



The Park Bench

November 2013

Seniors in the Park Newsletter

HOLIDAY LUNCHEON

Wednesday, December 11

It's the time of year when we come together as neighbors and friends to celebrate the holiday season with food, music and laughter. The catered meal will be served at 12:15 at the Starin Park Community Building and include your choice of Turkey Breast in Gravy or Roasted Pork Loin with Honey Rosemary Sauce, Mashed Potatoes, Sage Dressing, Root Vegetable Medley, Dinner Roll, Cherry Cobbler and Coffee, Tea or Milk. After lunch, we will enjoy music of the season, caroling and give away door prizes.



Tickets will go on sale Tuesday, November 5 and are \$12.00 each or \$10.00 for anyone who volunteered at the center this year. The **deadline** for ticket purchase will be Monday, December 2.

Rides to the center will be available if you need one. Please let us know when you purchase a ticket.



Volume XIII Issue 11

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Welcoming Seniors, Boomers and Adults of all ages to our programs and trips.

Seniors in the Park Promotes & Enhances a Vital Aging Community

Classes and Activities

MAH JONGG

Mondays, 1:00 pm,

Learn this brain stimulating game played with tiles. American Mah Jong will be played. (Not like the computer version.)

Instructor: Diane Schwab

COMPUTER TUTOR

Bring your own laptop or tablet, if you wish, or use the XP computers



at the Senior Center. Internet, E-mail, Word, Excel, Pictures, or general

topics can be raised. Please tell us what you want assistance with, when registering for your session.

Instructor: Lyle Hunter

Dates: November 5, 6, 13, 14, 19, 21, 25, and 26

Time: 9:30 am

Cost: \$5.00 residents

\$6.25 non-residents

Register at least 3 days in advance

IS IT ALZHEIMER'S?

Thursday, November 7, 6:00pm

First Citizen's State Bank

207 W Main St

An informational seminar on distinguishing between the effects of aging and Alzheimer's. Please RSVP by November 4 to the bank at 262-473-1408

PLANNING YOUR DAYS

Thursday November 14; 3:30—5:30 pm

November is National Alzheimer's Month. Bonnie Beam-Stratz from the Alzheimer's Association will give an informational presentation on keys to successful day-to-day interactions with someone with Alzheimer's Disease. We will explore how dementia affects the brain and discuss tips and techniques to help the days go by more smoothly.

Register for the talk by Monday November 11



OPEN ENROLLMENT APPOINTMENTS



Tuesdays, November 5 and November 12

Staff from the Walworth County Aging & Disability Resource Center (ADRC) will be doing Medicare Part D drug assessments. If you are interested in seeing which Medicare Part D plan will be the least expensive for you in 2014, call Seniors in the Park at 262-473-0535 for an appointment.

WATERCOLOR: FOCUS ON TEXTURE

This three-week class will focus on texture. Topics will include using alternative watercolor supports, such as MASA paper and Ampersand Aquaboard, and also various methods of creating texture in watercolor. Subject matter may include landscape, floral, abstraction, or semi-abstraction. Beginning, intermediate, and advanced concepts will be covered. Attendees are always encouraged to paint from personal references, photos, or ideas. Each session will include a demonstration on a technique or concept and plenty of time for individual painting, with optional one-on-one coaching.

Instructor: Karolyn Alexander Tscharnack, www.karolyn.biz

Dates/Times: Thursdays, November 7-21; 1:00-4:00 pm

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

Deadline: Monday, November 4

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

LINE DANCE CLASS

November 13-December 18

2:00—3:00 pm

Downtown Armory Dance Studio

Kick up your heels and have fun with Line Dance Instructor Nancy Wensch. She loves teaching all levels of students and making dancing fun for them.



Class #: 5305.32 (No class November 27)

Deadline: Wednesday, November 6



Cost: \$20.00 residents; \$25.00 non-residents

(Class must be paid in advance at the Community Building or online at wwparks.org)

CORE AND MORE

Mondays & Thursdays, 8:45 - 9:15 am

This half hour class will help you to perform everyday activities safely and with ease. Balance and core exercises are done standing and on the floor. Once on the floor, we stay there until the end of class. Modifications for all levels of ability will be demonstrated. Please bring an exercise mat. A minimum of 5 people is necessary for class to run.

10 punch pass fee: \$30.00 resident

\$37.50 non-resident (passes do not expire)

No Class October 31, November 4, 21, 25, 28.

