



May 2012

The Park Bench

Seniors in the Park Newsletter

OLDER AMERICANS MONTH 2012

The theme for Older Americans Month 2012—*Never Too Old to Play!*—puts a spotlight on the important role older adults play in sharing their experience, wisdom, and understanding, and passing on that knowledge to other generations in a variety of significant ways. This year’s celebrations will recognize the value that older adults continue to bring to



our communities through spirited participation in social and faith groups, service organizations, and other activities.

As large numbers of baby-boomers reach retirement age, many communities have increased their efforts to provide meaningful opportunities for older adults—many of whom remain physically and socially active through their 80s and beyond.

People over age 60 account for an ever-growing percentage of participants in community service positions, faith-based organizations, online social networking, as well as arts and recreational groups. Lifelong participation in social, creative, and physical activities has proven health benefits, including retaining mobility, muscle mass, and cognitive abilities. But older adults are not the only ones who benefit from their engagement in community life. Their interactions with family, friends, and neighbors across generations enrich the lives of everyone involved. Young people, who have significant relationships with a grandparent or elder, report that these relationships helped shape their values, goals, and life choices and gave them a sense of identity and roots.

Seniors in the Park is joining in the national celebration of Older Americans Month 2012 with activities and events to promote social engagement and recreation including: Tai Chi, Pole Waking and Dancing, Gardening and Garden presentations, Wii Bowling, Games and Brain Teasers, Watercolor, Cooking for One or Two class, Stretch Flex, and Glide and Core Strength classes, Lunch with Friends, Card games, Dominoes, newly released Movies, one day and extended Trips,

Volume XII Issue 5

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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.

COOKING FOR 1 OR 2

Tired of the same old evening meal? Looking for practical meals that do not feed a family of four? Join us for helpful hints and tips when cooking for a family of one or two. We will taste some recipes that can be created for low cost and less mess. Bring your questions and be prepared to leave with new ideas and recipes!

Presented by Jenny Wehmeier, Walworth Co. UW-Extension Family Living Educator

Cost: \$3.00

Registration is required by Thursday, April 26 to ensure samples for all.

ZUMBA GOLD ®

Wednesdays, 12:45 pm

Instructor: Lynette Brown

Fee: \$20 for May 2-30

Pay in advance at the Starin Park Community Building. Checks to the City of Whitewater.

\$5.00 Walk-in passes are available at the Community Building if you would like to try the class before committing.

CLUTTERBUGS

May 8, 10:30 am

Get handy ideas to de-clutter your home and your life. Bring your ideas and get new ones. April's topic will be de-cluttering your Garage.

RSVP by Thursday, May 3

“CONSIDER THE CONVERSATION” A DOCUMENTARY ON A TABOO SUBJECT

Wednesday, May 9, 1:00—3:00 pm

Motivated by their personal experiences with the loss of close family members, two long-time friends produced a powerful and inspiring documentary film that sheds light on the American struggle with communication and preparation at life's end. *Consider the Conversation* explores various end-of-life issues as seen through the eyes of patients, family members, doctors, nurses, social workers, clergy, and national experts from around the country. It is an award-winning, locally produced film that has been shown hundreds of times on PBS stations throughout the nation. Co-Producer Mike Bernhagen of Rainbow Hospice Care will introduce the film and lead a discussion afterward.

RSVP by Thursday, May 3



NATIONAL SENIOR HEALTH AND FITNESS DAY ®

Wednesday, May 30

Seniors in the Park will join an estimated 100,000 seniors across the country promoting active, healthy lifestyles through physical activity, good nutrition and preventative care. It is a wonderful opportunity to make, renew and revitalize your commitment to live healthier. The days events are being held at the Starin Park Community Building and include:

9:00 am: Pole Dancing

9:30 am: Pole Walk leaving from Starin Park

10:30 am: Pole Walking Instruction, \$10.00

12:45 pm: Zumba Gold, Downtown Armory, pick up a “Try it for Free” coupon at Starin Park.

