



June 2014

The Park Bench

Seniors in the Park Newsletter

WHITEWATER'S LAKES—TRIPPE AND CRAVATH

June 17, 1:00 pm

“Lake Erie is Dead” was the introduction to a presentation by Dr. Stan Smith of the U.S. Fish and Wildlife Service given in 1959. Cravath and Trippe Lakes, “The Jewels of Whitewater”, are not dead as was said of Lake Erie, but seriously in need of help. The lakes were impounded in 1839 and 1857 respectively. After 175 and 157 years our lakes are in serious condition. Many folks remember swimming, fishing, and boating on these “Jewels”. Now it’s difficult to do so because of vegetation, siltation and age.



Can these “Jewels” be reclaimed? What will it take? What can you do? Come and find out how you can help and what the city is doing to help solve these problems.

The presenter is Dan Sable. (Matt Amundson, Parks and Recreation Director has been invited but not confirmed at press time)

Please register for the talk by Thursday, June 12

Volume XIV Issue 6

WHAT'S INSIDE

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

5..... *Support Our Sponsors*

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

9-10..... *Calendars*

11 *Support Our Sponsors*

12 *Activities & Services*

13 *Your Senior Center*

14-15..... *FYI & Community*

Back *ADDRESS, Phone Numbers, and Subscription info*

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

Seniors in the Park Promotes & Enhances a Vital Aging Community

WATERCOLOR FLOWERS

This four-week watercolor session with Karolyn Alexander Tscharnack will focus on painting flowers, using watercolors. Topics will include masking techniques, wet-into-wet backgrounds, composition, and color mixing. Flowers can be fun, fanciful, free, fussy or funky, and individuals are encouraged to pursue their own style.

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, June 5-19;
1:00 – 4:00 pm

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

Deadline: **Monday, June 2**

Minimum: 6 people.

If the 6-person minimum is met, walk-ins may attend for a \$15 per session fee.

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: June 2, 3, 11, 12, 18, 19, 23, or 24

Time: 9:30 am

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

TAKE YOUR BRAIN FOR A WALK

An outdoor walk to stimulate your visual senses and cognitive skills. The pace will be set to allow participants to walk safely while performing the activities. The walk will last approximately 45 minutes, including a cool down and stretch. Poles are recommended but not necessary.

Session 2: Wed. June 4, 10:00 am
Class #: 5304.22 Deadline: Wed. May 28
Fee: \$2.00 Min/Max: 4/15

Session 3: Wed. June 18, 10:00 am
Class #: 5304.23 Deadline: Wed. June 11
Fee: \$2.00 Min/Max: 4/15

Session 4: Wed. July 9, 10:00 am
Class #: 5304.24 Deadline: Wed. July 2
Fee: \$2.00 Min/Max: 4/15

POLE WALKING INSTRUCTION

Turn your walk into a total body workout by using poles. Increase your cardio workout by 20% and calorie burn by up to 48% more! Lessen the impact on joints, naturally align your spine, and work your core. Thirty minutes of pole walking equals 50 minutes of regular walking. It's is perfect for any age!



Session 2: Wed. June 11, 1:30 pm
Class #: 5301.22 Deadline: Wed., June 3
Fee: \$8.00 Residents; \$10.00 Non-Residents
Min/Max: 3/8 People
Instructor: Deb Weberpal

Session 3: Wed. June 18, 9:00 am
Class #: 5301.23 Deadline: Wed. June 11

Session 4: Wed. July 9, 9:00 am
Class #: 5301.24 Deadline: Wed. July 2

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!*

CAREGIVER SUPPORT GROUP TO BE FORMED

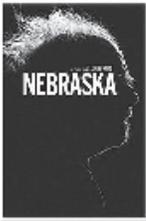


Are you a caregiver looking for some assistance or support on your journey of caring for a loved one? We would like to start a Caregiver Support group. Please contact Deb if you are interested in attending such a group.

Are you interested in facilitating a support group?

Bonnie Beam-Stratz from the *Alzheimer's Association* of Jefferson County is willing to help guide someone from the local area to be a support group volunteer facilitator! Volunteer requirements include willingness to learn about Alzheimer's disease, strong listening skills, ability to redirect discussions and, of course, a sense of humor. If you are interested, please call us at (262) 473-0535 for more information on the position.

MOVIES: SPONSORED BY MULBERRY GLEN



"Nebraska"

Tuesday, June 10 12:30 pm
Rated R, 1 hr 55 min.