“FUN”CTIONAL FITNESS

Monday and Thursdays, 9:30-10:30 am

Open the door to greater independence and a healthier life with “fun”ctional fitness. Fitness instructors, Mary Zordell and Linda Geske, will lead you through a dynamic routine to promote coordination, balance, strength, and flexibility. Hand weights, tubes, leg weights, and weighted bars are all part of the fun. All levels of ability are welcome. Activities are adapted to individual needs.

Cost: \$1.00 per class or purchase 16-punch card for \$16.00

No Class November 28



TABLET NOT WORKING?!?!?

If the tablet is not working or is not available, there will be a sign in sheet at the front desk. Please sign in, legibly with your name and activity attending, if for some reason you cannot use the tablet. Class instructors, there will still be a sheet in your folder to use. Please fill in the date and have participants check-in here. Remember to “tap/ touch” the screen or use the stylus pen. The rubber tip on the pen is easy to use, especially if you have arthritis or long fingernails.



HOW TO REGISTER ON SCHEDULESPUS

You can register for classes and activities that need pre-registration by going to <http://schedulesplus.com/wwtr>. You will need to log in as a new user first (click on New User) and establish your own password, just like any other website you subscribe to. SchedulesPlus will send you a password. You are now able to log in to the site with your password. You can choose to save the password so you don't have to enter it again or change to a password of your choice. by clicking on your name, click the edit button and enter your new password. On the site you can look at the calendar of events, register, log volunteer hours, and see what you have already signed up for.

DON'T LET FINANCES STOP YOU FROM PARTICIPATING

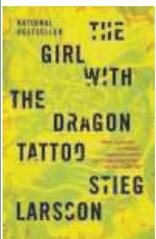
Scholarships are available for those who cannot afford the required fees for Seniors in the Park programs. Talk to Deb if you are interested in applying for scholarship funds.

BOOK WORMS

Monday Nov. 4, 10:00 am

Come early to watch *The No. 1 Ladies Detective Agency*, by Jill Scott, TV series before we discuss the book of the month.

Monday, November 4, 10:30 am



The Book Club will discuss *Gone Girl* by Gillian Flynn. The book for December is *Girl With the Dragon Tattoo* by

Stieg Larsson.

Mikael Blomkvist, a once-respected financial journalist, watches his professional life rapidly crumble around him. Prospects appear bleak until an unexpected (and unsettling) offer to resurrect his name is extended by an old-school titan of Swedish industry. The catch—and there's always a catch—is that Blomkvist must first spend a year researching a mysterious disappearance that has remained unsolved for nearly four decades. With few other options, he accepts and enlists the help of investigator Lisbeth Salander, a misunderstood genius with a cache of authority issues. You really *don't* want to mess with the girl with the dragon tattoo.



OUR HOUSE SENIOR LIVING MOVIES

"Honor Flight"

Tuesday, November 12; 12:30 pm

Rated PG, 1 hr., 22 min

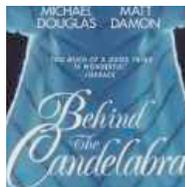
Honor Flight chronicles a community coming together to honor World War II veterans. The film follows a team of Midwest volunteers as they race against the clock to send every local WWII veterans to see the memorials built in their honor. (Documentary, 2012)



"Behind the Candelabra"

Tuesday, November 26, 12:30 pm

Rated NR, 1 hr, 58 min



Scott Thorson, a young bisexual man raised in foster homes, is introduced to flamboyant entertainment giant Liberace and quickly finds himself in a romantic relationship with the legendary pianist. Swaddled in wealth and excess, Scott and Liberace have a long affair, one that eventually Scott begins to find suffocating. Scott eventually rebels. When Liberace finds himself a new lover, Scott is tossed on the street. He then seeks legal redress for what he feels he has lost. But throughout, the bond between the young man and the star never completely tears. The film won 11 Primetime Emmy Awards including Outstanding Miniseries or Movie and Outstanding Lead Actor in a Miniseries or a Movie for Michael Douglas. (2013)

SENIOR FORUM

Monday, November 11; 12:00 pm

Please note the date change. Everyone is invited to attend these monthly meetings which generally last 30—45 minutes. Decisions are made and ideas given for programming and dispersment of fundraising and memorial monies, facility is discussed, volunteer needs, there is a Park Board report and other ideas and comments as are brought forth by attendees. At the September meeting, direction was given for planning the Holiday Dinner and it was moved to hire an 8 hour per week administrative assistant at minimum wage from the fundraising account.

