



April 2015

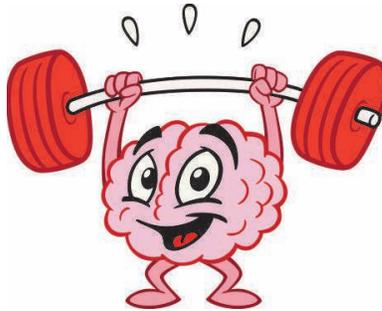
The Park Bench

Seniors in the Park Newsletter

BRAIN FITNESS FAIR

Wednesday, April 15,
1:00pm-3:00pm

You won't want to miss this! Local businesses along with UWW students will be here to teach and demonstrate ways to keep your mind working, healthy and strong as you age. We want you to leave this event with a better understanding of what's needed to maintain a healthy brain along with practical information that you can use in everyday life. You will get to enjoy games, massages, exercises, yoga, dance, meditation and so much more! Come learn while you have fun! Van pick-ups will be made at Mulberry Glen, Blackhawk, Brookdale and Fairhaven beginning at 12:30 and will return people at 2:15 and 3:00. FYI—This is Kelsey's major project for the semester. Your attendance is greatly appreciated.



Volume XV Issue 4

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VOLUNTEER APPRECIATION



Friday, May 8 3:00pm
Volunteers are the life blood of our programs. Without them there would be fewer classes and activities. In appreciation for your dedication, we salute you with a Wine tasting, paired with chocolates and cheese. NA wine and other beverages will be available.

Reservation deadline: May 1
Cost for a guest \$5.00

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

Seniors in the Park Promotes & Enhances a Vital Aging Community

PEGS AND JOKERS

Tuesday, April 21 10:00 am

We still need a few more people to play this game. Pegs and Jokers is a North American race game using playing cards to move pegs around a board. It is a partnership game played with standard playing cards on a special board. It allows extra scope for strategy by giving players a choice of cards to play. Barb Dosemagen will teach a group of 6 to play. Please sign up by Thursday, April 16.

MAH JONGG INSTRUCTION

Mondays in May, 1:00 pm

Always wanted to learn something new? This challenging game with tiles will kick your brain into high gear.

Instructor: Diane Schwab

Please RSVP by April 28



PINOCHLE

Tuesday, April 7

We have enough people to keep the group going. Stop in and enjoy the fun.



EUCHRE

Mondays, 1:00

WE are now playing Euchre instead of Bid Euchre. Call a friend and show up to play. We'd love to see you.



LINE DANCE

Downtown Armory

Wednesdays, 2:00-3:00 pm

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 3

Class #: 5305.13

Dates: April 29-May 20

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

Deadline: Thurs., April 23

SENIOR GOLF LEAGUE

Have fun with this recreational Golf League beginning on April 6. Golfers must be 60 years old as of April 6 or spouse must be 60. Tee times are at 8:30 am, flag prizes are awarded weekly, and there is a luncheon to conclude the season. Play is at Oak Ridge Golf Course on Bowers Lake Road, Milton. The membership fee is \$6.00 and is paid on site. For more information, contact Vicki Flitsch, 608-884-3586, or Bill Holcomb, 262-495-2273.



PRAIRIE RESTORATION PRESENTATION

Wednesday, April 22, 1:00 pm

As part of the National Nature Conservancy Project the Nachusa Grasslands has researched and prepared the prairie grasslands for the reintroduction of bison to the area. The Nachusa Grasslands consists of 3100 acres of prairie remnants, restorations, and reconstructions located between Oregon, Dixon and Franklin Grove, IL. Starting in 1986 with the purchase of 250 acres, The Nature Conservancy has gradually recreated a vision of 1800 Illinois' mosaic of prairie, savanna and wetlands. Hundreds of dedicated volunteers have collected seed to replant former corn and bean fields. It is an ongoing effort to remove non-Illinois plants from the preserve. Nachusa Grasslands is home to over 700 native prairie plant species as well as many important birds, insects, reptiles and now bison.



