



August 2014

The Park Bench

Seniors in the Park Newsletter

ALL ABOUT HUMMINGBIRDS

Thursday, August 21, 1:00 pm

“All About Hummingbirds” is about the year in the life of the Ruby-throated Hummingbird, the only species of hummingbird that breeds in the eastern United States. The photos taken in their yard, will tell the story of how hummingbirds behave, interacting with each other and fulfilling their needs to survive. You will learn why they are not fragile, sweet, or meek. Do not be fooled by their size or beauty. Find out why hummingbirds are jewels of the bird world, as well as necessary to many of our favorite plants. Handouts will be available with lists of perennials and annuals that are irresistible to hummingbirds and other suggestions that will help you to attract hummingbirds to your yard. Websites will be listed that will help you gather further information about hummingbirds.



Presenters Larry and Emily Scheunemann

Larry is a Master Gardener and an avid wildlife photographer. Emily is a naturalist and together they enjoy landscaping for wildlife, so they can enjoy watching and photographing wildlife at their home in southern Wisconsin.

CONCERT IN THE PARK

July 31, 7:00 pm

Seniors in the Park is hosting this concert featuring Funky Blue Reaction. This is a local band described as a “Band of Misfits” that plays Rockin’ Music from the 50’s, 60’s, and 70’s. They’re classier than Classic Rock! If you are interested in combining dinner with your park experience, the Black Sheep offers multiple dinner basket options to bring to the park. Call 262-458-4751 or check out the website: www.eatatblacksheep.com. We’ll also have some cool treats for you. The event is held in the Lakefront Center in case of rain.



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Seniors in the Park Promotes & Enhances a Vital Aging Community

BOWLING LEAGUE

Wednesdays, 9:00 am
Begins September 3



This fun and recreational league at Hawk Bowl, goes into March. League begins September 3 with a fun play day. To sign up for the league contact Henry Malo, 262-472-0262.

WATERCOLOR: TEXTURE & COLLAGE

This four week watercolor session with Karolyn Alexander Tscharnack will focus on texture – an element of design. An introduction to collage and other mixed water media techniques will be discussed. Demonstrations will include how to paint your own collage papers using a variety of white textured papers, watercolor, stamps, and stencils. Subject matter may include fruits, vegetables, flowers, still life, landscape and semi-abstraction. Beginning, intermediate and advanced concepts will be covered. Each session will include a demonstration on a technique or concept and plenty of time for individual painting with optional one-on-one coaching. Attendees are always encouraged to paint from personal references, sketches, photos or ideas.

Instructor: Karolyn Alexander Tscharnack, www.karolyn.biz

Dates/Times: Thursdays, Aug 7-28
1:00 – 4:00 pm

Cost: \$40 payable to the instructor by cash or check.

Deadline: **Monday, August 4**

Minimum: 6 people.

AARP SMART DRIVER SAFETY CLASS

Wednesday August 20, 12:30-4:30

The AARP Smart Driver Safety Program is a classroom course that helps older drivers become more aware of changes that occur due to aging (vision, hearing, and reaction time) and how to adjust driving accordingly. The Smart Driver Safety course also reviews some basic rules of the road. It is open to the public and there are no tests. The cost of the course is \$15.00 for AARP members and \$20.00 for non-members. Make checks out to AARP.

If you would like to find out more about AARP Driver Safety Program including class locations, information regarding the on-line course, or other volunteer opportunities-visit www.aarp.org/drive or call 1-888-227-7669.

Register by August 11



PINTEREST

Wednesday, August 13, 1:30 pm

Pinterest is a visual discovery tool that people use to collect ideas for their different projects and interests. People create and share collections (called “boards”) of visual bookmarks (called “Pins”) that they use to do things like plan trips and projects, organize events or save articles and recipes. There is also a “like” feature to save certain pins that may not fit with a board. Please bring your laptop or tablet.

Register by August 7



COFFEE WITH CAREGIVERS

The first meeting will be Wednesday, September 17 at 9:00 am. We will discuss permanent meeting day/time, expectations, resources needed, etc. If you cannot make it on the 17th, please call with your availability and ideas.



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

MOVIES:

SPONSORED BY MULBERRY GLEN



"Heaven is for Real"

Tuesday, August 12 12:30 pm

Rated PG, 1 hr 39 min.

