



The Park Bench

September 2012

Seniors in the Park Newsletter

ACTIVE AGING WEEK : MANY JOURNEYS, MANY DESTINATIONS

Volume #XII Issue #9

September 23-29

The theme “Many Journeys, Many Destinations” promotes the benefits of a healthy lifestyle on a national level. Older adults can discover and experience activities and exercise which fit their personality, schedule, and level of ability, in a safe, friendly, and fun atmosphere. Seniors in the Park promotes living as fully as possible within the seven dimensions of wellness (physical, spiritual, intellectual, social, emotional, environmental, and vocational). We recognize differing abilities and the fact that everyone is in a different place on their wellness journey. Try free classes this week, including Monday and Thursday: Stretch, Flex & Glide and Core & More; Tuesday: Tai chi beginners, and Wednesday Zumba Gold ®. (Stop in for a ticket to the Zumba Class). Other classes and events this week include Pole Walking instruction, Pickleball, a WWII lecture, Wii Bowling, Bingo, a Movie, Chess, Bid Euchre, and Freezing Meals, Fruits, and Vegetables on Thursday. Please sign up for classes and activities in advance.



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WORLD WAR II: EUROPEAN THEATER UW-W CONTINUING EDUCATION LECTURE SERIES Wednesdays, 1:00 pm



- Sept. 5:** Nazi Aggression: War Comes to Europe
- Sept. 12:** Germany Starts War Against Both America and Russia on top of England, the British Commonwealth of Nations, and all the rest!!
- Sept. 19:** Liberation of Europe: The Second Front in the West
- September 26:** Allied Victory: Justice is Served

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

Seniors in the Park Promotes & Enhances a Vital Aging Community

Classes and Active Pursuits

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

STEPPING ON

September 19-October 31;
9:30-11:30 a.m.



“For older adults, falls are the leading cause of injury and hospital admissions. With

more than one-third of seniors falling each year, our goal is to help build confidence and teach you to be safe within your home and out in the community. Data indicates that seniors who complete “Stepping On” experience an almost 50% reduction in falls. The program will help you identify why you may fall and different ways of preventing falls including strength and balance exercises, home safety suggestions, and a medication review. This workshop is co-led by Laura Suttinger, Occupational Therapist at Fort HealthCare and Lee Clay, RN. Participants must be able to ambulate independently or with minimal assistance, such as a cane. No walkers, please.

Cost: \$20.00* for a 7 week session
(Includes all sessions, leg weights, a home visit, and a three-month class reunion.

For questions or to register by phone, call (920) 568-5244. Visit FortHealthCare.com/Classes to register online.

Please register by September 12.

***Note:** Scholarships are available for half the cost of the program for those unable to afford the entire cost. Contact Deb at 262-473-0535 for more information.

FREEZING HOME COOKED MEALS, FRUITS, & VEGETABLES

Thursday, September 27 1:00 p.m.

What happens when you have more garden produce than you know what to do with, find a great buy at the farmer’s market or store, or have a generous neighbor with a garden? Freeze it! In this program, participants will learn the basics to preserve the flavor and quality of your fruits, vegetables, and home prepared meals. Led by Walworth County UW-Extension Family Living Educator and Master Food Preserver Jenny Wehmeier.

Cost: \$3.00 Sign up by Thursday, September 20



FIRST HAND RECOLLECTIONS OF 9/11

Thursday, September 13 1:00 pm

American Red Cross volunteer Zoe Woelky will present a program called “Remembering 9/11: The Power to Recover.” Just days after 9/11, Woelky arrived at Ground Zero. Expecting further terrorist attacks, Woelky cared for injured victims, helped reconnect families, listened to victims and distributed supplies for 3 1/2 weeks among the devastation of the World Trade Center. Woelke will share her first-person account of the sights, sounds, and smells of 9/11 and tell stories of other heroes at the scene. “So many of the people who made it out of the towers came back to help there were so many strangers risking their lives for other strangers,” said Woelke.

Please register by September 11 for the program.

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: September 4, 6, 10, 11, 17, 20, 25, or 27

Time: 9:30 am

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

BOWLING LEAGUE

Wednesdays,
beginning Sept. 5,
9:00 am

Join this fun, recreational league at Hawk Bowl. League runs through mid-March. Questions, call Betty Lemke 262-473-7248.

