



# The Park Bench

January 2013

Seniors in the Park Newsletter

## WORLD WAR II & KOREA LECTURE SERIES



Wednesdays, 1:00 pm

World War II:

Pearl Harbor, Korea and More

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

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

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

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

This is a UW-W Continuing Education Lecture Series presented by Dr. Richard Haney, Emeritus UW-W.

Volume XIII Issue 1

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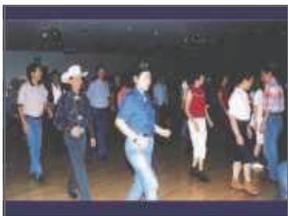
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## LINE DANCE CLASS



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. She really gets a thrill out of it when she sees that first smile on a students face when they realize "I think I got this"!! Nancy has been line dancing for 21 years, became an instructor five years ago, and

teaches with MATC-Madison.

Day/Time: Wednesdays, 2:00—3:00 pm

Where: Downtown Armory Dance Studio

Session 1: Jan 9—Feb 12 Class #5305.11

Session 2: Feb. 20—April 3 (No class March 27) Class #5305.12.

Cost: \$24.00 per session (Class must be paid in advance at the Community Building or online at <http://activenet9.active.com/whitewater>. Instructor will not accept payment.)

Deadline: **Thursday, January 3**

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

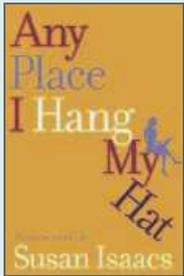
# Classes and Activities

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

## BOOK WORMS

Monday, Jan. 7, 10:30 am

The Book Club will discuss *The Weird Sisters* by Eleanor Brown. The book for February is *Any Place I Hang My Hat* by Susan Isaacs.



Amy was barely born with a spoon in her mouth let alone a silver one. Her mother abandoned her before her first

birthday and her father, a small-time crook, was in jail more time than he was out. Raised by her flaky and slightly felonious grandmother, Amy worked hard and managed to get scholarships to boarding school, then Harvard, then the Columbia School of Journalism. But now—a few years into her stint as a reporter for a prestigious magazine—she doesn't know who she is or how to connect with the world. Seeking answers, she sets out to find the mother she never knew, and maybe a place to belong.

## ALOHA!

Tuesday January 15, 1:00 pm

On a cold, winter's day in Wisconsin, dress in your brightest tropical regalia and say ALOHA to our beautiful, exotic, 50th state - HAWAII. Feel the warm sunshine as you board the Norwegian Cruise Line's ship, "Pride Of America", for our 'four island tour' of Maui, Lahaina, Hawaii and Oahu. See volcanoes, banyan trees, attend a luau and visit Pearl Harbor. You may even learn how to hula! All this in an hour or so and then home. MAHALA and ALOHA!

Presenter: Dan Sable.

Please sign up in advance.

This is the first presentation in our travelogue series.



## DIGITAL STORYTELLING CLASS

Mondays beginning January 14, 12:30 p.m.

Do you have a great personal story that you would like to share with our community, or maybe the world? Then consider participating in the weekly Digital Storytelling class at the Starin Park Community Building. Digital storytelling refers to a short form of digital film-making that allows everyday people to share aspects of their life story. In this program, students will learn how to combine pictures, sound and possibly video to create a 3-5 minute video story. Uploading to the Internet for sharing stories will be covered as well. The instructor is Alan Luckett and the Staff of Whitewater Community TV. Best of all, the class is Free and open to all ages.

Please register for the class by Wednesday January 9



## WATERCOLOR—FOCUS ON COMPOSITION

This class that will focus on creating an interesting composition and include an introduction to adding collage to your watercolor paintings. We will focus on fun techniques for creating your own collage papers, using purchased collage papers, along with color harmony, and composition. Subject matter may include cows, chickens, landscape and still life. Attendees are always encouraged to paint from personal references, photos, sketches or ideas. There will be technique or concept demonstrations and plenty of time for individual painting with optional one-on-one coaching. Beginning, intermediate and advanced concepts will be covered.