Small-town businessman, pastor, and volunteer firefighter Todd Burpo and his wife, Sonya, are struggling to make ends meet during a tough year. After their son, Colton, undergoes emergency

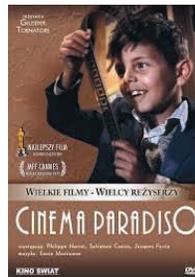
surgery, Todd and Sonya are overjoyed at the child's miraculous recovery. However, the family is unprepared for what happens next--- Colton says that he went to Heaven and back, and tells his parents things that he couldn't possibly know...(2014)

"Cinema Paradiso"

Wednesday, August 20 12:30 pm

Rated PG, 2 hr. 35 min.

In the years after World War II, a young boy is mesmerized by the movie theater in his small Italian town, and pursues a friendship with its crusty but warmhearted projectionist. Captivating, bittersweet film, with the perfect "The End." This film won the Oscar for Best Foreign Film in 1989, and is one of Mark's favorite foreign films. In Italian; shown with subtitles. (1988)



"Labor Day"

Tuesday, August 26 12:30 pm

Rated PG-13, 1 hr. 51 min.



Based upon a Nicholas Sparks novel (previous film adaptations screened at Seniors in the Park have included "The Notebook," "The Lucky One," and "Safe Haven."). A depressed single mom (Kate Winslet) and her son offer a wounded, fearsome man (Josh Brolin) a ride. As the police search for a fugitive, mom and son gradually learn the man's true story, as their options become increasingly limited.

HOME SWEET HOME

Wednesday September 24, 1:00 pm

Aging well in place is important to most people. Find out how you can modify your home and live there for years to come.

Presenters: Geoff Hale, Home Lumber and Greg Greenwood, Century 21 Affiliated

Deadline: Monday, September 22

COMPUTER TUTOR

Bring your own laptop or tablet, and get tutoring on Internet, E-mail, Word, Excel, Pictures, or general topics. Please tell us what you want assistance with, when registering for your session.

Instructor: Lyle Hunter

Dates: Aug. 5, 7, 12, 19, 21, 26. 28

Time: 9:30 am

Cost: \$5.00 residents

\$6.25 non-residents

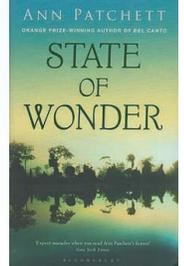
Register at least 3 days in advance

BOOK WORMS

Monday, August 4, 10:30 am

The Book Club will discuss *The Curious Incident of the Dog in Night-time* by Mark Haddon. The book for September is *State of Wonder* by Anne Patchet.

Research scientist Dr. Marina Singh is sent to Brazil to track down her former mentor, Dr. Annick Swenson, who seems to have disappeared in the



Amazon while working on an extremely valuable new drug. The last person who was sent to find her died before he could complete his mission. Plagued by trepidation, Marina embarks on an odyssey into the insect-infested jungle in hopes of finding answers to the questions about her friend's death, her company's future, and her own past. Once found, Dr. Swenson is as imperious and uncompromising as ever. But while she is as threatening as anything the jungle has to offer, the greatest sacrifices to be made are the ones Dr. Swenson asks of herself, and will ultimately ask of Marina.

Checks for activities, classes and trips are made out to: City of Whitewater unless indicated otherwise.

WALK AWAY THE POUNDS—INDOORS

Wednesdays, 10:00 am

Low impact, easy to follow INDOOR walking class. Walk anywhere from 1 -4 miles indoors and firm up your midsection with a walking DVD.

This class is safe for all ages and fitness levels.



CORE AND MORE RETURNS!

Mondays & Thursdays, 8:45 am

This half-hour class will help you to

perform daily 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.

Residents: \$2.00 per class;

Non-Residents \$2.50 per class

Class Begins Monday, September 22



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

LINE DANCE CLASS

September 3-October 1, 2:30—3:30 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.

Session 1: September 3—October 1 (No class Sept 17)

Class # 5305.31 (wwparks.org)

Deadline: Thursday, August 28

Fee: \$16.00 residents; \$20.00 non-residents

Session 1: October 22-November 26 (No class Nov. 19)

Class # 5305.32

Deadline: Thursday, October 15

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

(Class must be paid for by the deadline at the Community Building or online at wwparks.org)

New Time



EXPLORE THE CENTER ON NATIONAL CHEESE PIZZA DAY

Friday, September 5; 11 am –1 pm

September is Senior Center Month. Stop in for a slice of cheese pizza and check out all there is to do, learn and experience at Seniors in the Park. At 1:00, there will be a presentation on “Changing the Way We Age.”



