



The Park Bench

October 2012

Seniors in the Park Newsletter



OKTOBERFEST

October 4, 11:00 am

Enjoy the smooth sounds of Jerry Hartman on the keyboard and accordion. Dance, tap your toes, or sing-along with polkas and other upbeat songs. Sip some hot cider and enjoy the Walworth County meal site for lunch and a special dessert. Suggested donation for the meal is \$2.50. Please reserve your meal by calling 262-473-0536 or stop at the reception desk by Tuesday October 2.

Volume #XII Issue #10

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GLOBAL GALA

Thursday, November 1, 6:00 pm

Experience an evening of food, entertainment, and laughter with International Students attending UW-Whitewater. They bring their joy and enthusiasm to the event as well as dance, costume, and song from their native countries. You will laugh and be amazed by these talented students. A dessert buffet will be served at 6:00 pm, with time to meet and mingle with the students. The show will begin about 7:00 pm and usually lasts about an hour. Tickets are available in advance at the Starin Park Community Building and cost \$3.00. You can also call to reserve a ticket if you can't get in to purchase one. There is limited seating for the event so please get your ticket early. For those of you who have traveled internationally, feel free to wear clothing from a country you have visited. If you need a ride, please let us know when you purchase your ticket.



Seniors in the Park Promotes & Enhances a Vital Aging Community

Classes and Active Pursuits

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

COMPUTER TUTOR

Bring your own laptop, if you wish, with either VISTA or XP, or use the XP computers at the Senior Center. Please tell us what you want assistance with, when registering for your session.

Instructor: Lyle Hunter

Cost: \$5.00 per session

Dates: October 1, 4, 8, 9, 16, 18,
22, 25, 29, 30

Time: 9:30 am

Register at least 5 days in advance, so Lyle can be prepared

BOOK WORMS

Monday, Oct. 1, 10:30 am

The Book Club will discuss *The Buddha in the Attic* by Julie Otsuka. The book for November is *Long Lost* by Harlan Coben. Myron Bolitar hasn't heard from Terese Collins since their torrid affair ended ten years ago, so her desperate phone call from Paris catches him completely off guard. Now a suspect in the murder of her ex-husband in Paris, Terese has nowhere else to turn for help. Myron heeds the call. In grave danger from unknown assailants in a country where nothing is as it seems, Myron and Terese race to stay a step ahead of Homeland Security, Interpol, and Mossad. Soon they are working at breakneck pace, not only to learn what really happened to Terese's long-lost little girl— but to uncover a sinister plot with shocking global implications.

INTRODUCTION TO COLORLIGHT

Monday, October 22, 1:00 pm

How does color influence you and your mood? What can colors do for you? What can colorful minerals and gems do for you? The answers to these questions and the application of colorlight to balance emotions using Chromalite II will all be explained by Charlotte Soto.

Fee: \$3.00

Deadline: Tuesday, October 16

WATERCOLOR— FOCUS ON SECONDARY COLORS

October 11-25, 1:00-4:00 pm

This class will focus on one of the elements of design – color, specifically secondary colors. Each session will include a demonstration on color mixing and paint application techniques. Color temperature and value will be discussed. There will be plenty of time for individual painting with optional one-on-one coaching. Subject matter may include flowers, still life, landscape, and semi-abstract. Attendees are always encouraged to paint from personal references, photos, or ideas. Whether your approach is traditional, expressive, semi-abstract, or something else, you are welcome to join in. Beginning, intermediate, and advanced concepts will be covered. Express your personal creativity in this three-week watercolor class.

Cost: \$30, payable to the instructor on October 11 by cash or check.

Sign up by Monday, October 8.



PICKLE BALL

Pickle Ball is a fun, social, easy to learn game that is a cross between badminton, table tennis, and tennis. It's played on a smaller court, with large paddles and a wiffle-like ball. It takes 15 minutes to learn, and you can be playing well in 1-2 sessions. Youth and adults of all ages can play equally together, as you don't need to be athletic or strong to play. Show up for open play. People are rotated in and out to play and learn. Check out this world-wide sport.

Where: Trippe Lake Park

Day/Time: Tuesdays, 10 am-noon (Open Play)

Wednesdays, 10 am-noon (Open Play)

Thursdays, 3:00 pm-5:00 pm (Youth Open play)

Dates: Through Thursday, October 25

Watch for Pickle ball in the Armory gym possibly beginning in October.