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

Dates/time: Thursdays, Jan. 17, 24, 31, 1:00 – 4:00pm

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

Deadline: Monday, January 14

## CRAZY BINGO

On **Tuesday, January 29**, at 10:00, beat the winter doldrums with some Crazy Bingo. Bring an item for the prize table. It can be white elephant, something you may have received as a gift but want to “regift”, or an item you think someone would like to have. Don’t have something to bring, come anyway! Play fun and crazy bingo games. It’s Bingo like you’ve never it seen before!

## 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.



Date: Mondays, January 14 or 28, February 4 or 18  
Wednesdays February 6 or 20  
Time: 1:00 pm  
Fee: \$5.00  
Deadline: Five days in advance

## FAMILY AND FRIENDS CPR



**Thursday, January 31, 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 a non certifying class intended for the general public. There is no test and no card is issued. Seniors in the Park volunteers can take the class FREE!

Fee: Resident \$5.00  
Non Resident \$6.25

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

## CPR/AED AND FIRST AID



**Saturday, January 5**

This is an American Heart Association certifying class.

**First Aid:** 9:00 am—12:30 pm

**CPR/AED:** 1:00 pm—4:00 pm

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

**Both CPR & First Aid:** 9 am—4 pm

Fee: \$35.00, includes book and completion card

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

Deadline: Friday Dec. 21

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

## WELCOME INTERN SARAH GOLDBECK

Hi.

I am Sara Goldbeck and I am from Elroy, WI, which is around the Wisconsin Dells area. I am a senior at the University of



Wisconsin-Whitewater, my major is social work, and my minor is Spanish. I currently work at Fairhaven in leisure services. I want to work with seniors because I find it very fulfilling helping older adults with their everyday life. I enjoy working with older adults and listening to their stories. I can learn a lot of life lessons from them, laugh with them, listen to them, talk with them, and have fun with them while enjoying my time with them. I just started running 5k’s which is 3.1 miles. My goal is to run a half-marathon by May 2013 after graduation.

## BUNCO

**Third Thursday  
1:00 pm**



Bunco is a very social game and there is usually lots of laughter. It's a simple game that's extremely fun and involves three dice. You change tables and partners after each round so it's great game for meeting new people. The rules are on [www.BuncoBuddy.com](http://www.BuncoBuddy.com) on the Bunco Rules page. Join us for a really fun afternoon.

## SCRABBLE

Play scrabble on the first Thursday at 1:00 pm or Third Tuesday at 10:00 am.

# Classes and Activities



**Tuesdays, 10:00 am**  
**Jan. 8: Our House Senior Living**  
**Jan. 22: City Bingo**  
**Jan. 29: Crazy Bingo**

## BINGO SPONSORS

**Culver's**  
**Our House Senior Living**  
**Mulberry Glen: Cookies & fruit drink**

## CITY BINGO SPONSORS:

**Topper's Pizza**  
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**McCullough's \* Rick's**  
**Rosa's Pizza**  
**Dale's Bootery**  
**Floral Villa**  
**The Sweet Spot**  
**Genoa Pizza**  
**Bergey Jewelry**  
**Taco Bell**  
**Rocky Rococo Pizza**  
**Commercial Bank**  
**Fort HealthCare**  
**Mirage Hair Studio**  
**Jessica's Restaurant**  
**Eastsider/Westsider**  
**First Citizens State Bank**  
**Dalee Water Conditioning**  
**Fort Comm. Credit Union**  
**Headquarters Salon**  
**Dental Perfections**  
**Tincher Realty**

## OUR HOUSE SENIOR LIVING MOVIES

### "Beasts of the Southern Wild"

**Tuesday, January 8, 12:30 pm**

**Rated PG-13; 1 hr. 33 min.**

In a forgotten but defiant bayou community cut off from the rest of the world by a sprawling levee, a six-year-old girl exists on the brink of orphanhood. Buoyed by her childish optimism and extraordinary imagination, she believes that the natural world is in balance with the universe until a fierce storm changes her reality. Desperate to repair the structure of her world in order to save her ailing father and sinking home, this tiny hero must learn to survive unstoppable catastrophes of epic proportions



