



August 2013

# The Park Bench

Seniors in the Park Newsletter

## SENIORS SPONSOR CONCERT ON AUGUST 1

7:00 pm at Cravath Lakefront Park



**August 1—With a Bullet: Country Rock**, sponsored by Seniors in the Park.

This band performs the best of Country Rock, Classic Rock, Blues as well as some of their own original material. The group members combined have 100 years of performance experience



**August 8—David Stokes**

**August 15—Piper Road Spring Band**

The Black Sheep has teamed up with the Parks & Recreation Department to offer dinner baskets every Thursday during Concerts In The Park and Family Fun Nights. Multiple basket options are available for purchase to enjoy at the park. Please stop in or call ahead to make sure your basket is ready for a great Thursday evening. Call 262-458-4751 or email [www.eatatblacksheep.com](http://www.eatatblacksheep.com)

## CHECK-IN SYSTEM BEGINS AUGUST 1

Stop by the front desk and pick up your scan card. To access your “account” go to [www.schedulesplus.com](http://www.schedulesplus.com) and log-in as a new user. You can register for classes, activities, trips and log your volunteer hours. In 2014, you will be able to pay online. Volunteers will be available to assist you in learning the new check-in system. The reports generated will provide information to the city, funders, and the staff for program evaluation, financial reports, and facility usage. Thanks in advance for your participation in using this new system every time you come in the building, no matter the reason. Thanks, also, to everyone who volunteered to assist with the implementation of this process! Your help is greatly appreciated.



Volume XIII Issue 8

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[www.schedulesplus.com](http://www.schedulesplus.com)

*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.

## BOWLING LEAGUE

Wednesdays, 9:00am  
beginning  
September 4

Join this fun,  
recreational league at  
Hawk Bowl. League  
runs through mid-March.  
Questions, call Henry Malo, 262-  
472-0262 .



## MAH JONG

Mondays, 1:00 pm,  
beginning September 23

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

Instructor: Diane Schwab  
Please sign up by September 18 so  
materials and supplies can be  
prepared.

## 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: August 6, 8, 13, 15, 20, 22,  
27, or 29

Time: 9:30 am

Cost: \$5.00 residents  
\$6.25 non-residents

Register at least 5 days in advance

## HOW TO SUPPORT A FRIEND EXPERIENCING SERIOUS ILLNESS

Monday, August 26, 1:00 pm

Have you ever struggled to know how to best support a friend or family member going through a serious illness? What should you say? What should you do? Hear a talk on how to support a friend experiencing serious illness and be guided through methods to help and comfort your friend.

Presenter: Nancy Bracken, Dir. for Mercy Hospice & Home Health  
Deadline: Wednesday, August 21

## WATERCOLOR: BASICS AND BEYOND

Whether your approach is traditional, expressive, semi-abstract or something else and your experience level is beginner, intermediate or advanced, you are welcome to join and express your personal creativity. Each session will include a demonstration on a technique or concept and plenty of time for individual painting. Topics will include: the elements of design, color mixing, and brushwork. Wet-into-wet, and wet on dry will be covered. Seasonal subject matter (summer and winter) will be used for the demonstrations.

Instructor: Karolyn Alexander Tscharnack, [www.karolyn.biz](http://www.karolyn.biz)  
Dates/Times: Thursdays, August 8-29; 1:00-4:00 pm  
Cost: \$40 payable to the instructor by cash or check.  
Deadline: Monday, August 1

## SURVIVING AGING 101

Thursdays, 1:00 pm

**September 26:** Susan Martin, writer and storyteller, 'Lessons Learned' and practices for daily survival that can be put to use at any age.

**October 3:** Kristin Arnett, BS in Nutrition, will reveal little known 'food facts' that maybe contributing negatively to your sleep patterns, inflammation and energy level.

**October 10:** Reverend Joan Rogers, Spirit of Charity church. She will be addressing True Inner Peace.

**October 17:** Sue Lancaster CYT, LMT and owner of Essential Yoga. The healing qualities of massage and how it can alleviate some of the symptoms of aging. Complimentary hand and arm massages.

**October 24:** Laurie Asbeck, Reiki Practitioner, will present Relaxation Techniques for Everyday Living.

Fee: Class series—\$15.00; Single class—\$5.00

Deadline for series: September 19

Deadline for single class: One week in advance



## FAMILY AND FRIENDS CPR

**Monday, August 19 1:00—2:30 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. SIP Volunteers can attend free.

Fee: Resident \$5.00; Non Resident \$6.25

RSVP Deadline: Monday, August 12

## LINE DANCE CLASS

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.

