



# The Park Bench

December 2012

Seniors in the Park Newsletter

## HOLIDAY DINNER

**Wednesday, December 12**

**At the Whitewater Country Club**

**Doors open at 11:45, Dinner served 12:15**

Ring in the Holiday season with your friends at our annual Holiday Luncheon. Catering this year will be provided by the Sweet Spot. The meal is a choice of: Either Honey Roasted Ham or Turkey Breast with gravy, sweet potatoes, seasonal mixed vegetables, dessert, and coffee or tea. Cost of tickets is \$13.00 or \$11.00 for volunteers and the deadline to purchase tickets is Tuesday, December 4.

After lunch, you will laugh and be entertained by Magician Tim Glander, who has been placing smiles on the faces and in the hearts of children and adults for almost 20 years. He has honed his art into a delightful and positive experience that always captivates his audience. Using story telling, humor, and just good fun, Tim will put you in a jolly holiday spirit. His magic has been enjoyed by various personalities, such as Steve Allen, Bill Wrigley, Monica Mancini, Bill Kurtis, Donald Driver, and Doc Severinsen; along with a wide variety of Jazz and Rock musicians.

NOTE: The office will be closed today from 11 am—3 pm.



Volume XII Issue 12

## WHAT'S INSIDE

2-4..... *Classes and Activities*

5..... *Support Our Sponsors*

6-7..... *Travel Opportunities*

8..... *Coordinator Comments*

9-10..... *Calendars*

11 *Nutrition Site & Services*

12 .... *Support Our Sponsors*

13 ..... *Your Senior Center*

14-15..... *Community & FYI*

Back ..... *Phone Numbers, Address, and Subscription info*



## COFFEE WITH CAMERON

**Tuesday December 4, 1:00-2:00 pm**

Stop in for coffee and cookies with the new City Manager, Cameron Clapper. Ask questions about the city, his vision for it or just to meet him and say “Hi!”. Prior to being hired as the City Manager, Cameron was the Assistant City Manager. His job is to plan and direct the administration of the City to ensure that efficient municipal services are provided and are in line with Common Council objectives. Clapper received his Master of Public Administration degree from Brigham Young University in Provo, Utah and his Bachelor of Arts – International Studies from Brigham Young University, Provo, Utah. Clapper and his wife, Michelle reside in Whitewater, and have three children, Jared, Afton, and Caleb.

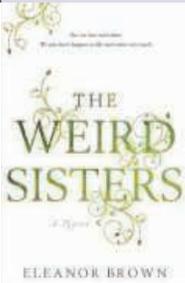
*Seniors in the Park Promotes & Enhances a Vital Aging Community*

# Classes and Activities

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

## BOOK WORMS

Monday, Dec. 3, 10:30 am



The Book Club will discuss *Stones From the River* by Ursula Hegi. The book for January is *The Weird Sisters* by Eleanor Brown.

"See, we love each other. We just don't like each other very much." The Andreas sisters were raised on books - their family motto might as well be, 'There's no problem a library card can't solve.' Their father, a renowned, eccentric professor of Shakespearean studies, named them after three of the Bard's most famous characters: Rose (Rosalind - *As You Like It*), Bean (Bianca - *The Taming of the Shrew*), and Cordy (Cordelia - *King Lear*), but they have inherited those characters' failures along with their strengths. Now the sisters have returned home to the small college town where they grew up - partly because their mother is ill, but mostly because their lives are falling apart and they don't know where to go next. The sisters never thought they would find the answers to their problems in each other, but over the course of one long summer, they find that everything they've been running from - each other, their histories, and their small hometown - might offer more than they ever expected.

## 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: Nov: 27 29 December 3, 6, 10, 11, 17, or 20

Time: 9:30 am

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



## WATERCOLOR-PAINT THE SEASON 2



Join a three week watercolor class and paint the season.

Subject matter will include Winter and Holiday topics.