1:00 pm: Tai Chi

1:00 pm: Bike Ride departing from Starin Park. Ride will be suitable for all abilities

Please register for any events you would like to participate in by Thursday May 24.



ARTHRITIS TAI CHI

Mondays, May 7-July 2, 1:30 pm

Tai Chi is an ancient practice proven to reduce pain and improve your mental and physical well-being. The Arthritis Foundation Tai Chi Program developed by Dr. Paul Lam, uses gentle Sun-style Tai Chi routines that are safe, easy to learn, and suitable for every fitness level. The Tai Chi Program will help: Reduce Stress, Increase balance and flexibility, Feel relaxed, and Improve overall mind, body and spirit. Taught by an Arthritis Foundation certified instructor. No class May 28, June 18 & 25.

Where: Mulberry Glen, Community Room;
1255 W Main St

Cost: \$30.00

Registration/payment Deadline: Monday, April 30

Minimum: 6 people

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!

Instructor: Deb Weberpal

Day/Time: Wednesday May 16, 9:45 am

Day/Time: Wednesday May 30, 10:30 am

Day/Time: Monday June 11, 10:00 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

Minimum: 4 people Max: 8 people



HOARD MUSEUM GARDEN TALK

Thursday, May 17, 1:00 pm

Ron Langlier, and Sue Zimmerman, Master Gardeners, will explain what an Intersectional Peony is; then discuss local, internationally renowned Peony hybridizer, Roger Anderson, who generously donated more than 55 of these hybrid peonies to the museum. There will be lots of pictures and also information on the Hoard Museum's June 09, 2012 "Garden Tour". The tour will involve 5 gardens at the museum and 7 private gardens in the Jefferson County area with five of those in Fort Atkinson.

Please make reservations for this presentation by Tuesday May 15

TAI CHI IN THE PARK



Tuesdays, 8:15—9:15 am

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.

Session 1: May 8—June 12

Registration Deadline: May 1

Session 2: July 10-Aug 14

Registration Deadline: July 3

Cost: \$20.00 per session

Minimum: 5 people

ORGANIC GARDENING

Monday, May 14, 5:30 pm

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, and landscape to keep you and your plants healthy. Program is presented by Chrissy Register, Horticulture Educator, Walworth Co. UW-Extension. This class is Free but please register by Tuesday, May 8.



BINGO

Tuesdays, 10:00 am

May 1: Culver's Bingo

**May 8: Our House
Senior Living**

May 22: City Bingo

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Walworth Co. Nutrition Prog



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.



WATERCOLOR - WINDOWS, WINDOW BOXES & MORE

Wednesdays, May 2, 16 & 23 1:00 – 4:00pm

Topics for this three-week watercolor class with Karolyn Alexander Tscharnack, will focus on painting windows and window boxes with flowers, doors, and if time permits, stone buildings. Each session will include a demonstration on a technique or concept and plenty of time for individual painting with optional one-on-one coaching. Composition will be discussed as well as a variety of techniques to paint the subject matter. Please bring personal references, sketches, photos or ideas to work from if you would like. Beginning, intermediate and advanced concepts will be covered.

Cost: \$30 payable to the instructor on May 2nd by cash or check

Sign up by Monday, April 30th

Minimum – 6 people

BOOK CLUB

Monday, May 7, 10:30 am

The Book Club will discuss *Picture Perfect* by Jodi Picoult. The book for May is *The Help* by Kathryn Stockett.

Three ordinary women are about to take one extraordinary step. Twenty-two-year-old Skeeter has just returned home after graduating from Ole Miss. She may have a degree, but it is 1962, Mississippi, and her mother will not be happy till Skeeter has a ring on her finger. Aibileen is a black maid, a wise, regal woman raising her seventeenth white child. Something has shifted inside her after the loss of her own son, who died while his bosses looked the other way. Minny, Aibileen's best friend, is short, fat, and perhaps the sassiest woman in Mississippi. She can cook like nobody's business, but she can't mind her tongue, so she's lost yet another job. Seemingly as different from one another as can be, these women will nonetheless come together for a clandestine project that will put them all at risk. And why? Because they are suffocating within the lines that define their town and their times. And sometimes lines are made to be crossed.