### "Hope Springs"

**Tuesday, January 22, 12:30 pm**

**Rated PG-13; 1 hr. 40 min:**

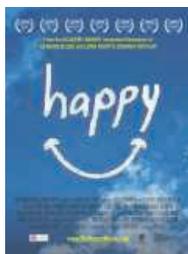
Kay and Arnold are a middle-aged couple whose marriage has declined until they are sleeping in separate rooms and barely interact in any meaningful, loving way. Finally, Kay has had enough and signs them up for an intense week-long marriage counseling session. Although Arnold sees nothing wrong with their 30-year-long marriage, he reluctantly agrees to go on the expensive excursion. Dr. Feld manages to help the couple understand how they have emotionally drifted apart and what they can do to reignite their passion. Kay and Arnold find that renewing their marriage's fire is a daunting challenge for them both. (2012)



### "Happy" (Documentary)

**Tuesday, January 29, 12:30 pm**

**1 hr. 16 min.**



Happy takes us on a journey from the swamps of Louisiana to the slums of Kolkata in search of what really makes people happy. Combining real life stories of people from around the world and powerful interviews with the leading scientists in happiness research, Find out why the US ranks 23rd in Happiness as "Happy" explores the secrets behind our most valued emotion. (2011)

## LOVE ME TENDER

**Thursday February 14**

Spend Valentine's Day with Seniors in the Park. At 10:00 am play Sweetheart Bingo with lots of sweet prizes to be won. A baked chicken lunch will be served at 11:30 at the mealsite. A favorite with all the ladies, ELVIS, returns to serenade you at 1:00 pm with his smooth vocals and personal touch. Make a date with your sweetheart or a friend.



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Fort HealthCare Whitewater Clinic: 1461 W. Main St.  
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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- Marriage Counseling-(920) 563-9542
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- Internal Medicine-(262) 473-5888
- Orthopedics & Sports Medicine (and joint care)-(262) 472-9334
- Podiatry-(262) 473-5888
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For detailed itineraries on any of the extended trips, call 262-473-0535, send an email to [dweberpal@whitewater-wi.gov](mailto:dweberpal@whitewater-wi.gov), go to the city website at [www.whitewater-wi.gov](http://www.whitewater-wi.gov), (Departments, Seniors in the Park) or stop in to the Starin Park Community Building.

## 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

## NEW ORLEANS & CAJUN COUNTRY

**DATE CHANGE** March 16—24, 2013

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

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

## CLASSICAL TURKEY

OCTOBER 3-15, 2013

Trip Preview Thursday, Feb.7, 1:00

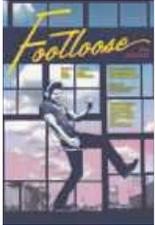
Explore the lands of the New Testament and savor the flavor of the middle east without the turmoil. Visit one of the world's most spectacular landmarks, Hagia Sophia—once the largest church in Christendom, Explore some of Istanbul's most famous sites including a guided visit of Topkapi Palace, the official 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.

Tour Rate: \$3599 per person double (includes \$250 early booking discount)  
\$4449 per person single  
Deposit: \$250 per person by April 20  
Collette Vacations



## FIRESIDE 2013

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



### Thursday March 14—Footloose RSVP/Payment due Feb. 14

Chicago teenager moves to a small town where dancing is not allowed. He sets out to bring music and fun back to the community. An exciting, vibrant and entertaining musical.

Cost: \$63.00: Payable to: The Fort Atkinson Senior Center  
Transportation is on your own.  
Arrive at 10:30 am. Lunch is at 11:15 and Show at 1:30.

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

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

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

## MAM: TREASURES OF KENWOOD HOUSE

### Thursday, January 3

Trip is full.

There is an express talk at noon on the exhibit. The café serves soup, sandwiches, and lunches from \$6 to \$16.

Cost: \$10 Deadline is December 20

Depart Whitewater: 9:30 am

Return: 3:30 pm

## LUNCH BUNCH

### Thursday, January 10

Enjoy dining at Sammy's in Fort Atkinson.

**Depart at 11:00 am. (time change)**

Cost: \$5.00 RSVP by Tuesday, January 8

On February 21, (notice the date change) we will be traveling to a Lunch Bunch favorite, Moy's in Elkhorn



## JANESVILLE SHOPPING

### Wednesday, Jan. 9, 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, January 8

## FULL SPEED AHEAD AFTER 50

### Saturday, March 23

This is a positive and fun event that focuses on active and healthy lifestyles for everyone age 50 and older at the Monona Terrace in Madison. It's a great event for expanding your knowledge about healthy living, participate in drop-in activities like Zumba, and have access to medical experts and valuable health screenings. This expanded event is bigger and better than ever! Work out with nationally renowned fitness expert, Tamilee Webb! Best known for her work with the "Buns of Steel" and "Abs of Steel" videos, she will be sharing exercise tips for ages 50+. She continues to excel in the fitness world with television appearances, best-selling books, and new workout routines.