Day/Time: Wednesdays, 2:00—3:00 pm

Where: Downtown Armory Dance Studio

Session: August 14-September 18

Class #: 5305.31.

Deadline: Thursday, August 8

Cost: \$24.00 per session residents; \$30.00 non-resident

(Class must be paid in advance at the Community Building or online at [wwparks.org](http://wwparks.org))



## WALKING GROUP

**Wednesdays, 9:00 am**

Walk outdoors with or without poles. This group meets at Starin Park, walks for about half an hour, and returns to the park. There are several hiking options from Starin. Group may split, depending on ability and speed of walkers.

## INTERMEDIATE OR BEGINNER BIKE RIDES

These rides will include safety instruction, riding tips, and destination stops. Water bottle, helmet, and safe bike required. Most participants will be riding road bikes. Please plan for at least an hour for each ride. Registration is appreciated for head count & supplies.

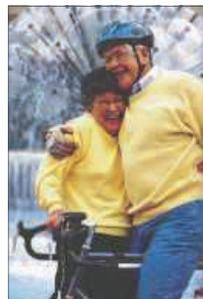
Departs: 6:00 pm from the Starin Park Community Bldg.

**Ride 3: Wednesday, July 31st**

Class# 4456.23 Cost: \$3.00

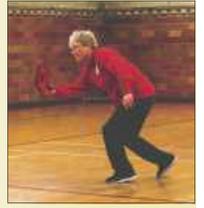
**Ride 4: Wednesday, August 14th**

Class# 4456.24 Cost: \$3.00



## PICKLEBALL

Pickle Ball is a fun, social, easy-to-learn game that is a cross between badminton, table tennis, and tennis.



It's played on a smaller court, with large paddles and a wiffle-like ball. 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.

Where: Downtown Armory gym  
Day/Time: Monday, Wednesday, & Friday: 12:30-2:30 pm  
Tuesdays: 9:30-11:30 am

## ZUMBA GOLD®

**Wednesdays, 12:45 pm**  
**Downtown Armory**  
**Dance Studio**

Zumba is a fun and energizing workout. Get your party on!

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.

## WALK AWAY THE POUNDS

**Wednesdays, 10:00 am**

Low impact, easy to follow walking class. Walk anywhere from 1-4 miles indoors and firm up your midsection with facilitator Mona Baker and a walking DVD. This class is safe for all ages and fitness levels.

## BOOK WORMS

**Monday, August 5, 10:30 am**

The Book Club will discuss *Patty Jane's House of Curl* by Lorna Landvik. The book for September is *Mrs. Lincoln's Dressmaker* by Jennifer Chiaverini.

In a life that spanned nearly a century and witnessed some of the most momentous events in American history, Elizabeth Hobbs Keckley was born a slave. She earned her freedom by the skill of her needle, and won the friendship of First Lady Mary Todd Lincoln by her devotion. This historical novel illuminates the extraordinary relationship the two women shared, beginning in the hallowed halls of the White House during the trials of the Civil War and enduring almost, but not quite, to the end of Mrs. Lincoln's days.

## FAMILY-DIRECTED HOME FUNERALS & GREEN BURIALS

**Monday, September 30  
1:00-2:30 pm**

Family-directed home funerals define how you or your loved one would like to be honored and handled upon passing and provides additional burial choices, allowing your final act be one of kindness to our earth.

Deadline: Monday, September 23

## OUR HOUSE SENIOR LIVING MOVIES

### "Guilt Trip"

**Tuesday, August 13, 12:30 pm**

**Rated PG-13; 1 hr. 15 min.**

Barbra Streisand and Seth Rogen are the perfect comedy duo as they embark on one mother of a road trip! The plan for a quick stop at Mom's takes a turn for the unexpected when an impulse compels Andy (Seth Rogen) to invite his smothering mother Joyce (Barbra Streisand) on an 8 day, 3000 mile across the country in a Smart Car. The farther they go, the closer they get, so buckle up for an outrageously funny adventure that just might prove they have more in common than they ever imagined. (2012)



### "No"

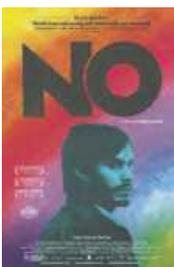
**Wednesday, August 21; 1:00 pm**

**(Please note 1:00 pm start time)**

**Documentary Rated R, 1 hr. 58 min.**

After international pressure forces Chilean dictator Augusto Pinochet to hold a legitimate election in 1988, an ad executive for the opposition's campaign uses modern advertising methods to sell its message.