PICKLE BALL



Pickle Ball is a fun, social, easy to learn game that is a cross between badminton, table tennis, and tennis. It's is 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, 9 am-noon (Open Play)
Wednesdays, 9 am-noon (Open Play)
Thursdays, 3:00 pm-5:00 pm (Youth Open play)
Dates: Tuesday, September 4-Thursdays, October 25
Watch for Pickle ball indoors at the Armory in the winter.

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 1: Sept.18—Oct. 23; Registration Deadline: Sept. 11
Session 2: Nov. 6 - Dec.10; Registration Deadline: Oct. 30
Cost: \$18.00 continuing student/session
\$15.00 beginner/session
Minimum: 5 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!

Day/Time: Thursday, September 6, 5:00 pm
Deadline: September 4
Day/Time: Monday, September 24, 11:00 am
Deadline: September 19
Cost: \$10.00 per class
Minimum: 4 people

ZUMBA GOLD®

Wednesdays, 12:45 pm

Downtown Armory Dance studio
A fun and energizing workout.

Instructor: Lynette Brown

Fee: \$12.00 for Sept 5-19
(26th is free! See below)

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.

Try-it-for-Free September 26. Pick up a try-it-for-free coupon in advance at Starin Park.

CORE AND MORE

Mondays & Thursdays

8:45 - 9:15 am

Beginning Monday September 24

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. Bring an exercise mat.

The class will not meet on Oct. 25

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

Classes on September 24 and 27 are try it for FREE classes!



POLE WALKING GROUP

Wednesdays, 9:00 am

Meet at the Starin Park Community Building. Walking with friends helps you to stick with it, and it's more fun! Poles available to rent for \$5.00.

Classes and Activities



BUNCO

Thursday, Sept. 20,
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. Please register before September 20.

IDENTITY THEFT

New info has been added to our resource table on avoiding identity theft and what to do if you are a victim. Pick up this informative hand-out.

BOOK CLUB

Monday, Sept. 10, 10:30 am

The Book Club will discuss *True Confections* by Katherine Weber. The book for October is *The Buddha in the Attic* by Julie Otsuka.

In eight incantatory sections, Japanese mail-order brides' extraordinary lives are traced from their arduous journey by boat to their arrival in San Francisco and life as new brides; working for white people; mastering a new language, and a new culture; experiencing childbirth and raising children who will ultimately reject their heritage and their history; to the deracinating arrival of war.

The Gay and Gray group returns in September. See the insert in this month's newsletter for more information.

WATERCOLOR— PRIMARY COLORS

Thursdays, September 6-20; 1:00—4:00 pm

This class will focus on one of the elements of design – color, specifically primary colors. Each session will include a demonstration on color mixing and paint application techniques. Color temperature and value will be discussed. There will be time for individual painting with optional one-on-one coaching. Beginning, intermediate and advanced concepts will be covered.

Cost: \$30, payable to the instructor on September 2 by cash or check. Sign up by Tuesday, September 4.

OUR HOUSE SENIOR LIVING MOVIES

“Salmon Fishing in Yemen”

Thursday, September 6, 12:30 pm

Rated PG; 1 hr. 47 min.

A fisheries expert is approached by a consultant to help realize a sheik's vision of bringing the sport of fly-fishing to the desert and embarks on an upstream journey of faith and fish to prove the impossible possible.



“Age of Champions”

Monday, September 17, 12:30 pm

Rated G; 1 hr. 10 min.



This is the inspiring story of a group of athletes—a 100-year-old tennis champion, 86-year-old pole vaulter, pair of swimming brothers, and a team of basketball grandmothers—all chasing gold at the National Senior Games. The film captures the triumphant spirit of these seniors who tackle old age with grace, humor, and optimism. Win or lose, they are living proof that it's never too late to become champions. If the Summer Olympics captured your attention, enjoy this video of Senior Athletes who bring as much determination and dedication to their sport as any Olympian. (Following the film, there will be a discussion on your thoughts on healthy aging.)