Cost: \$13.00 (Includes entrance fee, parking, and transportation)

Deadline: March 6

Minimum: 7

## POTAWATOMI BINGO & CASINO

### Tuesday, February 26

Potawatomi has undergone a 240 million dollar expansion. It features over 3100 slot machines, the classic table game including Poker Three card poker, Blackjack, Craps, Let it Ride and Roulette.

Cost: \$27.00 (Includes transportation, \$10 Firekeepers Reward Play and \$10.00 food./beverage credit)

Check made out to Fort Atkinson Senior Center

Deadline: Feb 11

Depart Fort K-Mart 8:00 am Return approx. 3:00 pm

Legal name, address with zip code and birth date required when signing up. Players card number is appreciated.



# Active Opportunities

## TAI CHI

Wednesdays, 3:00 pm

Tai chi has been proven to increase brain volume, reduce stress, increase balance, strength and flexibility, increase relaxation, and improve your overall mind, body, and spirit. 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.

Session 1: January 8—February 12

Registration Deadline: January 2

Session 2: March 5—April 9

Registration Deadline: Feb.28

Cost: \$20.00

Minimum: 5 people

## 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.

Can also get your class pass  online at <http://activenet9.active.com/whitewater>

## 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.

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

**No Class January 10**

## STRETCH, FLEX, AND GLIDE

Mondays and Thursdays, 9:30 am

This active class uses hand weights, body bars, and gliders to give you a great cardio and strength workout. Modifications are shown, and participants are encouraged to work at their level. The class is led by retired Physical Education teacher, Mary Zordell. You will laugh, get stronger, and make new friends. The group goes for coffee after, for those interested.

Cost: \$1.00 per class or purchase a punch card



## PICKLE BALL

With the snow birds gone there should be less waiting for a court plus we've added a third net! Come on down and it try. 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. You don't need to be athletic or strong to play. Show up for open play. People are rotated in and out to play and learn. Check out this world-wide sport.

Where: Downtown Armory gym

Day/Time: Monday, Wednesday, Friday 12:30—2:30

Tuesdays, 9:00—11:00 am

(No pickleball on Friday, Jan 25)

## 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**—First Thursday, 1:00 pm; 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. \$40.00 punch card or \$5.00 walk-in. Must be paid for at Starin Park.



