



# The Park Bench

Seniors in the Park Newsletter  
January 2012 Volume XII Issue 11

Seniors in the Park promotes and enhances a vital aging community

## THE CIVIL WAR: A SESQUICENTENNIAL OVERVIEW LECTURE SERIES

Wednesdays, 1:00 pm

**Jan. 11:** The Gathering Storm: A Nation Divided Over Enslavement of People

**Jan. 18:** The Uncivil War: Families Divided

**Jan. 25:** Robert E. Lee Invades the North: Antietam and Gettysburg

**Feb. 1:** Total War and Union Victory: Grant's Siege of Vicksburg, Sherman's "War is Hell" in Georgia, Sheridan's Shenandoah Valley "wasteland" Campaign and Confederate Defeat

Presenter: Dr. Richard Haney, Professor Emeritus UW-W

Please RSVP in advance

This series is sponsored by the UW-W Continuing Education Dept.



## SLOW COOKER CREATIONS

Thursday, January 12 1:00 pm

Join us for an informational class and tasty treats! We will discuss the do's and don'ts of crock pot cookery, helpful hints in selecting crock pot recipes and, of course, tasting some recipes.

Instructor: Jenny Wehmeier

Fee: \$2.00 RSVP deadline: January 6

## PHOTO ID FOR VOTING

Do you need a photo ID for voting? We will be going to the DMV monthly with our van. A \$5.00 donation toward gas is requested, but is not mandatory. We will pick you up at your home. Please sign up for the day and time of your choice.

Wednesday, January 18, 10:00 am

Thursday, February 16 10:00 am

Tuesday, March 20, 10:00 am



## DID YOU GET S.A.D. OVER THE HOLIDAYS? HOW TO SURVIVE THE WINTER BLUES

Thursday, January 26 1:00 pm

We all live here in beautiful Wisconsin but sometimes winter can get anybody down. Learn how to enjoy winter more with tips from life-long Wisconsin psychologist and author Dr. Suzanne L. Popke. Dr. Popke has an office in Whitewater and has given talks on many topics over her years in practice. S.A.D. is one of her favorite subjects, partly because she used to live in Siberia, world-renowned for Seasonal Affective Disorder.

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## DE-CLUTTER GROUP

Second Tuesday  
Beginning January 10  
10:30 am

Join this new group and get handy ideas to de-clutter your home and your life. Bring your ideas and get new ones. This month will be a general discussion on de-cluttering and with specific topics in following months.

Register for this group by Thursday, January 5

## GADGET GURUS

UW-W students Yi Xiong, Max Ziebol, and Ed Karwacki will be available during the spring semester to assist you with any of your “gadgets” be it computers, cell/smart phones, cameras or tablets. Computer tutoring is also available. Call to reserve a day and time. Let us know what you need help with and the brand/model of your gadget when you call.

January 16, 18, 25 or 30 at 9:30 am

January 16 or 23 from 6:30—8:30 pm

Cost \$5.00

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



## FAMILY & FRIENDS CPR

Tuesday, January 31; 1:00 –3:30  
Thursday, Feb. 2 or Thursday March 8  
1:00-3:30 pm or 6:00—8:30 pm

Do you know what to do in an emergency? Learn and practice adult, child and infant CPR and automatic external defibrillation (AED) from American Heart Association certified instructors. This is not a certifying course. There is no test and no card is issued. **Volunteers** are encouraged to become familiar with what to do in an emergency and can take the class free.

Fee: \$5.00

RSVP/payment deadline is January 23 for the January and February classes or February 27 for the March classes.

## SKYPE

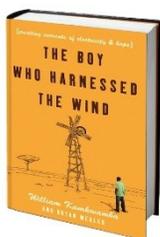
Monday January 23, 1:00 pm

Skype allows you to phone or video chat with someone else also on Skype. Learn how to set it up on your laptop and use it to connect with friends and family far away. Must bring your own laptop with built in camera.

Instructor: Ed Karwacki .

Cost \$5.00

Reservation deadline is January 18



## BOOK CLUB

Monday, January 9, 10:30 am

The Book Club will discuss *Queen of the Big Time* by Adriana Trigiani. The book for February is *The Boy That Harnessed the Wind* by William Kamkwamba.