New Whitewater Residents Becky and Hank Hartman worked on this project and will give a presentation on the process of Prairie restoration and introduction of the bison.

Please register for this presentation by Wednesday, April 15 as the date and time are tentative.

TEXTURE TECHNIQUES IN WATERCOLOR

This two-week watercolor session will focus on creating texture in watercolor paintings. Topics will include painting rocks, water, foliage and backgrounds. Basic composition, color, and value will be discussed. Attendees may start new paintings or work on paintings in progress and are always encouraged to paint from personal references, photos, sketches or ideas. Each session will include a demonstration and discussion. There will be plenty of time for individual painting with optional one-on-one coaching.

Beginning, intermediate, and advanced concepts will be covered. There will be plenty of time for individual painting with optional one-on-one coaching.

Dates: April 16 & 23, 1:00-4:00 pm

Cost: \$20 payable to instructor on April 16 by cash or check.

Deadline: Monday, April 13

Instructor: Karolyn Alexander Tscharnack, www.karolyn.biz

Minimum: 6 people. If the minimum number is met, walk-ins are

MOVIES: SPONSORED BY MULBERRY GLEN

"Whiplash"

Tuesday, April 14, 12:30 pm

Rated R, 1 hr. 47 min.

Winner of 3 Oscars, including Best Supporting Actor for J.K. Simmons, as an abusive music teacher who motivates his honors jazz orchestra, including a promising new drummer (Miles Teller) through intimidation, fear, and humiliation. Best Picture nominee. (Rated R for language.)



"Foxcatcher"

Tuesday, April 28, 12:30 pm

Rated R, 2 hr. 9 min.



Drama based on the true story of eccentric billionaire John DuPont (Steve Carrell), obsessed with crafting the US Wrestling Team as they train for the 1998 Olympic Games in Seoul, and to being a mentor to a young wrestler (Channing Tatum) in need of a father figure. Kenosha native Mark Ruffalo plays Tatum's older brother, a former UW-Madison wrestling coach. Nominated for Best Actor (Carrell) and Supporting Actor (Ruffalo). Golden Globe Best Picture nominee. (Rated R for brief violence.)

BOOK WORMS

Monday, April 6, 10:30 am

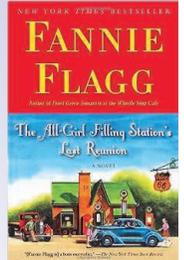
The Book Club will discuss *Leaving Time* by Judy Picoult. The book for May is **The All-Girl Filling Station's Last Reunion**

Station's Last Reunion

A hilarious and superb comic mystery novel about two women who are forced to reimagine who they are.

Mrs. Sookie Poole has just married off the last of her daughters and is looking forward to relaxing and perhaps traveling with her husband, Earle. The only thing left to contend with is her mother, the formidable Lenore. Lenore may be a lot of fun for other people, but is, for the most part, an overbearing presence for her daughter. Discovering a secret about her mother's past knocks her for a loop and suddenly calls into question everything she ever thought she knew about herself, her family, and her future.

Sookie's search for answers takes her to California, the Midwest, and back in time, to the 1940s, when an irrepressible woman named Fritzzi takes on the job of running her family's filling station. Soon truck drivers are changing their routes to fill up at the All-Girl Filling Station. Then, Fritzzi sees an opportunity for an even more groundbreaking adventure. As Sookie learns about the adventures of the girls at the All-Girl Filling Station, she finds herself with new inspiration for her own life.



Register and pay for trips
and classes online at
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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 perfect for any age!

Instructor: Deb Weberpal
 Fee per class: \$8.00 Residents;
 \$10.00 Non-Residents
 Min/Max: 3/6 People

Session 1:
 Date: Thursday, May 28
 Time: 10:30 am
 Class #: 5301.21
 Deadline: Thursday, May 21



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

MOTORCYCLE OUTINGS

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. 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 in 2015. 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.