HOLIDAY CANCELLATIONS AND OFFICE CLOSINGS

Core class cancelled: October 31, November 4, 21, 25, & 28.

'FUN'ctional Fitness cancelled: November 28

Office closings: Noon on October 31, & November 4, 21, & 25

Closed on Wednesday November 20 and November 28 & 29

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Trips are open to adults of ALL AGES. 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.

CALIFORNIA RAIL DISCOVERY

May 14-20, 2014

Featuring San Francisco, Lake Tahoe and the Napa Valley Wine Train.

Your adventure begins in San Francisco with a city tour and cruise of the bay with views of the Golden Gate Bridge, Alcatraz, and the city skyline. Enjoy staying in the Fisherman Wharf area. An optional tour of Monterey, Carmel, the 17-Mile Drive, and Pebble Beach is available. Travel to Napa Valley for an excursion on the Napa Valley Wine Train and enjoy a Wine Tasting and Lunch on board. Overnight in Sacramento with time to wander "Old Town Sacramento", commercial hub of the Gold Rush Era. Board Amtrak for a Sierra Nevada Rail Journey through the beautiful snowcapped Sierra Nevada Mountains to the Reno/Lake Tahoe area and spend two nights at a resort. Visit the famous old west town of Virginia City, once the richest place in the world. Enjoy a Lake Tahoe Paddlewheeler Cruise with spectacular views of picturesque Emerald Bay and the mountains. Trip includes airfare out of Milwaukee, 6 nights in first class hotels, 9 meals, admissions and sightseeing per the itinerary, hotel transfers, and Tour Director. Premier World Discovery

Cost: \$2175.00 pp/dbl Deposit due with registration: \$300 Deposit deadline is November 12

Final payment due February 28



VIETNAM AND CAMBODIA

October 5-16, 2014



Arrive in Cambodia, the Kingdom of Wonder. Visit picturesque Ta Prohm, the ancient royal city of Angkor Thom and the Terrace of the Elephants; Banteay Srei, a 10th century

Cambodian temple; UNESCO site Angkor Wat known as one of the modern wonders of the world and conclude your Cambodian stay in Phnom Bakheng, the oldest temple in the Angkor region. Fly to Ho Chi Minh City (Saigon) where you will tour the city, see China Town, the Thein Hau Pagoda, the Ben Thanh Market and enjoy a traditional Sampan Ride on the Mekong Delta. (Optional tour to the Cu Chi Tunnels available.) A short flight takes you to Hanoi, North Vietnam. Tour Old Hanoi by traditional Cyclo Taxi and walking the 36th Street District; see a traditional Water Puppet Performance; tour Ba Dinh Square, the One Pillar Pagoda, the Temple of Literature and the Hoa Lo Prison Museum (Hanoi Hilton). Experience an overnight cruise on Ha Long Bay, considered to be the 8th Natural Wonder of the World and a UNESCO site. Includes all airfares and departure taxes, sightseeing and first class accommodations.

\$4195 pp/dbl; \$925 single supplement

\$500 deposit due April 1, 2014.

Cancellation insurance is available

TEXAS COWBOY COUNTRY

March 22-30, 2014

View a video of the trip at <http://www.whitewater-wi.gov/departments/seniors-in-the-park>

Trip Highlights:

- Spend 3 nights at the Y.O. Ranch Hotel
- Visit the 40,000 acre Y.O Ranch
- Visit the National Cowboy & Western Heritage Museum
- Guided tour of San Antonio, including Mission San Jose and El Mercado
- Enjoy a narrated river cruise along the San Antonio River Walk
- Visit the Alamo
- Guided tour of Fort Worth & Historic Stockyards
- National Museum of the Pacific War
- Tour Lyndon B. Johnson Ranch Park
- See LBJ's boyhood home
- Tour the Texas Civil War Museum
- Dinner at Cooper's Old Time Pit BBQ (a hill-country tradition since 1953)