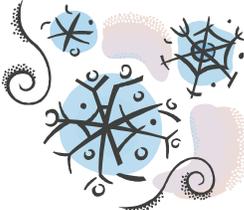
# Activity Calendar

9



## January 2013



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRI/SAT/SUN
	<b>1 Closed</b> <b>Happy New Year</b> 	<b>2</b> 9:00 Bowling (HB) 12:30 Pickleball (A) 12:45 Zumba Gold(A) 1:00 Chess 1:00 Ladies Poker 3:00 Tai Chi	<b>3</b> 8:45 Core & More 9:30 MAM trip departs 9:30 Stretch & Flex 10:45 Wii Bowling 1:00 Scrabble 3:00 Undecorate	<b>4</b> 11:30 Nutrition Site at Brookdale 12:30 Pickleball (A) <b>5</b> 9:00 First Aid 1:00 CPR/AED
<b>7</b> 8:45 Core & More 9:30 Stretch & Flex 10:30 Book Club 12:00 Senior Forum 12:30 Pickleball (A) 1:00 Bid Euchre 1:30 Canasta	<b>8</b> 9:00 Pickleball (A) 10:00 Our House Senior Living Bingo 11:00 Blood Pressure 12:30 Our House Senior Living Movie "Beasts of the Southern Wild" 12:30 Foot Clinic (by appointment) 1:00 Sheepshead	<b>9</b> 9:00 Bowling (HB) <b>9:30 Janesville Shopping</b> 12:30 Pickleball (A) 12:45 Zumba Gold (A) <b>1:00 WWII Lectures</b> 1:00 Chess 2:00 Line Dance (A) 3:00 Tai Chi	<b>10</b> 9:30 Stretch & Flex <b>11:00 Lunch Bunch</b> 1:00 Euchre	<b>11</b> 11:30 Nutrition Site at Brookdale 12:30 Pickleball (A)
<b>14</b> 8:45 Core & More 9:30 Stretch & Flex 12:30 Pickleball (A) 12:30 Digital Storytelling 1:00 Gadget Guru 1:00 Bid Euchre 1:00 Massage Therapy	<b>15</b> 9:00 Pickleball (A) 10:00 Scrabble 1:00 Sheepshead <b>1:00 Hawaii Presentation</b>	<b>16</b> 9:00 Bowling (HB) 12:30 Pickleball (A) 12:45 Zumba Gold (A) 1:00 WWII Lectures 1:00 Chess 1:00 Ladies Poker 2:00 Line Dance (A) 3:00 Tai Chi	<b>17</b> 8:45 Core & More 9:30 Stretch & Flex 10:45 Wii Bowling 1:00 Watercolor 1:00 BUNCO	<b>18</b> 12:30 Pickleball (A) 
<b>21</b> 8:45 Core & More 9:30 Stretch & Flex 12:30 Pickleball (A) 12:30 Digital Storytelling 1:00 Bid Euchre 1:30 Canasta	<b>22</b> 9:00 Pickleball (A) 10:00 City Bingo 12:30 Our House Senior Living Movie "Hope Springs" 1:00 Sheepshead	<b>23</b> 9:00 Bowling (HB) 12:30 Pickleball (A) 12:45 Zumba Gold (A) 1:00 Chess 1:00 WWII Lectures 2:00 Line Dance (A) <b>3:30 Tai Chi</b>	<b>24</b> 8:45 Core & More 9:30 Stretch & Flex 10:45 Wii Bowling 1:00 Euchre 1:00 Watercolor	<b>25</b> 11:30 Nutrition Site at Brookdale <b>NO Pickleball</b>
<b>28</b> 8:45 Core & More 9:30 Stretch & Flex 12:30 Digital Storytelling 12:30 Pickleball (A) 1:00 Gadget Guru 1:00 Bid Euchre	<b>29</b> 9:00 Pickleball (A) <b>10:00 CRAZY BINGO</b> 12:30 Our House Senior Living Movie "Happy" 1:00 Sheepshead	<b>30</b> 9:00 Bowling (HB) 12:30 Pickleball (A) 2:45 Zumba Gold(A) 1:00 Chess 1:00 WWII Lectures 2:00 Line Dance (A) 3:00 Tai Chi	<b>31</b> 8:45 Core & More 9:30 Stretch & Flex 10:45 Wii Bowling 1:00 Watercolor <b>1:00 Family &amp; Friends CPR</b>	Activities take place at the Starin Park Community Building unless otherwise noted. (A)= Downtown Armory (HB)= Hawk Bowl (L)= Cravath Lakefront