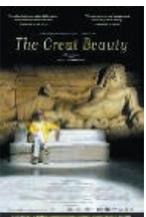
An aging, booze-addled father makes the trip from Montana to Nebraska with his estranged son in order to claim a million-dollar Mega Sweepstakes Marketing prize. (Rated R for "some language")

"Monuments Men"

Tuesday, June 24 12:30 pm
Rated PG-13, 1 hour 38 min.



Based on the true story of the greatest treasure hunt in history, This action drama focuses on an unlikely World War II platoon going into Germany to rescue artistic masterpieces from Nazi thieves and returning them to their rightful owners. The art is trapped behind enemy lines, and the German army is under orders to destroy everything as the Reich falls. How could how could these guys - seven museum directors, curators, and art historians, all more familiar with Michelangelo than the M-1 - possibly hope to succeed? Starring George Clooney.



"The Great Beauty" (La Grande Belleza)

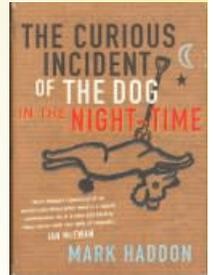
Tuesday, June 24 12:30 pm
Rated R, 2 hour 20 min.

Jep Gambardella has seduced his way through the lavish nightlife of Rome for decades, but after his 65th birthday and a shock from the past, Jep looks past the nightclubs and parties to find a timeless landscape of absurd, exquisite beauty. (Italian, 2013) Rated R for full frontal nudity/sex.

BOOK WORMS

Monday, June 2, 10:30 am

The Book Club will discuss *The Girl Who Stopped Swimming* by Joshilyn Jackson. The book for July is *The Curious Incident of the Dog in Night-time* by Mark Haddon.



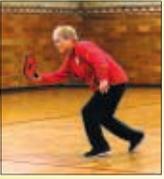
Christopher John Francis Boone, a 15-year-old, knows all the countries of the world and their capitals and every prime number up to 7,057. He relates well to animals, but has no understanding of human emotions. He cannot stand to be touched. And he detests the color yellow. This improbable story of Christopher's quest, replicating the methods of his literary idol, Sherlock Holmes, to investigate the suspicious death of a neighbor's dog with a garden tool, makes for one of the most captivating, unusual, and widely heralded novels in recent years.

NON-RESIDENT INFORMATION

There is a non-resident fee 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 in conjunction with other senior centers.



PICKLEBALL



Pickle Ball is a fun, social, easy-to-learn game that is a cross between badminton, table tennis, and tennis. It is 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: 9:00-11:00 am

**Pickleball Social on
Wednesday June 18 at the
Cravath Lakefront Center
after Pickleball**

FUN & GAMES

Bid Euchre:

Mondays 1:00 pm

Canasta:

1st, 3rd & 5th Monday 1:00 pm

Dominoes

First Tuesday 11:45 am

Ladies Texas Hold 'em Poker:

1st & 3rd Wed. 1:00 pm

Mah Jongg

Mondays, 1:00 pm

Scrabble

First Thursday, 1:00 pm;

Third Tuesday, 10:00 am

Sheepshead:

Tuesdays, 1:00 pm

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

LINE DANCE CLASS

June 18-July 23, 2:00—3:00 pm

Downtown Armory Dance Studio

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

Session 2: June 18 -July 23

Class # 5305.22 **Deadline: Thursday, June 17**

Fee: \$24.00 residents; \$30.00 non-residents

(Class must be paid for by the deadline at the Community Building or



“FUN”CTIONAL FITNESS

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

Open the door to greater independence and a healthier life with “fun”ctional fitness. Fitness instructors, Mary Zordell and Linda Geske, will lead you through a dynamic routine to

promote coordination, balance, strength, and flexibility. Hand weights, tubes, leg weights, and weighted bars are all part of the fun. All levels of ability are welcome. Activities are adapted to individual needs.

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

**Thanks to Mary Zordel for teaching and laughing with everyone .
Linda Geske “takes over” for the summer.**

ZUMBA GOLD® AND MORE!

Wednesdays, 12:45 pm

Downtown Armory Dance Studio

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

Instructor: Lynette Brown

10-class punch card: \$40.00 Res., \$50.00 Non-Res (do not expire) or \$5.00 walk-in pass. Pay in advance at the Starin Park Community Building.

There are also several other Zumba® classes through Parks and Recreation, Monday through Thursday evenings and Saturday mornings. Check it out at www.wwparks.org or pick up a Summer brochure at the park, city hall or ILY Library. Your pass is good for any of these classes.

