



The Park Bench

November 2012

Seniors in the Park Newsletter

GLOBAL GALA

Thursday, November 1, 6:00 pm

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



Volume #XII Issue #11

WHAT'S INSIDE

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

5..... *Support Our Sponsors*

6-8..... *Travel Opportunities*

9-10..... *Calendars*

11 *Nutrition Site & Services*

12 *Support Our Sponsors*

13 *Your Senior Center*

14 *Community & FYI*

15 ... *Coordinator Comments*

Back *Phone Numbers, Address, and Subscription info*

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.

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.

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.

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: 5, 8, 13, 15

Time: 9:30 am

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

BOOK WORMS

Monday, Nov. 5, 10:30 am

The Book Club will discuss *Long Lost* by Harlan Coben. The book for December is *Stones From the River* by Ursula Hegi.

It is about a woman named Trudi Montag who has dwarfism. The book chronicles her life in a village in Germany in the years before, during and after World War II.

Trudi is deeply resentful of her physical difference, but learns to use her uniqueness in a variety of ways to her advantage, mostly to discover the secrets of various villagers, but also to enact vengeance toward others. She discovers various gifts she has, from her own bravery in the face of mass evil to being able to see into people's hearts. The young girl soon realizes her impact over others by the end of this exceptional novel.

NEW ACTIVITIES OFFERED

Scrabble—Third Tuesday, November 20, at 10:00. Challenge others at this fun word game. A great workout for your brain!

Euchre—There has been a request to play “regular” Euchre. (Our current group plays Bid Euchre.) Play will be on the second and fourth Thursday of the month. Although in November, games will be on the 8th and 29th because of Thanksgiving.

WATERCOLOR— PAINT THE SEASON

November 1-29, 1:00-4:00 pm

Subject matter will include Winter and Holiday topics. There will be a focus on one of the elements of design – color, specifically neutral 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. The timing of this session will allow participants time to create paintings which could be reproduced into holiday greeting cards. There will be plenty of time for individual painting with optional one-on-one coaching. Beginning, intermediate and advanced concepts will be covered.

No class on Thanksgiving

Nov 1 class will be from 12:30—3:30

Cost: \$40.00 (payable to instructor)

Instructor: Karolyn Alexander Tsharnack

Sign up by Monday October 29



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: Armory gym

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

Tuesdays, 9:00—11:00 am (Open Play)

Mondays 3:30 pm-5:00 pm (Youth Open play)

Dates: Through December 14

No Pickleball November 2 through 7 because of elections

ARTHRITIS FOUNDATION TAI CHI

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.

Dates: Nov. 6 - Dec.10;

Registration Deadline: Oct. 30

Cost: \$18.00 continuing student/session
\$15.00 beginner/session

Minimum: 5 people

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.

Dates: Mondays, November 12 or 26, December 10 at 1:00 pm

Tuesdays, November 13, 20 or 27 at 3:45 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

November 15

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.

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 Nov. 1, 8, 22
Fee: 10 punch pass for \$30.00 (passes do not expire)

FALL BACK

Remember to turn
your clocks back
November 3!





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

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OUR HOUSE SENIOR LIVING MOVIES

"A Separation"

Wednesday, November 7, 12:30 pm

Rated PG-13; 2 hr. 3 min.

The first Iranian film to ever win an Oscar; received for Best Foreign Language Film at the 2012 Academy Awards. It was also the first Iranian film to receive a Golden Globe in the same category. This film, in Farsi with English subtitles, speaks in a universal language about family, and the ties that bind and rein us in. A woman in Iran seeks a divorce from her husband because he refuses to emigrate because he must tend to his Alzheimer's-afflicted father. The decisions each makes after that leads to tragedy. Set in a country we only know from the headlines, there is nothing alien about the customs or habits, or the urban environment where this story takes place.



"The Avengers"

Tuesday, November 13, 12:30 pm

Rated PG-13; 2 hr. 23 min:



When evil Norse God Loki returns to attack Earth, SHIELD, a supersecret government agency helmed by Agent Nick Fury (Samuel L. Jackson), forms a team of Superheroes to counter Loki's assault. The returnees of Iron Man, Thor,

Captain America and The Hulk, welcome the debut of The Black Widow and Hawkeye. This blockbuster had the highest grossing opening weekend ever, in movie history, and is the third highest grossing film of all time. "Avengers, Assemble!"