“Tinker Tailor Soldier Spy”

Tuesday, September 25, 12:30 pm

Rated R; 2 hr. 7 min.

Retired spy George Smiley is brought in from the cold to investigate whether the Russians have placed a mole at the top of MI6, British intelligence. A brooding and atmospheric thriller based on John le Carre's classic spy novel, stars Gary Oldman, who was nominated for a Best Actor Oscar for this role. (2012: Rated R for nudity, violence, profanity).



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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.
FOR HEALTH. www.FortHealthCare.com/Whitewater

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

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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 Tour



NEW ORLEANS & CAJUN COUNTRY BY TRAIN

February 23-March 3, 2013

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



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

Deposit: \$200 per person

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

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

Premier World Discovery

TRIP PREVIEWS

~Preview the **New Orleans by Train** trip on **Thursday, September 13, at 5:00 pm.** Find out about the unique adventure of travel by train and the fabulous city of New Orleans. Snacks and door prizes for those in attendance!

Please register by Thursday, September 6

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

THE SEA ISLANDS—BEAUFORT, SAVANNAH & CHARLESTON

March 9-16, 2013

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

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



DOOR COUNTY

The trip is full! The bus will leave Monday, September 3 from The Gathering Place in Milton at 8:00 am and will load at the Starin Park Community Building at 8:20am. If you will be leaving your car in our lot, please contact us with your license plate number, make, model and color of your car no later than Thursday, August 30, at noon.

FALL APPLE TOUR

Wednesday, September 26



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

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

Cost \$12.00 (van trip)

Minimum 8 people

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

Deadlines: September 12

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



TEN CHIMNEYS

Tuesday, September 18

A portion of the tour is outside for 10-15 minutes rain or shine.

Cameras are allowed outside only and purses/bags are not allowed on the tour. There are free lockers, or they can be locked on the van.

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

Depart 9:00 am; Return approximately 2:30

Take care of your body, It's the only place you have to live in.

MADISON FARMER'S MARKET



Saturday, September 15

Spend the morning at the Madison Farmer's Market. Savor fresh fruits and vegetables, bakery, crafts, and more. Just walking around is an event unto itself! Walk through the State Capitol, explore State Street, visit the Madison

Veteran's Museum, or sit in a coffee shop and watch the world go by. Unique stores line the square and State Street. Enjoy a great day in Madison. Lunch is on your own. Bring your own cooler.

Cost \$8.00

Deadline: September 6

Minimum 7 people

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

GALENA DAY TRIP

Friday, October 12

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)

Deadline: Monday, October 1

Minimum 8 people Maximum 12 people

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



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LUNCH BUNCH

Thursday, September 13

Enjoy dining at Roma's near East Troy. We will also stop at The Elegant Farmer.

RSVP by Tuesday, September 11

Trip departs at 10:30 am

On October 11, we will be traveling to the Next Door Pub in Lake Geneva.

JANESVILLE SHOPPING

Wednesday, September 5

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, September 4

FIRESIDE 2012

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.

2013 Schedule in next month's newsletter.

EMERGENCY FORMS

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

Activity Calendar

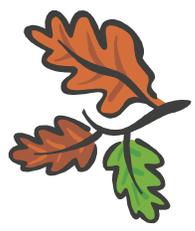
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September 2012