RAINBOW

HOSPICE CARE

**Know us before
you need us**

(920) 674-6255

www.rainbowhospicecare.org

DR. LUKE J. SMITH
Doctor of Chiropractic

Luedtke-Storm-Mackey Chiropractic Clinic, S.C.



1173 W. Main St. Ste B
Whitewater, WI 53190

www.lsmchiro.com

Clinic Phone: 262-753-0017

OLSEN FUNERAL SERVICES

Whitewater, WI

DIGNIFIED SERVICE
IN A HOME-LIKE
SETTING

*Serving Whitewater &
Surrounding area's since 1987*

221 S. Center Ave.
Jefferson, WI 53549

262-473-5101

We Care Every Day, In Every Way

Experienced senior care for total peace of mind

Personal Care (bathing, toileting, dressing assistance) ~ Medication Reminders
Errands ~ Shopping ~ Dr. Appointments ~ Light Housekeeping
Meal Preparation ~ Companionship ~ Respite Care for Families

608-756-4100 or Toll Free 877-276-7039



We offer **FREE**
local pick up
and delivery
service.
We service
all makes
and models.



Downtown
Whitewater

262-473-4330



The Works

\$29.95

Includes:

- Oil change - Tire rotation
- Brake inspection
- Multi-point inspection
- Fluid top-off - Battery test - Filter check - & Belts and hoses check.



"Make Our House your home"

OUR HOUSE

Memory Care

945 E. Chicago St.
Whitewater, WI

OPEN FOR TOURS & ROOMS AVAILABLE

Please contact Eric James

262-473-1011

AUMANN'S SERVICE INC.

Body Specialists
Quality Painting
24 Hr. Towing

122 E. Dane
(920) 674-2349

After Hours
(920) 674-6164



SeekAndFind.com
is **NEW** and **IMPROVED**

Now it's
even easier
to shop these
advertisers.

Show them
your support!

Love Your Home?



Stay with help you can count on.
Call Society's Assets.
(262) 723-8181

- ▶ Personal Care
 - ▶ Household Tasks
 - ▶ Companionship and Respite
 - ▶ Home Accessibility Solutions
 - Telephones and Gadgets to Increase Independence*
 - ▶ Certified WI Medicaid Personal Care Provider
- Call today for information or to arrange a **FREE** in-home needs assessment for yourself or a loved one.



societysassets.org
Caregiving Since 1974

People
are looking
for your
business.



Cancer Information Service



1-800-4 CANCER

Trained staff member or volunteer gives confidential answers to caller questions on a variety of subjects from cancer detection and treatment to coping with this disease.



Apartments at Fairhaven

Safety, companionship & security for active seniors. Health & wellness program. Activities & entertainment. Family & friends atmosphere.
Stay involved!

Fairhaven Senior Services

435 W. Starin Rd. Whitewater
262-473-2140
www.fairhaven.org

Help them
find it by
**advertising
here.**

Contact Dave Nommensen to place an ad today! DNommensen@4LPi.com
or (800) 800-950-9952 x2465

VOLO AUTO MUSEUM

Wednesday June 4

Enjoy a ride to Volo, IL, and tour the Auto Museum which contains a myriad of collections including: Hollywood, Bizarre, and Duesenberg cars and the Military Experience. There are also three antique malls onsite. For more information, to print a ticket or get a coupon go to:

<http://www.volocars.com/>

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 Tim Otterbacher and the group will depart Starin Park at 10:00 am

HONDA WING DING

Thursday July 3

Meet riders from all over North America and walk through the vast exhibit hall. The GWRRA Wing Ding is July 2—5 in Madison. There are many fun events throughout the four day event. The Honda Wing Ding reservation forms can be picked up at Starin Park or go online to: www.wing-ding.org and click on registration. The deadline is June 5. Pre-registration will get you many “perks”, especially if you will attend more than one day. One day passes (\$22) can be purchased onsite but some events have limited tickets and must be purchased in advance. There are educational classes, fun events, entertainment, safety courses and more.

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 Bruce Parker and the group will depart Starin Park at 10:00 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.

July 3: Honda Wing Ding Trade Show, Madison**

July 23: Harley Davidson Plant, Milwaukee

Aug 20: Harley Museum/Miller Brewery, Milwaukee

Sept 15-16: Galena & Savannah IL (overnight)**

Sept 27: Holy Hill and Fox & Hound

**Advance registration is needed for these trips. .

ROCKTON CHICKEN BBQ AND WILDCAT MOUNTAIN

Sunday, June 22

Enjoy the “Almost World Famous Chicken BBQ” at the Rockton Bar in the beautiful Kickapoo Valley. Return home through the spectacular hill country near Wildcat Mountain. 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. Call with your email or phone number to text to, and we’ll keep you current on upcoming rides and rain dates.