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The Nasco

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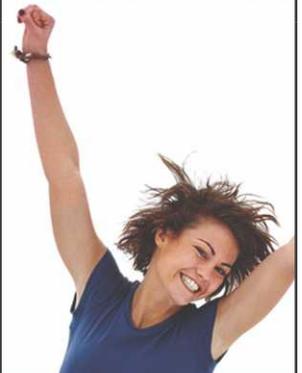
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For detailed itineraries on any of the extended trips, call 262-473-0535, send an email to dweberpal@whitewater-wi.gov, go to the city website at www.whitewater-wi.gov, (Departments, Seniors in the Park) or stop in to the Starin Park Community Building.



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 motor-coach transportation.

Cost: \$1599 per person/dbl
Mayflower Tours

CHIP-IN CASINO

June 12-13

Trip includes:

- ~Motorcoach transportation
- ~One night accommodations at Chip-In Island resort
- ~\$25 on your players card at Oneida plus 10% off your lunch.
- ~\$40 in free credits on your players card at Chip-In (\$20 each day)
- ~\$3.00 off dinner, \$2.00 off lunch, and free breakfast at Chip-In

Fee: \$72.00 pp/dbl; \$98.00 single;
\$67.00 pp/triple

Checks to Fort Atkinson Senior Ctr.
RSVP/payment due: Tues. May 15

DISCOVER CUBA—PEOPLE TO PEOPLE

August 2-10, 2012

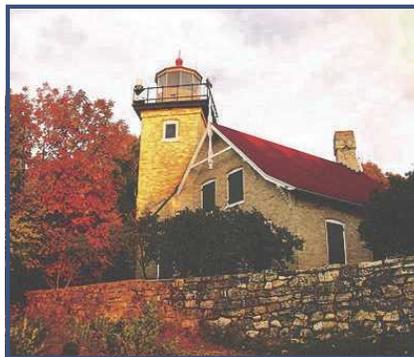
Tour Cuba on a people-to people tour. Highlights include: Unesco World heritage sites: Old Havana, Cienfuegos, Trinidad, & Sugar Mill Valley; Also: Cathedral de la Havana, Museo Fine Arts, Pinar Del Rio Vinales, Prehistoric Painted Caves, Jagua Castle, Church of Trinidad, Partagas Cigar Factory, Bay 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

Newsletter Distribution

Help is still needed to distribute our NEW newsletter. If you are available during the fourth week of the month to drop off copies to one of the following businesses please sign up at the reception desk or give us a call. Associated Bank, Dental Perfections, Dr Rowley, Mirage Hair Studio, Woodland Quilts, and Whitewater Family Dentistry.

Bike Ride Leaders

Parks and Recreation and Seniors in the Park are looking for volunteers to lead bike rides. This is a chance to meet new people, discover new routes, and lead others. Contact Michelle Dujardin mdujardin@whitewater-wi.gov or 262-473-0121 or Deb Weberpal dweberpal@whitewater-wi.gov or 262-473-0535 with your interest and level.

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.

FOUNTAIN OF YOUTH

There is a fountain of youth. Millions have discovered it - the secret to feeling better and living longer. It's called staying active. Finding a program that works for you and sticking with it can pay big dividends. Regular exercise can prevent or delay diabetes and heart trouble. It can also reduce arthritis pain, anxiety and depression. It can help older people stay independent.

There are four main types of exercise and seniors need some of each:

1. Endurance activities - like walking, swimming, or riding a bike - which build "staying power" and improve the health of the heart and circulatory system.
2. Strengthening exercises which build muscle tissue and reduce age-related muscle loss.
3. Stretching exercises to keep the body limber and flexible.
4. Balance exercises to reduce the chances of a fall.