"Rock of Ages"

Tuesday, November 27

Rated PG-13; 2 hr., 3 min.

A pair of rock-star-wannabes dream of fame and fortune at a Sunset Strip rock 'n roll club, where a larger-than-life rocker (Tom Cruise) returns to the stage that made him a famous Rock legend. A glossy, star-filled version of the hit Broadway musical. The supporting actors: Alec Baldwin, Catherine Zeta-Jones and Russell Brand make the movie and provide much of the comic relief..



FRIDAY YOGA

W3 is offering a free yoga class on Fridays at the Cravath Lakefront Center at 4:45 pm. All levels of ability are welcome and mats are provided, if you need one. Class is first come, first served and is closed when the room is full.

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Hours: M-W: 8:15 a.m.-7 p.m. & Fri: 8:15 a.m.-5 p.m.
Patients are seen by appointment.
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For detailed itineraries on any of the extended trips, call 262-473-0535, send an email to dweberpal@whitewater-wi.gov, go to the city website at www.whitewater-wi.gov, (Departments, Seniors in the Park) or stop in to the Starin Park Community Building.

THE BATTLE OF GETTYSBURG TOUR

July 5-11, 2013



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

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

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

Mayflower Tours

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.

NEW ORLEANS & CAJUN COUNTRY BY TRAIN

February 23-March 3, 2013

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

Tour Rate: \$1799 per person Double; \$650 single supplement
Deposit: \$200 per person
Premier World Discovery



THE SEA ISLANDS—BEAUFORT, SAVANNAH & CHARLESTON

March 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



LUNCH BUNCH

Thursday, November 8

Enjoy dining at HHFFRRRRGGH's in Janesville.

RSVP by Tuesday, November 6

Trip departs at 10:30 am

On December 13, we will be traveling to Millie's in Delavan.

JANESVILLE SHOPPING

New Time

Wednesday, Nov. 7
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, November 6

FIRESIDE 2012

Wednesday, Dec. 19—Scrooge,
The Musical

RSVP/Payment due Nov. 2

Cost: \$66.00: Payable to: The Fort Atkinson Senior Ctr.

Transportation is on your own.

Arrive at 10:30 am. Lunch is at 11:15 and Show at 1:30.

FIRESIDE 2013

2013 ticket price: \$63.00 (taxes, tip, and ticket fees all included!)

Wed., Jan. 16—Sizzln' 60's
Live Band Music

RSVP/Payment due Dec.14

Thurs., March 14—Footloose
Takes place in Chicago with high energy singing

RSVP/Payment deadline Feb. 14

Thurs., May 9—Annie Get Your Gun

Classic tales of Annie Oakley

RSVP/Payment deadline April 9

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: 9:30 am Return: 4:00 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/

Apple Gorgonzola Salad, Spaghetti with Meat Sauce, Cheese Manicotti, and Chicken Parmigiana, served family style. Chocolate Cake, soft drinks, coffee and tea, are included. 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

"OFFERING OF THE ANGELS" EXHIBIT



Friday, November 2

Forty-five artworks traveling from the Uffizi Gallery in Florence, Italy will be featured at the Chazen Museum of Art on the UW-Madison campus. Visit the Frank Lloyd Wright designed First Unitarian Society Church for a luncheon concert, and tour. **Please bring a sack lunch.**

Cost: \$20.00 (van trip)

Deadline: Thursday, October 18

Depart: 8:15 am; Return: 4:00 pm (approx)

MEDICARE PART D OPEN ENROLLMENT

Tuesday November 20 by Appointment

The Open Enrollment Period for Medicare Part D is October 15 through December 7 of each year. You can review the 2013 Medicare Part D plans on the www.medicare.gov website. If you cannot use the website and don't have a friend or family member to assist you, a representative from the Elder Benefits Specialist Program of the Walworth County Aging and Disability Resource Center (ADRC), will be here on Tuesday, November 20th conducting free 45 minute Medicare Part D and Senior Care Assessments to assist you in determining your appropriate Part D plan for 2013. Call 262-473-0535 to reserve your appointment. Remember to bring your current plan and prescription information.