*The Boy Who Harnessed the Wind* is the immensely engaging and inspiring true account of an enterprising African teenager who constructed a windmill from scraps to create electricity for his entire community. William Kamkwamba shares the remarkable story of his youth in Malawi, Africa—a nation crippled by intense poverty, famine, and the AIDS plague—and how, with tenacity and imagination, he built a better life for himself, his family, and his village. Here is the remarkable story about human inventiveness and its power to overcome crippling adversity.

## WATERCOLOR - FOCUS ON TEXTURE

Thursdays, January 12-26, 1:00 – 4:00pm

This three-week watercolor class with Karolyn Alexander Tscharnack will focus on creating texture to add interest to your paintings and is open to all levels. Beginning, intermediate and advanced concepts will be covered. Each session will include a demonstration on a technique or concept and plenty of time for individual painting with optional one-on-one coaching. Topics will focus on fun techniques for creating interesting texture, color mixing, and composition. Subject matter may include landscape and still life. Attendees are always encouraged to paint from personal references, photos or ideas.

Cost: \$30 payable to the instructor on January 12<sup>th</sup> by cash or check.

Sign up by Monday, January 9

Minimum – 6 people

## BINGO!

Tuesdays, 10:00 am

January 3: Culver's Bingo

January 10: Our House  
Senior Living

January 24: City Bingo

## BINGO SPONSORS

Culver's

Our House Senior Living

## CITY BINGO SPONSORS:

Topper's Pizza \* Subway

Robin's Nest \* Pizza Hut

McCullough's \* Rick's

Rosa's Pizza \* Fairhaven

Dale's Bootery \* Floral Villa

The Sweet Spot \* Genoa Pizza

Bergey Jewelry \* Taco Bell

Ketterhagen Ford \* Sentry

Jones Dairy \* VOS Sentry

Rocky Rococo Pizza

Commercial Bank

Fort Com. Credit Union

Fort HealthCare

Mirage Hair Studio

Downtown Whitewater

Binning & Dickens Ins.

Jessica's Restaurant

Eastsider/Westsider

Winchester True Value

First Citizens State Bank

Dalee Water Conditioning

Kentucky Fried Chicken

## OUR HOUSE SENIOR LIVING MOVIES

Special thanks to *Our House Senior Living* for sponsoring the monthly movies. Popcorn and a beverage will be served. Wednesday movies will be shown on the big screen TV. **Our new projection screen should be here for the January movies, thanks to your fundraising efforts!**

### "Cave of Forgotten Dreams "

Wednesday January 4, 12:30 pm

Rated: G, 90 min

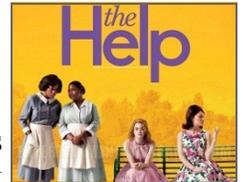
Werner Herzog gains exclusive access to film inside the Chauvet caves of Southern France, capturing the oldest known pictorial creations of humankind in their astonishing natural setting. Documentary. (Big Screen TV)

### "The Help"

Tuesday, Jan. 10, 12:30 pm

Rated: PG-13, 2 hr 17 min

An aspiring author during the civil rights movement of the 1960's decides to write a book detailing the African-American maid's point of view on the white families for which they work, and the hardships they go through on a daily basis.

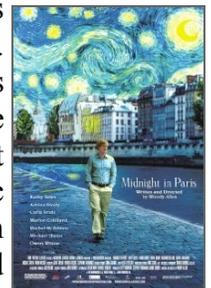


### "Midnight in Paris"

Tuesday, Jan. 24, 12:30 pm

Rated: PG-13, 1 hr 34 min

In this romantic comedy, Gil and Inez travel to Paris as a tag-along vacation on her parents' business trip. Gil is a successful Hollywood writer but is struggling on his first novel. He falls in love with the city and thinks they should move there after they get married, but Inez does not share his romantic notions of the city. When Inez goes off dancing with her friends, Gil takes a walk at midnight and discovers what could be the ultimate source of inspiration for writing. Gil's daily walks at midnight in Paris could take him closer to the heart of the city but further from the woman he's about to marry.



### "Rise of the Planet of the Apes"

Tuesday, Jan. 31, 12:30 pm

Rated: PG-13, 1 hr 45 min

During experiments to find a cure for Alzheimer's disease, a genetically-enhanced chimpanzee uses its greater intelligence to lead other apes to freedom.