STRETCH, FLEX, AND GLIDE



Mondays and Thursdays, 9:30 am

This active class uses hand weights, body bars, and gliders to give you a great cardio and strength workout. Modifications are shown and participants are encouraged to work at their level. The class is led by retired Physical Education teacher, Mary

Zordell. You will laugh, get stronger, and make new friends. The group goes for coffee after, for those interested.

Cost: \$1.00 per class or purchase a punch card

CORE AND MORE

Mondays & Thursdays

8:45 - 9:15 am

This half hour class focusing on your core will help you to perform everyday activities safely and with ease. Modifications for all levels of ability will be demonstrated. Must be able to get down on the floor for this class. Please bring an exercise mat.

The class will not meet on Oct. 25

Fee: 10 punch pass for \$30.00
(passes do not expire)

TAI CHI IN THE PARK

Beginners 8:00-8:30 am; Continuing Students 8:30—9:15

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.

Session 2: Nov. 6 - Dec.10; Registration Deadline: Oct. 30

Cost: \$18.00 continuing student/session

\$15.00 beginner/session

Minimum: 5 people

ZUMBA GOLD®

Wednesdays, 12:45 pm

Downtown Armory Dance studio
A fun and energizing workout.

Instructor: Lynette Brown

Fee: \$40.00 - 10 class punch card
(passes do not expire). 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.

BUNCO

October 18, 1:00 pm

Bunco is a very social game and there is usually lots of laughter. It's a simple game that's extremely fun and involves three dice. You change tables and partners after each round so it's great game for meeting new people. The rules are on www.BuncoBuddy.com on the Bunco Rules page. Joyce Florin will be there to explain and lead the game. Join us for a really fun afternoon.



GAY AND GRAY

Monday, October, 6:30 pm

This group is a forum for discussion and support. Whether you are LGBT or family, friend or supporter, all are welcome to attend. Stop in and help plan upcoming meetings in which we can look at available services, show movies that promote dialogue, or just have a social night out with friends. The group will decide the direction it wants to take.



GREAT CARDS, LOW PRICES!

We have a great selection of everyday, Halloween and Thanksgiving greeting cards. Most are priced from 50 cents to \$1.25. Stop in and check out our selection.



Tuesdays, 10:00 am
Oct. 2: Culver's Bingo
Oct. 9: Our House Senior Living
Oct. 23: City Bingo

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Jessica's Restaurant
Eastsider/Westsider
First Citizens State Bank
Dalee Water Conditioning
Fort Atkinson Community Credit Union

OUR HOUSE SENIOR LIVING MOVIES

"The Best Exotic Marigold Hotel"

Tuesday, October 9, 12:30 pm

Rated PG-13; 2 hr. 4 min.

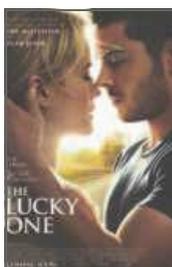
A diverse group of retirees are forced by the economic downturn to spend their Golden Years in a ramshackle hotel in India, where some embrace the new, and some do not. The film features British acting royalty: Dame Judi Dench, Maggie Smith, Tom Wilkerson, and Dev Patel ("Slumdog Millionaire").



"The Lucky One"

Tuesday, October 23, 12:30 pm

Rated PG-13; 1 hr. 41 min.



A soldier, convinced his life was saved in Iraq when he was distracted by a young woman's photograph, is determined to find her, to thank her. Romance ensues. Based on a Nicholas Sparks novel, with Zac Efron as the lovesick soldier; Taylor Schilling and Blythe Danner.

Halloween Creature Double Feature: Chills, Thrills, and Free Halloween Candy!!!

"Frankenstein"

Tuesday, October 30

1931, PG; 1 hr. 10 min.

The definitive horror classic, with Colin Clive as the ultimate mad scientist who assembles a living being from exhumed body parts, and inadvertently, the brain of a criminal. As Dr. Frankenstein's Monster, Boris Karloff became a star.



"Gorgo"

1961, PG; 1 hr. 18 min.