Nominated for an Oscar for Best Foreign Language



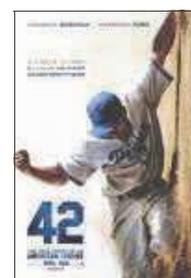
Film, "No" portrays a moment in a nation's turbulent history the same way the real-life ad campaign did: by serving a noble cause in entertaining fashion. In Spanish with English subtitles. (Rated R for language, political violence) (2012)

### "42"

**Tuesday, August 27; 12:30 pm**

**Rated PG-13 2 hr. 8 min.**

The life story of Jackie Robinson and his history-making signing with the Brooklyn Dodgers in 1946, under the guidance of team executive Branch Rickey. Stars Chadwick Boseman (Jackie Robinson), Harrison Ford (Branch Rickey), and Nicole Beharie as Rachel Robinson. (2013)



## HAPPY AUGUST BIRTHDAYS TO:



2	Blanche Grumm	9	Nancy Fluhr	16	Gretchen Barth
3	Roger Provenzano	12	Jean Nielsen	19	Alice Smith
9	Sandi Colombe	14	Dorothy Poehler		



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

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# Extended Travel

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](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.

## CALIFORNIA RAIL DISCOVERY

December 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: \$1275.00 pp/dbl Deposit due with registration: \$300

Final payment due February 28



## HOLIDAY IN SANTA FE

December 3-7, 2013

Santa Fe is famous for its holiday season decorations featuring a Southwestern flair, especially the Plaza featuring luminarias. Enjoy a

tour of Santa Fe, including Loretto Chapel and the Palace of the Governor's. Free time available to explore art galleries, museums, and shops. The Albuquerque City tour features the Indian Pueblo Cultural Center, historic Old Town, San Felipe de Neri church and is wonderfully decorated for the holiday. Take the High Road to Taos, passing through ancient villages. Visit El Santuario, revered by pilgrims for the healing power of the dirt inside the chapel. Enjoy a brief Taos city tour; then have time on your own to explore. Trip includes airfare out of Milwaukee, transportation to and from airport, tips while on the tour, 6 meals, admissions and sightseeing per the itinerary, and 6 nights at Inn of Governors, Santa Fe. Premier World Discovery  
Cost: \$1275.00 pp/dbl; \$425 single supplement  
Deposit due with registration: \$300  
Final payment due September 15



## TEXAS COWBOY COUNTRY

March 22-30, 2014

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)

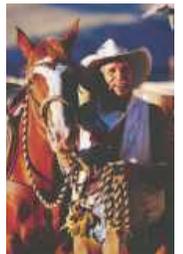
9 days and 13 meals—Mayflower Motorcoach tour

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

Down payment due with reservation:

\$210 with insurance

\$150 without insurance



## FALL SPLENDOR

**Thursday, September 19**

Take in the fall splendor of northern Wisconsin at the **Green Bay Botanical Gardens** with a docent led tour of seasonal foliage. It's one of the most beautiful times to see the gardens. A delicious lunch awaits at Titledown Brewery, as you watch the trains pass and the boats come into the channel. It's one of the stops on the Packers Heritage Trail; it is also a remodeled



railroad depot from the early 1900's. Their Apple Brown Betty is out of this world! Take in the fall colors and experience the **Shrine of Our Lady of Good Help**, which is built directly over the site where Mary "The Queen of Heaven" appeared to Adele Brise, a young Belgian immigrant woman, in October of 1859, one year after the Marian apparitions occurred at Lourdes. Hear the history of the site and the impact it has had on Catholics all over the country – a sight to see! Next tour the rolling vineyards of **Parallel 44**. You'll feel like you are in Napa Valley as you sip their delicious vintages

Fee: \$67.00 (Coach bus trip)

Deadline is August 15

## CHICAGO BOTANIC GARDENS

**Wednesday, September 25**

Enjoy the gardens in all their fall splendor. There are four natural areas and 26 gardens onsite, as well as nine islands. Tram tours are available on site for a small fee. Lunch is on your own.

Cost: \$2.00 RSVP by Wednesday, September 11

Depart Starin Park 8:00 am; Return approx 4:30 pm.

## LUNCH BUNCH

**Thursday, August 8, 10:30 am**

Enjoy lunch at the Sugar and Spice restaurant in Stoughton.