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

## SHARE YOUR TIME & TALENTS

**Wednesday, January 4**—Stop in from 9:00 am to 10:00 am and help take down and pack away holiday decorations.

### Newsletter Distribution Committee:



The Park Bench

In May, we will be switching over to a newsletter publisher and will have a couple of hundred extra newsletters to distribute throughout the community. If you are interested in identifying potential drop-off

sites and/or are willing to assist in distribution, please let Deb know. A meeting will be held in February to discuss and distribution will begin the middle of April

### Newsletter Advertising assistance:

If you have free time the first two weeks of January, your assistance is needed in identifying potential businesses to target throughout the county for advertising in our newsletter. Call Deb if you are have an hour or two to spare.

### Saturday, Feb. 18 Chili Cook-off at Freeze Fest

Event is in a heated tent. Come for part or all of the day.

9:00–10:15 am: Help check-in chili cook-off participants, decorate judges table, general set-up

11:00 am—12:00 pm: Assist judges and tally scores for the winning People's Choice Chili

12:00 –2:00 pm: Sell bowls to tasters



## SCARVES, PURSES AND MORE!

We received a generous donation from a store that went out of business in Breckenridge, CO beautiful scarves, 4 skirt/top outfits, pillow covers, water bottle carriers, purses and more. Stop in and check it out! You may find an interesting gift at a very reasonable cost and support Seniors in the Park at the same time.

## SERVICES AT A GLANCE

- **Foot Clinic—Tuesday, January 17, 12:00 noon.** Please bring a towel. No appointment is necessary. Cost is \$12.00. **Please stop at the front desk to pay and to sign in for the service.**



- **Therapeutic Table or Chair Massage by Angie—Monday, January 9, 1:00 pm.** Half-hour massages for \$25. Appointments must be made in advance.

***Congratulations to Angie on the birth of her daughter***

- **Blood Pressure Screening—**  
**Tuesday, January 10, 11:00 am** Provided free by Our House  
**Tuesday, January 24, 11:00 am.** Provided free by Country Nurses.

## BAD WEATHER CLOSINGS

In the case of inclement weather, Seniors in the Park and/or the meal site may close. For closings and meal cancellations, please check radio stations 107.3 WSJY, 940 WFAW, 106.5 WKCH or 104.5 WSLD, Whitewater Cable 98 or digital 990, or the Whitewater Banner. Nutrition site closings will also be on Milwaukee Channels 4 and 12.



## WINTER THERMOSTATS

As a city facility, the thermostats in the Community Building are set at 69 degrees. Some may find this warm, and for others, it may be cool. Please dress appropriately or bring a sweater. We try to keep the building comfortable, but not everyone has the same internal thermostat.

**SENIORS IN THE PARK PROMOTES AND ENHANCES A VITAL AGING COMMUNITY**

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.



## IMPERIAL CITIES - PRAGUE, BUDAPEST AND VIENNA

November 5-15, 2012

Spend 3 nights in each of these beautiful cities, Highlights include: Prague, one of the most beautiful cities in the world, Hradcany Castle, Jewish Quarter, Schoenbrunn Palace, Grinzing Evening, Hungarian Horse Show on a horse farm and traditional Hungarian Feast, Matthias church, Fisherman's Bastion, and Renaissance-style dinner, plus much more! No Euros here, so less expensive once you arrive.

Cost: \$3249 pp/double (booked by May 5, 2012; will increase by \$100 after this date), includes airfare/air taxes, 15 meals, all sightseeing per the itinerary and free transportation to O'Hare. For details see above.

## CIVIL WAR SERIES 1862: THE BATTLES OF SHILOH AND CHICKAMAUGA

March 29—April 4, 2012

This trip is second in a series of five annual tours to Civil War sites. Explore the hallowed grounds of Tennessee with special emphasis on the re-enactment of the Battle of Shiloh. Also, a narrated cruise on Mississippi, Candle lit dinner and Civil War Ball, Carnton Plantation, Buttonwillow Church, Civil War Dinner theatre and much more.

Cost: \$1299 pp/dbl, \$1818 sgl, includes free home or local pickup, 3 dinners, 2 lunches, 4 breakfasts \$150 deposit due with reservation or \$210 deposit include cancellation insurance.