## January 2013

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 <p><b>1</b> New Year's Day No Meals</p>	<p><b>1</b> Chopped Steak Baked Potatoes Red Cabbage Rye Dinner Rolls Mandarin Oranges</p>	<p><b>2</b> Ground Turkey Chili Pasta Vegetable Salad Cornbread Chunky Applesauce</p>	<p><b>3</b> Chicken Drumsticks Mashed Potatoes/Gravy Asparagus Wheat Roll Chocolate Chip Cookie</p>	<p><b>4</b> Cabbage Roll Casserole Carrots Pineapple Tidbits Wheat Roll Lemon Bar</p>
<p><b>14</b> Chicken ala King Squash Broccoli Biscuit Cantaloupe</p>	<p><b>8</b> Chicken/Spinach &amp; Cheese Sweet Potatoes Cantaloupe Wheat Bread Sugar Cookie</p>	<p><b>9</b> Cheesy Potato Soup Tossed Salad Wheat Roll Pumpkin Bar</p>	<p><b>10</b> Roast Pork Sandwich on Whole Wheat Bun Peas Coleslaw Peaches</p>	<p><b>11</b> Spaghetti and Meatballs Winter Mix Vegetables Tossed Salad Garlic Bread Chilled Pears</p>
<p><b>21</b> Swedish Meatballs over Egg Noodles Carrots Wheat Bread Peaches</p>	<p><b>15</b> Garlic Lemon Pork Roast Parsley Red Potatoes Beets Rye Dinner Roll M&amp;M Cookies</p>	<p><b>16</b> Mexican Taco Casserole Carrots Peas Wheat Roll Pears</p>	<p><b>17</b> Chicken and Wild Rice Soup Broccoli Applesauce with Peaches Wheat Bread Chocolate Pudding</p>	<p><b>18</b> Western Meatloaf Baked Potato Brussels Sprouts Dinner Roll Fruit Cocktail</p>
<p><b>28</b> Pork Loin with Gravy Scalloped Potatoes Mixed Vegetables Wheat Roll Mandarin and Pineapple</p>	<p><b>29</b> Cantonese Beef with Brown Rice Carrots Cantaloupe Brownie</p>	<p><b>23</b> Broccoli Chkn Rice Cass. Squash Green Beans Wheat Roll Applesauce</p>	<p><b>24</b> Roast Beef Mashed Potatoes w/Gravy Stewed Tomatoes Wheat Bread Carrot Bar</p>	<p><b>25</b> Baked Pollock Red Potatoes Coleslaw Rye Bread Apple Cake</p>
<p><b>28</b> Pork Loin with Gravy Scalloped Potatoes Mixed Vegetables Wheat Roll Mandarin and Pineapple</p>	<p><b>30</b> Baked Chicken Mashed Potatoes w/Gravy Calif. Mixed Vegetables Wheat Bread Chunky Applesauce</p>	<p><b>31</b> Bean Soup Carrot Raisin Salad Peaches Dinner Roll Cherry Crisp</p>	<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. the day prior. Cancel meal day of by 8:00am by calling the 800 number.</p>	

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## SERVICES AT A GLANCE

### Foot Clinic:

**Tuesday, January 8, by Appointment.** 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, Jan. 14, 1:00 pm.** Half-hour massages for \$25. Bring a little calm to the holiday season with a massage. Appointments must be made in advance.

### Blood Pressure Screening:

**Tuesday, Jan. 8, 11:00 am**  
Provided free by Our House

### Other Services:

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

## HAPPY JANUARY BIRTHDAYS TO:



**12** Virginia Hare  
**15** Eunice Rowe  
**16** Betty Heth  
**23** Myrtle Schultz

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

## HOT FOOD, WARM HEARTS

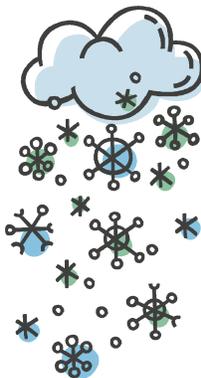
Winter is upon us and it's no time to hibernate! Socializing is great for your brain, your state of mind and it's good to stop looking at your four walls. Come out and join us for conversation and good food. The new caterer is receiving high marks! Give us a try.

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, January 4, 11, and 25. The Site will be closed January 1 for the New Year's 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.



## BAD WEATHER CANCELLATIONS FOR THE NUTRITION SITE

If the Nutrition Site should need to cancel meal service for the day, the following television and radio stations will relay information concerning cancellation of the meals.

Television: Channel 4-WTMJ, Channel 6-Fox 6, Channel 12-WISN, Channel 58-CBS.

Radio: WTMJ 620 AM, WSLD 104.5 FM, WFAW 940 AM, WSJY 107.3 FM, WOKY 920 AM, WISN 1130 AM, WKTI 94.5 FM.

## DONATION THANKS

Thank you to **SENTRY** and their Funds for Friends program. In 2012 they donated **\$710.29** to Seniors in the Park helping us to bring you programs, equipment, and entertainment. **Merchants in Whitewater** donated of coupons and items valued at **\$1539** for Bingo. They are all listed on page 4 in the Bingo article. The **Advertisers in our newsletter** cover the printing costs of the newsletter and allow us to present you with a professional and informational publication. Thank **YOU** for donating for your hot beverages, soda and water. Your generosity and honesty allows us to continue this service.



## SHARE YOUR TIME AND TALENTS



**Take Down Holiday Decorations**—On **Thursday, January 3**, from 3:00 –4:00 pm help take down the holiday decorations in the Community Building.