Go here -> <http://www.nlm.nih.gov/medlineplus/exerciseforseniors.html>

SERVICES AT A GLANCE

Foot Clinic: Tuesday, May 1, 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, May 14, 1:00 pm. Half-hour massages for \$25. Appointments must be made in advance.

Blood Pressure Screening—Tuesday, May 8, 11:00 am
Provided free by Our House
Tuesday, May 22, 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, May 7, 12:00 pm

Agenda items include: Easter Bunny Lunch review, Older Americans Month activities, and summer programming. Help us chart the future of Seniors in the Park. New faces are welcome!

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.

Activity Calendar

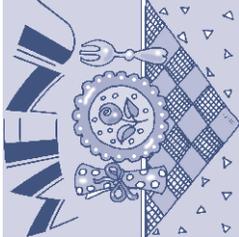
May 2012

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRI/SAT/SUN
	1 May Basket Day 10:00 Culver's Bingo 11:15 Pot Luck 11:45 Dominoes 12:00 Foot Clinic 1:00 Sheephead Office closed 12:30	2 12:30 J'ville Shopping 12:45 Zumba Gold (A) 1:00 Chess 1:00 Ladies Poker 1:00 Watercolor Office is closed	3 9:30 Stretch & Flex 11:00 Wii Bowling 1:00 Cooking for One or Two	4
7 8:30 Golf (OR) 8:45 Core and More 9:30 Stretch & Flex 10:30 Book Club 12:00 Senior Forum 1:00 Bid Euchre 1:30 Canasta 1:30 Tai Chi (MG)	8 8:15 Tai Chi 10:00 Our House Senior Living Bingo 10:30 Clutterbugs 11:00 Blood Pressure 12:30 Our House Senior Living Movie "The Descendants" 1:00 Sheephead	9 9:00 Pole Dancing 12:45 Zumba Gold (A) 1:00 Chess 1:00 Consider the Conversation 1:00 Watercolor	10 8:45 Core and More 9:30 Stretch & Flex 10:30 Lunch bunch 11:00 Wii Bowling	11
14 8:30 Golf (OR) 8:45 Core and More 9:30 Stretch & Flex 1:00 Bid Euchre 1:00 Massage Therapy 1:30 Tai Chi (MG) 5:30 Organic Gardening	15 8:15 Tai Chi 1:00 Sheephead	16 9:00 Pole Dancing 12:45 Zumba Gold (A) 1:00 Chess 1:00 Watercolor	17 8:45 Core and More 9:30 Stretch & Flex 11:00 Wii Bowling 1:00 Hoard Museum Garden Talk	18
21 8:30 Golf (OR) 8:45 Core and More 9:30 Stretch & Flex 1:00 Bid Euchre 1:30 Canasta 1:30 Tai Chi (MG)	22 8:15 Tai Chi 10:00 City Bingo 11:00 Blood Pressure 12:30 Our House Senior Living Movie "Iron Lady" 1:00 Sheephead	23 12:30 J'ville Shopping 12:45 Zumba Gold (A) 1:00 Chess 1:00 Ladies Poker 1:00 Watercolor	24 8:45 Core and More 9:30 Stretch & Flex 11:00 Wii Bowling Office closed 12:30	25
28 Memorial Day Center is Closed	29 8:15 Tai Chi 12:30 Our House Senior Living Movie "War Horse" 1:00 Sheephead	30 Senior Health and Fitness Day 9:00 Pole Dancing 9:30 Pole walking 12:45 Zumba Gold (A) 1:00 Tai Chi 1:00 Bike Ride 1:00 Chess 1:00 Watercolor	31 8:45 Core and More 9:30 Stretch & Flex 11:00 Wii Bowling	Activities take place at the Starin Park Community Building unless otherwise noted. (A)= Downtown Armory (L)= Cravath Lakefront (OR)= Oak Ridge Golf Course, Milton (MG)= Mulberry Glen