## RECYCLING ELECTRONICS

It is now illegal to dispose of some electronics in the trash, and they must be recycled. Seniors in the Park recycles cell phones, digital cameras, lap tops, game systems, ipods, cordless phones and any accessories as a fundraiser. Any of the above items can be brought to the Starin Park Community Building Monday—Thursday, 9 am—4 pm, and the Irvin L. Young Library. Large computers and monitors can be taken to the streets department on Starin Road and placed in the electronics recycling bins.



For more information on the recycling law, go to <http://dnr.wi.gov/org/aw/wm/ecycle/inex.htm>

## WHERE TO NEXT???

I am in the process of planning van, coach and extended trips for next year. Where would you like to go, and how much are you willing to spend? Give me a call, email or stop in and let me know what your thoughts are. It makes my planning easier, and you get to travel to your favorite destination.

## 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.

## GIFT CERTIFICATES

Need that different, unique gift for a friend? Your children don't know what to get you because you have everything? Think about a Seniors in the Park gift certificate. They can be used for travel with Seniors in the Park, classes or special events. Certificates are available at the Starin Park Community Building.



**MILWAUKEE PUBLIC  
MUSEUM:  
CLEOPATRA EXHIBIT**

**Wednesday, March 14**

*Cleopatra: The Search for the Last Queen of Egypt* features nearly 150 artifacts from Cleopatra's time and

helps visitors experience the present-day search for the elusive queen, which extends from the sands of Egypt to the depths of the Bay of Aboukir near Alexandria. View "The Mysteries of Egypt" in the IMAX. Lunch is on your own in the cafeteria or preorder a box lunch for \$12.00

Fee: \$52.00 (includes transportation, Museum entrance, Imax, & Cleopatra exhibit with audio)

Fee: \$64 includes above and a box lunch

Checks to: City of Whitewater

RSVP/payment deadline: February 14

Depart: Fort K-Mart: 8:00am

Whitewater 8:30 am

Return (approx): Whitewater 5:30 pm

Fort K-Mart 6:00 pm



**POTAWATOMI BINGO  
CASINO**

**Tuesday, January 21**

Potawatomi Bingo Casino has undergone a 240 million dollar expansion. Trip includes

transportation, \$10 Reward Play, and \$10 Food & Beverage credit.

Fee: \$23.00

Checks to: Fort Atkinson Senior Center

RSVP/payment deadline: January 18

Depart: Fort K-Mart 8:00am

Return: Fort K-Mart 3:00 pm (approx)

**FIRESIDE 2012**

**Wednesday Feb. 22—Viva Vegas**

**RSVP/Payment deadline January 12**

**Wednesday April 25—9-5 the Musical.**

**RSVP/Payment deadline March 15**

**Wednesday June 6—Legally Blonde the Musical**

**RSVP/Payment deadline April 31**

Cost: \$66.00

**Wednesday August 8—The Rock & the Rabbi**

**RSVP/Payment deadline July 2**

**Wednesday Sept. 19—Hello Dolly**

**RSVP/Payment deadline August 9**

Payable to: The Fort Atkinson Senior Center.

Transportation is on your own. Arrive at 10:30 am.

Lunch is at 11:15 and Show at 1:30.

**PHOTO ID FOR  
VOTING RIDE**



Do you need a photo ID for voting? We will be going to the DMV monthly with our

van. A \$5.00 donation toward gas is requested, but is not mandatory. We will pick you up at your home. Please sign up for the day and time of your choice.

Wednesday, January 18, 10:00 am

Thursday, February 16 10:00 am

Tuesday, March 20, 10:00 am

**LUNCH BUNCH**

**Thursday, January 12**

Eat lunch at Capn's in Fort Atkinson. A stop at Goodwill afterward is planned.

Departure: 10:30 am.

Cost: \$5.00 RSVP by Tuesday, January 10

In February, plan to join us at Tellas in Elkhorn

**JANESVILLE SHOPPING**

**Wednesday, January 11, 12:30 pm**

Get picked up at your home and shop in Janesville. Participants decide where to shop.

**Departure: 12:30 pm**

Cost: \$5.00 RSVP by Monday, December 5.

**IF THE "WEATHER OUTSIDE IS  
FRIGHTFUL!"**

Van trips are dependent on weather, road conditions and the discretion of the driver. Safety of our passengers is most important.

The Nutrition Program will be at Brookdale on the first, second and fourth Fridays of every month, January 6, 13, and 27.