THE SANDWICH GENERATION: CHALLENGES OF CARING FOR PARENTS, CHILDREN, AND YOURSELF

Wednesday, September 10; 12:00 pm

This presentation, for working or retired adults, will include Tips and Tools for Caring for your Parents and also Caring for Parents with Dementia, Legal Intervention, How to Cope with Impending Loss, Caring for Yourself, and Asking for Help. Presenter: Mary Borland, Home Health United

Registration Deadline: September 3

Location: Starin Park Community Building



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6 Motorcycle & Motorcoach Trips

AMISH MARKESAN

Friday, September 12

Tour the Amish area with a local guide, including stops at a bakery, cheese store, and grocery store, where you may make purchases. An authentic causal lunch, including dessert, will be served by an Amish family in their home in the Kingston area. This all-you-can-eat meal is similar to an Amish wedding meal. We will then tour an Amish woodshed and Amish school. Call Fort Atkinson Senior Center for more information. You can bring a cooler for you purchases.

Fee: \$95.00 (make check payable to Badger Tour & Travel)

RSVP and payment deadline: July 31

Depart: Fort Atkinson K-Mart 7:30 am; Approx. return: 5:45 pm (Note: Trip departs from Fort Atkinson only)



THE GREAT CHICAGO FIRE & A CITY REBORN

October 9, 2014

Chicago was a growing and prosperous city, and then came the devastating fire. Hear the story of the fire, the path it took, what was destroyed, what was saved, and what was created. Visit the Chicago Fire Academy, the actual site of the O'Leary barn. Learn about the rigorous training candidates experience in one of the busiest fire departments in the country. At the Chicago History Museum, see a fascinating film on the Fire and its aftermath. Discover the museum's extraordinary collection and a dramatic recreation of the fires' path, then on to the city's rebirth and creation of the modern cityscape. Enjoy a special lunch in the museum café. Visit a survivor of the fire, the Holy Family Church. Although the fire started less than a mile away, it did not destroy the church or the parishioners' homes. Last you will explore the contributions of such outstanding architects as Daniel Burnham and John Root, who designed the magnificent Landmark Rookery Building in 1884.

Fee: \$81.00 Deadline: September 4

Depart: Fort K-Mart-7:00 am, Starin Park 7:30 am

Return (approx): Starin Park 6:30, Fort K-Mart 7:00 pm



HARLEY MUSEUM/SPRECHER BREWERY, MILWAUKEE

Wednesday, August 20

History roars to life at the Harley-Davidson Museum®. It's the best of American design and culture – seasoned with freedom and rebellion, showcased in a landmark building. Over 450 motorcycles and artifacts are on display. Lunch at the museum in their café. Fees: 65+ \$12 with ID, under 65 years, \$18. Tour the Sprecher brew house and discover how Sprecher is reviving the Old World brewing traditions that once made Milwaukee famous. Travel through the lager cellar and see the Bavarian murals on display on the bottling room wall. After the brewery tour, the next best thing to Munich is Sprecher's indoor beer garden, with music and samples from any of up to 20 beers and 10 sodas on draught. Fee: \$4 for 62+ or \$5 under 62. Reservations are required in advance for this tour. Call by August 12 to reserve your spot.

Riders must arrive prior to departure to show proof of insurance (card you should be carrying) and fill out a participation form, if this is your first ride with us. Helmets are recommended. The leader for the trip is Gary Kiger and the group will depart Starin Park at 9:00 am



UPCOMING MOTORCYCLE RIDES

We will be offering rides out of Starin Park through October. Meet new people and enjoy a day of sunshine with the wind in your face. Call for more information or to be added to the email list. Other trips may crop up or if you have any ideas, let us know. Rest stops will be approximately every 1 1/2 hours.

Sept 15-16: Galena & Savannah IL (overnight) RSVP by Sept. 7
Sept 27: Holy Hill, Fox & Hounds and Chocolate by Joel

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.

JEWELS OF MOROCCO

March 19-29, 2015 (Spring Break 2015)

In Marrakesh, step back in time as you wander through the Jemaa-el-Fna, an exotic bazaar offering some of the greatest open-air entertainment. Listen to storytellers (an integral part of the culture) and browse for handicrafts. In Fez, take an optional tour to see the ancient medina. Founded in the 9th century, it is one of the largest medieval cities in the world. Stroll through its souks and alleys, which are virtually unchanged since the Middle Ages. Taste authentic Moroccan cuisine and take in the sights and sounds of this fascinating city. Also visit Casablanca, Meknes, Ouarzazate, Ifrane, Erfoud, and Rabat, Morocco's vibrant capital. Admire changing scenery on the Road of a Thousand Casbahs, as the Middle Atlas Mountain range transforms to desert approaching the Erfoud oasis—a once-in-a-lifetime vacation.