9 days and 13 meals—Mayflower Motorcoach tour

Cost: Twin \$1,349; Single \$1,858

Down payment due by November 15

\$210 with insurance \$150 without insurance



CLASSICAL TURKEY

April 3-15, 2014



If you were interested in this trip but couldn't go in October, here's your chance! Explore the lands of the New Testament and savor the flavor of a country where Europe meets the Middle East. Visit one of

the world's most spectacular landmarks, Hagia Sophia—once the largest church in Christendom, Explore some of Istanbul's most famous sites including a guided visit of Topkapi Palace, the official and primary residence of the Ottoman sultans for 400 years, and the Blue Mosque, renowned for its splendid architecture. Visit the ruins of Ephesus, and walk the marble avenue to the Library of Celsus and the Temple of Hadrian. Tour UNESCO sites including Troy, the ancient city of Hierapolis, and the famed rock chapels of the Goreme Valley. Other highlights are the underground city of Kaymakli, Cappadocia, Asclepion—an ancient “holistic” healing center; the Turkish Riviera, the Turkish capitol of Ankara, and the Grand Bazaar in Istanbul, and much more! Celebrate a Turkish Wedding complete with traditional food, music, whirling dervishes, and belly dancers. Trip includes roundtrip transportation from your home or the center, 19 meals, professional tour guide, sightseeing per itinerary, hotel transfers, and baggage handling in Turkey. An optional post night stay in Istanbul is available.

Fees: \$3799 pp/dbl; \$4399 sgl; Cancellation Insurance available for \$220

Collette Vacations

HOLIDAY LIGHT SHOW

Thursday December 19

Let the Holiday Season shine with the light show at Rotary Gardens. With over 300,000 lights, 90 specialty displays, 150 decorated trees and a model train with more than 200 feet of track you will be amazed. The décor covers nearly 20 acres and is the only walk-through in the region. You can walk as much or as little as you want.



Cost: \$8.00 (admission and transportation)

Deadline: Thursday, December 5

LUNCH BUNCH

Thursday, November 14, 10:30 am

Enjoy lunch at Urban's in Jefferson with a stop at the River's Edge Meat Market on the way home.

Cost: \$5.00

RSVP by Tuesday, November 12

Thursday, December 12, 10:30 am

Enjoy lunch at The Milwaukee Grill in Janesville. Savor the colors and smells of the season after lunch at K&W Greenery.

Cost: \$5.00

RSVP by Tuesday, December 10

Signups for this trip will begin on Tuesday Nov. 5

JANESVILLE SHOPPING

Wednesday, November 6, 9:30 am

Get picked up at your home and shop in Janesville. Participants decide where to shop. Bring a new friend and your ride is free!

Pickups begin at 9:30 pm.

Cost: \$5.00

RSVP by Monday, November 4

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FIRESIDE 2013

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

Cost: \$63.00

Payable to: The Fort Atkinson Sr. Ctr.

Transportation is on your own.

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



Wed., Dec. 18—Fireside Christmas Presents (Original celebration)

Deadline: Nov. 4

FIRESIDE 2014

2014 ticket price: \$63.00 (taxes, tip, and ticket fees all included!). Saves you up to 23% off individual tickets. Eighteen people is the minimum we must have for the trip to go. Invite your friends!

Payable to: The Fort Atkinson Sr. Ctr.

Transportation is on your own.

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

Thurs. April 24—Fiddler on the Roof

Thurs. June 12—Driving Miss Daisy

Thurs. September 25—Les Miserables

FIND US ALL AROUND TOWN

Thanks for displaying and distributing our newsletter: 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, LSM Chiropractic, Whitewater Family Dentistry, Ketterhagen Ford, Woodland Quilts, and Curves.

YOUNG AUDITORIUM SHOWS & RIDES

Enjoy shows at the Young Auditorium along with transportation to and from the event.

Gala Holiday Concert

Thursday, December 7 - 7:30 pm show

A showcase of nearly all of the Department's ensembles and small groups. A fundraiser for the Music Department

Fee: \$12.00 Deadline is November 7

Pickups will begin at 6:30 Minimum 6 people for van service

Neil Berg's Broadway Holiday

Friday, December 13, 7:30 pm show

Fee: \$38.25 Deadline is November 13

Pickups will begin at 6:30 Minimum 6 people for van service

The Nutcracker—Saturday, December 14, 2:00 pm show

The Dance Factory of Delavan puts on a dazzling show with area youth and adult dancers.

Fee: \$21.25 Deadline is November 14

Pickups will begin at 1:00 Minimum 6 people for van service

For more info on shows go to uww.edu/youngauditorium

HOLIDAY TOUR

Monday, December 2

Thursday, December 5

Trips are full.

Cost: \$42.50 (Van trip)

RSVP/payment due by Monday, November 18



POTAWATOMI BINGO CASINO

Tuesday, November 12

Casino features over 3100 slot machines, classic table games, Roulette and spin the Wheel.