Walworth County Nutrition Menu

9

May 2012

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 <p>7 Kielbasa Scalloped Potatoes California Blend Vegies Rye Bread Rosy Applesauce</p>	<p>1 Pasta Fagioli Soup Brussels Sprouts Mixed Salad Greens Wheat Soft Pretzel Stick Cantaloupe</p>	<p>2 Open Faced Hot Turkey Sandwich-Baked Sweet Potatoes Broccoli Chilled Peaches</p>	<p>3 Tuna Salad Supreme Mixed Salad Greens American Potato Salad Multi-Grain Bread Chilled Apricots</p>	<p>4 Chicken Cacciatore Potatoes O'Brien Oregon Bean Medley Whole Wheat Bread Pineapple Tidbits</p>
<p>14 Meatball and Marinara Sub Sandwich on a Soft Roll Potatoes Italiano Italian Green Beans Fruit Jell-O</p>	<p>8 Chicken Salad Romaine Lettuce Herbed Tomato Wedges Multi-Grain Bread Chilled Pears</p>	<p>9 Country Fried Steak/Gravy Mashed Potatoes Harvard Beets Whole Wheat Bread Fruit Cup</p>	<p>10 Ground Beef, Mac/Cheese Seasoned Yellow Squash and Baby Lima Beans Wheat Bread Hot Fruit Bake/ Oatmeal</p>	<p>11 Baked Alaskan Pollock Au Gratin Potatoes Cole Slaw Bran Muffin Bread Cookie</p>
<p>21 Chicken ala Orange Vegetable Rice Pilaf Chick Pea Salad Whole Wheat Roll Hot Peach Crumble</p>	<p>15 Stuffed Cabbage Roll Red Beans and Rice Carrots and Chives Multi-Grain Bread Chilled Peaches</p>	<p>16 Country Chicken Soup w/ Kluski Noodles/Crackers Whipped Squash Tri-Bean Salad Hot Glazed Apples</p>	<p>17 Ham and Turkey Club on Focaccia Flat Bread Lettuce and Tomato Pea Salad Pineapple Mandarin Cup</p>	<p>18 Veal Cutlet Mashed Potatoes/Gravy Broccoli Whole Wheat Bread Chilled Pears</p>
<p>28 Memorial Day Senior Lunch Centers will be closed.</p>	<p>22 Meatloaf and Gravy Mashed Potatoes Harvard Beets Marble Rye Bread Applesauce</p>	<p>23 Hot Dog on a Hot Dog Bun Oven Browned Potatoes Corn Banana</p>	<p>24 Open Face Beef Sandwich Diced Red Potatoes with Peppers and Onions Carrots Fruit Pie</p>	<p>25 Classic Lasagna Squash/Baby Lima Beans Spinach Garlic Bread Oatmeal Raisin Cookie</p>
<p>28 Memorial Day Senior Lunch Centers will be closed.</p>	<p>30 BLT Chicken Salad Mixed Salad with Tomato Mandarin Orange Cup Ry Krisp Crackers Ambrosia Fruit Custard</p>	<p>31 Hamburger on a Wheat Hamburger Bun Baked Beans Mixed Vegetables Fruit Sunburst</p>	<p>31 Hamburger on a Wheat Hamburger Bun Baked Beans Mixed Vegetables Fruit Sunburst</p>	<p>Persons 60 & over & spouse are eligible. Suggested donation is \$2.50. to reserve a meal call 473-0536 9:30 – noon the day prior. Cancel meal day of by 8L00 am call 1-800-365-1587 ext 3333.</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 and leave your name, phone and the meal site you would like to attend. **The Nutrition Site will be closed Monday, May 28.**

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

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.

**FIND THE PARK
BENCH NEWSLETTER
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THANK YOU TO . . .

Thanks to everyone who helped out with the Easter Bunny luncheon. It went very smoothly this year because of all of you! We served about 100 people.