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 (HB)=Hawk Bowl (L)= Cravath Lakefront (OR)=Oak Ridge Golf Course, Milton (T)=Trippe Lake Park</p>	<p>4</p> <p>9:00 Pickle Ball (T) 9:30 Computer Tutor 10:00 Culver's Bingo 11:15 Pot Luck 11:45 Dominoes 12:30 Foot Clinic (by appointment) 1:00 Sheepshead 1:30 Canasta</p>	<p>5</p> <p>9:00 Bowling (HB) 9:00 Pole Walking 9:00 Pickle Ball (T) 12:30 Janesville Shopping 12:45 Zumba Gold (A) 1:00 WII Lecture Series 1:00 Chess</p>	<p>6</p> <p>9:30 Stretch & Flex 9:30 Computer Tutor 10:45 Wii Bowling 12:30 Our House Senior Living Movie "Salmon Fishing in Yemen" 1:00 Watercolor 1:00 Ladies Poker 5:00 Pole Walking Instruction</p>	<p>7</p> <p>Nutrition Site at Brookdale</p> 
<p>10</p> <p>8:30 Golf (OR) 9:30 Stretch & Flex 9:30 Computer Tutor 10:30 Book Club 1:00 Bid Euchre 1:00 Massage Therapy</p> <p>NO Senior Forum Office closed 1:00</p>	<p>11</p> <p>9:00 Pickle Ball (T) 9:30 Computer Tutor 10:00 Our House Senior Living Bingo 11:00 Blood Pressure 1:00 Sheepshead</p> <p>Office closed 12:30</p>	<p>12</p> <p>9:00 Bowling (HB) 9:00 Pickle Ball (T) 9:00 Pole Walking 12:45 Zumba Gold (A) 1:00 WWII Lecture Series 1:00 Chess</p>	<p>13</p> <p>9:30 Stretch & Flex 10:30 Lunch Bunch 10:45 Wii Bowling 1:00 Watercolor</p> <p>1:00 9/11 Presentation 5:00 New Orleans Trip Preview</p>	<p>14</p> <p>Nutrition Site at Brookdale</p> <p>15</p> <p>8:00 Madison Farmers Market trip departs</p>
<p>17</p> <p>8:30 Golf (OR) 9:30 Computer Tutor 9:30 Stretch & Flex 12:30 Movie "Age of Champions" 1:00 Bid Euchre 1:30 Canasta</p>	<p>18</p> <p>8:00 Tai Chi 8:30 Cont. Tai Chi 9:00 Ten Chimneys departs 9:00 Pickle Ball (T) 1:00 Sheepshead</p>	<p>19</p> <p>9:00 Bowling (HB) 9:00 Pickle Ball (T) 9:00 Pole Walking 9:00 Stepping On 12:45 Zumba Gold (A) 1:00 WWII Lecture Series 1:00 Chess</p> <p>Office open Noon—3:30 pm</p>	<p>20</p> <p>9:30 Stretch & Flex 9:30 Computer Tutor 10:45 Wii Bowling 1:00 Watercolor 1:00 BUNCO 1:00 Ladies Poker</p> <p>Office closed 1:00</p>	<p>21-22</p> <p>Pig in the Park</p> <ul style="list-style-type: none"> • BBQ Cookoff • Craft Fair • Motorcycle Show • Music • Food & Beverages • +More!
<p>24 ACTIVE AGING WEEK</p> <p>8:45 Core and More 9:30 Stretch & Flex 11:00 Pole Walking Instruction 1:00 Bid Euchre</p>	<p>25</p> <p>8:00 Tai Chi 8:30 Cont. Tai Chi 9:00 Pickle Ball (T) 9:30 Computer Tutor 10:00 City Bingo 12:30 Our House Senior Living Movie "Tinker, Tailor, Soldier, Spy" 1:00 Sheepshead</p>	<p>26</p> <p>8:00 Apple Tour Departs 9:00 Bowling (HB) 9:00 Pickle Ball (T) 9:00 Stepping On 9:00 Pole Walking 12:45 Zumba Gold (A) 1:00 WWII Lecture Series 1:00 Chess</p>	<p>27</p> <p>8:45 Core and More 9:30 Stretch & Flex 9:30 Computer Tutor 10:45 Wii Bowling</p> <p>1:00 Freezing Foods</p>	<p>28</p> <p>Nutrition Site at Brookdale</p> 

It Happens at MY Senior Center. My life. My Time. My Way.