Cost: \$27.00

Includes: \$10 Reward Play, \$10 Food and Beverage Credit, \$10 FKC Reward Play

Depart Fort Atkinson K-Mart at 8:00 am and return approximately 3:00 pm

Deadline: November 1

Activity Calendar

November 2013

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRI/SAT/SUN
<p>Activities take place at the Starin Park Community Building unless otherwise noted. (A)=Downtown Armory (L)=Cravath Lakefront (HB) = Hawk Bowl</p>				<p>1 12:30 Pickleball (A)</p>
<p>4 9:30 FUNctional Fit 10:00 Book Club DVD 10:30 Book Club 12:30 Pickleball (A) 12:30 Digital Stories 1:00 Mah Jong 1:00 Bid Euchre 1:30 Canasta Office closed at noon</p>	<p>5 8:30 Pickleball (A) 9:30 Comp. Tutor 10:00 Culver's Bingo 11:15 Pot Luck 11:45 Dominoes 12:30 Foot Clinic 1:00 Sheepshead</p>	<p>6 9:00 Bowling (HB) 9:30 Comp. Tutor 9:30 Janesville Shop 10:00 Walking Class 12:30 Pickleball (A) 12:45 Zumba Gold (A) 1:00 Chess 1:00 Ladies Poker 2:00 Line Dance (A)</p>	<p>7 9:30 FUNctional Fit 1:00 Watercolor 1:00 Scrabble</p>	<p>8 12:30 Pickleball (A)</p>
<p>11 8:45 Core & More 9:30 FUNctional Fit 12:00 Senior Forum 12:30 Pickleball (A) 12:30 Digital Stories 1:00 Mah Jong 1:00 Bid Euchre 1:00 Massage Therapy</p>	<p>12 8:30 Pickleball (A) 10:00 Our House Senior Living Bingo 11:00 Blood Pressure 12:30 Our House Senior Living Movie "Honor Flight" 1:00 Sheepshead CA trip deadline</p>	<p>13 9:00 Bowling (HB) 9:30 Comp. Tutor 10:00 Walking Class 12:30 Pickleball (A) 12:45 Zumba Gold (A) 1:00 Chess 2:00 Line Dance (A)</p>	<p>14 8:45 Core & More 9:30 FUNctional Fit 9:30 Computer Tutor 10:30 Lunch Bunch 1:00 Watercolor 3:30 Planning Your Days TX trip deadline</p>	<p>15 11:30 Nutrition Site 12:30 Pickleball (A)</p>
<p>18 8:45 Core & More 9:30 FUNctional Fit 12:30 Pickleball (A) 12:30 Digital Stories 1:00 Mah Jong 1:00 Bid Euchre 1:30 Canasta</p>	<p>19 8:30 Pickleball (A) 9:30 Computer Tutor 10:00 Scrabble 1:00 Sheepshead</p>	<p>20 9:00 Bowling (HB) 10:00 Walking Class 12:30 Pickleball (A) 12:45 Zumba Gold (A) 1:00 Ladies Poker 1:00 Chess 2:00 Line Dance (A) Office closed</p>	<p>21 9:30 FUNctional Fit 9:30 Computer Tutor 1:00 Watercolor Office closed at noon</p>	<p>22 12:30 Pickleball (A)</p>
<p>25 9:30 FUNctional Fit 9:30 Computer Tutor 12:30 Pickleball (A) 12:30 Digital Stories 1:00 Mah Jong 1:00 Bid Euchre Office closed at noon</p>	<p>26 8:30 Pickleball (A) 9:30 Computer Tutor 10:00 City Bingo 12:30 Our House Senior Living Movie "Behind the Candelabra" 1:00 Sheepshead</p>	<p>27 10:00 Walking Class 12:30 Pickleball (A) 12:45 Zumba Gold (A) 1:00 Chess 2:00 Decorate the Senior Van</p>	<p>28 Happy Thanksgiving Center Closed </p>	<p>28 6:00 Holiday Parade Center closed</p>