There will be a focus on one of the elements of design - color, specifically complementary colors. Each session will include demonstrations on color mixing and paint application techniques. Subject matter may include snow

scenes and holiday themes, such as poinsettias or amaryllis. The timing of this session will allow participants time to create paintings which could be reproduced into holiday greeting cards. Attendees are always encouraged to paint from personal references, photos, sketches or ideas. There will be plenty of time for individual painting with optional one-on-one coaching. Beginning, intermediate and advanced concepts will be covered.

Instructor: Karolyn Alexander Tscharnack [www.karolyn.biz](http://www.karolyn.biz)

Class dates and times: Thursdays, Dec 6-20, 1:00 - 4:00pm

Cost: \$30 payable to the instructor by cash or check.

Deadline: Monday, Dec. 3<sup>rd</sup>

## 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: Downtown Armory gym

Day/Time: Monday, Wednesday, Friday 12:30-2:30 (Open Play)

Tuesdays, 9:00-11:00 am (Open Play)

Dates: Through December 21



## LINE DANCE CLASSES

Kick up your heels and have fun with Line Dance Instructor Nancy Wensch. She loves teaching beginners and making dancing fun for them, and really gets a thrill out of it when she sees that first smile on a student's face when they realize "I think I got this"! Nancy has been line dancing for 21 years, became an instructor five years ago and teaches with MATC-Madison.

Day and time: Wednesdays, 2:00—3:00 pm  
Where: Downtown Armory Dance Studio  
Session 1: Jan 9—Feb 12  
Session 2: Feb. 20—April 3 (No class March 27)  
Cost: \$24.00 per session  
Deadline: Thursday, January 3

## GADGET GURU IS BACK!

UWW students will be available to assist you for an hour, with any of your "gadgets": smart phones, cameras, tablets, or ipods. Call to reserve a day and time and let us know the brand/model of your gadget and what you need assistance with when you call. This service is free.

Date: Monday, December 10, at 1:00 pm  
Deadline: Five days in advance



## 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
- Euchre**—Second and Fourth Thursday, 1:00 pm
- Potluck**—First Tuesday 11:15 am
- Scrabble**—Third Tuesday, 10:00 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.

## BUNCO

December 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](http://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.

## 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 also available, if you would like to try the class.

## 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 Dec. 13, 24, 27 & 31

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



**Tuesdays, 10:00 am**

**Dec. 4: Culver's Bingo**

**Dec. 11: Our House Senior Living**

**Dec. 18: Holiday Bingo**  
sponsored by Seniors in the Park

## BINGO SPONSORS

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Commercial Bank

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Jessica's Restaurant

Eastsider/Westsider

First Citizens State Bank

Dalee Water Conditioning

Fort Atkinson Community

Credit Union

Headquarters Salon

## OUR HOUSE SENIOR LIVING MOVIES

### "Love Actually"

**Tuesday, December 11, 12:30 pm**

**Rated PG; 2 hr. 15 min.**

The characters are falling in love, falling out of love, some are with right people, some are with the wrong people, some are looking to have an affair, some are in the period of mourning; a capsule summary of reality. Love begins and love ends. Not everyone ends up getting what they want, but then again that's love, er, actually. Stars: Hugh Grant, Liam Neeson, Emma Thompson, Colin Firth, Bill Nighy and Keira Knightly. This is one of Deb's favorite movies.



### "New Year's Eve"

**Tuesday, December 18, 12:30 pm**

**Rated PG-13; 1 hr. 48 min:**

Set during New Year's Eve in New York city, this movie follows the lives of several couples and singles in New York City and how the day affects them as their lives intertwine over the course of New Year's Eve, before the ball drops in Times Square at Midnight. Directed by Garry Marshall (Film: "Valentine's Day;" TV: "The Odd Couple"). Stars Zac Efron, Ashton Kutcher, Sarah Jessica Parker, Michelle Pfeiffer, Robert DeNiro, Halle Berry, Jon Bon Jovi, Penny Marshall and more.