IF YOU FALL

Whether you're at home or somewhere else, a sudden fall can be startling and upsetting. If you do fall, stay as calm as possible. Take several deep breaths to try to relax.

How to Get Up From A Fall

1. Remain still on the floor or ground for a few moments. This will help you get over the shock of falling.
2. Decide if you're hurt before getting up. Getting up too quickly or in the wrong way could make an injury worse.
3. If you think you can get up safely without help, roll over onto your side.
4. Rest again while your body and blood pressure adjust. Slowly get up on your hands and knees, and crawl to a sturdy chair.
5. Put your hands on the chair seat and slide one foot forward so that it is flat on the floor. Keep the other leg bent so the knee is on the floor.
6. From this kneeling position, slowly rise and turn your body to sit in the chair.

If you're hurt or can't get up on your own, ask someone for help or call 911. If you're alone, try to get into a comfortable position and wait for help to arrive.

Other important points:

Discuss any fall with your doctor. Write down when, where, and how you fell so you can discuss the details with your doctor, who can assess whether a medical issue or other cause of the fall needs to be addressed. Knowing the cause can help you plan to prevent future falls. If you're worried about falling or have had a fall, talk with your doctor or another health care provider. You may be referred to a physical therapist. Physical therapy can help you improve your balance and walking and help build your walking confidence. You can also take classes like Stepping On, Tai chi, and Stretch, Flex, and Glide offered at Seniors in the Park. Getting rid of your fear of falling can help you to stay active, maintain your physical health, and prevent future falls.

ATTENTION BABY BOOMERS!

The CDC now recommends ALL baby boomers receive a one-time Hepatitis C blood test. One in 30 baby boomers, born between 1945-1965, has been infected with Hepatitis C and most don't know it. Hepatitis C causes serious liver disease, including liver cancer, and is the leading cause of liver transplants in the US. More than 2 million US baby boomers are infected with Hepatitis C. Studies show that many boomers were infected with the virus decades ago and do not perceive themselves to be at risk, and have never been screened. With newly available therapies that can cure up to 75% of infections, expanded testing—along with linkage to appropriate care and treatment—would prevent the costly consequences of liver cancer and other chronic liver diseases.



Activity Calendar

9

November 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</p>			<p>1</p> <p>8:45 Core & More 9:30 Stretch & Flex 9:30 Computer Tutor 10:45 Wii Bowling 12:30 Watercolor</p> <p>6:00 GLOBAL GALA</p>	<p>2</p> <p>8:15 Angels tour departs</p> <p>11:30 Nutrition Site at Brookdale</p>
<p>5</p> <p>8:45 Core & More 9:30 Stretch & Flex 9:30 Computer Tutor 10:30 Book Club 12:00 Senior Forum 1:00 Bid Euchre 1:30 Canasta</p>	<p>6 VOTE!</p> <p>8:15 Cont. Tai Chi 10:00 Culver's Bingo 11:15 Pot Luck 11:45 Dominoes 12:30 Foot Clinic (by appointment) 1:00 Sheepshad</p>	<p>7</p> <p>9:00 Bowling (HB) 9:30 Janesville Shopping 12:30 Our House Senior Living Movie "A Separation" 12:45 Zumba Gold (A) 1:00 Chess</p>	<p>8</p> <p>9:30 Stretch & Flex 9:30 Computer Tutor 10:30 Lunch Bunch 10:45 Wii Bowling 1:00 Watercolor 1:00 Euchre</p> <p>Office closed 1:00 pm</p>	<p>9</p> <p>11:30 Nutrition Site at Brookdale 12:30 Pickleball (A)</p>
<p>12</p> <p>8:45 Core & More 9:30 Stretch & Flex 12:30 Pickleball (A) 1:00 Gadget Guru 1:00 Bid Euchre 1:00 Massage Therapy</p>	<p>13</p> <p>8:15 Cont. Tai Chi 9:30 Computer Tutor 9:00 Pickle Ball (A) 10:00 Our House Senior Living Bingo 11:00 Blood Pressure 12:30 Our House Senior Living Movie "Avengers" 1:00 Sheepshad</p>	<p>14</p> <p>9:00 Bowling (HB) 12:30 Pickle Ball (A) 12:45 Zumba Gold (A) 1:00 Chess 1:00 Ladies Poker 2:15 Gerontology Class visit</p>	<p>15</p> <p>8:45 Core & More 9:30 Stretch & Flex 9:30 Computer Tutor 10:45 Wii Bowling 1:00 Watercolor 1:00 BUNCO</p>	<p>16</p> <p>12:30 Pickleball (A)</p>
<p>19</p> <p>8:45 Core & More 9:30 Stretch & Flex 12:30 Pickleball (A) 1:00 Bid Euchre 1:30 Canasta</p>	<p>20</p> <p>8:15 Cont. Tai Chi 8:30 Open Enrollment Appts. begin 9:00 Pickle Ball (A) 10:00 Scrabble 1:00 Sheepshad</p>	<p>21</p> <p>12:30 Pickle Ball (A) 12:45 Zumba Gold (A) 1:00 Chess</p> <p>Office Closed</p>	<p>22</p> <p>CLOSED</p> 	<p>23</p> <p>Closed for Thanksgiving Holiday</p> 
<p>26</p> <p>8:45 Core and More 9:30 Stretch & Flex 12:30 Pickleball (A) 1:00 Gadget Guru 1:00 Bid Euchre</p>	<p>27</p> <p>8:00 Churches trip departs 9:00 Pickle Ball (A) 10:00 City Bingo 12:30 Our House Senior Living Movie "Rock of Ages" 1:00 Sheepshad</p>	<p>28</p> <p>9:00 Bowling (HB) 12:30 Pickle Ball (A) 12:45 Zumba Gold (A) 1:00 Chess</p> <p>Office Closed</p>	<p>29</p> <p>8:45 Core & More 9:30 Stretch & Flex 10:45 Wii Bowling 1:00 Watercolor 1:00 Euchre</p>	<p>30</p> <p>12:30 Pickleball (A)</p>