Easter Bunny Lunch Volunteers: Arlene Trewyn, Melissa Vue, Linda Loomer, Bruce Parker, Doris Wutke, Dao Vang, Peg Anderson, Donna Dable, Kendra Oldfield, Amanda Long, Laura Hess, Dorothy Poehler, Jan Schmeling, and Rose Ellestad,

Easter Bunny Lunch Donors: Carol Holford, Shirley Boyd, Lois Zipp, Doris McQuillin, Alice Overbee, Marion Malo, Doris Wutke, Barb Koch, Romelle Koch, Joyce Follis, Donna Dable, Rose Ellestad, Jean Nielsen, Terry Williams, Sandi Colombe, Janice Batten, Sharron McCarthy, John & Eunice Rowe, Helen Brady, Sue Chapman, Gretchen Barth, Betty Heth, and Darlene Knuteson.



HAPPY MAY BIRTHDAYS TO:

- 4 Betty Sweno
- 19 Thelma Robbins
- 27 Mark Dorn
- 30 Nancy Zaccanti

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!



WELCOME THE "NEW" PARK BENCH

With this issue we have started printing our newsletter with LPi. Many senior centers use their service and have been very pleased. We hope you enjoy the new layout and all the color! Another new feature is advertising. 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 and all the advertisers are also available at SeekAndFind.com.

Pack your Bags and head to...

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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
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
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.

PARK BENCH TV SHOW

The May Show will be information and discussion on the documentary “Consider the Conversation” with Mike Bernhagen of Rainbow Hospice. 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.

OUR HOUSE SENIOR LIVING MOVIES

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

“The Descendants”

Tuesday, May 8, 12:30—Rated: R, 1 hr 55 min

With his wife Elizabeth on life support after a boating accident, Hawaiian land baron Matt King takes his daughters on a trip from Oahu to Kauai to confront the young real estate broker, who was having an affair with Elizabeth before her misfortune. Rated R for some language.

“Iron Lady”

Tuesday, May 22, 12:30—Rated: PG, 1 hr 46 min

Elderly and a virtual prisoner in her own home due to her concerned staff and daughter Carol, Margaret Thatcher, Britain's first woman prime minister, looks back on her life as she clears out her late husband Denis's clothes for the Oxfam shop. Now his ghost joins her to comment on her successes and failures, sometimes to her annoyance, generally to her comfort until ultimately, as the clothes are sent to the charity shop, Denis departs from Margret's life forever



“War Horse”

Tuesday, May 29, 12:30—Rated: PG, 2 hr 6 min



Dartmoor, 1914: To his wife's dismay farmer Narracott buys a thoroughbred horse rather than a plough animal, but when his teenaged son Albert trains the horse and calls him Joey, the two becoming inseparable. When his harvest fails, the farmer has to sell Joey to the British cavalry and he is shipped to France where, he changes hands several times before he is returned behind British lines where Albert, now a private, and temporarily blinded by gas, still recognizes his beloved Joey. However, as the Armistice is declared, Joey is set to be auctioned off. After all they have been through will Albert and Joey return home together?

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VISIONS OF WISCONSIN



The "Visions of Wisconsin and Beyond" exhibit at the Cultural Arts Center in May will showcase the work of five of the Visionary Artists over the last two years. Visitors will enjoy a showing of more than 100 paintings by Joyce Follis, Marilyn Fuerstenberg, Barbara Grant, Tom Jewell, and Karolyn Alexander Tscharnack. The Visionary Artists show runs Thursdays through Sundays, noon to 5 p.m., from May 3 to May 27 at the Whitewater Arts Alliance's Cultural Arts Center at 402 West Main Street.

On Friday May 4, the public is invited to an opening reception to view the art and meet the artists from 5 p.m. to 7 p.m. at the Cultural Arts Center. All of the art will be available for visitors to purchase, with a percentage of each sale go-

ing to benefit the Whitewater Arts Alliance.

The group formed in 2008 as an art-critique group and they have been meeting monthly ever since. Their mission is to enjoy their time together through positive discussion and feedback that is aimed at enriching their artistic energies and charging their creative batteries to pursue their individual passion for painting.