There may be some surprises including Holiday hats and NA champagne!

## COMING IN 2013

### World War II: Pearl Harbor, Korea and More- at 1:00 pm

January 9: The United States and Japan: The Road to Pearl Harbor

January 16: Pearl Harbor and the Philippines: Days of Infamy

January 23: "Police Action" in Korea 1950-53

January 30: Twentieth Century Generals/Admirals of Peace--and Some Profiles in Courage

### World Traveler Series

- January 15: Travel to Hawaii. Maybe even learn a hula!

Presenter: Dan Sable

- Future countries to "visit" include: Belize: The Country and the Culture by Catherine Conover and Ecuador by International Student, Kelly Valle.

**Wild and Crazy Day** on January 29—Chase away the winter blues with some wild and fun activities. Crazy Bingo at 10:00 (you've never seen bingo quite like this) and the "Happy" movie at 12:30.

**Valentine's Day** — "Love Me Tender" as Elvis returns to serenade you at 1:00 pm and play "Sweetheart Bingo" in the morning.

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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](mailto:dweberpal@whitewater-wi.gov), go to the city website at [www.whitewater-wi.gov](http://www.whitewater-wi.gov), (Departments, Seniors in the Park) or stop in to the Starin Park Community Building.

## 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.

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

Deposit: \$200 per person

Premier World Discovery



## THE SEA ISLANDS—BEAUFORT, SAVANNAH & CHARLESTON

**March 8-15, 2013 (Please note date change)**



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 7 breakfasts.

Mayflower Value Tour

### **TYPHO, HUMAN ERROR, WE GOOFED!?**

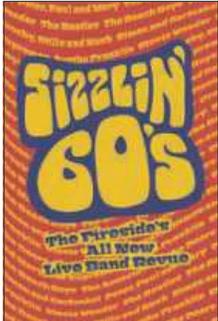
Occasionally there may be an error in days, times, registration dates or fees in the newsletter. When such errors occur, we will do everything possible to correct the situation promptly. We thank you for your patience and understanding when these situations arise.

### **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.

## FIRESIDE 2013

2013 ticket price: \$63.00 (taxes, tip, and ticket fees all included!). Saves you up to 23% off individual tickets



**Wednesday,  
Jan. 16  
Sizzln' 60's**  
  
A dazzling, fast moving, sizzlin', extravaganza with spectacular Live Band Music

### RSVP/Payment due Dec.14

Cost: \$63.00: 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.

**Thurs., March 14—Footloose**  
RSVP/Payment deadline Feb. 14

**Thurs., May 9—Annie Get Your Gun**  
RSVP/Payment deadline April 9

**Wed., July 3—Little Shop of Horrors**  
(Tony Award winning Comedy)  
RSVP/Payment deadline May 31

**Sun., Aug. 18—Run For Your Wife**  
(Comedy with two Wives)  
RSVP/Payment deadline July 12

## SAINT NICHOLAS TOUR

### Thursday, December 6

It's St Nicholas Day, but you won't get a lump of coal on this trip! Visit the Mitchell Park Domes and see the fabulous holiday dome ornately decorated for the season with the theme "Let it Snow". Your included lunch is at the Ambassador Hotel. Designed in 1927, the structure boasted many of the hallmarks of Art Deco design. Its gleaming marble floors, stylized sconces, elaborate bronze doors and ornate plasterwork, made the hotel a favorite spot for society weddings and gatherings. Tour the Pabst Mansion, a traditional, favorite stop during the holiday season. Sign up early, this van trip will sell out quickly!

Cost: \$41.50 (van trip)

Deadline: Tuesday, November 27 (No exceptions)

**Depart: 9:15 am** Return: 4:00 pm



## LUNCH BUNCH

### Thursday, December 13

Enjoy dining at Millie's in Delavan.