May 1—Breakfast Ride to the Blue Egg in Milwaukee riding through the rolling terrain of Waukesha County. Depart 8:30; Back by 1pm.

Group Leader—Tim Otterbacher

May 20 –Volo Auto Museum, Depart 10:00 am. Stop for lunch then tour the Volo Auto Museum. Rain date May 22. Leader is Jim Harmon. Round trip approx. 130 miles.

June 7 – Rockton Chicken BBQ. Ride through the unglaciated part of the state and the Kickapoo River Valley on your way to an incredible chicken dinner. This was one of our most popular rides last year. Group Leader is Bill McCormick. This trip will depart at 9:00 am from the Westsider Citgo Station (lot west of the station).

Round trip approx.300 miles

June 26 – Wisconsin Dells Ramble—Have lunch in the Dells area. Enjoy a relaxing afternoon in the Dells area and then a stop at Norms Hideaway on Lake Koshkonong on the way back for fish fry. Leave at 10:00 am, home by 8:00 pm. Group Leader is Tim Otterbacher. Round trip approx. 200 miles.

July 7 - Potosi has been suggested.

July 16 – Frank's Diner and Russell Military Museum, Rain date July 17

August 20 – 21 Overnight trip to Doc's Harley Davidson, Bonduel and Green Bay Packer Hall of Fame/Lambeau Field

September 8 – Richland Center and Apple Orchard, Rain Date September 9

September 18-19 - Overnight to Galena and Savannah IL

October 3 – WI Auto Museum and Mine Shaft, Rain date October 10



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Trips are open to adults of ALL AGES. For detailed itineraries on any of the extended trips, call 262-473-0535, send an email to dweberpal@whitewater-wi.gov, go to the city website at www.whitewater-wi.gov, (Departments, Seniors in the Park), or stop in to the Starin Park Community Building.

IMPERIAL CITIES: PRAGUE, BUDAPEST AND VIENNA

October 5-15, 2015

Explore three of the most beautiful cities in the world. Cancellation waiver insurance available for \$260 per person. Includes round trip air from O'Hare, Air Taxes and Fees/Surcharges (Rates subject to change until paid in full), hotel transfers, tour guide, and all venues per the itinerary. Deposits due by April 1.

AUTUMN IN THE ADIRONDACKS

October 3—10, 2015

Savor the views on 'Autumn in the Adirondacks' in upstate New York. Highlights include: Saratoga Springs and the famed Race Track, ride the Saratoga & North Creek Railway along the Hudson River, narrated lunch on Lake George, tour the town of Lake Placid, site of two Winter Olympics, a 1000 Islands cruise on the St. Lawrence River & visit Singer Castle, Antique Boat Museum, George Eastman House, the Chapman Museum and dinner in a log cabin, one night at Turning Stone Casino Resort, free home or local pick-up and return, and 13 meals. This is a coach bus tour with Mayflower Tours.

\$1798 per person double; \$2607 Single
Cancellation fee waiver available for \$60.00
Detailed itineraries are available at the Starin Park Community Building, by calling the center or emailing Deb at deberpal@whitewater-wi.gov



2016 TRAVEL

January—**San Diego and a Baja Peninsula Cruise**—More information in the May newsletter.

Fall 2016—**Peru and Machu Picchu**
(Tentative)



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. **This is a fly/drive trip.** \$1945 per person double; \$600 single supplement. A deposit of \$300 is due with your reservation. Optional Cancellation Waiver fee is \$195 per person. Premier World Discovery. Deposits due March 11



THE GREAT CHICAGO FIRE & A CITY REBORN

Wednesday, April 29



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 Chicago History Museum, **enjoy a special lunch at Pompeii**, the Holy Family

Church and 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: March 31

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

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

CHAIN O' LAKES BOAT TOUR

Wednesday, July 15

Sit back, relax and enjoy a one hour boat tour on the Chain O' Lakes with lunch served at the Port O' Blarney. After lunch visit the quaint village of Antioch. We'll stop at the Historical Museum, known for its Civil War Dress Exhibit, which includes dresses, bonnets, parasols, shoes and children's items. Pickard China is also in Antioch. Pickard China has been made for the White House, Air Force One, kings & queens, corporations, and more. It has a small museum, and you can purchase items, too. You will have time to stroll in the town and maybe find a spot for a sweet dessert.