Anyone 60+ and their spouse is welcome to attend. Nutrition Site meals are served at 11:30 am, Monday through Friday. The suggested donation is \$2.50. To reserve a meal, call 262-473-0536 by noon a day in advance (call Friday for a Monday meal) or call Walworth County at 1-800-365-1587 and leave your name, phone and the meal site you would like to attend. **The Nutrition Site will be closed January 2.**

## 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.

## HAPPY JANUARY BIRTHDAY TO:

12-Virginia Hare  
15-Eunice Rowe  
16-Betty Heth  
22-Myrtle Schultz



*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!*

## GREAT CARDS, LOW PRICES!

We have a great selection of everyday and special greeting cards. Most are priced from 85 cents to \$1.25. Stop in and check out our new selection.

## JANUARY OFFICE HOURS

The Seniors in the Park office is open Monday through Thursday 9:00 am to 4:00 pm except:

**Monday January 2-CLOSED**

**Open Thursday Jan. 5, 9:00 am—1:00 pm**

**Open Wednesday Jan. 18, 11 am—4:00 pm**

## THANK YOU TO . . . .

**Sandi Colombe** for donating a box full of note pads and post-its.



**Astrid Peterson** donated Christmas cards.

## FEE INCREASES

The Park and Recreation Board passed a new policy implementing fee increases and non-resident fees. The following has been edited to apply to Seniors in the Park and for space. A copy of the entire policy is available at the Community Building.

### Cost Recovery

- Senior programs, as a whole, shall recover 110% of the operating costs of those programs.
- Drop-In and Special Event programs, as a whole, shall recover 45-55% of the operating costs of those programs thru fees or sponsorships/donations.
- Programs operated jointly with another municipal department will not charge a nonresident fee to participants from that community. (Coach Trips)

### Fees

- Participants having financial difficulties may apply for fee assistance as outlined in the Recreation Sunshine Fund Program (Financial Assistance Program).
- All fee adjustments noted in this policy will become effective for programs offered in the 2012 Winter/Spring Program Brochure.
- All non-residents (out of school district) will be charged an additional 25% fee on top of the resident rate of participating in a program.

### Refunds

- A full refund will be credited/issued to the participant for any program cancelled or if a program time, date, or location is changed by the Parks and Recreation Department.
- All refund requests not identified above, must be approved by the Parks and Recreation Board through a written request.
- All refunds will be returned as a gift certificate for Seniors in the Park or credited to your Park and Recreation online account. Requests for a cash (check) refund will be subject to a \$10.00 processing fee.

### HOT AND COLD BEVERAGES

Cocoa, cappuccino, and tea are available almost everyday in the west room. Coffee is available on Tuesdays. We thank you for your donation of a quarter. It REALLY does make a difference. Although it is not free, it is cheap! There is also bottled water in the refrigerator in the west room.

*Go GREEN and bring in your own coffee cup.*

### SENIOR FORUM

Monday, January 9, 12:00 pm

Agenda items include: Financial recap for 2011, input on activities and trips for 2012, strategies to take to park board about building the storage area, cable TV charges, and update on year-end purchases. Help us chart the future of Seniors in the Park. New faces are welcome!



### DONATIONS, GIFTS, AND MEMORIALS

*“No man can become rich without himself enriching others.” Andrew Carnegie*

You can make Seniors in the Park the recipient of a gift any time of the year. Donations, gifts and memorials are placed in a special “Senior” account where the monies are kept for use as the need arises, whether the need is now or 10 years in the future. We appreciate your generosity and support of our programs.

### EYE GLASS COLLECTION

Have you had corrective surgery on your eyes or do you have an extra pair of eye glasses you are no longer using? Why not donate those extra glasses to the Lions Club? We have a collection box on the pamphlet table.