September 2012

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 Labor Day Closed Closed	4 Pasta Fagioli Soup Brussels Sprouts Mixed Salad Greens Whole Wheat Soft Pretzel Cantaloupe	5 Hot Turkey Sandwich on Multi-Grain Bread Baked Sweet Potato Broccoli Chilled Peaches	6 Tuna Salad Supreme Mixed Salad Greens American Potato Salad Multi-Grain Bread Chilled Apricots	7 Chicken Cacciatore Potatoes O'Brien Oregon Bean Medley Whole Wheat Bread Pineapple Tidbits
10 Kielbasa Scalloped Potatoes Cal. Blend Vegetables Rye Bread Rosy applesauce	11 Chicken Salad Romaine Lettuce Herbed Tomato Wedges Multi-Grain Bread Chilled Peas	12 Country Fried Steak/Gravy Mashed Potatoes Harvard Beets Whole Wheat Bread Fruit Cup	13 Ground Beef, Macaroni and Cheese Squash & Baby lima Beans Wheat Bread Hot Fruit Bake	14 Baked Alaskan Pollock Au Gratin Potatoes Cole Slaw Bran Muffin Bread Cookie
17 Meatball/Marinara Sub Sandwich on soft Roll Potatoes Italiano Italian Green Beans Fruit Jell-O	18 Stuffed Cabbage Roll Red Beans and Rice Carrots and Chives Multi-Grain Bread Chilled Peaches	19 Country Chicken Soup w/ Kluski Noodles, Crackers Whipped Squash Tri-Bean Salad Hot Glazed Apples	20 Ham and Turkey Cub on Focaccia Fat Bread Lettuce and Tomato Pea Salad Pineapple Mandarin Cup	21 Veal Cutlet Mashed Potatoes/Gravy Broccoli Whole Wheat Bread Chilled Peas
24 Chicken ala Orange Vegetable Rice Pilaf Chick Pea Salad Whole Wheat Roll Hot Peach Crumble	25 Meatloaf and Gravy Mashed Potatoes Harvard Beets Marble Rye Bread Applesauce	26 Hot Dog on a Hot Dog Bun Oven Browned Potatoes Corn Banana	27 Beef Sandwich w/Gravy Diced Red Potatoes with Diced Peppers/Onions Carrots Fruit Pie	28 Classic Lasagna Squash & Baby lima Beans Spinach Garlic Bread Oatmeal Raisin Cookie
  				
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.				

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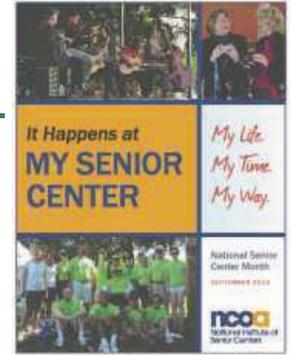
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THANK YOU TO

- Concert in the Park helpers: **Marion and Henry Malo, Dan Sable, Mark Dorn, and Terry Williams.** Thanks also to the others who volunteered to lend a hand.
- **Dan Sable** for the Alaska presentation and **Mark Dorn** for assisting
- **John and Eunice Rowe**— Donation of air fresheners

SEPTEMBER IS SENIOR CENTER MONTH

Recognized by the Older Americans Act (OAA) as a community focal point, senior centers have become one of the most widely used services among America's older adults. Today nearly 11,000 senior centers serve over one million adults every day. Today's senior centers are reinventing themselves to meet the needs and desires of the aging baby boom generation by developing new programs and opportunities for this dynamic generation of older adults.



HAPPY SEPTEMBER BIRTHDAYS TO:

- 15 Carla Anderson
- 21 Bea Jacobs
- 28 Doris Wutke

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!



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, September 7, 14, and 28.

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.

PARK BENCH TV SHOW

The September Show features Office John Kleinfeldt of the Whitewater Police Department speaking on Senior Scams and Crime Prevention. 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.

Did You Know ~

One million older adults attend a Senior Center every day!

Research shows that older adults who participate in Senior Center programs experience measurable improvements in their physical, social, spiritual, emotional, mental, and economic well-being.



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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: Wednesday afternoons 12:30-3:30 pm 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.

SAVE THE DATE

OKTOBERFEST

October 4, 11:00 am

With Jerry Hartman on the keyboard and a special meal at the Walworth County Nutrition site.



GLOBAL GALA

Thursday, November 1, 6:00 pm

Experience an evening of food, entertainment, and laughter with International students from UWW. Watch the October Park Bench newsletter for more information on this November event.

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

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

Chess—Wednesdays, 1:00 pm Beginners welcome

Dominoes—First Tuesday 11:45 am

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

Potluck—First Tuesday 11:15 am

Sheepshead—Tuesdays 1:00 pm

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

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

Wii Bowling—Thursdays, 10:45 am

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.