RSVP by Tuesday, December 11

Trip departs at 10:30 am

On January 10, we will be traveling to Sammy's in Fort Atkinson



## JANESVILLE SHOPPING

### Wednesday, Dec. 5

**9:30 am**

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 9:30 pm.**

Cost: \$5.00 RSVP by Tuesday, December 4

**New Time**

## MILWAUKEE ART MUSEUM: REMBRANDT, VAN DYCK, GAINSBOROUGH: THE TREASURES OF KENWOOD HOUSE



### Thursday, January 3

The Milwaukee Art Museum is delighted to be one of four museums in the United States to present *Rembrandt, Van Dyck, Gainsborough: The Treasures of Kenwood House*, London, an exhibition of forty-eight masterpieces on tour from the Iveagh (Guinness Brewer) Bequest collection. There is an express talk at noon on the exhibit. The café serves soup, sandwiches and lunches ranging from \$6 to \$16.

Cost: \$10 Deadline is December 20

Depart Whitewater: 9:30 am Return: 3:30 pm Van trip, only 12 seats available

## HOLIDAY PARADE

Friday, November 30, 6:00 pm  
Holly Days — Dec 1—2

Watch the wonderful lighted parade on Friday night. There are floats, groups, caroling and hot chocolate! The parade starts at Whiton and Main and ends on Whitewater Street at the Sweet Spot. Our van will be in the parade and you are welcome to ride or walk the route with us (see page 12 for more information)

Before the parade, 5—6 pm, will be Storytelling at Quiet Hut Sport, Dale's Bootery and Frame Dog. Roasted Chestnuts will be available on the corner of Main First Streets from 5:30—6:30.

Support our local merchants that support us on Saturday, December 1 and Sunday December 2. Holiday shopping in Historic Whitewater when participating merchants host a holiday open house handing out FREE gift saving certificates.

## CPR/AED AND FIRST AID

Saturday, Jan. 5

This is an American Heart Association certifying class.



First Aid: 9:00am—12:30 pm

CPR/AED: 1:00—4:00 pm

Fee: \$25.00 per class includes book and completion card

Both CPR & First Aid 9 am—4 pm

Fee: \$35.00 includes book and completion card

Free: Whitewater Parks & Recreation Approved Youth Sport coaches (Book not included)

Deadline: Friday Dec. 21

Can also register online at <http://activenet9.active.com/whitewater>

## COORDINATOR'S COMMENTS

### CHANGING THE WAY WE AGE: A Cause That Affects Us All

Ageism is defined as ideas, attitudes, beliefs and practices on the part of individuals that are biased against persons or groups based on their age. Changing the Way We Age is a campaign by the International Council of Active Aging (ICAA) developed to dispel myths and challenge perceptions of aging. Just think about late night talk show jokes about older people. If you substituted race, gender or sexual orientation, people would be outraged, but when older folks are targeted, people think it's funny.

Why are we shackled by our perceptions of aging? Ageism erodes resilience, self-confidence and self-efficacy. As an older adult, have you limited yourself from engaging in



something because you think you are too old? The media portrayals, ageist jokes and other messages can undermine your ability to age positively. If you were hit by a health crisis, would your expectation be a full, healthy recovery or I'm \_\_\_ years old, this is part of aging, and I won't recover fully from this. Horse hockey! (As Colonel Potter would say.) Why is this thought in your head? Is it a preconception or presumption you gained from the media or others? "We need to peel back this layer of ageism and make people realize they've been shackled by their perceptions of aging," says Kay Van Norman. "The consequences are real and go beyond whether or not you're willing to try something new. People don't get certain medical treatment because of their age. They often don't get the same consideration for a job. And these consequences are the direct result of the perception that somehow, after a certain age, you're not quite sharp enough, you're not quite physically healthy enough—presumptions made about you simply because of the passage of time." For too long, older people have been told, and therefore tell themselves, on a regular basis that they're too old to engage in many life-affirming activities that contribute to society. ENOUGH! Many of you want to live active lives, take on new challenges, expand your knowledge and skills base, and help others. Don't let aging stereotypes get in your way. Don't settle! Challenge those who pigeonhole you because of your age. Write to companies with offensive older adult advertising. Be an advocate for CHANGE!