When a 65-foot dinosaur emerges from the Irish sea, salvage operators Sam (William Sylvester, "2001: A Space Odyssey") and Joe (Bill Travers, "Born Free") capture the creature and bring it to London. Hoping to make money, they put the beast on display in London's Piccadilly Circus. But Gorgo's enormous, 200-foot-tall mother, comes looking, and will do anything to get her 'baby' back, even if she has to destroy the entire city! A classic dinosaur flick, with a twist, this is one of Mark's favorite childhood films!

GREAT WEBSITES TO VISIT

If you are choosy about the websites you visit and the e-newsletters you receive, these are two of the best. National Council on Aging: www.ncoa.org and the National Institute on Health: <http://nihseniorhealth.gov>. Both sites will send out informational newsletters and have a wealth of good, reliable information on their sites.

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Hours: M-W: 8:15 a.m.-7 p.m. & Fri: 8:15 a.m.-5 p.m.
Patients are seen by appointment.
FOR HEALTH. www.FortHealthCare.com/Whitewater

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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.

THE BATTLE OF GETTYSBURG TOUR

July 5-11, 2013



This tour celebrates the 150th anniversary of the battles. Visit the Battlefields of Gettysburg and Antietam, attend reenactments, tour

Civil War Museums, visit the Eisenhower national Historic Site, and Hershey Chocolate World.

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

Mayflower Tours

TRIP PREVIEW

~Preview the **Sea Islands and Gettysburg Trips** on Wednesday, October 10 at 1:00 pm. Snacks will be served and door prizes given out. Please register by Wednesday, Oct. 3

NEW ORLEANS & CAJUN COUNTRY BY TRAIN

February 23-March 3, 2013

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

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

Deposit: \$200 per person

Premier World Discovery



THE SEA ISLANDS—BEAUFORT, SAVANNAH & CHARLESTON

March 9-16, 2013

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

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



Anyone who stops learning is old, whether at twenty or eighty. Anyone who keeps learning stays young. The greatest thing in life is to keep your mind young.

Henry Ford

EMERGENCY FORMS

Emergency forms must be completed to travel with us. They can be filled out when you register for a trip or the day of. You will need doctor and emergency contact numbers and a list of your medications. Participants are encouraged to keep a list of medications in their purse or wallet.

TYPO, HUMAN ERROR, WE GOOFED!?

Occasionally there may be an error in days, times, registration dates 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.

CHIP-IN CASINO OVERNIGHT

October 25—26

The Chip-In Casino Resort (Island Resort) is located near Escanaba in the Upper Peninsula of Michigan. The hotel features two towers of rooms with an indoor pool and sauna. Michigan allows craps, let it ride, and table poker gaming along with slots and blackjack. Included in the cost of the trip is at Oneida \$25 on your Players Card and 10% off your meal. At Chip-In Resort: \$40 in credits on your Players Card (\$20 each day toward slots only), \$3.00 off dinner, \$2 off lunch on day two and free traditional breakfast, and a one night stay.

Cost: \$72.00

Reservation/payment deadline is September 27

Checks made out to Fort Atkinson Senior Center

Trip departs Fort K-Mart at 7:30 am Thursday Oct. 25

Trip returns to Fort K-Mart on Friday October 26 approx. 7:30 pm



CHURCHES AND CHOCOLATE



Tuesday, November 27

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

Sauce, Cheese Manicotti, and Chicken Parmigiana, all served family style. Chocolate Cake and soft drinks, coffee and tea, are included in trip price. The final stop of the day is a tour of a chocolate factory. Samples will be available along with items for purchase. Great Christmas gifts!

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

Reservation/payment due by Nov. 1

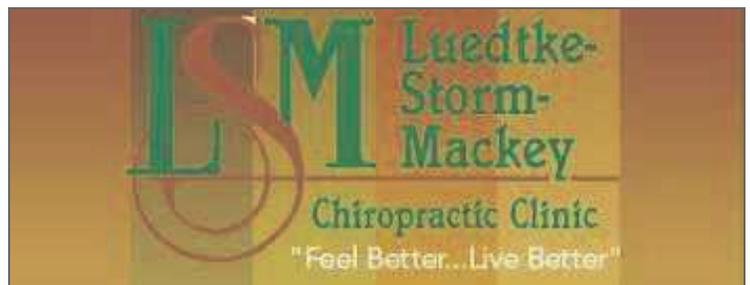
Depart Fort K-Mart- 7:30 am and Starin Park- 8:00 am