10 Walworth County Nutrition Menu

November 2012

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Welcome new meal provider, Best Events Catering! 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.</p>				
<p>5 Pork Loin with Gravy Scalloped Potatoes Mixed Vegetables Wheat Roll Mandarin and Pineapple</p>	<p>6 Cantonese Beef with Brown Rice Carrots Cantaloupe Brownie</p>	 <p>7 Baked Chicken Mashed Potatoes w/Gravy Calif. Mixed Vegetables Wheat Bread Chunky Applesauce</p>	<p>1 Roast Beef Mashed Potatoes w/Gravy Stewed Tomatoes Wheat Bread Carrot Bar</p>	<p>2 Baked Pollock Red Potatoes Coleslaw Rye Bread Apple Cake</p>
<p>12 Pork Pot Roast w/Gravy Red Potatoes Carrots Baking Powder Biscuit Pineapple Tidbits</p>	<p>13 Beef Barley Soup Brussels Sprouts Peaches Wheat Dinner Roll Chocolate Cake</p>	<p>14 Chick w/Spinach Artichoke Rice Pilaf Peas and Carrots Wheat Bread Mandarin Oranges</p>	<p>15 Salisbury Steak Mashed Potatoes w/Gravy Tossed Salad Wheat Roll Sugar Cookie</p>	<p>16 Quiche (Spinach, .Cheese, Bacon) Winter Mix Vegetables Sliced Beets Dinner Roll Fruit Jell-O</p>
<p>19 Sloppy Joes on a Hamburger Bun Three Bean Salad Calif. Blend Vegetables Fruit Cocktail</p>	<p>20 Italian Breaded Pork Cutlet Sweet Potatoes Cauliflower w/Red Pepper Wheat Bread Apricots and Peaches</p>	<p>21 Ground Turkey Chili Pasta Vegetable Salad Cornbread Chunky Applesauce</p>	 <p>22</p>	<p>23 Thanksgiving Holiday</p> 
<p>26 Chopped Steak Baked Potatoes Red Cabbage Rye Dinner Rolls Mandarin Oranges</p>	<p>27 Spinach & Cheese Stuffed Chicken Sweet Potatoes Cantaloupe Wheat Bread Sugar Cookie</p>	<p>28 Cheesy Potato Soup Tossed Salad Wheat Roll Pumpkin Bar</p>	<p>29 Hot Slow Roasted Pork on Whole Wheat Bun Peas Coleslaw Peaches</p>	<p>30 Spaghetti and Meatballs Winter Mix Vegetables Tossed Salad Garlic Bread Chilled Peas</p>

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SERVICES AT A GLANCE

Foot Clinic:

Tuesday, Nov. 6 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, November 12, 1:00 pm. Half-hour massages for \$25.