*We need to change the conversation [about aging]. Right now, the conversation is about coping, and it should be about opportunity. We should think about the gains in life expectancy as a gift. How are we going to use it?*

~Dr. Laura Carstensen, Stanford University

# Activity Calendar

9

## December 2012

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRI/SAT/SUN
<b>3</b> 8:45 Core & More 9:30 Stretch & Flex 9:30 Computer Tutor 10:30 Book Club 12:00 Senior Forum 12:30 Pickleball (A) 1:00 Bid Euchre 1:30 Canasta	<b>4</b> 9:00 Pickleball (A) 10:00 Culver's Bingo 11:15 Pot Luck 11:45 Dominoes 12:30 Foot Clinic (by appointment) 1:00 Sheepshead <b>1:00 Coffee With Cameron</b>	<b>5</b> 9:00 Bowling (HB) <b>9:30 Janesville Shopping</b> 12:30 Pickleball (A) 12:45 Zumba Gold (A) 1:00 Chess 1:00 Ladies Poker 3:00 Cont. Tai Chi	<b>6</b> 8:45 Core & More <b>9:15 St Nick Tour Departs</b> 9:30 Stretch & Flex 9:30 Computer Tutor 10:45 Wii Bowling 12:30 Watercolor	<b>7</b> 11:30 Nutrition Site at Brookdale 12:30 Pickleball (A)
<b>10</b> 8:45 Core & More 9:30 Stretch & Flex 9:30 Computer Tutor 12:30 Pickleball (A) 1:00 Gadget Guru 1:00 Bid Euchre 1:00 Massage Therapy	<b>11</b> 8:15 Cont. Tai Chi 9:30 Computer Tutor 9:00 Pickleball (A) 10:00 Our House Senior Living Bingo 11:00 Blood Pressure 12:30 Our House Senior Living Movie "Love Actually" 1:00 Sheepshead	<b>12</b> 9:00 Bowling (HB) <b>12:15 Holiday Luncheon</b> 12:30 Pickleball (A) 12:45 Zumba Gold (A) 1:00 Chess 3:00 Cont. Tai Chi  <b>Office Closed 11 am—3 pm</b>	<b>13</b> 9:30 Stretch & Flex 9:30 Computer Tutor 10:30 Lunch Bunch 10:45 Wii Bowling 1:00 Watercolor 1:00 Euchre  <b>Office closed</b>	<b>14</b> 11:30 Nutrition Site at Brookdale 12:30 Pickleball (A)
<b>17</b> 8:45 Core & More 9:30 Stretch & Flex 9:30 Computer Tutor 12:30 Pickleball (A) 1:00 Bid Euchre 1:30 Canasta	<b>18</b> 9:00 Pickleball (A) 10:00 Holiday Bingo <b>11:30 Nutrition Site Holiday Luncheon</b> 12:30 Our House Senior Living Movie "New Years Eve" 1:00 Sheepshead	<b>19</b> 9:00 Bowling (HB) 12:30 Pickleball (A) 12:45 Zumba Gold (A) 1:00 Chess 1:00 Ladies Poker	<b>20</b> 8:45 Core & More 9:30 Stretch & Flex 9:30 Computer Tutor 10:45 Wii Bowling 1:00 Watercolor 1:00 BUNCO	<b>21</b> 12:30 Pickleball (A)
<b>24</b> <b>CLOSED</b>	<b>25</b> <b>Closed Merry Christmas</b> 	<b>26</b> 12:45 Zumba Gold (A) 1:00 Chess  <b>Office Closed</b>	<b>27</b> 1:00 Euchre	<b>28</b> 11:30 Nutrition Site at Brookdale
<b>31</b> <b>CLOSED Happy New Year</b> 	<b>1</b> <b>CLOSED Welcome 2013!</b> 			Activities take place at the Starin Park Community Building unless otherwise noted.  (A)= Downtown Armory (HB)= Hawk Bowl (L)= Cravath Lakefront