Cost: \$5.00 RSVP by Tuesday, August 6

## JANESVILLE SHOPPING

**Wednesday, August 7, 9:30 am –2:30 pm**

Get picked up at your home and shop in Janesville. Participants decide where to shop. Driver Bruce Parker would like to go to lunch with the ladies this month before he goes back to driving school bus in September. Please plan on time for lunch as a group.

**Pickups begin at 9:30 pm.**

Cost: \$5.00 RSVP by Monday August 5

## WARRENS CRANBERRY FESTIVAL & HOCHUNK\*

**Sunday, September 29**

(\*Note: this trip is with Happy Go Lucky tours not Seniors in the Park) Arrive at Festival and browse on your own at the arts and crafts, antiques, flea market, farmers market and food booths with many cranberry produces to sample and purchase. View the gigantic parade at noon—rain or shine. You may bring a lawn chair. (Be sure to put your name on it.) Walking is involved so wear comfortable shoes. At 2:00 pm leave for Hochunk Gaming Casino for gaming and dinner.

Cost: \$38.00, includes

transportation, entry into festival, refreshments on the way, and bingo on the bus.

To register: Call 800-419-8687

Deadline: September 13

Departure:

Whitewater Sentry 6:30am

Fort Kmart lot 6:50 am

Return: About 7:30 pm

## GLASS AND STONE

**Wednesday, August 14**

**Depart Starin Park: 7:45 am**

**Return: 6:00 pm**

## EMERGENCY FORMS

Beginning in August, We will no longer be using the participation cards, but handing out wallet cards for you to fill out and keep in your wallet, all the time. It's our gift to you. We will have plastic medical card holders available for purchase for a nominal amount.

## 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., Oct. 16—Once Upon a Mattress (Carol Burnett's Princess & the Pea)**

RSVP/Payment deadline Sept. 13

**Wed., Dec. 18—Fireside Christmas Presents (Original celebration)**  
RSVP/Payment deadline Nov. 4

## CHIP-IN CASINO

**September 26-27**

The Chip-In Casino Resort is located near Escanaba in the UP of Michigan. The hotel has an indoor pool and sauna. Michigan allows Craps, Let It Ride, and Table Poker gaming along with Slots and Blackjack. There are many incentives with this trip.

Cost: \$72.00

Deadline: September 11

Make checks out to: Fort Atkinson Senior Center

## NON-RESIDENT INFORMATION

The Parks and Recreation Department has implemented 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. This does not apply to trips when partnering with another community or extended travel.



## MOTORCYCLE RIDES

**Wednesday July 31, 9:30 am**

**Raindate: Saturday, August 3**

**Potosi Brewery and Museum**

Follow the rolling hills and back roads over to Potosi on the Mississippi River. You can sit on the patio or inside and enjoy the great food. There is also a very interesting beer museum which you can tour for a nominal cost.

**Friday, August 16, 4:00 pm**

**Fish Fry at Fitz's on the Lake, Lodi**

Enjoy great food with a scenic view of Lake Wisconsin.

**Thursday, August 22, 9:30 am**

**(Rain date: Thursday, August 29)**

**Baraboo and the Amish Countryside**

Eat lunch at Jen's Café in Baraboo, an authentic 1930's café. After lunch ride west of Baraboo and tour the rolling hills of the Amish countryside.

Riders must arrive prior to departure to show proof of insurance, if this is your first ride with us (card you should be carrying). Helmets are recommended.

**Please share any other day trips you would like to do with a group. If you can't make it, but want to be involved in other rides, call with your cell number (for texts) or email [dweberpal@whitewater-wi.gov](mailto:dweberpal@whitewater-wi.gov), and we'll keep you in the loop!**

## TRAVEL THAT BENEFITS SENIORS IN THE PARK

Seniors in the Park partners with both Collette Vacations and Mayflower Tours. If you book a trip on your own with either company, please mention you are with Seniors in the Park. You may get a small discount, and we get credit toward our fundraising account. A great win-win for all!