Appointments must be made in advance.

Blood Pressure Screening:

Tuesday, Nov. 13, 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. (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 NOVEMBER BIRTHDAYS TO:

- 4 Elaine Schultz
- 22 Patty Griffin
- 23 Jan Schmeling
- 28 Janet Hintz
- 28 Janice Batten

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!

NEW CATERER CHOSEN

The Walworth County Nutrition Program for Older Adults is pleased to welcome our new caterer, Best Events Catering, located in Janesville, WI, who will begin providing meals to our program beginning Monday, October 29, 2012. If you have any questions regarding this change, please feel free to contact the Nutrition Program office at (262) 741-3333.

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, November 2, 9, and 30. The Site will be closed November 22 & 23 for the Thanksgiving 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 THE PARK BENCH NEWSLETTER

The newsletter and all the advertisers are available at **SeekAndFind.com**. Put in our zip code and the newsletter will appear. Scroll to the bottom of the page and choose to get a notification when the newsletter is posted online. Because of our fabulous advertisers, we are able to have our newsletter printed for free. We are very appreciative of their support of our programs and hope that you let them know when you visit them how much you appreciate their support. The newsletter is also at **www.whitewater-wi.gov**, departments tab, Seniors in the Park or at the following businesses: **First Citizens Bank, Fort Community Credit Union, Commercial Bank, Associated Bank, McCulloughs, Dale's Bootery, Mercy Clinic and PT, Jessica's, ILY Library, Whitewater Street Restaurant, Whitewater Aquatic & Fitness Center, Nicole and Co, Davis/Dueher/Dean, Dr Nosek, Headquarters, Dr Rowley DDS, Culvers, Whitewater Family Practice, Dental Perfections, Mirage Hair Studio, Robins Nest, Whitewater Family Dentistry, Ketterhagen Ford, Woodland Quilts, and Curves.** Thanks for displaying and distributing our newsletter.



SHARE YOUR TIME AND TALENTS



Receptionists—Do you enjoy meeting new people and helping others? This job is for you! Greet people, answer phones, register people and collect fees, give assistance as needed. Can also assist with program setup and beverage preparation. Specific needs are: 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.

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

Bridge Instructor—Do you love bridge and would like to share the game with others? Consider teaching the game to newcomers.

WELCOME NEW VOLUNTEERS AND THANK YOU

Thanks so much for helping out!!!

Sue Shearer—Welcome Back! Sue will be at the reception desk Tuesday afternoons and is assisting with the Thursday closing of the building for rentals.

Marti Stolgren—Welcome to our new every other Thursday receptionist. Stop by and introduce yourself.

Sam Manegold—Welcome Gadget Guru, UWW student volunteer.

Karen Christofferson and Sue Leffingwell - For cleaning out the storage closet for the exercise equipment.

John Rowe—Bingo Prize of handmade wooden pumpkins

PARK BENCH TV SHOW



The November Show features Cathy Price from the Fort Atkinson Chapter of the Disabled American Veterans (DAV). 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.

SENIOR FORUM

Monday, November 5

12:00 pm

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

OFFICE CLOSINGS

At 1:00 pm November 8

Wed.—Fri. Nov. 21-23

Wednesday, Nov. 28

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.



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. 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.

A Leahy Family Christmas

Saturday, December 8, 2012; 7:30 pm

Tickets: \$36.00 Deadline: November 6

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

Sing-A-Long-A Sound of Music

Saturday, January 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! Wave your Edelweiss! Dance in the gazebo with Liesl! Bark at Rolf! Snuggle up with Gretel and join in choruses of *My Favorite Things*.

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.

FAIRHAVEN LECTURE SERIES

Election 2012—

Understanding the People's Choice

Mondays, 3:00 pm

Fellowship Hall, Fairhaven

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

Nov. 5 A Daisy, a Bear and Nothing but Laughter: Television Advertising in Presidential Campaigns
Kim Hixson, Depart. Of Communication

Nov. 12 Explaining the 2012 Presidential Election and Looking Ahead to the Next Four Years
UW-W Faculty Panel

Nov. 19 Polls, Pols and Polarization: Wisconsin and the Nation, 2012
Wayne Youngquist, Dept. of Sociology, Anthropology & Criminal Justice



TYPO, HUMAN ERROR, WE GOOFED!?