Depart Starin Park Community Building at 9:00 am

Leader is Bill McCormick



May trip to Illinois Railroad Museum

Motorcoach & 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, go to the city website at www.whitewater-wi.gov, (Departments, Seniors in the Park) or stop in to the Starin Park Community Building.

THE GREAT CHICAGO FIRE & A CITY REBORN

May 15, 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: August 29

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

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



FLAVORS OF THE SOUTH

March 15-22, 2015

Time to start thinking about travel in 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 TBD. Cancellation insurance is available for \$60. This is a Mayflower Value Tour, which includes home pick up in Walworth County or from Starin Park.

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

JEWELS OF MOROCCO

March 20-30, 2015

Watch next month's newsletter for information on a trip to Morocco! Highlights include Casablanca, Marrakesh, Rabat, Fez, Road of a Thousand Kasbahs, film locations, picturesque villages, the Atlas Mountains, bazaars, palaces, nomads and much more! **Preview will be Wednesday, July 30 at 1:00 pm.**

FIRESIDE 2014

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

Payable to: The Fort Atkinson Sr. Ctr.

Transportation is on your own.

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

Thurs. Sept. 5—Les Miserables

Deadline: August 21

LUNCH BUNCH

Thursday, June 12, 10:30 am

The weather is warming, so it's time to head to the lake. Lunch will be at Anchor Inn in Delavan. After a relaxing lunch, we'll head to to Beil's Bakery for some sweet treats.

Fee: \$5.00

RSVP by Tuesday, June 10

JOHNSON CREEK OUTLET MALL SHOPPING

Wed., June 4, 9:00 am

Get picked up at your home and shop at the numerous stores in Johnson Creek Outlet Mall. Shop for clothing, shoes, chocolate, kitchen gadgets and more! They also have a Kohl's and Menard's. Bring a new friend and your ride is free!

Pickups begin at 9:00 am.

Fee: \$5.00

RSVP by Monday, June 2.

WISCONSIN STATE FAIR

Monday, August 4

Save the date!
Cream puffs and cows, shows and surprises all at the Wisconsin



State Fair. Tickets will be ordered in June and we'll have a trip fee in the July newsletter. Sign ups begin June 1. Deadline is July 23
Fee: TBD



GLORIOUS GARDENS

Thursday, June 26

You'll be awe-struck by the natural beauty and serenity of Anderson Japanese Gardens, ranked the top Japanese garden in North America. Have lunch on your own at Capri (Italian). Explore the Burpee

Museum and the Klehm Arboretum & Botanic Garden, a 155-acre "living museum" filled with spectacular gardens and rare trees. Enjoy a day of beauty and wonder in Rockford. **Waiting list only**

Fee: \$31.00 Deadline: June 3

Depart Starin Park at 8:30 am; Return approx 6:00 pm

DISCOVER WISCONSIN

Thursday, July 24

Discover the Troll Way in Mount Horeb and the Mount Horeb History Museum. Visit a Wisconsin Landmark, Cave of the Mounds. Bring a sweater or jacket as it is chilly underground! Lunch is on your own at Aunt Mary's Hooterville Inn. Savor a tour and tasting at Botham Winery and a unique experience at Nick Engelbert's Grandview. There will be walking on uneven ground, and the cave tour has stairs and is about 2/3 of a mile in length. No walkers allowed. **Waiting list only**

Fee: \$37.00 Deadline: June 24

Depart Starin Park at 8:00 am; Return approx 6:00 pm

MADISON MALLARDS BASEBALL

Wednesday July 30

Enjoy an evening of exciting Madison Mallards baseball at the Duck Pond. Your ticket includes a free hat. The Madison Mallards is a Midwest summer league of college talent. Sign ups begin June 1.

Fee: \$24.00

Deadline: Wednesday, July 9

Depart: Starin Park 4:30 pm

BELOIT SNAPPERS BASEBALL

Thursday, August 21

Enjoy an evening of exciting Beloit Snappers baseball. The Snappers are an Oakland A's minor league ball team. Sign ups begin June 1.