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

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“OFFERING OF THE ANGELS” EXHIBIT

Friday, November 7



Forty –five artworks traveling from the Uffizi Gallery in Florence, Italy will be featured at the Chazen Museum of Art on the UW-Madison campus. The artworks span four centuries and feature artists such as Botticelli, Tintoretto, Titian, and Parmigianino. Included in the display are two tapestries close to seven feet wide and are the most precious objects of the exhibit. Visit the Frank Lloyd Wright designed First Unitarian Society Church for a luncheon concert and

tour. Please bring a sack lunch. The society is housed in the historic Unitarian Meeting House, designed by one of its members, Frank Lloyd Wright. Wright was commissioned to design the Meeting House in 1946. It is recognized as one of the most innovative examples of church architecture. In 1960, the American Institute of Architects designated it one of seventeen buildings to be retained as an example of Wright's contribution to American culture. The Meeting House was placed on the National Register of Historic Places in 1973. In 2004, it was officially declared a National Historic Landmark by the National Park Service



Cost: \$20.00 (van trip)

Deadline: Thursday, October 18

Minimum 8 people; Maximum 12 people

GALENA DAY TRIP

Friday, October 12 and October 19

Voted one of the “100 Best Midwest Small-town Getaways” by Midwest Living magazine, Galena, Illinois is a trip you will not want to miss! Stroll along Galena’s main street and shop art galleries, antique stores, eclectic boutique shops, and specialty food stores, including Pasta Perfetta, Chocolat’, Galena’s Kandy Kitchen, Main Street Cheesecake, Galena Canning Co, Galena Garlic and Spice Store, Galena Mountain Harvest (bulk organic), and Galena River Wine & Cheese. With over 90 shops on Galena’s Main Street there is something for everyone. Please bring a cooler.

Cost: \$18.00 (van trip) (Oct 12 is full)

Deadline: Monday, October 1

Minimum 8 people; Maximum 12 people

Depart: 8:00 am; Return: 6:00 pm (approx)



LUNCH BUNCH

Thursday, October 11

Enjoy dining at the Next Door Pub in Lake Geneva.

RSVP by Tuesday, October 9

Trip departs at 10:30 am

On November 8, we will be traveling to HHHFRRRGGH’s in Janesville.

JANESVILLE SHOPPING

Wednesday, October 3

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 Tuesday, October 2

FIRESIDE 2012

Wednesday, Dec. 19—Scrooge,

The Musical

RSVP/Payment due 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.