Per person price based on double occupancy: \$2,700.00 For single and triple rates, please contact Deb Weberpal. Price includes: Air from ORD, land tour, sightseeing, hotels and meals as specified in the itinerary, and the services of a professional tour director. (Air is estimated and is subject to change). Travel Protection Plus is available for an additional \$169.00 per person. Deposit Due: \$550 per person. Please make checks payable to Cosmos. **Deadline September 16**

TRIP PREVIEW
Wed., July 30
1:00 pm
\$100 off, if booked
by 9/16

FLAVORS OF THE SOUTH

March 15-22, 2015

Enjoy the beautiful south, including **New Orleans, Memphis, and the Louisiana Creole Nature Trail.**

Highlights of the tour include two nights in New Orleans, dinner in the French Quarter, National WWII Museum, the New Orleans School of Cooking with dinner, and two nights in beautiful Lake Charles on the Creole Nature Trail. Visit the Mardi Gras Museum, decorate a King Cake, and see the Diamond Dancers; savor the regional cuisine at LeBleu's Landing; be fascinated with a guided tour on the Creole Nature Trail through Louisiana's coastal wetlands. Visit the Duck Commander Warehouse and Store for TV's Duck Dynasty. Enjoy a musical tour of Memphis, where you spend 2 nights. Visit Graceland, tour the Gibson Guitar Factory, and enjoy dinner and entertainment at the famous Alfred's on Beale. Cost of the trip is \$1339 per person double, add \$519 for a single room. Deposit \$150. Cancellation insurance is available for \$60. This is a Mayflower Value Tour, and includes home pick up in Walworth Co. or Starin Park.



CAPE COD & THE ISLANDS

September 6-12, 2015

Enjoy Cape Cod and the Islands with a one hotel stay at the Doubletree Hotel Hyannis.

Highlights of the trip include:

Hyannisport, Kennedy Memorial and St. Francis Church, Plimoth Plantation, the Mayflower II, Plymouth Rock, the charming village of Sandwich, Heritage Plantation, and a Nantucket Island Tour. The Boston City Tour includes: Boston Commons, Old State House, Old North Church, Old South Meeting House, Beacon Hill, Old Ironsides, Faneuil Hall, and Quincy Market. The Martha's Vineyard tour includes: a scenic ferry ride, Victorian cottages of Oak Bluff, Edgartown, Aquinnah Lighthouse, and Gay Head. In Newport, RI visit: Touro Synagogue, the International Tennis Hall of Fame, the estates along Bellevue Avenue, a guided tour of the Breakers Mansion, follow the "Ten Mile Drive" and explore Newport's galleries and quaint shops. Enjoy a traditional New England Lobster Dinner.

\$1945 per person double; \$600 single supplement. A deposit of \$300 is due with your reservation. Optional Cancellation Waiver fee is \$195 per person.

TRIP PREVIEW
Tues., Sept. 16
1:00 pm
RSVP by Sept. 9

LUNCH BUNCH

Thursday, August 14, 10:30 am

Lunch will be at Daddy Maxwell's in Williams Bay. Enjoy a drive around the south side of Lake Geneva.

Fee: \$5.00.

RSVP by Tuesday, August 12

JANESVILLE SHOPPING

Wed., August 6, 9:00 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 9:00 am.

Fee: \$5.00

RSVP by Monday, August 4

WISCONSIN STATE FAIR

Monday, August 4

Save the date! Cream puffs and cows, shows and surprises, all at the Wisconsin State Fair. Gate fee is on your own. It's \$5 today, sponsored by Kohl's Cares. (That's cheaper than I can get.)

Fee: \$11.00 includes transportation, driver and parking fees.

Deadline is July 23

Depart: 9:00 am Return: 4:00 pm

FIRESIDE 2014

2014 ticket price: \$63.00 (taxes, tip, and ticket fees all included!). Saves up to 23% off individual tickets. We must have at least 18 people 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. Sept. 5-Les Miserables

Deadline: August 21

MINING WISCONSIN

Wednesday, August 27

Start the day at the Rollo Jamison Mine and Museum in Platteville. The museum includes an underground tour of the 1845 Bevans Lead Mine, a ride in a 1931 mine train above ground, and exhibits on Platteville, area history and especially the history of lead and zinc mining in the Upper Mississippi Valley. (Mine tour has 90 steps. Remember you have to come back up, too!). Lunch will be at Cold Fusion. On to the Badger Mine and Museum in Shullsburg, where exhibits demonstrate the lead mining and cheese making industries. The Mine tour has 51 steps into a hand dug 19th century mine. We'll also stop for some cheese shopping. Bring a jacket as it's chilly underground.