Fee: \$66.00

Deadline: June 15

Depart: 9:00 Fort K-Mart; 9:30 Starin Park
6:00 Starin Park; 6:30 Fort K-Mart

MILWAUKEE BREWERS GAME

Thursday, May 7

Fee: \$45.00, includes game ticket, coach bus transportation, cookie, & bottle of water

Depart: Fort K-Mart 10:00 am;
Starin Park 10:30 am

Return: Starin Park 5:30 pm
Fort K-Mart 6:00 pm
(Return times approx.)

Deadline: Monday, April 6

Wait List only



ISLAND RESORT AND CASINO

April 12-13

Depart: K-Mart in Fort 8:30 am;

Return: Approx. 7:30 pm next day

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.

Register for trips and classes online at home:
schedulesplus.com/wwtr

LUNCH BUNCH

Thursday, April 9, 10:30 am

Lunch will be at the Grist Mill in East Troy. Possibly stop at Lauber's Old Fashioned Ice Cream. Enjoy lunch, meet new friends or socialize with old friends.

Fee: \$5.00

RSVP by Tuesday, April 7.

JANESVILLE SHOPPING

Wednesday, April 1, 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.

Fee: \$5.00

RSVP by Tuesday, March 31.

MEN'S BREAKFAST GROUP

Thursday, April 16, 8:30 am

NEW DAY!

Venture to East Troy and the Grist Mill. Depart at 8:30 am and return approximately 11:30 am. Fee for transportation is \$5.00 and the reservation deadline is Tuesday, April 14,

UPCOMING VAN TRIPS

- June: Snappers Baseball
Lake Geneva Hike
- July: Mallards Baseball
- August: WI State Fair
Chicago Architectural Tour
- Sept: Larson's Clydesdales
Fall Apple trip
Lake Geneva Hike
- Oct: Holy Hill and Nativity

NEW VAN TRIP POLICY

Because of the popularity of our van trips, and to make it fair for everyone, we will not take reservations until the first of the month the trip appears in the newsletter (April 1 for new trips in the April newsletter). All van trips must be paid for within one week of reservation or you will be removed from the trip.

EAA MUSEUM AND SWEET TREATS

Wednesday, June 10

Our rest stop on the way to Oshkosh will be Guth's End of The Trail Candy Shoppe in Waupun. At the EAA, you will view a 20 minute movie and then there will be a one hour guided tour and time in the gift shop. Lunch will be on your own at La Sure's Cake and Cafe, an award winning bakery and café with homemade food. Registration begins April 1.

Fee: \$26.00

Deadline: Wednesday, May 20

Depart Starin Park: 8:30 am Return: 4:30 pm



EPIC AND THE FLOWER FACTORY

Wednesday, May 27

We begin this adventurous day with lunch on your own Deak's in Stoughton. Afterward, visit the gardens, greenhouses, and a garden train at the Flower Factory. **Epic** is a privately held health care software company, in Verona, which employs more than 8,000 people. Working at Epic is similar to working at Google or Apple. The atmosphere of buildings and workspaces is developed to induce creativity.

There will be a lot of walking on this trip.

WAIT LIST ONLY—If we get enough people on the wait list we will plan a second tour.