FIRESIDE 2013

Wed., Jan. 16—Sizzln’ 60’s

Live Band Music

RSVP/Payment deadline Dec.14

Thurs., March 14—Footloose

Takes place in Chicago with high energy singing

RSVP/Payment deadline Feb. 14

Thurs., May 9—Annie Get Your Gun

Classic tales of Annie Oakley

RSVP/Payment deadline April 9

Wed., July 3—Little Shop of Horrors

Activity Calendar

9

October 2012



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRI/SAT/SUN
1 8:45 Core & More 9:30 Stretch & Flex 9:30 Computer Tutor 10:30 Book Club 12:00 Senior Forum 1:00 Bid Euchre 1:30 Canasta	2 8:15 Cont. Tai Chi 10:00 Pickle Ball (T) 10:00 Culver's Bingo 11:15 Pot Luck 11:45 Dominoes 12:30 Foot Clinic (by appointment) 1:00 Sheepshead	3 9:00 Bowling (HB) 9:00 Pole Walking 10:00 Pickle Ball (T) 12:30 Janesville Shopping 12:45 Zumba Gold (A) 1:00 Ladies Poker 1:00 Chess	4 8:45 Core & More 9:30 Stretch & Flex 9:30 Computer Tutor 10:45 Wii Bowling 11:00 Oktoberfest	5 Nutrition Site at Brookdale
8 8:45 Core & More 9:30 Stretch & Flex 9:30 Computer Tutor 1:00 Bid Euchre 1:00 Massage Therapy	9 8:15 Cont. Tai Chi 9:30 Computer Tutor 10:00 Pickle Ball (T) 10:00 Our House Senior Living Bingo 11:00 Blood Pressure 12:30 Our House Senior Living Movie "Best Exotic Marigold Hotel" 1:00 Sheepshead	10 9:00 Bowling (HB) 9:00 Pole Walking 10:00 Pickle Ball (T) 12:45 Zumba Gold (A) 1:00 Chess 1:00 Trip Previews	11 8:45 Core & More 9:30 Stretch & Flex 10:30 Lunch Bunch 10:45 Wii Bowling 1:00 Watercolor Office Closed at noon	12 8:00 Depart for Galena Nutrition Site at Brookdale 
15 8:45 Core & More 9:30 Stretch & Flex 1:00 Bid Euchre 1:30 Canasta	16 8:15 Cont. Tai Chi 9:30 Computer Tutor 10:00 Pickle Ball (T) 1:00 Sheepshead	17 9:00 Bowling (HB) 9:00 Pole Walking 10:00 Pickle Ball (T) 12:45 Zumba Gold (A) 1:00 Chess	18 8:45 Core & More 9:30 Stretch & Flex 9:30 Computer Tutor 10:45 Wii Bowling 1:00 Watercolor 1:00 BUNCO	19 20 UWW Homecoming Go Warhawks!
22 8:45 Core and More 9:30 Computer Tutor 9:30 Stretch & Flex 1:00 Colorlight Presentation 1:00 Bid Euchre	23 8:15 Cont. Tai Chi 10:00 [Pickle Ball (T) 10:00 City Bingo 12:30 Our House Senior Living Movie "The Lucky One" 1:00 Sheepshead	24 9:00 Bowling (HB) 9:00 Pole Walking 10:00 Pickle Ball (T) 12:45 Zumba Gold (A) 1:00 Chess	25 9:30 Stretch & Flex 9:30 Computer Tutor 10:45 Wii Bowling 1:00 Watercolor Office Closed today	26 No Nutrition Site— Staff Training
29 8:45 Core and More 9:30 Stretch & Flex 9:30 Computer Tutor 1:00 Bid Euchre	30 9:30 Computer Tutor 10:00 Pickle Ball (T) 12:30 Our House Senior Living Movie Creature Double Feature 1:00 Sheepshead	31 Happy Halloween 9:00 Bowling (HB) 9:00 Pole Walking 10:00 Pickle Ball (T) 12:45 Zumba Gold (A) 1:00 Chess 	1 8:45 Core & More 9:30 Stretch & Flex 10:45 Wii Bowling 6:00 Global Gala	Activities take place at the Starin Park Community Building unless otherwise noted. (A)= Downtown Armory (HB)= Hawk Bowl (L)= Cravath Lakefront (T)= Trippe Lake Park

October 2012

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>1 Pork and Gravy Mashed Potatoes Chef's Vegetable Whole Wheat Bread Strawberry Yogurt</p>	<p>2 Meatballs/Marinara Sauce Spaghetti Noodles Capri Blend Vegetables Garlic Bread Chilled Pears</p>	<p>3 Breaded Chicken Patty Rice Pilaf California Blend Wheat Bread Mandarin Orange Cup</p>	<p>4 Hamburger Wheat Hamburger Bun Baked Beans Mixed Vegetables Fruit Sunburst</p>	<p>5 Baked Chicken Thigh Sweet Potato Puffs Green Beans Whole Wheat Bread Chef's Choice Fruit</p>
<p>8 Senior Lunch Centers will be closed due to staff in-service.</p>	<p>9 Fiesta Pasta Bake Corn with Black Beans Broccoli Whole Orange</p>	<p>10 Italian Sausage with Marinara on Wheat Bun Scalloped Potatoes Italian Mixed Vegetables Banana</p>	<p>11 Chicken Piccata Brown Rice/Red Peppers Capri Blend Vegetables Carrot Raisin Salad Cake</p>	<p>12 Lasagna Roll-Ups Chef's Blend Vegetable Mixed Salad Greens Garlic Bread Mixed Fruit</p>
<p>15 BBQ Riblet on a Wheat Bun Baked Potato Red Cabbage Mixed Fruit</p>	<p>16 Pasta Fagioli Soup Brussels Sprouts Mixed Salad Greens Whole Wheat Soft Pretzel Cantaloupe</p>	<p>17 Hot Turkey Sandwich on Multi-Grain Bread Baked Sweet Potato Broccoli Chilled Peaches</p>	<p>18 Beef Stroganoff with Pasta Seasoned Peas & Carrots Wheat Bread Chef's Choice Fruit</p>	<p>19 Chicken Cacciatore Potatoes O'Brien Oregon Bean Medley Whole Wheat Bread Pineapple Tidbits</p>
<p>22 Kielbasa Scalloped Potatoes Cal. Blend Vegetables Rye Bread Rosy applesauce</p>	<p>23 Ham w/Pineapple Sauce Parslied Whole Potatoes Seasoned Corn Whole Wheat Bread Chef's Choice Dessert</p>	<p>24 Country Fried Steak/Gravy Mashed Potatoes Harvard Beets Whole Wheat Bread Fruit Cup</p>	<p>25 Ground Beef, Macaroni and Cheese Squash & Baby lima Beans Wheat Bread Hot Fruit Bake</p>	<p>26 Senior Lunch Centers will be closed due to staff in-service.</p>
<p>Menus for the end of October will be available later in the month</p>				
<p>Persons 60 and over and their spouses are eligible. Suggested donation is \$2.50. To reserve a meal, call 473-0536, 9:30 to noon, the day prior. Cancel meal day of by 8:00am. Call 1-800-365-1587, ext 3333.</p>				