On Sunday, May 6th, at the Cultural Arts Center, you will be able to watch the artists paint. Karolyn Alexander Tscharnack will be signing her award winning poster from the 2011 starting at 1:00 p.m.

Whitewater's Cultural Arts Center is located at 402 West Main Street in the historic White building near the Birge Fountain. Parking is behind the building, with an elevator available from the parking lot entrance. Parking is also available on side streets.

DOLLAR-A-DAY BOYS! A MUSICAL TRIBUTE TO THE CIVILIAN CONSERVATION CORPS

Michigan based author Bill Jamerson will present a music and storytelling program about the Civilian Conservation Corps at the Irving Young Memorial Library in Whitewater on Wednesday, May 16 at 2pm. The program is sponsored by the Friends of the Library and is free and open to the public.

Jamerson's presentation includes stories and performing original songs. He has performed at CCC reunions around the country and at dozens of CCC built national and state parks. The presentation is as entertaining as it is important; as honest as it is fun. It's about people both ordinary and extraordinary, with stories of wit, charm and strength.

Jamerson's book, *BIG SHOULDERS* is a historical novel that follows a year in the life of a seventeen-year-old youth from Detroit who enlisted in the CCC in 1937.

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TENNIS

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



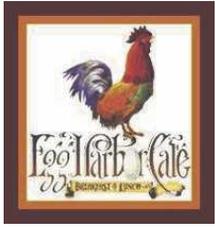
SPECIAL OFFICE HOURS IN MAY

May 1: 9:00—1:30
May 2: Office is closed
May 24: 8:30—12:30
May 28: Closed for
Memorial Day

14 Coach Trips, Van Trips & Fireside

LUNCH BUNCH

Thursday, May 10



Enjoy dining at Egg Harbor in Lake Geneva. Their varied menu, tasty food, and reasonable prices make this restaurant

a favorite. Sign up early as we had to turn people away last month! RSVP by Tuesday, May 8 Trip departs at 10:30 am

****New date in June!** First Thursday, June 7. We will be traveling to the Mill in Cambridge.

MILWAUKEE BREWERS

Wednesday, May 23

Enjoy a 12:10 ball game against the San Francisco Giants. Trip includes transportation and ticket to the game. Seats are on the first base side in Section 109, Field Outfield box. It's Spring Madness! Small Pepsi's and Klement hot dogs are \$1.00 each today. You may bring small purses/bags/soft sided coolers no larger than 16" x 16" x 8" and sealed (new) bottles of water/soda and other food items in see-through, soft containers (ziplock bags).



Cost: \$41.00

Reservation/payment due by

Wednesday, May 2

Depart: 9:45 am

Return: 5:30 pm (dependent on game time/traffic)

Tickets for 12 people ONLY!!

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



VETERANS MUSEUM & CAPITOL

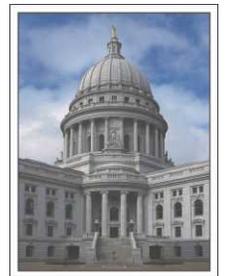
Thursday, June 14

The Wisconsin Veterans Museum is dedicated to the citizen-soldiers of our state. Employing exhibits, displays, and presentations, the museum's main galleries tell the story of Wisconsin men and women who served in America's conflicts from the Civil War to the Persian Gulf War. 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



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.

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 you own a 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, June 28



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 Brother. 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. May bring small purses/bags/soft sided coolers no larger than 16" x 16" x 8" and sealed (new) 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, May 2, 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, April 2.

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

FIRESIDE 2012

Wednesday June 6—**Legally Blonde the Musical, RSVP/ Payment deadline April 31**

Wednesday August 8—The Rock & the Rabbi,

RSVP/Payment deadline July 2
Wednesday Sept. 19—Hello Dolly, RSVP/Payment deadline August 9

Cost: \$66.00: payable to: The Fort Atkinson Senior. Center. Transportation is on your own. Arrive at 10:30 am. Lunch is at 11:15 and Show at 1:30.



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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. 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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