Fee: \$10.00

Deadline: Wednesday, May 6

Depart: 10:45 am; Return: 5:30 pm

UW VARSITY BAND CONCERT

Thursday, April 16

Departure times: Starin Park 4:25 pm;

Fort Pick N Save 4:45 pm

Returning Approx: Fort Pick N Save 11:30;

Starin Park 11:45



Activity Calendar

9

April 2015

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 (OR)=Oak Ridge Golf Course, Milton (L)=Cravath Lakefront</p>		<p>1</p> <p>9—3 AARP Tax Assistance</p> <p>9:00 Janesville Shop</p> <p>9:30 Indoor Walking</p> <p>11:00 Tai Chi (A)</p> <p>12:30 Pickleball (A)</p> <p>1:00 Chess</p>	<p>2</p> <p>8:45 Core & More</p> <p>9:30 FUNctional Fit</p> <p>1:00 Ladies Poker</p>	<p>3</p> <p>Closed</p> <p>Happy Easter</p> 
<p>6</p> <p>8:30 Golf (OR)</p> <p>8:45 Core & More</p> <p>9:30 FUNctional Fit</p> <p>10:30 Book Club</p> <p>12:00 Senior Forum</p> <p>1:00 Euchre</p> <p>1:00 Canasta</p> <p>1:00 Mah Jongg</p>	<p>7 VOTE</p> <p>10:00 Culver's Bingo</p> <p>11:15 Pot Luck</p> <p>11:45 Dominoes</p> <p>1:00 Pinochle</p> <p>1:00 Sheepshead</p>	<p>8</p> <p>9—3 AARP Tax Assistance</p> <p>9:30 Indoor Walking</p> <p>11:00 Tai Chi (A)</p> <p>1:00 Chess</p>	<p>9</p> <p>8:45 Core & More</p> <p>9:30 FUNctional Fit</p> <p>10:30 Lunch Bunch</p>	<p>10</p> <p>9:30 Indoor Walking</p> <p>12:30 Pickleball (A)</p>
<p>13</p> <p>8:30 Golf (OR)</p> <p>8:45 Core & More</p> <p>9:30 FUNctional Fit</p> <p>12:30 Pickleball (A)</p> <p>1:00 Euchre</p> <p>1:00 Mah Jongg</p>	<p>14</p> <p>9:00 Pickleball (A)</p> <p>10:00 Mulberry Glen Bingo</p> <p>12:30 Mulberry Glen Movie "Whiplash"</p> <p>1:00 Sheepshead</p>	<p>15</p> <p>9:30 Indoor Walking</p> <p>11:00 Tai Chi</p> <p>12:30 Pickleball (A)</p> <p>1:00—3:00 BRAIN FITNESS FAIR</p> <p>1:00 Chess</p>	<p>16</p> <p>8:30 Men's Breakfast departs</p> <p>8:45 Core & More</p> <p>9:30 FUNctional Fit</p> <p>1:00 Ladies Poker</p> <p>1:00 Watercolor</p> <p>4:25 UW Band Concert Trip departs</p>	<p>17</p> <p>9:30 Indoor Walking</p> <p>12:30 Pickleball (A)</p>
<p>20</p> <p>8:30 Golf (OR)</p> <p>8:45 Core & More</p> <p>9:30 FUNctional Fit</p> <p>12:30 Pickleball (A)</p> <p>1:00 Euchre</p> <p>1:00 Canasta</p> <p>1:00 Mah Jongg</p>	<p>21</p> <p>9:00 Pickleball (A)</p> <p>10:00 Pegs & Jokers</p> <p>10:00 Scrabble</p> <p>10:30 Meal Site Game Day</p> <p>1:00 Sheepshead</p>	<p>22</p> <p>9:30 Indoor Walking</p> <p>11:00 Tai Chi (A)</p> <p>12:30 Pickleball (A)</p> <p>1:00 Chess</p> <p>1:00 Prairie Restoration Presentation</p>	<p>23</p> <p>8:45 Core & More</p> <p>9:30 FUNctional Fit</p> <p>1:00 Watercolor</p>	<p>24</p> <p>9:30 Indoor Walking</p> <p>12:30 Pickleball (A)</p>
<p>27</p> <p>8:30 Golf (OR)</p> <p>8:45 Core & More</p> <p>9:30 FUNctional Fit</p> <p>12:30 Pickleball (A)</p> <p>1:00 Euchre</p> <p>1:00 Mah Jongg</p>	<p>28</p> <p>9:00 Pickleball (A)</p> <p>10:00 City Bingo</p> <p>12:30 Mulberry Glen Movie "Foxcatcher"</p> <p>1:00 Sheepshead</p>	<p>29</p> <p>9:30 Indoor Walking</p> <p>11:00 Tai Chi (A)</p> <p>12:30 Pickleball (A)</p> <p>1:00 Chess</p> <p>2:00 Line Dance</p>	<p>30</p> <p>8:45 Core & More</p> <p>9:30 FUNctional Fit</p> <p>1:00 Ladies Poker</p>	

