCESSIONS AND PADDLEBOATS

June 13 - 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



SPECIAL OFFICE HOURS IN JUNE

June 18: 8:30—1:00
June 19: Office is Closed
June 20: 8:30—1:00
June 21: 8:30—12:30
June 25: 8:30—1:00
June 26: 8:30—12:30
June 27: Office is Closed
June 28: 8:30—12:30



TOUR-DE-RACKS

June 2, 10:00 am—1:00 pm,

Join Downtown Whitewater Inc. and journey through Whitewater as you visit each unique bicycle rack. At each of the racks, there will be a trivia and fitness challenge. Our local bicycle

shops and the Whitewater Police Department will be on hand in Cravath Lakefront Park to promote cycling in Whitewater and offer tips and information.

BIKE RIDES FROM BICYCLEWISE

(Call for day and time)

Bicyclewise is offering weekly rides. Riders will learn shifting, riding techniques and more. Start date is weather depending, call 473-4730 for details.

PARK BENCH CONTEST

We want photos of your favorite park bench during all four seasons. Send your photo to 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).

SAVORY SOUNDS

Savory sounds will once again grace the Cultural Arts Center lawn (Flat Iron Park) on Thursdays beginning June 21 and running through July 26. The entertainment is from 11:30 am—12:45 pm. Bring your lunch and lawn chair or blanket and enjoy the music of talented local musicians! Musicians and groups to be announced.



TENNIS

Interested in a recreational tennis group? Contact Pat Jacobson, 262-473-2511, for more information on the group.



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VETERAN'S MUSEUM AND CAPITOL

Thursday, June 14

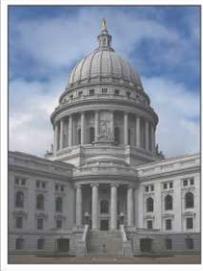
The Wisconsin Veterans Museum is dedicated to the citizen-soldiers of our state. Have a guided tour of the museum and time to visit the gift shop before walking across the street to the Wisconsin State Capitol. Tour our beautiful state capitol with a guide. After the tours, spend an hour or two on State Street dining or shopping. There will be a lot of walking on this trip.

Departure: 8:00 am

Return: 3:30 pm

Cost: \$10.00 (Van trip)

RSVP/payment by Thursday, May 31
(Waiting List Only)



NORTH SHORE IN BLOOM

Thursday, July 12

Learn the unique history of several North Shore Villages and hear tales of the Native American Tribes that were its first inhabitants. Tour the breathtaking Bahai Temple and its exquisite gardens. Meet the owner of a grand private estate garden and 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 home and have a tour of her personal art and sculpture collection. 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, June 7

(Please note new date for June)

Enjoy dining at The Mill in Cambridge. Sign up early as we had to turn people away last month! There are several cute shops in Cambridge including Rowe Pottery. Time will be allowed to visit them.

RSVP by Tuesday, June 5

Trip departs at 10:30 am

On July 12, we will be traveling to The Station in Oconomowoc.

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 their list of medications in their purse or wallet.

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. They will also have free samples of kringle and coffee. 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 Wrights influence on the American home, featuring works from his archives, and the famous Frank Lloyd Wright built **SC Johnson Administration Building**.

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



MOON STAR FARM

Thursday, June 28



Enjoy a morning on the farm with a 1 1/2 hour tour. Start on the front porch with information on this eco friendly and self-sustaining farm. See cows being milked in the barn, and a soap making demonstration in the kitchen. Visit the produce shed and purchase some down home produce, take a garden walk or sit on the porch and sip lemonade. They have tents and benches for shade and rest. All walking is flat but grassy. Lunch will be on your own at the drive-in in Elkhorn and a sweet stop at the Lakeland Bakery will finish the day.

Cost: \$15.00

Reservation/payment due by Wednesday, June 12

Depart: 9:45 am Return: 1:30 pm (approx.)

BERRES AND BEES

Thursday, July 26



Start the day at Honey Acres. View a short video, visit the Honey Museum and sample several different kinds of honey. Next it's off to Berres Brothers. Tour their factory and find out just what goes into making terrific coffee. Lunch will be on your own following the tour in their café. After lunch, tour the historic Octagon

House in Watertown with a docent. The tour lasts an hour and there are stairs. Round out the afternoon with a stop at Kraemer Cheese.

Cost: \$15.00

Reservation/payment due by Wednesday, July 12

Depart: 9:45 am Return: 1:30 pm (approx.)



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

Reservation/payment due by Wednesday, July 11

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

Tickets for 12 people ONLY!!

JANESVILLE SHOPPING

Wednesday, June 6, 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, June 4

MADISON FARMER'S MARKET AND MORE!

Saturday, June 9

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. A cooler will be provided on the bus or bring your own.

Cost \$8.00

Minimum 7 people

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

FIRESIDE 2012

Wednesday August 8—The Rock & the Rabbi,

RSVP/Payment deadline July 2

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.

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

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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. Seniors in the Park is a
division of Whitewater Parks and
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The newsletter is available for pick up at the Starin Park Community Building, Municipal Building, the Whitewater Aquatic and Fitness Center, the Irvin L. Young Memorial Library and various businesses in Whitewater.

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