Pack your Bags and head to...

Mulberry Glen

Senior Living Community

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SERVICES AT A GLANCE

Foot Clinic: Tuesday, Oct. 2
Foot Clinic is now taking APPOINTMENTS beginning at 12:30 pm on the first Tuesday of the month. Please call for an appointment. Please bring a towel. Cost is \$12.00. Stop at the front desk to pay and to sign in for the service.

Therapeutic Massage:
Monday, October 8, 1:00 pm. Half-hour massages for \$25. Appointments must be made in advance.

Blood Pressure Screening:
Tuesday, Oct. 9, 11:00 am
Provided free by Our House
No screening on the fourth Tuesday of the month for the foreseeable future.

Other Services:

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

HAPPY OCTOBER BIRTHDAYS TO:

22 John Rowe

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!

PARK BENCH TV SHOW

The October Show features members of the Paralympics basketball team from Whitewater. Hear about their bronze medal (men) and also being greeted by President Obama at the White House. 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.



FOOD AND FRIENDS

Savor a nutritious and tasty meal and stimulating conversation in the company of friends. Anyone 60+ and their spouse is welcome to attend. Nutrition Site meals are served at 11:30 am, Monday through Friday. The suggested donation is \$2.50. To reserve a meal, call 262-473-0536 by noon a day in advance (call Friday for a Monday meal) or call Walworth County at 1-800-365-1587, ext. 3333 and leave your name, phone, and the meal site you would like to attend.

The Nutrition Program will be at Brookdale on the first, second, and fourth Fridays of every month, October 5 and 12

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

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, Fort Community Credit Union, Commercial Bank, Associated Bank, McCulloughs, Dale's Bootery, Mercy Clinic and PT, Jessica's, ILY Library, Whitewater Street Restaurant, Whitewater Aquatic & Fitness Center, Nicole and Co, Davis/Dueher/Dean, Dr Nosek, Headquarters, Dr Rowley DDS, Culvers, Whitewater Family Practice, Dental Perfections, Mirage Hair Studio, Robins Nest, Whitewater Family Dentistry, Ketterhagen Ford, and Woodland Quilts.** Thanks for displaying and distributing our newsletter.

SHARE YOUR TIME AND TALENTS



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. Specific needs are: Thursday mornings and the first Tuesday from 11:00 am-3:30 pm, as well as fill-in. Help out once a week or twice a month. We try to be flexible with your schedule.

Research Assistance for attendance software—We are looking at purchasing attendance software for the Community Building. If you would like to assist with this process and have a computing background, please contact Deb. This project should be complete by mid-December.

Excel—ler—Are you familiar working in Excel spreadsheets and a little with Word? This is an as needed computer assistance position. Work on tracking hours and attendance, making sign up and attendance sheets, and other needs on the computer.



Closer—Thursdays 3:30 pm. An as needed position. Assist with closing the building by putting away items we do not want damaged or stolen. Training and assistance provided.

Pickleball—We are always looking for people willing to facilitate Pickleball. Involves opening the storage area, putting out the net, checking people in, giving hints on play, and /or playing yourself when needed.