10 Walworth County Nutrition Menu

April 2015

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

Persons 60 and over and their spouses are eligible. Suggested donation is \$3.00. To reserve a meal, for Tuesday, call 262-903-0436; Monday, Wednesday through Friday, call 10:00 am to noon; or call Walworth County at 1-800-365-1587, ext. 3333 by noon the day prior. Call the 800 number to cancel meals day of by 8:00 am. Mealsite is at Brookdale Manor, 1061 Blackhawk Dr. Monday and Wednesday through Friday.

6 Baked Herb Chicken Thigh
Mashed Potatoes
Brussels Sprouts
Apple Cake
Wheat Dinner Roll

7 @ Starin Park
Green Pepper Casserole
with rice
Garden Blend Veggies
Watermelon; Jell-O
Dinner Roll

13 Beef Goulash
Squash
Garden Blend Veggies
Fruit Salad
Wheat Bread

14 @ Starin Park
Grilled Chick. Cob Salad
Mandarin oranges
Pineapple
Cherry Crisp
Wheat Bread

20 Hungarian Pork Goulash
Egg Noodles
Carrots; Green Beans
Fruit Jell-O
Wheat Bread

21 @ Starin Park
Italian Wedding Soup
Medit. Mixed Veggies
Tossed Salad
Mand. Orange/Pineap cup
Wheat Bread

27 Broccoli & Cheese Quiche
Potato Casserole
California Mixed Veg
Pineapple
Wheat Roll

28 @ Starin Park
Baked Chick. Drumsticks
Mashed Potatoes
Broccoli
Carrot Bar
Wheat Dinner Roll

1 Moroccan Chicken
Br. Rice; Stew. Tomatoes
Green and Gold Beans
Chocolate Chip Cookie
Wheat Bread

8 Hot Dog
Hot Dog Bun
Cauliflower
Green Beans
Peaches

15 Creamy Chicken w/Pasta
Stewed Tomatoes
Calif. Mixed Veggies
Cantaloupe
Dinner Roll

22 Chicken Waldorf Salad
Tossed Salad
Marinated Vegetables
Brownie
Wheat Bread

29 Spaghetti & Meatballs
San Francisco Blend
Green and Gold Beans
Melon Mix
French Bread

2 Penne Pasta w/Tomato
Herb Meat Sauce
Squash & Broccoli
Melon Mix
Bread Stick

9 Pork & Sweet Potato Hash
Wisconsin Blend Veg
Broccoli Slaw
Cinnamon Applesauce
Wheat Dinner Roll

16 Turkey and gravy
Mashed Potatoes
Coleslaw
Tropical Fruit
Wheat Bread

23 Roast Beef and Gravy
Mashed Potatoes
Beets
Strawberry Cake
Dinner Roll

30 Chicken Salad
Tossed Salad
Carrot Raisin Apple Salad
Apricots; Cheesecake Bar
Wheat Dinner Roll

3 Friday Preceding Easter
Dining Centers Closed



10 Battered Pollock
Red Potatoes
Broccoli
Lemon Chiffon Dessert
Wheat Bread

17 Swiss Steak
Mashed Potatoes
Mixed Vegetables
Butterscotch Pudding
Wheat Roll

24 BBQ Chicken Leg/Thigh
Sweet Potatoes
Broccoli
Melon Mix
Wheat Bread



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Definitely Recommend: **87%** FORT HEALTHCARE vs **72%** WISCONSIN