November 2013

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Persons 60 and over and their spouses are eligible. Suggested donation is \$2.50. To reserve a meal, call 473-0536, 9:30 to noon or 1-800-365-1587, ext 3333. by noon the day prior. Meal can be cancelled day of by 8:00am by calling the 800 number</p>				
<p>4 Chicken Ala King Carrots Broccoli Fruit Cocktail Baking Powder Biscuit</p>	<p>5 Parmes. Crusted Pork Loin Sweet Potatoes California Mixed Veggies Pears Wheat Roll</p>	<p>6 Sloppy Joes on a Hamburger Bun Green Bean Casserole Tropical Fruit Tossed Salad</p>	<p>7 Chicken & Wild Rice Soup Mediterran. Blend Veggies Applesauce with Peaches Chocolate Pudding Dinner Roll</p>	<p>1 Baked Breaded Fish Carrots Green Beans Lemon Poppy Seed Cake Wheat Bread</p>
<p>11 Beef Noodle Soup Peas Peaches w/Granola Tossed Salad Wheat Dinner Roll</p>	<p>12 Baked Drumsticks Mash. Potatoes/Gravy Brussels Sprouts Peanut Butter Cookie Wheat Bread</p>	<p>13 Beef and Cabbage Casserole with Rice Rivera Blend Veggies Fruit Whip Salad Dinner Roll</p>	<p>14 Spin./Cheese/Bacon Quiche California Veggies Red Potatoes Fruit Jell-O Dinner Roll</p>	<p>8 Hot Shaved Turkey Mashed Potatoes Peas Chocolate Chip Cookie Wheat Bread</p>
<p>18 Swedish Meatballs Egg Noodles San Francisco Veggies Apricots w/Peaches Wheat Bread</p>	<p>19 Cheesy Potato Soup Hot Applesauce Wis. Blend Veggies Pumpkin Bars Dinner Roll</p>	<p>20 Broc Chicken Rice Cass. Stewed Tomatoes Tossed Salad Sliced Pears Wheat Bread</p>	<p>21 Hot Sliced Pork Sandwich on Whole Wheat Bun Baked Beans Parsley Red Potatoes Snickerdoodle Cookie</p>	<p>15 Pork Pot Roast Carrots Squash Pineapple Tidbits Baking Powder Biscuit</p>
<p>25 Pork w/Dijon Sauce Brown Rice Green Beans Tropical Fruit Dinner Roll</p>	<p>26 Sliced Turkey Mashed Potatoes Calif. Mixed Veggies Pumpkin Pie Wheat Roll</p>	<p>27 Spaghetti and Meatballs Carrots Pineapple/Orange Cup Garlic Bread</p>	<p>28 Thanksgiving Day Thanksgiving Holiday Dining Centers Closed</p>	<p>22 Chopped Steak Baked Potatoes Red Cabbage Mandarin Oranges Wheat Bread</p>
			<p>29 Thanksgiving Day Thanksgiving Holiday Dining Centers Closed</p>	<p>29 Thanksgiving Holiday Dining Centers Closed</p>

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SERVICES AT A GLANCE

Foot Clinic: Tuesday, November 5, by Appointments only. Please bring a towel. Cost is \$15.00.

Therapeutic Massage: Monday, November 11, 1:00 pm. Half-hour massages for \$25. Appointments only.

Blood Pressure Screenings:
Tuesday, November 12, 11:00 am Provided free by Our House.
Tuesday, November 19 11:00 am. Provided Free by Country Nurses. This service will be provided every other month.

Other Services:

- Free computer/internet access
- A document shredder is available (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.

NON-RESIDENT INFORMATION

There is a non-resident fee for all programs for participants who do not reside in the Whitewater Unified School District. This fee will be an additional 25% of the listed program fee.

BINGO

Tuesdays, 10:00 am

Nov. 5: Culver's

Nov. 12: Our House Senior Living

Nov. 26: City Bingo



BINGO SPONSORS

Culver's and Our House Senior Living
 Mulberry Glen: Cookies & Lemonade

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 Rosa's Pizza * Rocky Rococo Pizza * Pizza Hut * McDonald's
 Fort Comm. Credit Union * Eastsider/Westsider *Fairhaven
 Randy's * Walworth Co. Nutrition * Binning & Dickens Insurance

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—Wednesdays, 9:00 am

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

Chess—Wednesdays, 1:00 pm Beginners welcome

Core and More—Mondays and Thursdays, 8:45 am; \$3.00/class

Dominoes—First Tuesday 11:45 am

'FUN'ctional Fitness—Mon & Thurs. 9:30 am; \$1.00 per class

Ladies Poker—First and third Wednesday at 1:00 pm

Potluck—First Tuesday 11:15 am

Pickleball—Monday, Wednesday and Friday 12:30-2:30 and Tuesday 8:30—10:30 at the Downtown Armory

Scrabble—First Thursday, 1:00 pm; Third Tuesday, 10:00 am

Sheepshead—Tuesdays, 1:00 pm

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

Walk off the Pounds—Wednesdays, 10:00 am

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

Support Our Featured Advertiser!