COORDINATOR'S COMMENTS

HELP US DEVELOP MORE MEMBER INITIATED, MEMBER MANAGED ACTIVITIES

The center has a small paid staff (me) and I know there are hundreds of activities and programs we could be offering. As the center grows, I do not have time to plan, develop, facilitate, set-up, and manage more activities. Are there activities or hobbies you enjoy doing? If so, think about starting a group! I am more than willing to assist in the development of new activities, but they need to become self-sustaining over time, as participants and volunteers take over and “run the show”.



Is there something you enjoy doing that you (and a friend) might be able to help develop and manage as a Seniors in the Park activity? Some possibilities you might consider are:

- Do you like to sing or do you play an instrument? Maybe start a chorus, singing group, band or plan jam sessions.
- Do hike or bike? How about a hiking or biking group?
- We have groups that play Bid Euchre, Canasta, Poker, Bingo, Bunco, and Chess. Is there another game you are interested in starting? There are probably others out there interested, too.
- Do you ride a motorcycle? How about a monthly ride with others, planned by the group, and leaving from Starin Park?
- Is there a fitness class we don't offer? What are you interested in doing?
- Interesting crafts like stained glass, felting, etc.
- Sometimes you might know of a person able to facilitate/teach a class or lead an activity. Encourage them to stop in and talk with me or better yet, come in together!



These are just ideas. Activities can be monthly, weekly, short-term or long-term, active or quiet. The other benefit of member initiated activities is you can attend classes you want, not what I think you might want. It's a win-win situation. What trips your trigger?

All shows include free door-to-door service through Seniors in the Park with our van. Please adhere to deadlines, as tickets will not be available after this date. Less expensive tickets may be available, but require more walking up and down stairs. Call for details, 473-0535.

Payment is due with your registration. Please also include: your address/where you will be picked up and your phone number. We will call one day in advance with your pickup time. Checks made out to City of Whitewater and mailed to: Seniors in the Park, PO Box 178, Whitewater WI 53190 OR dropped off at the Starin Park Community Building.

Mid-Life Vices - The Four Bitchin' Babes

Saturday, November 17, 2012, 7:30 pm

Tickets: \$28.00 Deadline: October 16

For a real girls-night-out, catch the Babes, four multi-talented gal pals each a brilliant writer-musician-comedienne, who share the stage filling it with luxurious harmonies and sophisticated (never blue) stand-up comedy, creating an amazing evening of raucous delight. This show is a celebration of "Whine, Women, and Song!" *Mid Life Vices*, hysterically journals the lives of this Baby Boomer generation. In Babe fashion, the girls use their musical wacky viewfinder to honor the quirks and habits of men and women who (like the Babes) refuse to act their age! All in stunning 4-part harmony!



Golden Dragon Acrobats

Thursday, November 15, 2012, 7:30 pm

Tickets: \$28.00 Deadline: October 16

Some things are best left to the experts . . . so don't try this at home! The Golden Dragon Acrobats perform traditional acrobatics from twenty-five centuries ago featuring dazzling costumes, traditional dance, ancient and contemporary music with breathtaking skill and beauty. *"Good old-fashioned razzle-dazzle. . . Ripples of amazement all the way to the back row. . ."* -The Dallas Morning News

A Leahy Family Christmas

Saturday, December 8, 2012; 7:30 pm

Tickets: \$36.00

Deadline: November 6

Very few things put one in a festive holiday mood like Leahy! These eight talented brothers & sisters sing, dance, and play a mix of their favorite Celtic medleys and traditional Christmas Carols that put everyone in a merry mood for the season. Leahy has won numerous awards in Canada, including Junos for Best New Group, Best Country Group, and Best Instrumental Album; they opened for Shania Twain on her inaugural tour; and they were the subject of an Oscar winning documentary *The Leahys: Music Most of All*.

FAIRHAVEN LECTURE SERIES

Election 2012—

Understanding the People's Choice

Mondays, 3:00 pm

Fellowship Hall, Fairhaven

This series will examine a number of critical issues posed in this year's election cycle. Polls reveal Americans' record dissatisfaction with government, and the media appear consumed by a vigorous debate about the federal deficit, economic inequality, and a range of social issues. This election may either contribute to increasing political polarization or point to areas of consensus.