### ACTIVITIES AT A GLANCE

**Bid Euchre**—Mondays 1:00 pm

**Book Club**—First Monday 10:30. Books available at Starin Park

**Bowling**—Wednesdays, 9:00 am at Hawk Bowl

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

**Chess**—Wednesdays, 1:00 pm Beginners welcome

**Core & More**—Monday and Thursday, 8:45 am; \$30 class pass for 10 classes (does not expire)

**Declutter Group**—Second Tuesday, 10:30 am

**Dominoes**—First Tuesday 11:45 am

**Potluck**—First Tuesday 11:00 am

**Senior Forum**—First Monday at noon

**Sheepshead**—Tuesdays 1:00 pm

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

**Texas Hold ‘em Poker**—Ladies: 1st/3rd Thursday 1:00 pm; Men: 2nd/4th Thursday 1:00 pm

**Wii Bowling**—Mondays 11:00 am

### FUNDS FOR FRIENDS

In 2011, Sentry donated \$931.38 to Seniors in the Park Thanks to everyone for bringing in receipts!! Keep up the great work.

Make sure you ask for a “**Friends**” sticker when you get your receipt. Receipts must have stickers on them to be valid. Remember to collect them at both the Elkhorn and Whitewater Sentry stores.



### JANUARY PARK BENCH TV SHOW

The topic of the January show will be the Home Healthcare with Pam Hatlan of BrightStar.

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.

*Some people, no matter how old they get, never lose their beauty—they merely move it from their faces into their hearts.*

## FREEZE FEST

Saturday, February, 18; 11 am– 4 pm

Winter and Freeze Fest are just around the corner. There will be family entertainment, those crazy and fun Polar Plungers (raising money for Special Olympics), the Kiwanis Pancake Breakfast, horse drawn wagon rides, a snow shoe demonstration and the fabulous Chili Cook-off (which we are sponsoring). Come out for the day or any portion of it! You can raise money for Special Olympics and not plunge. Just be “Too chicken to Plunge”. Go to the Special Olympic website at [www.specialolympicswisconsin.org](http://www.specialolympicswisconsin.org). Click on special events/polar plunge. You can also donate to the Plunge on the site.



## ZIP LINE CANOPY TOUR

Tuesday, March 27

10 am—5 pm

Your adventure begins with a short preview video, a ride to our gear-up area, then it's off to “Ground School.” Once on the course you'll traverse 8 exhilarating ziplines in the trees, 5 tree-mendous SkyBridges, and a one of a kind “floating” double helix stairway. Between zips you'll enjoy spectacular views of the forest, Lake Como, and the surrounding countryside. During your adventure our SkyGuides will share interesting information on the ecology, biology, geology and local history of the Geneva Lakes area. Waiver and release forms must be signed. You should be in reasonably good health, weigh between 70 and 250 pounds with average mobility and strength, must wear closed toe shoes, and hair must be tied back.

Fee: \$80.00

Reservation deadline: March 2. Forms available at Starin Park Community Building

Class #6223.31

You can **register for Parks and Recreation classes** online at <http://activenet9.active.com/whitewater> or call in your registration to 473-0101. Both require a credit card. Forms can be mailed in or dropped off at the Municipal Building. Pick up a Parks and Recreation brochure for more information or a registration form. There is a **late fee of \$10 for registering after a deadline.**

## FREE HAPPY HOUR YOGA & MEDITATION

Fridays Dec 2—March 16, 4:45-5:45 pm

Cravath Lakefront Center



Join Megan Wycklendt for an hour long class that will help you de-stress! Megan's class incorporates beginning level yoga and breathing exercises to help you relax and feel great! Please wear comfortable clothing and bring a towel or yoga mat. Call 262.472.1305 for questions or more information.

FEE: FREE

(No class 12/23, 12/30, 1/6, 2/17)

\*\* This class is brought to you by W3, space is on a first come basis and a waiver must be signed to participate. Come early, the class will fill fast.

## WRITER AS WITNESS WORKSHOP

Saturday January 21, 10 am—4 pm

For anyone with a passion for writing who wants to uplift and nourish themselves and other through the written word. Explore the role of writer as witness to inspire personal and social transformation. Bring your favorite writing material whether paper or laptop, your favorite music or inspirational CD/tape to inspire yourself and others, and a positive attitude. Wear comfortable clothes to participate in physical relaxation exercise for developing creativity.

Facilitator: Dr. Suzanne L. Popke -  
Psychologist & Author

Fee: \$10.00 (Lunch on your own)

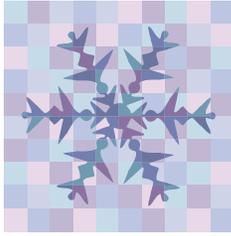
Where: Wisconsin Community Mental Health  
Counseling Center, 143 Main St.