Fee: \$16.00

Deadline: Wednesday, July 30

Depart: Starin Park 5:30 pm



Activity Calendar

9

June 2014

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRI/SAT/SUN
<p>2</p> <p>8:30 Golf (OR) 9:30 Computer Tutor 9:30 FUNctional Fit 10:30 Book Club 12:00 Senior Forum 12:30 Pickleball (A) 12:30 Digital Stories 1:00 Mah Jongg 1:00 Bid Euchre 1:00 Canasta</p>	<p>3</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</p>	<p>4</p> <p>9:30 Outlet Mall Shop 10:00 Indoor Walking 10:00 Cycle trip to Volo IL departs 10:00 Take Your Brain for a Walk 12:30 Pickleball (A) 12:45 Zumba Gold (A) 1:00 Ladies Poker 1:00 Chess</p>	<p>5</p> <p>9:30 FUNctional Fit 1:00 Scrabble 1:00 Watercolor</p>	<p>6</p> <p>12:30 Pickleball (A)</p>
<p>9</p> <p>8:30 Golf (OR) 9:30 FUNctional Fit 12:30 Pickleball (A) 12:30 Digital Stories 1:00 Mah Jongg 1:00 Bid Euchre</p>	<p>10</p> <p>9:00 Pickleball (A) 10:00 Mulberry Glen Bingo 12:30 Mulberry Glen Movie "Nebraska" 1:00 Sheepshead</p>	<p>11</p> <p>9:30 Computer Tutor 10:00 Indoor Walking 12:30 Pickleball (A) 12:45 Zumba Gold (A) 1:00 Chess 1:30 Pole Walking</p>	<p>12</p> <p>9:30 Computer Tutor 9:30 FUNctional Fit 10:30 Lunch Bunch 1:00 Watercolor</p>	<p>13</p> <p>12:30 Pickleball (A)</p>
<p>16</p> <p>8:30 Golf (OR) 9:30 FUNctional Fit 12:30 Pickleball (A) 12:30 Digital Stories 1:00 Mah Jongg 1:00 Bid Euchre 1:00 Canasta</p>	<p>17</p> <p>9:00 Pickleball (A) 10:00 Scrabble 1:00 Sheepshead 1:00 Lakes Talk</p> 	<p>18</p> <p>9:00 Pole Walking 9:30 Computer Tutor 10:00 Take Your Brain for a Walk 10:00 Indoor Walking 12:30 Mulberry Glen Movie "The Great Beauty" 12:30 Pickleball (A) 12:45 Zumba Gold (A) 1:00 Ladies Poker 1:00 Chess 2:00 Line Dance (A) Office closed 1:00</p>	<p>19</p> <p>9:30 FUNctional Fit 9:30 Computer Tutor 1:00 Watercolor</p> <p>Office closed 1:00</p>	<p>20</p> <p>12:30 Pickleball (A)</p> <p>20-21 PIG IN THE PARK</p> <p>22</p> <p>9:00 departure Rockton BBQ Motorcycle trip</p>
<p>23</p> <p>8:30 Golf (OR) 9:30 Computer Tutor 9:30 FUNctional Fit 12:30 Pickleball (A) 12:30 Digital Stories 1:00 Mah Jongg 1:00 Bid Euchre Office closed 1:00</p>	<p>24</p> <p>9:00 Pickleball (A) 9:30 Computer Tutor 10:00 City Bingo 12:30 Mulberry Glen Movie "Monuments Men" 1:00 Sheepshead Office closed 1:00</p>	<p>25</p> <p>Closed</p> <p>12:30 Pickleball (A) 12:45 Zumba Gold (A) 2:00 Line Dance (A)</p>	<p>26</p> <p>8:30 Rockford Trip departs 9:30 FUNctional Fit</p> <p>Office closed 1:00</p>	<p>27</p> <p>12:30 Pickleball (A)</p>
<p>30</p> <p>8:30 Golf (OR) 9:30 FUNctional Fit 12:30 Pickleball (A) 12:30 Digital Stories 1:00 Mah Jongg 1:00 Bid Euchre 1:00 Canasta</p>	<p>1</p> <p>9:00 Pickleball (A) 10:00 Culver's Bingo 11:15 Pot Luck 11:45 Dominoes 12:30 Foot Clinic 1:00 Sheepshead</p>		<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>	