Fee: \$29.00 Deadline: August 6

Depart Starin Park at 7:30 am; Return approx 6:30 pm



CIRCUS WORLD

Thursday, September 18

After a quick stop at Clausen's European Bakery, we head for Dr. Evermor's Forevertron. This unique stop will have you amazed. Then it's on to the big top and Circus World Museum. Illusionist Tristan Crist dazzles and delights audiences with a live magic show at 2 pm.

The fascinating world of the circus is examined on the giant screen in the Circus Cinema, while several buildings full of fascinating circus memorabilia can be seen. Tour historic Ringling structures and uncover the lure of the big top in a variety of appealing exhibits. Experience the Merrimac Ferry on the way home.

Fee: \$28 (approx) Deadline: September 5

Depart Starin Park at 9:00 am; Return approx 6:00 pm



BLACKPOINT ESTATE

Tuesday, October 21

This trip is tentative. Watch for more info in the September newsletter.

BELOIT SNAPPERS

Thursday, August 21

Enjoy an evening of exciting Beloit Snappers baseball. The Snappers are an Oakland A's minor league ball team.

Fee: \$16.00

Deadline: Wednesday, July 30

Depart: Starin Park 5:30 pm



Activity Calendar

9

August 2014

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRI/SAT/SUN
<p>Activities take place at the Starin Park Community Building unless otherwise noted.</p> <p>(A)=Downtown Armory (L)=Cravath Lakefront (OR)=Oak Ridge Golf Course</p>	<p>Support our ADVERTISERS this Summer</p> 	<p>30</p> <p>1:00 Morocco Trip Preview</p>	<p>31</p> <p>9:30 FUNctional Fit 7:00 Concert in the Park—Funky Blue Reaction (L)</p>	<p>1</p> <p>2 10 am—5 pm Main Street Festival</p> 
<p>4</p> <p>8:30 Golf (OR) 9:00 WI State Fair 9:30 FUNctional Fit 10:30 Book Club 12:30 Pickleball (A) 1:00 Mah Jongg 1:00 Bid Euchre 1:00 Canasta Office closed 1:00</p>	<p>5</p> <p>9:00 Pickleball (A) 9:30 Computer Tutor 10:00 Culver's Bingo 11:15 Pot Luck 11:45 Dominoes 12:30 Foot Clinic 1:00 Sheepshead 5:00-8:00 National Night Out (L)</p>	<p>6</p> <p>9:30 Janesville Shop 10:00 Indoor Walking 12:30 Pickleball (A) 12:45 Zumba Gold (A) 1:00 Chess 1:00 Ladies Poker</p>	<p>7</p> <p>9:30 Computer Tutor 9:30 FUNctional Fit 1:00 Watercolor</p>	<p>8</p> <p>No Pickleball August 8—12 (Elections)</p>
<p>11</p> <p>8:30 Golf (OR) 9:30 FUNctional Fit 1:00 Mah Jongg 1:00 Bid Euchre</p>	<p>12</p> <p>9:30 Computer Tutor 10:00 Mulberry Glen Bingo 12:30 Mulberry Glen Movie "Heaven is For Real" 1:00 Sheepshead</p>	<p>13</p> <p>10:00 Indoor Walking 12:30 Pickleball (A) 12:45 Zumba Gold (A) 1:00 Chess 1:30 Pinterest</p>	<p>14</p> <p>9:30 FUNctional Fit 10:30 Lunch Bunch 1:00 Watercolor</p>	<p>15</p> <p>12:30 Pickleball (A)</p>
<p>18</p> <p>8:30 Golf (OR) 9:30 FUNctional Fit 12:30 Pickleball (A) 1:00 Mah Jongg 1:00 Bid Euchre 1:00 Canasta</p>	<p>19</p> <p>9:00 Pickleball (A) 9:30 Computer Tutor 10:00 Scrabble 1:00 Sheepshead</p>	<p>20</p> <p>9:00 Cycle Trip 10:00 Indoor Walking 12:30 AARP Smart Driver Safety Class 12:30 Mulberry Glen Movie "Cinema Paradiso" 12:30 Pickleball (A) 12:45 Zumba Gold (A) 1:00 Chess 1:00 Ladies Poker</p>	<p>21</p> <p>9:30 Computer Tutor 9:30 FUNctional Fit 1:00 Hummingbirds 1:00 Watercolor 5:30 Snappers Trip departs 7:00 Concert in the Park—Piper Road Spring Band (L)</p>	<p>22</p> <p>12:30 Pickleball (A)</p> 
<p>25</p> <p>8:30 Golf (OR) 9:30 FUNctional Fit 12:30 Pickleball (A) 1:00 Mah Jongg 1:00 Bid Euchre</p>	<p>26</p> <p>9:00 Pickleball (A) 9:30 Computer Tutor 10:00 City Bingo 12:30 Mulberry Glen Movie "Labor Day" 1:00 Sheepshead</p>	<p>27</p> <p>7:30 Mining Trip departs 10:00 Indoor Walking 12:30 Pickleball (A) 12:45 Zumba Gold (A) 1:00 Chess</p>	<p>28</p> <p>9:30 Computer Tutor 9:30 FUNctional Fit 1:00 Watercolor</p> <p>Line Dance Registration deadline</p>	<p>29</p> <p>12:30 Pickleball (A)</p>