# 10 Walworth County Nutrition Menu

## December 2012

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>3</b> Chicken ala King Squash Broccoli Biscuit Cantaloupe	<b>4</b> Garlic Lemon Pork Roast Parsley Red Potatoes Beets Rye Dinner Roll M&M Cookies	<b>5</b> Mexican Taco Casserole Carrots Peas Wheat Roll Pears	<b>6</b> Chicken and Wild Rice Soup Broccoli Applesauce with Peaches Wheat Bread Chocolate Pudding	<b>7</b> Western Meatloaf Baked Potato Brussels Sprouts Dinner Roll Fruit Cocktail
<b>10</b> Swedish Meatballs over Egg Noodles Carrots Wheat Bread Peaches	<b>11</b> Split Pea with Ham Soup Tossed Salad Rye Dinner Roll Mandarin Oranges	<b>12</b> Broccoli Chkn Rice Cass. Squash Green Beans Wheat Roll Applesauce	<b>13</b> Roast Beef Mashed Potatoes w/Gravy Stewed Tomatoes Wheat Bread Carrot Bar	<b>14</b> Baked Pollock Red Potatoes Coleslaw Rye Bread Apple Cake
<b>17</b> Pork Loin with Gravy Scalloped Potatoes Mixed Vegetables Wheat Roll Mandarin and Pineapple	<b>18 Holiday Lunch</b> Baked Ham w/ Cherry Glaze Sweet Potatoes Pease with Carrots Diced Fruit Mix Whole Wheat Bread Apple Pie	<b>19</b> Baked Chicken Mashed Potatoes w/Gravy Calif. Mixed Vegetables Wheat Bread Chunky Applesauce	<b>20</b> Bean Soup Carrot Raisin Salad Peaches Dinner Roll Cherry Crisp	<b>21</b> Italian Pasta Baked with Turkey Marinated Vegetable Salad French Bread Fruit Cocktail
<b>24</b> Christmas Eve Holiday No Meals	<b>25</b> Christmas Holiday No Meals 	<b>26</b> Chick w/Spinach Artichoke Rice Pilaf Peas and Carrots Wheat Bread Mandarin Oranges	<b>27</b> Salisbury Steak Mashed Potatoes w/Gravy Tossed Salad Wheat Roll Sugar Cookie	<b>28</b> Quiche (Spinach, .Cheese, Bacon) Winter Mix Vegetables Sliced Beets Dinner Roll Fruit Jell-O
<b>31</b> New Year's Eve No Meals 	  	<b>Welcome new meal provider, Best Events Catering!</b> 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 or 1-800-365-1587, ext 3333. the day prior. Cancel meal day of by 8:00am by calling the 800 number.		

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## SERVICES AT A GLANCE

### Foot Clinic:

**Tuesday, December 3 by Appointment.** Please call in advance as time slots fill quickly. 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, Dec. 10, 1:00 pm.** Half-hour massages for \$25. Bring a little calm to the holiday season with a massage. Appointments must be made in advance.

### Blood Pressure Screening:

**Tuesday, Dec. 11, 11:00 am**  
Provided free by Our House

### Other Services:

- Free computer/internet access
- A document shredder is available, please call in advance. (1-inch stack of documents or less to shred)
- There are books, magazines, & puzzles available to borrow FREE from our library.
- Newcomer tours are offered by appointment.

## HAPPY DECEMBER- BIRTHDAYS TO:

- 3 Clara Bastian
- 5 Mona Baker
- 6 Sue Chapman
- 8 Janet Nell



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!

## TOO BUSY TO COOK?

Tired of holiday baking or have no time to clean up after cooking a meal? Save time by eating with us! Good, nutritious food and no meal prep or dishes! Get out and join us! You may be surprised at how fun it is.