SERVICES AT A GLANCE

Foot Clinic: Tuesday, Sept. 4
Foot Clinic is now taking APPOINTMENTS beginning at 12:30 pm on the first Tuesday of the month. Please call for an appointment. We hope this will help alleviate the long waits. 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, September 10, 1:00 pm. Half-hour massages for \$25. Appointments must be made in advance.

Blood Pressure Screening:
Tuesday, Sept. 11, 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.

SPECIAL OFFICE HOURS

Sept. 3: Closed-Labor Day

Sept. 10: Office 8:30-1:00

Sept. 11: Office 8:30-12:30

Sept. 19: Office noon-3:30

Sept. 20: Office 8:30-1:00

Closed Fridays

14 Young Auditorium Shows/Rides

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.

Vince- The Life and Times of Vince Lombardi

Monday October 16, 2012 – 7:30 pm

Tickets: \$28.00 Deadline: September 14

Packer Fans this is your show! John Pinero is Vince Lombardi! The legendary coach's spirit and fire live on in this amazing one-man-play. The Milwaukee Journal Sentinel wrote, "This is the stage incarnation of Vince Lombardi, brought to you with impeccable care by actor John Pinero," and the Green Bay Press Gazette declared, "Vince packs a lot into less than two hours. Pinero did his homework, and then some." Be inspired by this amazing story!



United States Army Field Band & Chorus

Monday, October 29, 2012, 7:30 pm

Free tickets (ticket required) Deadline: September 27

The United States Army Field Band is considered by music critics to be one of the most versatile and inspiring musical organizations in the world. Its members, selected by highly-competitive audition, represent some of the finest musical talent in America. More than six decades as the military's most traveled musicians have earned them the title, "The Musical Ambassadors of the Army."

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

Other upcoming shows include: A Leahy Family Christmas, December 8, \$36 and Sing-A-Long Sound of Music, January 26, 1:00 pm, Free.



PIG IN THE PARK

September 21 & 22

Pig in the Park is Whitewater's first ever State Championship BBQ Cook-Off through the Kansas City Barbeque Society! Judging begins at noon Saturday and awards will be at 3:00. Stop by Friday night to watch everything get started and enjoy some of your favorite Wisconsin Brews and Wine while listening to Tombeau

Road (country) and Blackwater (classic rock/oldies/country).

Saturday events include: Craft Fair 10 am—4 pm; The Chops 2012 Motorcycle show 11:00 am-3:00 pm including a burnout pit; Pig Pen with inflatable games including Bull Riding, Gladiator Joust, and the Bungee run; Pizza and sweet corn eating contest; and music by Titan Fun Key (UWW professors playing 60's and 70's) and Overrated (punk/alternative).

W3 is sponsoring a 5k run/walk that begins at 8:00 am. Pre-register by September 15- \$20, day of run \$25. Go to

www.w3wellness.org to register and get more information. There will be food, beverages, and entertainment in the Pignic tent throughout the event. For more information go to

www.piginthepark.net. Sponsored by Downtown Whitewater, UW-W and City of Whitewater.



BINGO

Tuesdays, 10:00 am

Sept. 4: Culver's Bingo

Sept. 11: Our House Senior Living

Sept. 25: City Bingo

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Dalee Water Conditioning
Kentucky Fried Chicken

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

WHO YOU GONNA CALL?

Thursday, October 18, 1:00 (tentative)

You've seen Ghost Hunters on TV. Now experience some local "Ghost Hunters," although they prefer to be called paranormal investigators. Amy and from Voices Through The Static will be here to share with us some of their investigations into the unusual and paranormal. They specialize in EVP (Electronic Voice Phenomena). They will bring examples of unexplained "voices" and photos from investigations. They have been allowed to investigate at the Manor in Beloit and Capone's "Hideout". Amy began her journey into this experience with much skepticism but had become more open-minded over the years. Bring an open mind and check out this fascinating program.

Please reserve for this program in advance.



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Volunteer Editor

Romelle Koch

Director

Matt Amundson, CPRP

Recreation & Community Events Coordinator

Michelle Dujardin

For General City information see the
city website at
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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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