Walworth County Nutrition Menu

August 2014



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

Persons 60 and over and their spouses are eligible. Suggested donation is \$3.00. To reserve a meal, call 473-0536, 9:30 to noon or 1-800-365-1587, ext 3333, by noon the day prior. Call the 800 number to cancel meals day of by 8:00 am. For more information about the Nutrition Program – contact the Nutrition Program office at the phone number listed above.

4 Cowboy Stew
Squash
Coleslaw
Hot Spiced Apples
Wheat Roll

5 Salisbury Steak
Sweet Potato
Cauliflower
Orange & Pineapple Cup
Dinner Roll

6 Baked Chicken
Mashed Potatoes/Gravy
Broccoli
Peanut Butter Cookie
Wheat Roll

7 Spaghetti & Meatballs
Calif. Mixed Veggies
Tossed Salad
Melon Mix
Garlic Bread

8 Grilled Raspberry Chick.
Hot Peaches w/Granola
Tossed Salad
Carrot Cake
Wheat Bread

11 Scallop. Chick. w/Mush.
Rice Pilaf
Sliced Beets
Peaches
Dinner Roll

12 Rosemary Pork Roast
Peas and Carrots
Red Cabbage
Pineapples and Grapes
Wheat Bread

13 Quiche with Broccoli
Cheesy Potato Casserole
Carrots
Watermelon
Wheat Roll

14 Chick. Sal. on Tossed Salad
Three Bean Salad
Mandarin Oranges
Brownie
Wheat Roll

15 Beef Stew with Potatoes
Cauliflower with Peppers
Diced Fruit
M&M Cookie
Baking Powder Biscuit

18 Meatloaf
Mashed Potatoes/Gravy
California Mix Veggies
Tropical Fruit
Wheat Bread

19 BBQ Pork Sandwich
Hamburger Bun
Baked Beans
Carrots
Chocolate Chip Cookie

20 Polish Sausage
San Fran. Blend Veggies
Rosemary Red Potatoes
Fruit Whip
Wheat Roll

21 Cream of Broccoli Soup
1/2 Turk. Sand. On Wheat
Hot Applesauce
Mixed Vegetables
Chocolate Cake

22 Southwestern Goulash
Squash
Garden Blend Vegetables
Cantaloupe
Bread Stick

25 Swiss Steak
Mashed Potatoes
Garden Blend Vegetables
Apricots & Peaches
Wheat Roll

26 BBQ Chick. Thigh/Leg
Baked Potato
Green Beans
Fruit Cocktail
Wheat Bread

27 Hot Dog
Hot Dog Bun
Carrots
Tossed Salad
Jell-O with Fruit

28 Pasta Caesar Sal. w/Chick.
Cantaloupe
Coleslaw
Snickerdoodle Cookie
Wheat Bread

29 Pork Loin w/Mushroom
Cream Sauce
Parsley Red Potatoes
Mediter. Blend Veggies
Apple Sauce & Roll

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Senior Citizen Day

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

AS A SENIOR CITIZEN, YOU ARE ELIGIBLE FOR A 15%* STORE DISCOUNT

901 Janesville Ave. • Fort Atkinson
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SERVICES AT A GLANCE

Foot Clinic: Tuesday, August 4, by Appointments only.

Please bring a towel. \$15.00.

Other Services:

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

COFFEE WITH CAREGIVERS

The first meeting will be Wednesday, September 17 at 9:00 am. We will discuss a permanent meeting day/time, expectations, resources needed, etc. If you cannot make it on the 17th, please call with your availability and ideas.



TYPO, HUMAN ERROR, WE GOOFED!?