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, December 7, 14, and 28. The Site will be closed December 24, 25 and 31 for the Christmas Holiday.

## 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 US ALL AROUND TOWN

The newsletter and all the advertisers are available at [SeekAndFind.com](http://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



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](http://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, Woodland Quilts, and Curves.** Thanks for displaying and distributing our newsletter.

## SHARE YOUR TIME AND TALENTS



**Decorate for the Holidays**—On Thursday, November 29 from 2:30—4:30 help decorate the Community Building for the holidays.

**Happy Holly Days Parade**—on Friday November 30, walk in the Holiday Parade and hand out candy or walk with your poles. If you don't want to walk, riders on the van are needed. Meet at

Starin Park at 5:15 for transportation to the beginning of the parade route or meet us somewhere on Whitton St after 5:30. Parade begins at 6:00.

**AARP Tax Assistance:** Be of service to those who need assistance filling out their simple state and federal tax forms. Training provided early in January. For more information contact Carolyn Brown at 608-868-2514.

**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: second and fourth Thursday mornings, as well as fill-in. Help out once a week or twice a month. We try to be flexible with your schedule.

## THANK YOU

Thanks so much for helping out!!!

**Lyle Hunter** for donating his time as our Computer Tutor. He will be taking a break until April or May.

**Mark Dorn** for donating candy for the Creature double Feature.

**Jean Bromley** for donating two Scrabble games

**Joyce Florin** for donating a Bunco game.

**Mary Zordell and Dan Sable** for talking to the Gerontology group.

**Patty Grosskreutz** for green tree lights for the lobby tree.



## PARK BENCH TV SHOW

The December Show features The Whitewater Community Foundation. Find out how you can assist and what they have been funding in the community. The Park Bench airs daily at 7:00 am and select days at 6:00 pm on cable channel 98, digital 990 or online anytime at [www.whitewater-wi.gov](http://www.whitewater-wi.gov) Click on the **Multimedia** tab, then **Seniors-Park Bench** and you'll see all the episodes.

## SENIOR FORUM

Monday, December 3  
12:00 pm

Agenda items include investigation and purchase of attendance tracking software report, Student Intern report, Chili Cook-off at Freeze Fest update, year-end purchases, programming and facility comments.

## OFFICE CLOSINGS

Wednesday, Nov. 28

Wed., Dec. 12—11:00 am-3:00 pm

Monday, December 24

Tuesday, December 25

Monday, December 31

Closed Fridays

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## THE CHILLY WILLIES

As temperatures drop and winter approaches, the thermostats in the building are set at a reasonable temperature per City policy. Please bring a sweater or dress in layers so you are comfortable in our building.

## DON'T INVITE THE FLU FOR THE HOLIDAYS

Hand washing is just one of the ways to be sure you don't receive the gift that no one wants: seasonal influenza.

During November and December, most of us spend time in crowds of people—at parties, while shopping, and as we make our way through crowded airports. This is also the time of year that seasonal influenza really takes off. Having the flu can ruin your holiday celebration! Senior relatives are especially vulnerable to the sometimes dangerous complications from the flu.



**Experts from Toronto's Ryerson University offer ten tips for staying festively flu-free:**

- **Wash your hands.**
- **Don't sneeze into your hand.** Be sure to cough into a tissue or into the inside of your sweater, jacket or your elbow to avoid spreading any microbes to people standing near you. A cough or sneeze can contaminate the air and surfaces with virus up to six feet away.
- **Do the air kiss.** Greet your family and friends by giving them a hug and kissing the air near their cheek.
- **Don't use your fingers.** As a party guest, use serving spoons or forks to put food on your plate instead of just reaching for it.
- **Carry hand sanitizer with you.** Viruses can also survive hours to days on surfaces or your skin. If there isn't a place to wash your hands nearby, use alcohol gel to sanitize your hands before you eat any food or even touch your face, particularly your nose or mouth.
- **Get enough sleep.** Lack of sleep weakens your immune system and makes you more susceptible to illness. .
- **Sick? Stay away.** If you feel like you are coming down with a cold or flu, stay at home until you feel better. .