# Activity Calendar

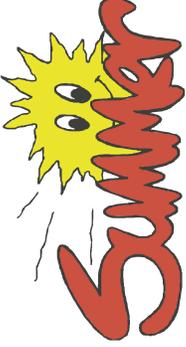
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## August 2013

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 (OR) = Oak Ridge Golf Course, Milton</p>		<p><b>31</b> 9:00 Walking Group 10:00 Walking Class 12:30 Pickleball (A) 12:45 Zumba Gold (A) 1:00 Chess 2:00 Line Dance (A)</p>	<p><b>1</b> 9:30 FUNctional Fit 1:00 Scrabble <b>7:00 — Concert in the Park sponsored by Seniors in the Park (L)</b></p>	<p><b>2</b> 11:30 Nutrition Site at Brookdale 12:30 Pickleball (A)</p>
<p><b>5</b> 8:30 Golf (OR) 9:30 FUNctional Fit 10:30 Book Club 12:30 Pickleball 12:30 Digital Stories 1:00 Bid Euchre 1:30 Canasta</p>	<p><b>6</b> 9:30 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><b>7</b> 9:00 Walking Group 9:30 Janesville Shop &amp; Lunch 10:00 Walking Class 12:30 Pickleball (A) 12:45 Zumba Gold (A) 1:00 Ladies Poker 1:00 Chess</p>	<p><b>8</b> 9:30 FUNctional Fit 9:30 Comp. Tutor 10:30 Lunch Bunch 12:30 Euchre 1:00 Watercolor <b>7:00 David Stokes—Family Fun night (L)</b> <b>Office closed at noon</b></p>	<p><b>9</b> 11:30 Nutrition Site at Brookdale 12:30 Pickleball (A) <b>10</b> <b>8 am—5 pm Whitewater Wipeout - Downtown</b></p>
<p><b>12</b> 8:30 Golf (OR) 9:30 FUNctional Fit 12:30 Pickleball (A) 12:30 Digital Stories 1:00 Bid Euchre 1:00 Massage Therapy <b>Office closed at noon</b></p>	<p><b>13</b> 9:30 Pickleball (A) 9:30 Comp. Tutor 10:00 Our House Senior Living Bingo 11:00 Blood Pressure 12:30 Our House Senior Living Movie "Guilt Trip" 1:00 Sheepshead</p>	<p><b>14</b> <b>7:45 Trip departs</b> 9:00 Walking Group 10:00 Walking Class 12:30 Pickleball (A) 12:45 Zumba Gold (A) 1:00 Chess 2:00 Line Dance (A) <b>6:00 Bicycle Ride</b></p>	<p><b>15</b> 9:30 FUNctional Fit 9:30 Comp. Tutor 1:00 Watercolor <b>7:00 Piper Road Spring Band (L)</b></p>	<p><b>16</b> 12:30 Pickleball (A) <b>4:00 Motorcycle trip departs</b></p>
<p><b>19</b> 8:30 Golf (OR) 9:30 FUNctional Fit 12:30 Pickleball (A) 12:30 Digital Stories 1:00 Bid Euchre <b>1:00 Family/Friends CPR</b> 1:30 Canasta</p>	<p><b>20</b> 9:30 Pickleball (A) 9:30 Comp. Tutor 10:00 Scrabble 1:00 Sheepshead</p>	<p><b>21</b> 9:00 Walking Group 10:00 Walking Class 12:30 Pickleball (A) 12:30 Our House Senior Living Movie "No" 12:45 Zumba Gold (A) 1:00 Ladies Poker 1:00 Chess 2:00 Line Dance (A)</p>	<p><b>22</b> 9:30 FUNctional Fit 9:30 Comp. Tutor <b>9:30 Motorcycle Ride to Baraboo</b> 12:30 Euchre 1:00 Watercolor</p>	<p><b>23</b> 11:30 Nutrition Site at Brookdale 12:30 Pickleball (A)</p>
<p><b>26</b> 8:30 Golf (OR) 9:30 FUNctional Fit 12:30 Pickleball (A) 12:30 Digital Stories 1:00 Bid Euchre <b>1:00 How to Support a Friend with a Serious Illness</b></p>	<p><b>27</b> 9:30 Pickleball (A) 9:30 Comp. Tutor 10:00 City Bingo 12:30 Our House Senior Living Movie "42—the Jackie Robinson Story" 1:00 Sheepshead</p>	<p><b>28</b> 9:00 Walking Group 10:00 Walking Class 12:30 Pickleball (A) 12:45 Zumba Gold (A) 1:00 Chess 2:00 Line Dance (A)</p>	<p><b>29</b> 9:30 FUNctional Fit 9:30 Comp. Tutor 1:00 Watercolor</p> 	<p><b>30</b> 11:30 Nutrition Site at Brookdale 12:30 Pickleball (A)</p>