Walworth County Nutrition Menu

June 2014

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Hot Dog Hot Dog Bun Carrots Tossed Salad Jell-O with Fruit	3 Pork Loin w/Mushroom Cream Sauce Parsley Red Potatoes Mediter. Blend Veggies Apple Sauce & Roll	4 Swiss Steak Mashed Potatoes Garden Blend Vegetables Apricots & Peaches Wheat Roll	5 BBQ Chick. Thigh/Leg Baked Potato Green Beans Fruit Cocktail Wheat Bread	6 Pasta Caesar Sal. w/Chick. Cantaloupe Coleslaw Snickerdoodle Cookie Wheat Bread
9 Hawaii Pork/Brown Rice Broccoli & Cauliflower Diced Peas Sweet & Sour Cabbage Wheat Bread	10 Chicken Tetrazzini Sweet Potatoes Mixed Vegetables Melon Mix Dinner Roll	11 Turkey/Cheese Sub w/ tom. & let. on Sub Bun Potato Salad Sliced Peaches Sugar Cookie	12 Breaded Fish Red Potatoes Broccoli Lemon Bars Rye Rolls	13 Turkey and Gravy Mashed Potatoes Carrots Pineapple Tidbits Wheat Bread
16 Italian Wedding Soup Mediter. Blend Veggies Brussels Sprouts Cheesecake Bars Wheat Bread	17 Chicken Waldorf Salad Tossed Salad Mand. Oranges/Pine. Coleslaw Wheat Bread	18 Roast Beef and Gravy Red Potatoes Sliced Beets Strawberry Cake Dinner Roll	19 Hungarian Pork Goulash Egg Noodles Wis. Mixed Veggies Squash Fruit Jell-O & Wh. Bread	20 Baked Herb Chick. Thighs Mashed Potatoes Carrots Fruit Whip Salad Wheat Roll
23 Salisbury Steak Sweet Potato Cauliflower Orange/Pineapple Cup Dinner Roll	24 Baked Chick. Drum. Mashed Potatoes/Gravy Broccoli Peanut Butter Cookie Wheat Roll	25 Spaghetti & Meatballs Calif. Mixed Veggies Tossed Salad Melon Mix Garlic Bread	26 Grilled Raspberry Chick. Hot Peaches w/Granola Tossed Salad Carrot Cake Wheat Bread	27 Cowboy Stew Squash Hot Spiced Apples Wheat Roll
30 Rosemary Pork Roast Peas and Carrots Red Cabbage Pineapples and Grapes Wheat Bread		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. Meal can be cancelled day of by 8:00am by calling the 800 number For more information about the Nutrition Program – Home Delivered Meals or Senior Dining, contact the Nutrition Program office at the phone number listed above.		

Pack your Bags and head to...

Mulberry Glen

Senior Living Community

Discover care free retirement living at Mulberry Glen, where it's not just your apartment, it's your home!

We proudly offer:

- 1 & 2 Bedroom apartment styles
- Heat & water included
- No endowment fees
- On-site amenities & services
- Activities & social gatherings
- Amazing move-in specials!

Don't wait! Call today!

262-473-4515

1255 West Main Street • Whitewater
www.CapriCommunities.com

Stop by for your personal tour!

McCullough's

PRESCRIPTIONS

GIFTS

1173 W. Main Street

473-5065

CREATIVE BALANCE

massage & wellness

821 E. Milwaukee Street

Whitewater

414-750-4321

www.creative-balance.com

Senior Strategies Asset Protection

Life • Annuities • Health
Medicare Supplement
Funeral Trusts

For a No-Obligation
Consultation

CALL PEGGY AT
262-716-4301

Email:
ift.seniorstrategies@gmail.com

◆ CEDAR CREST ◆

Rock County's only continuing care community

◆ Town Homes ◆ Independent Apartments
◆ Assisted Living ◆ Memory Care ◆ Health Care Center

Cedar Crest

For more information and a private tour, call (608) 373-6304.

1702 S. River Rd.,
Janesville
www.cedarcrestnet.com

HELP PROTECT YOUR FAMILY

With a home security system monitored by ADT professionals 24 hours a day, 7 days a week. As an added benefit, installing a Security System may qualify you for a Homeowners Insurance discount.

CALL NOW! 1-888-891-6806



HOME SECURITY TEAM

dish

Make the Switch to DISH Today and Save Up To 50%

Call Now and Ask How!
1-800-274-5780

Promotional prices starting at only... **\$19.99** mo. for 12 months.

FREE OVER 30 PREMIUM MOVIE CHANNELS
HBO ENTERTAINMENT STARZ
For 3 months.

All offers require 24-month commitment and credit qualification. Call 7 days a week 8am - 11pm EST. Promo Code: NB0513. *Offer subject to change based on premium movie channel availability.

dish AUTHORIZED RETAILER **A** ALLTIME

SOLVE YOUR HEALTHCARE CRISIS



Get Your Free Quote Today!
1-800-348-5915

iCan offers programs that guarantee you will not be turned down for any health-related reason.

Just for calling you get a no cost, no obligation Humana Prescription Savings Card! Trusted, Licensed Agents are ready for your call.