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## YOUNG AUDITORIUM SHOWS

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 phone number. We will call one day in advance with your pickup time.

### Sing-A-Long-A Sound of Music

**Saturday, Jan. 26, 2013; 1:00 pm**  
**Free Tickets (ticket required)**  
 Calling all Nuns, Goat herders, Hills, Alps, Baronesses, Brown Paper Packages Tied up with String, or any of your favorite things! Get ready to yodel in Whitewater! This is your chance to sing-a-long to the most successful movie musical of all time. *Sing-A-Long-A Sound of Music* is not just a chance to see the classic movie on the big screen in magnificent Technicolor and glorious cinemascope. It's a major audience-participation event with subtitles for all the songs. Sing along with Julie!



## STAY IN TOUCH

Stay in touch with friends and family by sending greeting cards from our great selection. We have everyday, birthday, anniversary, thinking of you, sympathy, get well, Christmas greeting cards and much more. Most cards are priced from 50 cents to \$1.25. Stop in and check out our selection.

All regularly scheduled programs, activities and trips are subject to change. Room assignments may vary depending on activities or special events being held in the building before, during or after any other activity. We try to give you advance notice of cancellations and changes but sometimes it is not possible. Thanks in advance for your flexibility.

## GLOBAL GALA FUN

Photos courtesy of Tom Ganser



## THIS WINTER, PROTECT YOURSELF AND YOUR POCKETBOOK



After the unusually warm summer, it's cooled down and furnaces are starting up. But many seniors, already overwhelmed by healthcare and other costs, put themselves at risk of hypothermia by setting their thermostats dangerously low. Dr. Lee Green of the University of Michigan says, "People think of hypothermia as something that happens in the bitter cold and blizzards. It actually doesn't have to be very cold for a person to get hypothermia." Green points out that even a relatively mild indoor temperature—just 60 degrees—can

be dangerous for seniors, especially those with chronic diseases such as heart failure or emphysema. Seniors and families are encouraged to:

- Find out about energy assistance programs by contacting their local Area Agency on Aging or the Eldercare Locator at 1-800-677-1116 or [www.eldercare.gov](http://www.eldercare.gov).
- Take advantage of monthly budget plans and "no cut off" energy programs available through local utility providers. Learn about ways to cut down on energy use with help from the EPA Energy Star program by calling toll-free 888-782-7937 or visit [www.energystar.gov](http://www.energystar.gov).
- Ensure home safety, such as the proper use of smoke and carbon monoxide detectors, electrical cords, space heaters, chimneys and fireplaces.
- Have a back-up plan in case of weather emergencies.
- For more information, download the free online booklet "Winter Warmth and Safety: Home Energy Tips for Older Adults." To find your local Area Agency on Aging visit the n4a Website.

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## WHITWATER CULTURAL ARTS CENTER: MEMBERS SHOW

**Through Sunday, December 9**

The annual Whitewater Arts Alliance Members Show (and sale) will be exhibited at the Whitewater Cultural Arts Center, 402 West Main Street, through Sunday, Dec. 9. The gallery will be open Thursday through Sunday each week from 12:00 to 5:00 P.M. except the week of Thanksgiving (Nov. 22-25). Viewing the exhibit is free of charge and open to anyone interested in the visual and sculptural arts. The Members Show exhibits both art and craft pieces by Whitewater Arts Alliance members in any 2-D or 3-D medium completed during 2012.

During the reception on Sunday, Dec. 9 from 1:00 to 4:00 pm., a WAA representative will announce the viewer's choice awards. The posters and cards should be available to the artists and for purchase during the reception.

# Seniors in the Park

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

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\_\_\_\_\_