**Ruby Project**—The Ruby Project supports LGBT youth and seniors. A committee is being formed to look at issues, support and services for the LGBT older adult, as well as social opportunities. If you are interested in being part of this committee or have questions, please contact Deb. This group will be a coalition of Janesville, Milton and Whitewater members and will begin meeting in January.

**W3: Working for Whitewater's Wellness**—W3 is a community, non-profit organization that is putting forth efforts to promote the importance of healthful eating, physical activity, strong relationships, and positive outlook. The organization is seeking diverse individuals of all ages who take even a slight interest in areas of health and wellness. What would you like to see happen in the Whitewater community to make it a healthier place? Your participation and perspective is greatly encouraged. You can give input at meetings or join a committee including Activities, Worksite Wellness or Environment. Contact Marci Pasquesi if you are interested at [PasquesiMA22@uww.edu](mailto:PasquesiMA22@uww.edu) or by calling 262-472-1874 Check out the website at [www.w3wellness.org](http://www.w3wellness.org)



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

## THANK YOU

Thanks so much for helping out!!!

**Janet Nell:** candy for the reception desk.

**Mulberry Glen** for the cookies and lemonade for Coffee and Cookies with Cameron.

**Whitewater Greenhouse** for the poinsettias for our Holiday luncheon door prizes.

City manager **Cameron Clapper**, for taking time out of his schedule to stop in and chat with us. It was very enlightening.

**A heartfelt thank you to all the advertisers in this newsletter.**

Because of them we are able to publish this very professional newsletter. It has caught the eye of many people and received many kudos on both the content and layout. More people are stopping in to check us out and discovering this is a great place to be!



## ONLINE REGISTRATION AVAILABLE

Look for this logo  throughout the newsletter on classes you can register and pay for online. We are looking at software that will allow us to have all classes online. Let Deb know if you would take advantage of this opportunity. Watch for more information in future newsletters.

## PARK BENCH TV SHOW

The January Show features ROTC students talking about their experiences volunteering overseas. The Park Bench airs daily at 7:00 am and select days at 6:00 pm on cable channel 98, digital 990 or online anytime at [www.whitewater-wi.gov](http://www.whitewater-wi.gov) Click on the **Multimedia tab**, then **Seniors-Park Bench** and you'll see all the episodes.

## SENIOR FORUM

**Monday, January 7**

**12:00 pm**

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

## OFFICE CLOSINGS



**Tuesday, January 1**

**Thursday, Jan. 17 at 2:30**  
**Wednesday, Jan. 23 at 2:30**

**Closed Fridays**

## PHOTOGRAPHY WORKSHOP

February 9, 9 a.m. to 1 p.m.  
UW-W Campus



Dr. Mark Lawrence McPhail, Dean of the College of Arts and Communication at UW-W, will be

offering a workshop, "Through a Critical Lens: Expressive Understanding in the Art of Photography". Experienced and amateur photographers are all invited to register by calling 262-215-4445.

The workshop will provide photographers a starting point for discerning and articulating basic principles and concepts related to the description, interpretation and evaluation of photographs. The first hour will be focused on basic photographic techniques, followed by the art and science of visual criticism. The third hour will focus on how technology can shape and define photographic quality, and the workshop will conclude with a review of photographs submitted by participants. "My workshop will focus on a foundational approach to understanding and explaining photographic techniques and quality. My hope is that it will inspire others to enjoy photography and all it has to offer," said McPhail

## FOOD FOR THOUGHT

Mondays, 3:00 pm, Fellowship Hall  
At Fairhaven Retirement Community  
435 W Starin Rd

Do we eat simply for sustenance or is there more to think about this everyday activity? Food fills our bellies, brings families and cultures together and is the center of many traditions which remind us of our shared past. Food also is a source of power and struggle. The way our food is grown, manufactured and marketed can be controversial. What do we need to know about the food choices we make? Nourish your mind and join us for thoughtful discussions on food.