# 10 Walworth County Nutrition Menu

## August 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><b>5</b> Hot Turkey Sandwich Mashed Potatoes/Gravy Brussels Sprouts Wheat Bread Apricots w/Diced Peaches</p>	<p><b>6</b> Polish Sausage Sauerkraut Rosemary Red Potatoes Rye Bread Fruit Jell-O</p>	<p><b>7</b> Pork Broccoli Stir Fry over Brown Rice Beets Potato Rolls Watermelon</p>	<p><b>8</b> Pasta Caesar Salad with Chicken Pea Salad Wheat Bread Cantaloupe</p>	<p><b>9</b> Cowboy Stew Tossed Salad Wheat Dinner Roll Hot Spiced Apples</p>
<p><b>12</b> BBQ Pork Sandwich on a Hamburger Bun Baked Potatoes Red Cabbage Mandarin Oranges</p>	<p><b>13</b> Ranch Turkey Pasta Salad Garbanzo Salad Sliced Pears Cake Wheat Roll</p>	<p><b>14</b> BBQ Chicken Parsley Red Potatoes Green Beans Wheat Bread Diced Fruit Mix</p>	<p><b>15</b> Quiche with Broccoli &amp; Cheese Mixed Vegetables Wheat Roll Hot Peaches with Granola</p>	<p><b>16</b> Italian Wedding Soup Peas Sweet Potatoes Melon Mix Wheat Bread</p>
<p><b>19</b> Penne Pasta w/Meat Sauce Vegetable Blend Bread Sticks Pears</p>	<p><b>20</b> Pork w/Mushroom Cream Sauce Green Beans; Sweet Potato. Dinner Roll Fresh Fruit Mix</p>	<p><b>21</b> Chicken Salad on Bed of Leaf Lettuce Marinated Vegetable Salad Wheat Dinner Roll Brownie</p>	<p><b>22</b> Hot Dog on a Hot Dog Bun Baked Beans Tossed Salad Jell-O with Fruit</p>	<p><b>23</b> Meatloaf Mashed Potatoes/Gravy California Apricots Mixed Vegetables Wheat Bread</p>
<p><b>26</b> Beef Stew w/Potatoes Green Beans/Cauliflower Peas Diced Fruit Mix Baking Powder Biscuit</p>	<p><b>27</b> Chicken Florentine Squash Broccoli Dinner Roll Apple Crisp</p>	<p><b>28</b> Ham &amp; Turkey Sub Sand. Tossed salad 3-Bean Salad Fruit Whip Salad</p>	<p><b>29</b> Chicken Tetrazzini Carrots and Peas Peaches Wheat Roll Vanilla Pudding</p>	<p><b>30</b> Rosemary Pork Roast Baked Potato San Francisco Blend Vegies Wheat Bread Pineapple with Red Grapes</p>

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The 1st Wednesday of every month is now designated Senior Citizen Day at the Nasco Catalog Outlet and Arts & Crafts Stores!

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920-568-5600

## SERVICES AT A GLANCE

### Foot Clinic:

**Tuesday, August 6, by Appointments only.** Please bring a towel. Cost is \$15.00. Stop at the front desk to pay and to sign in.

### Therapeutic Massage:

**Monday, August 12, 1:00 pm.** Half-hour massages for \$25. Appointments only.

### Blood Pressure Screenings:

**Tuesday, August 13, 11:00 am** Provided free by Our House.

**Tuesday September 24, 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.

## 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](http://www.ncoa.org), the National Institute on Health: <http://nihseniorhealth.gov> and Greater Wisconsin Area Agency on Aging [www.gwaar.org](http://www.gwaar.org). All sites have a wealth of good, reliable information on their sites.

## \$16 OFF GROCERIES EACH MONTH!

Being eligible for FoodShare Wisconsin but not taking advantage of it is like throwing away a \$16 coupon each month. The help with food purchases, frees up money for bills, medications and other necessities. Eligibility is strictly based on income and certain expenses, so you can own a home, a car and even have a savings account. Claiming FoodShare helps your community. The USDA estimates that for every \$5 spent in FoodShare benefits, about \$9 circulates through local businesses and to our farmers. Getting benefits does not take away from others. Everyone that is eligible and applies will get benefits. You might qualify if your household income is less than \$1862 for one person or \$2522 for two. For more information call the FoodShare Helpline at 1-855-366-3635.



## GET OUT OF THE HEAT

Get out of the heat of your kitchen and let us do the cooking! Good food, pleasant company, and a donation of only \$2.50 for the meal. Those unable to afford the donation are still welcome as the donation is anonymous.