Celebrating over 150 Years of Service!



Trust Services:

- Administer your Will
- Administer your Trust
- Invest your Funds
- Pay your Bills

Serving Whitewater & East Troy

Member FDIC

www.firstcitizensww.com



IHOP

RESTAURANT

Breakfast, Lunch & Dinner

3000 Deefield Drive
Janesville, WI 53546
(608) 756-1175

20% off Breakfast, Lunch or Dinner. Valid Anytime.

Blackhawk Manor

Spacious two bedroom apartments, with walk-in closets, and newly renovated kitchens. Large banquet and fitness rooms, garages available.

1155 West Blackhawk Drive, Whitewater
262-473-2259



The Nasco

Dedicated to Delivery

Catalog Outlet Stores

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
920-568-5600

SERVICES AT A GLANCE

Foot Clinic: Tuesday, May 6,
by Appointments only.
Please bring a towel. \$15.00.

Therapeutic Massage:

Angie is no longer taking appointments here. Please call her at Creative Balance, 414-750-4321, for an appointment. Creative Balance is also one of our advertisers. Thanks, Angie!

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

SENIOR FORUM

Monday, June 2, 12:00 pm

If you would like a voice in how the Senior Center is administered and how we should look in the future, attend a meeting and share your 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

June 3: Culver's
June 10: Mulberry Glen
June 24: City Bingo



BINGO SPONSORS

Culver's and Mulberry Glen

CITY BINGO SPONSORS:

Randy's * Topper's Pizza * Rick's * Bergey Jewelry * Headquarters Salon
Floral Villa * Beijing Buffet * Jimmy Johns * Dale's Bootery * Subway
Pizza Hut * First Citizens State Bank * Fort HealthCare* Commercial Bank
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

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
8:30—10:30 at the Downtown Armory

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

Sheepshead—Tuesdays, 1:00 pm

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

Walk 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



Marion Malo was born in Racine Wisconsin. She has lived in Whitewater for 9 years. Marion is very active in our community. Marion has been volunteering with Seniors in the Park for 8 years, she helps with reception duties and various activities. The year 2013, she was our Volunteer of the Year, having over 200 hours of volunteer time devoted to the Seniors in the Park!

We are very grateful for all the things she does here and her welcoming smile!

Marion also volunteers her time at UW-Young Auditorium, Fort Health-care, and St. Patrick's church. She says volunteering makes her feel good and she enjoys helping the various organizations. Marion also loves the camaraderie and working with people.

Marion's other interests include reading, crosswords and bowling! Marion has been married 63 years, to Henry, who is also a volunteer with Seniors in the Park, they have 5 children, 12 grandchildren and 16 great grandchildren and a new great grandchild due in June! Thank you Marion for all you do for Seniors in the Park!

SHARE YOUR TIME AND TALENTS

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
- Policies and Procedures.

You all have talents and knowledge, and I'm hoping you are willing to share yours with us.



COFFEE WITH CAREGIVERS

Are you interested in facilitating a support group? Seniors in the Park is looking to start a *Coffee with Caregivers* support group. Bonnie Beam-Stratz from the *Alzheimer's Association* of Jefferson County is

willing to help guide someone from the local area to be a support group volunteer facilitator! Volunteer requirements include willingness to learn about Alzheimer's disease, strong listening skills, ability to redirect discussions and, of course, a sense of humor. If you are interested, please call us at (262) 473-0535 for more information on the position or e-mail Bonnie at bbeam@alz.org.



- * **Arlene & Terry Ostermeier** for their donation to the Seniors in the Park for Dan Sable & Sharron McCarthy's birthday party.
- * **Joan Grosinski** for the greeting cards.
- * **Richard & Nancy Schultz** for the playing cards.
- * **John Rowe** for a woodcraft item for Bingo.
- * **All those who brought prizes for the crazy bingo.**

UW-W CAMPUS GARDEN HELP

Help at the Campus Gardens. In June, July, August, and September the work will be at the garden site on Starin Road between the University Bookstore and Ambrose Health Center. The fresh, organic produce will go to the Food Pantry. For more information, call Wes Enterline: 472-6709, or email: sustainability@uww.edu. You can also friend them on Facebook: uwwsustainability.



POTAWATOMI BINGO CASINO

June 17
Cost \$24.00 Deadline June 1
Trip includes \$10 Fire Keeper's Reward play, \$10 Food and Beverage credit and transportation.
Depart Fort K-Mart at 8:00 am and return approx. 3:00 pm

FARMER'S MARKET PROGRAM

The Senior Farmer's Market Program is being offered to qualified seniors in Walworth County.