For more information or to register, email Suzanne at: [intsim@idcnet.com](mailto:intsim@idcnet.com)

# Seniors in the Park Activity Calendar January 2012

Monday	Tuesday	Wednesday	Thursday	Fri/Sat/Sun
<p><b>2</b> <i><b>Closed Happy New Year</b></i></p>	<p><b>3</b> 10:00 Culvers Bingo 11:00 Pot Luck 11:45 Dominoes 1:00 Sheepshead 1:30 Canasta</p>	<p><b>4</b> 9:00 Bowling (HB) 12:30 Our House Senior Living Movie "Cave of Forgotten Dreams" (TV) 1:00 Chess</p>	<p><b>5</b> 8:45 Core &amp; More 9:30 Stretch &amp; Flex 1:00 Ladies Poker</p>	<p><b>6</b> 11:30 Nutrition Site at Brookdale</p>
<p><b>9</b> 8:45 Core &amp; More 9:30 Stretch &amp; Flex 10:30 Book Club 12:00 Senior Forum 1:00 Bid Euchre 1:00 Therapeutic Massage</p>	<p><b>10</b> 10:00 Our House Senior Living Bingo <b>10:30 Declutter</b> 11:00 Blood Pressure 12:30 Our House Senior Living Movie "The Help" 1:00 Sheepshead</p>	<p><b>11</b> 9:00 Bowling (HB) 12:30 Janesville Shopping 1:00 Chess 1:00 Civil War Lectures</p>	<p><b>12</b> 8:45 Core &amp; More 9:30 Stretch &amp; Flex 10:30 Lunch Bunch 1:00 Men's Poker 1:00 Watercolor <b>1:00 Slow Cooker Creations</b></p>	<p><b>13</b> 11:30 Nutrition Site at Brookdale 4:45 W3 Beginner Yoga and Meditation (L)</p>
<p><b>16</b> 8:45 Core &amp; More 9:30 Stretch &amp; Flex 9:30 Gadget Guru 1:00 Bid Euchre 1:30 Canasta 6:30 Gadget Guru</p>	<p><b>17</b> 12:00 Foot Clinic 1:00 Sheepshead</p>	<p><b>18</b> 9:00 Bowling (HB) 9:30 Gadget Guru 10:00 Van to DMV 1:00 Chess 1:00 Civil War Lectures</p>	<p><b>19</b> 8:45 Core &amp; More 9:30 Stretch &amp; Flex 1:00 Watercolor 1:00 Ladies Poker</p>	<p><b>20</b> 11:30 Nutrition Site 4:45 W3 Beginner Yoga and Meditation (L)</p>
<p><b>23</b> 8:45 Core &amp; More 9:30 Stretch &amp; Flex <b>1:00 Skype</b> 1:00 Bid Euchre 6:30 Gadget Guru</p>	<p><b>24</b> 10:00 City Bingo 11:00 Blood Pressure 12:30 Our House Senior Living Movie "Midnight in Paris" 1:00 Sheepshead</p>	<p><b>25</b> 9:00 Bowling (HB) 9:30 Gadget Guru 1:00 Chess 1:00 Civil War Lectures</p>	<p><b>26</b> 8:45 Core &amp; More 9:30 Stretch &amp; Flex 1:00 Men's Poker 1:00 Watercolor <b>1:00 Winter SAD Presentation</b></p>	<p><b>27</b> 11:30 Nutrition Site at Brookdale 4:45 W3 Beginner Yoga and Meditation (L)</p>
<p><b>30</b> 8:45 Core &amp; More 9:30 Stretch &amp; Flex 9:30 Gadget Guru 1:00 Bid Euchre 1:30 Canasta</p>	<p><b>31</b> 12:30 Our House Senior Living Movie "Rise of the Planet of the Apes" 1:00 Sheepshead <b>1:00 Family &amp; Friends CPR</b></p>			<p>Activities take place at the Starin Park Community Building unless otherwise noted.  (A)= Downtown Armory (L)=Cravath Lakefront (HB) Hawk Bowl</p>