Anyone 60+ and their spouse is welcome to attend. Nutrition Site meals are served at 11:30 am, Monday - Friday. The Nutrition Program will be at Brookdale on Wednesdays and Fridays, except the third Friday. 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.

**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.

## THANK YOU

- **Carolyn Plucinski, Tyler Cieslinski, Barb Koch, Dan Sable, Mark Dorn, Kathy Ross, Peggy Smithson, Gerrie Carney, Marion Malo, Dale Jensen, Mary Meikle, Patty Grosskreutz, Linda Anderson, Adam Tamminga, and Kathy Ponyciscanyi** for entering participation cards, making member cards, and training people how to use the new check-in system. (Anyone assisting after mid-July, will be listed in next month's newsletter.)
- **Karolyn Alexander Tscharnack** for donating greeting cards.



## SHARE YOUR TIME AND TALENTS

**August 1 Concert**—Help hand out treats and information on our programs at our Concert in the Park. Please be at the park by 6:45 pm.

**Tablet and Log-in Assistance**— Assistance is needed to help participants check-in and learn to use the login system. We will be using tablets, and you will be trained on how to use one. You will be asked to schedule two times a month in August and September, either morning or afternoon. Many people will be needed for this

**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.

**Receptionist**—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 Wednesdays and occasional afternoons and fill-in. Help out once a week or twice a month. We try to be flexible with your schedule.



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

**Straighten/Organize books** monthly in the library.

**New Blinds** are needed in the main room. Are you able to measure, shop or order new vinyl blinds?

**Plan December Holiday Party.** Costs are rising and finding a reasonable site/caterer is getting difficult. If you have ideas or contacts, I would appreciate help.

## RECYCLING ELECTRONICS

Receive new electronics and want to dispose of your old? Seniors in the Park recycles cell phones, digital cameras, laptops, game systems, ipods, and cordless phones as a fundraiser. Bring the items to the Starin Park Community Building during our open hours. Large computers, monitors, and televisions can be recycled at the City Garage on Starin Rd. There is a large bin just inside the gate to the left.

## HELP START A MEMORY CAFÉ IN WHITEWATER

The Memory Café is an opportunity for individuals with dementia and their caregivers to come and enjoy a time of fellowship with others in your peer group. Coffee, treats, and enjoyable activities are all provided. If you are interested in starting a group or know of someone willing to lead a group, please let Deb know.



## SUMMER GREETINGS

**New cards have arrived!!** We have Wedding and Anniversary cards in addition to our great selection of birthday and everyday cards. Most cards are priced from 50 cents to \$1.50. Stop in and check out our selection.

## TYPO, 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 for the first 5 people.**

Support Our Featured Advertiser!



OUR HOUSE SENIOR LIVING

## WHITEWATER WIPEOUT

Saturday August 10

8:00 am—5:00 pm

This fun event replaces Maxwell Street Day and takes place on First Street between Main and North streets and at participating retailers. There will be live music, laser tag, open air market, face painting, Buck and Brat Sale and sales and discounts from merchants. For more information contact the Whitewater Chamber of Commerce at 262-473-4005 or [info@whitewaterchamer.com](mailto:info@whitewaterchamer.com)

## WISCONSIN SENIOR OLYMPICS

Competitions will be held August 23-September 15 for men and women 50 years and older. Events include archery, badminton, basketball, bowling, cycling, free-throw shooting, golf, horseshoes, lawn bowling, pickleball, race walking, racquetball, 5K run/walk race, shuffleboard, softball, swimming, table tennis, tennis, track & field, triathlon and volleyball. Volunteers are also needed for each event.

Most events take place in and around the Milwaukee area, except archery (Beloit); pickleball (Middleton); and triathlon (Manitowoc).

For more information, contact Wisconsin Senior Olympics,  
262-424-2149

e-mail: [info@wiseniorolympics.com](mailto:info@wiseniorolympics.com)

website: [www.wiseniorolympics.com](http://www.wiseniorolympics.com)

Deadline to register: August 16, except pickleball (August 9) and Tennis (August 11).



## Discover Whitewater Series



Run. Walk. Fun

Half Marathon 5k Fit Kid Shuffle

### Sunday, September 22

The *Team Challenge* allows a group of 10 or more to participate in the 5k or the half marathon. We have many walkers and active people. Let's get a team together! A team captain is needed and creative team names and family-friendly costumes or coordinated outfits are encouraged, but is not necessary. *Team Challenge* Perks include: weekly emails with training guidelines, motivational tips and nutrition info; complimentary race day photo of the team, access to the VIP *Team Challenge* Post-race area near the finish line, teams with 30+ members will receive recognition on the *Team Challenge* banner.