Occasionally, there may be an error in days, times, registration dates, or fees in the newsletter. When such errors occur, we will do everything possible to correct the situation promptly. We thank you for your patience and understanding. **Spot a typo or error and bring it to the office for a treat (the first 5 different errors).**

BINGO

Tuesdays, 10:00 am

Aug. 5: Culver's

Aug. 12: Mulberry Glen

Aug. 26: City Bingo



BINGO SPONSORS

Culver's, Mulberry Glen and City Bingo Cover All: Our House

CITY BINGO SPONSORS:

Randy's * Topper's Pizza * Rick's * Bergey Jewelry * Headquarters Salon
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 Rosa's Pizza * Jessica's Restaurant * Taco Bell * Dalee Water Cond.
 Mirage Hair Studio* Dental Perfections* Ketterhagen Ford * Fairhaven
 Binning & Dickens Insurance * Rocky Rococo Pizza * McDonald's
 Fort Comm. Credit Union * Eastsider/Westsider * Walworth Co. Nutrition
 Jersey Mike's Sub * Yogurt Shoppe * Taco Fresco

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 1:00 pm

Chess—Wednesdays, 1:00 pm; Beginners welcome

Dominoes—First Tuesday 11:45 am

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

Golf—8:30 tee times at Oak Ridge, Milton

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

Mah Jongg—Mondays, 1:00 pm

Potluck—First Tuesday 11:15 am

Pickleball—Monday, Wednesday, and Friday 12:30-2:30 and Tuesday 9:00-11:00 at the Downtown Armory

Scrabble—Third Tuesday, 10:00 am

Sheepshead—Tuesdays, 1:00 pm

Walk Away the Pounds—Indoor walking, 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.

DON'T LET FINANCES KEEP 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.

VOLUNTEER SPOTLIGHT

Lyle Hunter was born in Grantsburg, Wisconsin. Lyle has lived in Whitewater for 50 years. He has been volunteering with Seniors in the Park for 12 years as our computer tutor and helps with other activities as well. Lyle says he likes volunteering here because he makes new contacts with people and finds out what kind of problems they are having with computing. Lyle also volunteers for the retired teachers association. Lyle's other interests include genealogy and working with photos digitally. Lyle is retired from UW-Whitewater as Director of Networking. He has been married to his wife, Dawn, for 51 years. They have 2 children. Lyle believes people should take better advantage of the services offered at Seniors in the Park. We appreciate all that Lyle does for us and look forward to working with him and the help he offers for computer problems!



THANK YOU TO....

- * **Peggy Anderson** for collecting more Bingo prizes.
- * **Dorothy Moyer and Mark Dorn** for Bingo prizes

GREETING CARDS

We have a great selection of Wedding, birthday, and everyday cards.



Most cards are priced from 65 cents to \$1.50. Stop in and check out our selection.

ONLINE REGISTRATION AND PAYMENT

This feature will allow you to register for more trips and activities from home or just deduct funds from your "account" when you check in on the tablet at the registration desk. Functional Fitness and Core and More are already working for prepay. This allows you to put money into your account which will be automatically deducted every time you check in. No more bringing a dollar or wondering if you punched your card. The balance in your account will show on the check-in screen. Beginning in September, you will be able to add money to your account or pay for classes and trips online through Paypal. Paying in person is still an option. Register/pay for classes and trips, see the calendar of events and log volunteer hours at <http://schedulesplus.com/wwtr/kiosk>. You can also pay online at the Parks and Recreation website: wwparks.org.

ACTIVE AGING WEEK ACTIVITIES

Brain teasers and Ladderball all week.

Monday, September 22

- 8:45 Core and More
- 9:15 "FUN'ctional Fitness
- 1:00 "There's an App for That"

Tuesday, September 23

- 10:00 Adventure Bingo
- 12:30 Adventure Movie

Wednesday, September 24

- 1:00 Home Sweet Home

Thursday, September 25

- 11:00 Balance and Coordination
- 1:00 Hike with Naturalist

Saturday, September 27

- 10:00 Motorcycle ride—Holy Hill/Fox & Hounds

Please cut out this "Thank You Coupon" and present it the next time you Patronize one of our Advertisers

Thank You

THANK YOU for Advertising with Seniors in the Park

I am patronizing your business because of it!



SENIORS & SNAP: FIVE MYTHS BUSTED

Get help paying for healthy food!

The Supplemental Nutrition Assistance Program (SNAP) helps over 4 million seniors aged 60+ buy healthy food every day. Get the facts—then see how to apply at www.BenefitsCheckUp.org/SNAP.