# Walworth County Nutrition Menu—January 2012

Monday	Tuesday	Wednesday	Thursday	Friday
<b>2</b> <i>New Year's Day Holiday Senior Lunch Centers will be closed.</i>	<b>3</b> Roast Prime Rib of Pork with Pork Sauce Mashed Potatoes Spinach O'Brien Multi-Grain Bread Ranger Cookie	<b>4</b> Spaghetti and Meatballs Mixed Salad Greens Garlic Bread Peach Applesauce	<b>5</b> Oven Roasted Chicken Thigh Garlic Mashed Potatoes California Blend Veggies Wheat Bread Fresh Melon	<b>6 AT BROOKDALE</b> Beef Minestrone Soup with Macaroni Green Beans Carrot Raisin Salad Ry Krisp Crackers Spice Cake
<b>9</b> Smothered Chicken Divan With Supreme Sauce Au Gratin Potatoes Broccoli Wheat Bread Chocolate Pudding	<b>10</b> Beef Stew with Potatoes, Onions & Carrots Peas Baking Powder Biscuit Fresh Orange	<b>11</b> Ham and Navy Bean Soup Northwest Blend Veggies Corn Bread Cookie	<b>12</b> Chopped Steak and Gravy Mashed Potatoes Creole Tomatoes Multi-Grain Dinner Roll Blueberry Yogurt	<b>13 AT BROOKDALE</b> BBQ Riblet with Sweet Baby Ray's on a Bun Diced White Potatoes Mixed Salad Greens Warm Cinnamon Apples
<b>16</b> Salisbury Steak Au Gratin Potatoes Mixed Vegetables Wheat Roll Apricots	<b>17</b> Garden Vegetable Soup Squash Medley Tuna Salad on Multi- Grain Bread Hot Spiced Pears	<b>18</b> Chicken Coq Au Vin with Vegetables Mashed Potatoes and Gravy Broccoli Whole Wheat Bread Chilled Peaches	<b>19</b> Boneless Pork Loin with Pork Gravy Diced White Potatoes Three-Bean Casserole Wheat Bread Fruit Jell-O	<b>20</b> Potato Crusted Fish Filet Sweet Potato Puffs California Blend Veggies Rye Bread Lemon Bar
<b>23</b> Cowboy Pork Chili Cauliflower Corn Bread Chilled Pears Tapioca Raisin Pudding	<b>24</b> Spaghetti and Meatballs Sicilian Blend Veggies Garlic Bread Melon	<b>25</b> Slow Roasted Beef/Gravy Mashed Potatoes Brussels Sprouts Multi-Grain Bread Chilled Peaches	<b>26</b> Chicken Breast Parmesan Penne Pasta with Marinara Spinach French Bread Chilled Peaches	<b>27</b> Creamed Turkey with Vegetable Rice Pilaf Bean Salad Whole Wheat Bread Hot Fruit Bake
<b>30</b> Country Meatloaf Patty Mashed Potatoes/Gravy Corn Medley Wheat Roll Pineapple Tidbits	<b>31</b> Potato Crusted Fish Filet Delmonico Potatoes Carrots Rye Bread Lemon Pudding		Persons age 60 or older and their spouse, regardless of age, are eligible to participate. A suggested donation of \$2.50 is requested. Those unable to contribute are still welcome. To reserve a meal call 262-473-0536 before 12:00 p.m. one business day in advance or call the Nutrition Program office at 741-3333 or 1-800-365-1587, Ext. 3333. Cancellations must be made no later than 8:00 a.m. the day of your reservation by calling the Nutrition office.	

**Seniors in the Park**  
**PO Box 178**  
**Whitewater WI 53190**



Accredited by  
the Wisconsin  
Assoc. of Senior  
Centers

Member:

Wis. Association of Senior Ctrs.  
Wis. Parks & Recreation Assoc.  
National Council on Aging  
Nat'l Institute of Senior Centers  
Intern'l Council on Active Aging

Seniors in the Park  
504 W Starin Rd  
PO Box 178  
Whitewater WI 53190  
Phone 262-473-0535  
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Senior Coordinator  
dweberpal@whitewater-wi.gov  
Romelle Koch, Volunteer Editor  
For General City information see  
the city website at  
www.whitewater-wi.gov  
Seniors in the Park is a division of  
Whitewater Parks and Recreation  
Matt Amundson, CPRP, Director  
Michelle Dujardin, Recreation &  
Community Events Coordinator

**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.

Name \_\_\_\_\_

E-Mail \_\_\_\_\_

Address \_\_\_\_\_

\_\_\_\_\_