For more information on the event or to register go to [www.runwhitewater.com](http://www.runwhitewater.com)

Not everyone is a runner or walker! Help support the Discover Whitewater Series and BUY A BELL! For just \$5, the bells can be used to cheer on participants along the course. To purchase a bell, please visit: The Whitewater Chamber of Commerce/Whitewater Tourism Council, 150 W. Main Street; the City of Whitewater, Finance Window, 1st Floor; and Daniels' Sentry Foods.

Proceeds from the event will go to five local organizations in an effort to build a stronger community. These organizations include: Bethel House, UW-Whitewater Field & Cross Country, W3 (Working for Whitewater's Wellness), Whitewater Unified School District to promote academic excellence, and the Whitewater Aquatic Center.

Volunteers are need in many areas both September 21 and 22. Go to [www.runwhitewater.com](http://www.runwhitewater.com) to register to volunteer.

## BINGO

Tuesdays, 10:00 am

Aug. 6: Culver's

Aug. 13: Our House Senior Living

Aug. 27: City Bingo



### BINGO SPONSORS

Culver's and Our House Senior Living

Mulberry Glen: Cookies & Lemonade

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Jessica's Restaurant \* Taco Bell \* The Sweet Spot \* Subway

Mirage Hair Studio\* Dental Perfections\* Commercial Bank

Rosa's Pizza \* Tincher Realty \* Rocky Rococo Pizza \* Pizza Hut

Fort Comm. Credit Union \* Eastsider/Westsider

## 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

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

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

**Dominoes**—First Tuesday 11:45 am

**Euchre**—Second and Fourth Thursday, 1:00 pm

**Functional Fitness**—Mon & Thurs. 9:30 am; \$1.00 per class

**Golf**—Mondays, 8:30 tee time at Oak Ridge Golf course, Milton

**Potluck**—First Tuesday 11:15 am

**Pickleball**—Monday, Wednesday and Friday 12:30-2:30 and Tuesday 9:30—11:30 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.

## ATTRACTION TICKETS

Tickets to these attractions are available for purchase at the Municipal Center, 1st floor Finance window, between the hours of 8:00 am - 4:30 pm, Monday through Friday, May 28—August 30th. Payment can be made by credit card, cash, or check. Attractions include: Milwaukee Zoo, Mt. Olympus and Noah's Ark (Wis. Dells), and Six Flags Great America & Hurricane Harbor.

## SUMMER THERMOSTATS

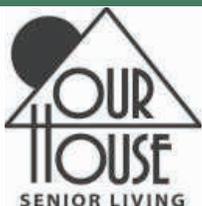
As a city facility, the thermostats are set at a general comfortable temperature. Please dress appropriately or bring a sweater. We try to keep the building comfortable, but not everyone has the same internal thermostat.

## 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.

## PROGRAM LOCATIONS

All regularly scheduled programs, activities and trips are held at and depart from the Starin Park Community Building, 504 W Starin Road, unless otherwise noted.



## OUR HOUSE

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# Seniors in the Park

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Nat'l Parks & Recreation Assn.  
Intern'l Council on Active Aging

## SENIORS IN THE PARK



504 W Starin Rd, PO Box 178  
Whitewater WI 53190

Phone ..... 262-473-0535  
Fax ..... 262-473-0537  
Nutrition Site ..... 262-473-0536  
Hours.... Mon-Thurs, 9:00 am-4:00 pm

### Senior Coordinator

Deb Weberpal, CPRP  
dweberpal@whitewater-wi.gov

### Volunteer Editor

Romelle Koch

### Director

Matt Amundson, CPRP

### Recreation & Community Events Coordinator

Michelle Dujardin

### Sports Coordinator

Abby Schyvinch

*For General City information see the  
city website at  
[www.whitewater-wi.gov](http://www.whitewater-wi.gov).*

## NEWSLETTER SUBSCRIPTION OR PICK-UP SITES

To have the Seniors in the Park Newsletter mailed to your home for one year, send **\$8.00** 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 [www.whitewaterbanner.com](http://www.whitewaterbanner.com) and look for the link in the left column or [www.seekandfind.com](http://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.

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

Address \_\_\_\_\_

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