This program will provide \$25.00, per household, in vouchers to be used at approved vendors throughout the county for fresh fruits and vegetables this summer.

- * Individuals must be **60+** and meet household income limits:
 - Single \$21,590/year or \$1800/month
 - Couple: \$29,101/year or \$2,426/month
- * Vouchers must be picked in person, seniors may also send a proxy to pick them up.
- * Vouchers will be distributed on a first-come, first-serve basis.
- * Distribution location for Whitewater will be the Starin Park Community Building, 504 W. Starin Rd, Tuesday, **July 1, 10:30 am—12 pm.**

Proxy Information: A proxy must represent no more than 4 seniors. The senior must send a note of permission: I, *Senior's name*, give *proxy name*, permission to pick up Senior Farmer's Market Voucher for me.

Proxy must have the following information:

1. Senior's first and last name.
2. Senior's address and telephone
3. Senior's date of birth (M/D/Y)

For more information, call the Nutrition Program, (262) 741-3157. **Do not** call the distribution location.

GREETING CARDS



We have a great selection of Graduation, First Communion, Confirmation, Wedding, birthday, and everyday cards. Most cards are priced from 65 cents to \$1.50. Stop in and check out our selection.

GREAT FACEBOOK AND WEB SITES

The National Council On Aging site, www.ncoa.org, has information on many topics related to aging,



Medicare, health and wellness, brain fitness, advocacy, and much more. Check it out! Two other great, reliable sites are National Institute on Health:

<http://nihseniorhealth.gov> and Greater Wisconsin Area

Agency on Aging www.gwaar.org. For Parks and

Recreation information go to wwparks.org or download "Go Strive" on your smart phone.

If you are on Facebook, try Growing Bolder. I have found several nice posts from them. You can also "Like" the City of Whitewater and Whitewater Parks and Recreation.



NEW MENU ITEMS

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://www.walworthcountynutrition.org)



FRAN ACHEN PHOTOGRAPHY COMPETITION



Amateur and professional artists are invited to exhibit their photography at the fifth annual Fran Achen Photography Competition. Entry forms are available on the Whitewater Arts Alliance website: www.whitewaterarts.org, at the banks, ILY Library, and the Cultural Arts Center. Cash prizes are awarded in each division. The deadline for entry is June 20. The opening reception will be July 13 from 1:00—4:00 pm, and awards will be presented then. The exhibition runs from July 5-27.

THANK YOU TO NEW PARK BENCH ADVERTISERS

Advertisers make this newsletter happen. Please thank them when you visit them to let them know their ad and support is appreciated! Check out all the advertisers in the newsletter. Thanks to new advertiser:
Brookdale Manor

PARKS & RECREATION: WWPARKS.ORG

PIG IN THE PARK

June 20-21

Cravath Lakefront Park

The event last year was huge, fun and tasty! Friday, enjoy pork tenderloin samples for \$1 a ticket in a People's Choice Competition. Samples can be spicy, sweet or just plain grilled to perfection! Some cooks even have sides and giveaways. There will also be live music and a beverage tent. Saturday is a sanctioned Kansas City BBQ Cook-off. You can stroll through the contestant area and watch as they cook for the judges. You can also enjoy the Chops Motorcycle Show. For more information check out the website: <http://www.piginthepark.net/>



Aides from Society's Assets have been helping seniors and people with disabilities since 1974. When you need help at home, they are happy to assist with laundry and ironing, cleaning the bathroom, washing dishes, cleaning cupboards, or even **Spring cleaning**. **Sign up** for services by calling our office. We can answer your questions and arrange for a free in-home care assessment. For more information, contact the Society's Assets office in Elkhorn.

(262) 723-8181 info@societysassets.org



"FRESHEN UP" FOR SPRING COUPON

When you purchase at least 3 hours of homemaking service, this coupon entitles you to 1 additional hour. One COUPON can be used per person. Value: \$18.50 Rates are subject to change. This coupon is good on weekday service provided between Monday, June 2 and Monday, June 30, 2014.

Name _____ Date Redeemed _____



Seniors in the Park

PO Box 178
Whitewater WI 53190



Accredited by the
Wisconsin Assoc.
of Senior Centers

MEMBER:

Wis. Association of Senior Ctrs.
Wis. Parks & Recreation Assn.
National Council on Aging
Nat'l Institute of Senior Centers
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, CPRP

Sports Coordinator

Abby Schultz

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 _____

E-Mail _____

Address _____