Oct. 1 Politicians for the planet? Searching for sustainability in the 2012 elections

Eric Compas, Dept. of Geography & Geology

Oct. 8 Money Talks: Citizens United and Its Impact on U.S. Elections

Jolly Emrey, Dept. of Political Science

Oct. 15 Perspectives from German on the U.S. Election

Carol Scovotti, Dept. of Marketing

Oct. 22 Economists Reflect on this Election Season

Jeffrey Heinrich, Stuart Glosser, and Russell Kashian, Dept. of Economics

Oct. 29 2012 Convention Speeches Compared: Acclaims and Attacks in an Evolving Genre
Corey Davis, Dept. Of Communication

LATIN SOCIAL DANCE: INTRODUCTION TO MERENGUE & SALSA

Fridays, Oct. 12 to Dec. 7, 2012 7:30 - 8:45 pm

At AWE Sport and Spine Clinic, 1550 Madison Ave, Fort Atkinson

Learn social dancing in this class designed for persons new to/unfamiliar with the basics of 2 of the hottest Latin partner dances, Merengue and Salsa.

Instruction is progressive, building skills from simple to complex on previous lessons. Partner instruction focuses on "lead" and "follow" roles.

COST: \$80 per person payable by check or cash.

Register by Wednesday Oct. 3 with a partner at Sport & Spine Clinic, call 920-568-9739, email Denay Trykowski trykowsd@att.net or call 262-473-2300 after 9:00 pm. Also link to www.awefort.com, (Advanced Wellness & Education).

FLU SHOTS

Getting the flu shot protects you and also helps prevent the spread of the flu to others you care about, including family members and friends who may not have gotten their flu shot. For older adults, especially people aged 65 and older, an annual flu shot is critical and might even be life-saving. If you're aged 65 or older, you have two options for your annual flu shot:

- The traditional flu shot
- A higher dose flu shot designed specifically for people aged 65 and older

Medicare Part B covers both of these options.

Talk to your health care provider today about the dangers of the flu, the benefits of the flu shot, and the best option to meet your needs.

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

Bowling—Wednesday 9:00 am, Hawk Bowl, fee to bowl

Bunco—Third Thursday 1:00 pm

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

Chess—Wednesdays, 1:00 pm Beginners welcome

Core & More: Mon & Thurs. 8:45 am; \$3.00 per class

Dominoes—First Tuesday 11:45 am

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, 10:45 am

Zumba Gold®—Wednesdays 12:45 pm, Downtown Armory. Cost \$40.00 punch card or \$5.00 walk-in. Must be paid for at Starin Park Community Bldg.



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THANK YOU TO....

- **Rose Ellestad** for her many years of dedication to Seniors in the Park. Her smiling face and warm heart graced our reception desk. Rose made sure so much was running smoothly and was willing to come in when needed. Thanks Rose for your time, sincerity, loyalty, and patience.
- **Bingo Players** who went out and solicited for Bingo prizes. Thanks so much!
- **Everyone** who brings in their Funds for Friends receipts form Sentry. Keep up the great work.

SENIOR FORUM

Monday, October 1, 12:00 pm

Agenda items include investigation and purchase of attendance tracking software, Chili Cook-off at Freeze Fest, programming and facility comments.

SPECIAL OFFICE HOURS

Oct 11: Office 8:30-12:00

Oct. 25: Office closed
Closed Fridays

Seniors in the Park

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Phone 262-473-0535
Fax 262-473-0537
Nutrition Site 262-473-0536
Hours.... Mon-Thurs, 9:00 am-4:00 pm

Senior Coordinator

Deb Weberpal, CPRP
dweberpal@whitewater-wi.gov

Volunteer Editor

Romelle Koch

Director

Matt Amundson, CPRP

Recreation & Community Events Coordinator

Michelle Dujardin

For General City information see the
city website at
www.whitewater-wi.gov.

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, click on Departments, then Seniors in the Park or go to www.whitewaterbanner.com and look for the link in the left column. The newsletter is available for pick up at the Starin Park Community Building, Municipal Building, the Whitewater Aquatic and Fitness Center, and the Irvin L. Young Memorial Library. (Note: January 1, subscription cost will increase to \$8.00 due to postal increase and larger newsletter.)

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