Jan. 28 Food in Literature: Memory and Social Connection  
Mary Pinkerton, *Dean, College of Letters and Sciences*  
Feb 4: Organic Farming at Standard Process  
*Christine Mason, Farm Manager at Standard Process*



## "THREE SISTERS" NATIVE AMERICAN GARDENING HERITAGE

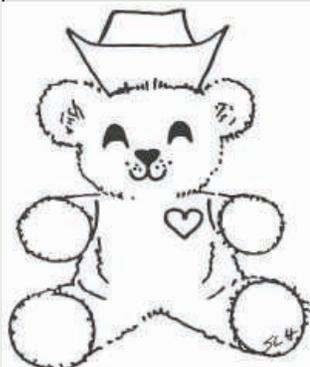
Monday, March 11 1:00 pm

The first time Ron heard of the term "Three Sisters," he was intrigued and began to do research. He discovered the story of the "Three Sisters" was amazing, but more amazing was what the world owes the Native American for much of today's food and plant derived products. His presentation will shed a different light on our heritage and culture as a result of these gifts that were developed in the Americas before the European arrival.

Presenter: Ron Langellier, Master Gardener

## WINTER GREETINGS

Send a cheery note to friends and family during the drab month of January. We have everyday, birthday, anniversary, thinking of you, sympathy, get well, greeting cards and much more. Most cards are priced from 50 cents to \$1.25. Stop in and check out our selection.



## ADVERTISER OF THE MONTH

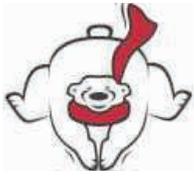
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## FREEZE FEST

**Saturday, February 16 at Cravath Lakefront Park**

Whitewater residents, students and visitors will be shaking off cabin fever as they plunge into the icy waters to raise

money for Special Olympics.

The festivities start with activities and events for the entire family. Watch the courageous and crazy polar bear plungers beginning at noon. Be sure to visit the Cravath Lakefront warming tent where cooking enthusiasts battle in the Chili Cook-off, and you can sample different chili's while raising funds for Special Olympics and Seniors in the Park.

### 2013 Freeze Fest Schedule

- 9:00am-11:00am: Family Arts & Crafts, Studio 84
- 10:00am-3:00pm: Family Open Skate, Big Brick Park
- 11:00am - Noon: UW-Madison Arboretum Program, Lakefront Bldg
- 11:00am-3:00pm: Horse Drawn Wagon Ride Starting From Cravath Lakefront Park
- 11:00am- 1:00pm: Snow Dogs Presentation, ILY Memorial Library
- Noon- Polar Plunge Kick Off
- Noon-3:00pm: Chili Cook Off, Lakefront Park Warming Tent (sponsored by Seniors in the Park)**
- 1:00pm- 2:00pm Snowshoe Clinic by W3, Lakefront Building

## NOTES FROM DR. HUMOR

### The Daily Prayer

God, grant me the laughter to help me see the past with perspective, to face the future with hope, and to celebrate today—without taking myself too seriously.

### The Principles of Good-Hearted Living

- Mondays are for *Compliments*
- Tuesdays are for *Flexibility*
- Wednesdays are for *Gratitude*
- Thursdays are for *Kindness*
- Fridays are for *Forgiveness*
- Weekends are for *Chocolate*.



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

## RECYCLING ELECTRONICS

Get new electronics for Christmas and want to dispose of your old? Seniors in the Park recycles cell phones, digital cameras, laptops, game systems, ipods, cordless phones and any accessories 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.

## BAD WEATHER CLOSINGS

In case of inclement weather, (Snow that four letter "S" word) Program cancellations will be on Whitewater Cable Channel 98, digital 990, or radio stations WFAW 940 AM and WSJY 107.3 FM or online on the Whitewater Banner.

## 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.

# Seniors in the Park

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

### Senior Coordinator

Deb Weberpal, CPRP  
dweberpal@whitewater-wi.gov

### Volunteer Editor

Romelle Koch

### Director

Matt Amundson, CPRP

### Recreation & Community Events Coordinator

Michelle Dujardin

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

## NEWSLETTER SUBSCRIPTION OR PICK-UP SITES

To have the Seniors in the Park Newsletter mailed to your home for one year, send **\$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 go to [www.whitewaterbanner.com](http://www.whitewaterbanner.com) and look for the link in the left column. The newsletter is available for pick up at the Starin Park Community Building, Municipal Building, the Whitewater Aquatic and Fitness Center, and the Irvin L. Young Memorial Library.

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