- Myth:** SNAP is only for families with children.
Fact: SNAP is for everyone who qualifies, including seniors.
- Myth:** I'll only get \$15 a month, so it's not worth applying.
Fact: The average national SNAP benefit for a senior living alone is \$119 a month.
- Myth:** Other people need SNAP more than I do.
Fact: Everyone who enrolls in SNAP will get help. By applying, you are not taking benefits away from others.
- Myth:** No stores near me accept SNAP.
Fact: Over 250,000 grocery stores and farmers markets across the country accept SNAP to pay for food.
- Myth:** It's too hard to apply for SNAP.
Fact: Depending on where you live, you can apply online, by mail, or in person—and get one-on-one help if you need it.

Visit www.BenefitsCheckUp.org/SNAP or call Walworth County ADRC, 800-365-1587 to get your application now!



HAPPY AUGUST BIRTHDAYS TO:

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



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!

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GET OUT OF THE KITCHEN

Too Hot to cook? Looking for a cool summer salad for lunch? Don't want to eat alone again? Let the Walworth County Nutrition Site solve your 'problems'. Grilled Raspberry Chicken, Pasta Caesar Salad, Great Subs and Chicken Waldorf Salad are just a few of the tempting, tasty meals offered at the Nutrition Site. The suggested donation of \$3.00 is anonymous, so a donation of any amount, or nothing, is acceptable. 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.

[Walworth County Nutrition](http://WalworthCountyNutrition.org)



WHITEWATER MAIN STREET FESTIVAL

Saturday, August 2, 10:00 am—5:00 pm

The Whitewater Main Street Festival is an annual event held throughout the historic city of Whitewater and promotes the arts and creative economy. Activities include: Arts and Crafts booths, Retail Sales, Sidewalk Chalk Art, Music and Dance performances, Farmer's Market (@True Value Hardware), Hands on Activities for the family, Build and/or decorate a bird house, and a Giant Puppet Parade.

Entertainment schedule is: 10-11 am Carl Cole; 11:30-12:30 Brian Lucas; **1:00—1:30 Whitewater Summer Dance Program**; 1:30-2:30 Derek Amin & Earthtet; and 3:30-4:30 Jay Craggs. Art exhibits at Studio 84, First Citizen's Bank (until noon), Sweet Spot, Crossman Gallery (1-4 pm) and the Cultural Arts Center.

Proceeds from the event go to support the local arts environment in our community.

For more information go to www.wwmfestival.blogspot.com.

CAMPUS GARDEN ASSISTANCE AND SHARING

Volunteering at the Campus Garden is a great way to become involved within your community, see the advancements from your help, make new connections, and enjoy the beauty of nature. If you can't assist bring a chair, sit, enjoy nature and reminisce about your gardens of the past with a younger generation.

Regular Volunteer days and times for Summer 2014 are Tuesday: 4-5:30 pm, Wednesday*: 8-10 am, Thursday: Bad weather back-up day and Friday: 3-4:30 pm. Location: Starin Rd between bookstore and Health Center.

*Harvesting day, to pick vegetables and herbs for the Whitewater Food Pantry.

SUMMER CONCERTS IN THE PARK & FAMILY FUN NIGHTS

Free at Cravath Lakefront Park

July 31 Funky Blue Reaction, 7:00 pm

Hosted by Seniors in the Park

Band of Misfits playing Rockin' Music from the 50's, 60's, 70's and more.

Aug. 21 Piper Road Spring Band, 7:00 pm

This band was born in the age of rock & roll with individual backgrounds as diverse as classical, cowboy, folk, blues, and Dixieland.

PARKS & RECREATION

WWPARKS.ORG

ATTRACTION TICKETS

Discounted tickets to the Milwaukee Zoo, Mt. Olympus (Wis. Dells), Noah's Ark (Wis. Dells), and Six Flags Great America & Hurricane Harbor are available for purchase at the Municipal Center, 1st floor, Finance window, between 8:00 am—4:30 pm, Monday through Friday. Tickets are available now to August 29. Payment can be made by credit card, cash, or check. Savings can be found in the Recreation brochure or on line at wwparks.org.

NATIONAL NIGHT OUT

Tuesday, August 5, 5:00-8:00 pm

Cravath Lakefront Park

Continuing to foster our community building campaign to: 1) Heighten crime prevention awareness; 2) Generate support for, and participation in, local anticrime programs, 3) Strengthen neighborhood spirit and police-community partnerships; and 4) Send a message to criminals letting them know that neighborhoods are organized and fighting back.

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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

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Websites: www.whitewater-wi.gov
www.wwparks.org

Seniors in the Park is a division of
Whitewater Parks and Recreation

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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