Rainbow Hospice

PARKING LOT CONSTRUCTION

Because of rain in October, the parking lot project is behind up to a week. Scheduled construction dates are now through November 11. Watch for info on closing of the lot online at www.whitewater-wi.gov, whitewaterbanner.com, on cable channel 98/digital 990, and local radio stations.

SHARE YOUR TIME AND TALENTS

Decorate the Van for the Holiday Parade Wednesday, November 27 at 2:00 we will decorate the Senior Van, hopefully inside at the streets department. Please contact Deb for details, if you can help.

Holiday Parade Walkers needed—The Holiday parade will be on Friday, November 29. People are needed to walk with our senior van to hand out candy. We provide Santa hats or you can wear your own. Please contact Deb for details, if you can help.

2014 Accreditation Assistance—Work Groups are being formed to look at different areas of Accreditation and will meet 2-3 times at your convenience. Most groups will tweak what is already in place. Work groups include: Purpose and Mission, Advocacy and Partners, Public Info/PR/Marketing, Community Planning, Programs and Evaluation, Facility and Safety, Volunteers, and Policies and Procedures. You all have talents and knowledge, and I'm hoping you are willing to share yours with us.

Park Bench Cable TV Show—Research and discover topics and schedule guests for the cable TV show coordinating with Alan Lockett, Cable TV, and the show host. One guest per month.

THANK YOU

- **John Rowe**—For making and donating a Bingo card holder and a wooden Halloween decoration for Bingo.

PARK BENCH TV SHOW

The November Show features Dr. Steven Sahyun, Associate Professor of Physics, discussing Arduinos or Micro-controllers. 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.

funds for friends



FUNDS FOR FRIENDS

Thanks to everyone for getting Funds for Friends stickers on your Sentry receipts. Sentry is a great supporter of our community, giving away thousands of dollars through this program and other in-kind donations to the community. Please shop local and support those who support us.

FALL GREETINGS

New cards have arrived!! We have a great selection of Thanksgiving, Christmas, birthday, and everyday cards. Most cards are priced from 50 cents to \$1.50. Stop in and check out our selection.



TYP0, WE GOOFED, HUMAN ERROR !?

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. **Spot a typo or error and bring it to the office for a treat (the first 5 people).**

HAPPY NOVEMBER BIRTHDAYS TO:

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



If you want to be on our birthday list let Deb or Susan know your birth month and day, and correct spelling of your name, and you can be in the newsletter, too!

Please cut out this
"Thank You Coupon"
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CLAY CLASSES

Fridays, Nov. 1 - Dec. 20
4:00-5:00 pm at Studio 84

Fee: \$60

For more information and registration forms go to:

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Fee \$10

Take both classes for \$18.00

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<http://camps.uww.edu>



GREAT HOLIDAY GIFT IDEAS

- Purchase a Sentry or Wal-Mart gift card for a friend or relative
- Gift certificate for a massage
- Nutrition Site gift certificate
- Seniors in the Park gift certificate. Good for classes, trips, or services.
- Stamps and notecards

MUSIC MOSAICS

Tuesday, November 5, 7:30 pm

UW-W Light Recital Hall,

Greenhill Center of the Arts

Jazz fused with other forms by UW-Whitewater jazz faculty, including projected images and video that contrast and complement the musical works.

Cost: \$7.00 or over 65 - \$6.00

Order by phone: 472-2222;

online: <http://tickets.uww.edu>;

or in person at Greenhill Center ticket office

TURNING POINTS

Critical Events and Influential People of the Past 30 Years— Fairhaven Lecture Series

Mondays, 3:00 pm

Fellowship Hall, Fairhaven

“Turning Points” provides an opportunity to reflect on the people and events that have shaped our lives since 1983. All lectures are open to the public at no charge. Street parking is adjacent to the building. Unable to attend? Links to videos of lectures, including those from prior series can be found at <http://www.uww.edu/conteduc/fairhaven>

Nov. 4 UW-Whitewater Athletics: Past, Present and Future
Paul Plinske *Director of Athletics*

Nov. 11 The Commercialization of the Internet: Millions of Islands
Become a Continent
Carol Scovotti *Associate Professor, Marketing*