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

LIVE AT THE WHITEWATER CULTURAL CENTER: TERRANCE JAMES COFFMAN PORTRAYS VINCENT VAN GOGH

Saturday, November 3 8:00 pm

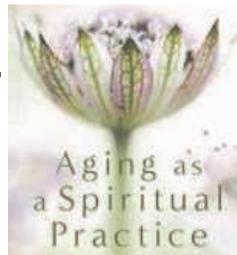
Called 'pure magic' and 'great beauty', Terrence James Coffman's performance portraying Vincent van Gogh will be live at the Whitewater Arts Alliance's Cultural Arts Center, 402 West Main Street. Tickets are \$18 for Whitewater Arts Alliance members and \$20 for non-members, and are available at The Sweet Spot, First Citizens Bank, the Cultural Arts Center (when the gallery is open), and by calling Dawn Hunter at 262-473-2730. In conjunction with the performance, The Black Sheep will be providing a French meal at 6 p.m., before the show (not included in the ticket price for the show.)

COORDINATOR'S COMMENTS

EVERYTHING CHANGES, EVERYTHING AGES

As we enter the season of change from summer to fall how does this relate to aging? I attended sessions on spirituality at a recent Fall Aging Conference. The most intriguing was Lewis Richmond, who has written the book, "*Aging as A Spiritual Practice*". So much of what we see and hear about is anti-aging or how to age to be physically healthy, in other words, how to avoid aging and stay fit. There isn't much out there about acceptance and the internal struggle with an aging body and a young mind, full of life's acquired wisdom. Richmond says, "Everything we love and care about—including our family, friends, and even our precious self—will change, transform, and eventually pass away ... that is the first truth of aging." But this truth has two sides, "It is equally true that every moment brings with it new possibilities. We shouldn't allow our fixed ideas about aging to take those opportunities away." It is summed up by the Buddhist saying, "Every breath, new chances". If you are struggling with acceptance of aging I highly recommend his book. Richmond offers an inner road map for aging, acknowledging the fear, anger, and sorrow many people experience when they must confront the indignities of their aging bodies and the unknowns associated with mortality, as well as explaining the four key stages of aging:

- Lightening Strikes (The moment we truly wake up to our aging)
 - Coming to Terms (comparing ourselves now to how we once were)
 - Adaptation (Letting go of who we were and embracing who we are)
 - Appreciation (Acknowledging that "This is my Life, I have no other")
- Regardless of whether you are enjoying growing old, hating it or in denial, each chapter is filled with relatable anecdotes, and contemplative reflections, which help people to see that while we can't escape life's essential problems, we can change our understanding about them and enjoy the process. It is a great read, which I highly recommend. Enjoy!



YESTERDAY DID YOU...

1. Do something you enjoy?
2. Do something you are proud of?
3. Learn something new?
4. Were you treated with respect?



These four questions were developed out of a happiness study done in several countries around the world with differing socio-economic groups. These were all found to be factors relating to happiness. Try doing/ answering each of these questions every day for a week (or longer) and see how you rate. SMILE!

GREAT WEBSITES

If you are choosy about the websites you visit and the e-newsletters you receive, these some of the best. National Council on Aging: www.ncoa.org, the National Institute on Health: <http://nihseniorhealth.gov> and Greater Wisconsin Area Agency on Aging www.gwaar.org. All sites have a wealth of good, reliable information on their sites.

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

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Romelle Koch

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Michelle Dujardin

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

NEWSLETTER SUBSCRIPTION OR PICK-UP SITES

To have the Seniors in the Park Newsletter mailed to your home for one year, send **\$6.00** with this coupon. To receive the newsletter **FREE**, go online to www.whitewater-wi.gov, click on Departments, then Seniors in the Park or go to www.whitewaterbanner.com and look for the link in the left column. The newsletter is available for pick up at the Starin Park Community Building, Municipal Building, the Whitewater Aquatic and Fitness Center, and the Irvin L. Young Memorial Library. (Note: January 1, subscription cost will increase to \$8.00 due to postal increase and larger newsletter.)

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