Nov. 18 The Last Frontier of Civil Rights: The Americans with
Disabilities Act
Elizabeth Watson *Director, Ctr for Students with Disabilities*

Nov. 25 The Fall of Communism and the Creation of a New World Order
F. Peter Wagner *Associate Professor, Political Science*

NOVEMBER ZUMBA ®

Downtown Armory (Parks and Recreation)

Mondays, 4:45-5:45 pm, Gym, Class #: 4451.37; Res \$15; Non Res \$18.75

Tuesdays, Sentao, 7:30-8:30pm, Dance Studio, Class #: 4452.37; Res \$20;
Non Res \$25

Wednesdays, Zumba Gold, Dance Studio, 12:45- 1:30pm; \$40 10-class
punch card which must be purchased at Starin Park

Wednesdays, Gym, 5:15-6:15 pm, Class #: 4454.42; Res \$15; Non Res
\$18.75

Thursdays, Toning, 5:00-6:00 pm, Gym, Class #: 4453.37; Res \$15; Non
Res \$18.75

Saturdays, 9:15-10:15 am, Dance Studio, Class #: 4460.33; Res \$25; Non
Res \$31.25

Register for all November classes and save! Class #: 4455.37; Res \$40;
Non Res \$50



COORDINATOR'S COMMENTS

Thank you all so much for your kind and thoughtful words and cards on the passing of my mother. I had another thought for the column this month, but it can wait until next month. It was so wonderful to hear how my mom touched so many people's lives with her kind and giving heart. She was active at The Gathering Place in Milton, here at the center and the Whitewater Aquatic Center.



A friend shared this with me and it speaks to anyone who has lost a mother. I hope you enjoy it.

"Your mother is always with you. She's the whisper of the leaves as you walk down the street. She's the smell of certain foods you remember, flowers you pick, the fragrance of life itself. She's the cool hand on your brow when you're not feeling well. She's your breath in the air on a cold winter's day. She is the sound of the rain that lulls you to sleep, the colors of a rainbow, she is Christmas morning. Your mother lives inside your laughter. She's the place you came from, your first home, and she's the map you follow with every step you take. She's your first love, your first friend, even your first enemy, but nothing on earth can separate you, not time, not space, not even death."

From the Sharing Our Best—Seniors in the Park Cookbook. On sale at the Starin Park Community Building, \$8.00. Great hostess or holiday gift!



PUMPKIN CRUNCH

- | | |
|--------------------------|--------------------------------|
| 3 eggs, beaten | 1/4 tsp. ground cloves |
| 1 c. sugar | 1 yellow dry cake mix |
| 1 can (29 oz) pumpkin | 10 T. butter/margarine, melted |
| 1 can (14 oz) evap. milk | 1 c. chopped pecans (optional) |
| 1 tsp. cinnamon | Cool Whip® or ice cream |
| 1/2 tsp. ginger | |

Mix eggs, sugar, pumpkin, milk and spices. Pour into a greased 9 x 13 pan. Sprinkle dry cake mix over all, sprinkle nuts over all, drizzle melted butter over all. Bake at 350 degrees for 1 hour. Cool and serve with Cool Whip® or ice cream

PARKS & RECREATION WINTER CLASSES ONLINE!

Go to wwparks.org and see all the new winter activities. The printed brochure should be available mid-November. In December, Parks and Recreation will be switching their online registration system. More on this process in the December newsletter.

FREEZE FEST AND POLAR PLUNGE 2013

Saturday February 15

Save the Date!!!! Think about being part of a plunge team, helping with the Chili Cook-off or supporting a plunger. It's a fun event, especially when the weather cooperates. Polar Plunge coffee mugs will be on sale in December and will make a great stocking stuffer. Bring it to the Chili Cook-off for samples of chili. You will also be able to support the plunge by donating \$1 to get your name on a polar bear here at the center. More details in next month's newsletter.



**Parks & Recreation:
wwparks.org**

Seniors in the Park

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Hours.... Mon-Thurs, 9:00 am-4:00 pm

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*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 **\$8.00** with this coupon. To receive the newsletter **FREE**, go online to www.whitewater-wi.gov, click on Departments, then Seniors in the Park or www.whitewaterbanner.com and look for the link in the left column or www.seekandfind.com. The newsletter is available for pick up at the Starin Park Community Building, Municipal Building, the Whitewater Aquatic and Fitness Center, the Irvin L. Young Memorial Library and other businesses in Whitewater.

Name _____

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