RAPID RECOVERY & TRANSITION BACK HOME

Days in the Hospital: **2** DAYS (FORT HEALTHCARE) vs **3.7** DAYS (WISCONSIN)

Go Directly Home: **91%** FORT HEALTHCARE vs **69%** WISCONSIN

LOW COMPLICATION RATE

In Hospital: **0%** ..FORT HEALTHCARE.. vs **2.6%** ..NATIONAL AVERAGE..

Within 30 Days: **2.5%** vs **4.0%**

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SERVICES AT A GLANCE

Toenail Clinic: Tuesday, April 7, 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.



Patti Grosskreutz, Kelsey Nobilio, and Marion Malo for filling and keeping everything running while I was on vacation.

FIND US ALL AROUND TOWN

Thanks for displaying and distributing our newsletter: First Citizens Bank, Fort Community Credit Union, Commercial Bank, Associated Bank, McCulloughs, Dale's Bootery, Mercy Clinic and PT, Jessica's, ILY Library, Whitewater Aquatic Center, Studio 54, Dr Nosek, Headquarters, Dr Rowley DDS, Culvers, Whitewater Family Practice, Dental Perfections, Mirage Hair Studio, Robins Nest, LSM Chiropractic, Whitewater Family Dentistry, Ketterhagen Ford, Woodland Quilts, Creative Balance, Curves, Burtness Chevrolet and Pete's Barbershop.

BINGO

Tuesdays, 10:00 am

Apr. 7: Culver's
Apr. 14: Mulberry Glen
Apr. 21: City Bingo



BINGO SPONSORS

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

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Binning & Dickens Insurance * Rocky Rococo Pizza * McDonald's
Fort Community Credit Union * Walworth Co. Nutrition * Subway
Jersey Mike's Sub * Yogurt Shoppe * Taco Fresco * Fairhaven

ACTIVITIES AT A GLANCE

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

Core and More—Mondays and Thursdays. Residents: \$1.00 per class

Dominoes—First Tuesday 11:45 am

Euchre—Mondays 1:00 pm

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

Ladies Poker—First and third Thursday 1:00 pm

Mah Jongg—Mondays, 1:00 pm

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

Pinochle—First Tuesday, 1:00 pm

Potluck—First Tuesday 11:15 am

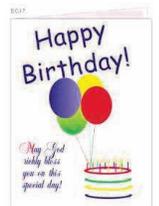
Scrabble—Third Tuesday, 10:00 am

Sheepshead—Tuesdays, 1:00 pm

Walk Away the Pounds—(Indoors) Wednesday & Friday, 9:30 am

GREETING CARDS

We have a great selection of everyday, special event, and holiday cards. Most cards are priced from 65 cents to \$1.50. Stop in and check out our selection.



VOLUNTEER SPOTLIGHT



Dave Gamble has been volunteering for the Seniors in the Park with our Pickleball group for 3 years. Dave says he likes being involved with the community and meeting nice people. Dave is helping Seniors in the Park with the Accreditation process working on Policies and Procedures, which we greatly appreciate. Dave also volunteers for the Whitewater Park and Recreation Department as an assistant coach for youth baseball and basketball. Dave and his wife are master gardeners. Dave also is the treasurer for Bethel House and is involved with the First United Methodist Church. Dave is retired from John Deere Company, Quad Cities, and he and his wife moved to Whitewater 3 years ago to be closer to their grandchildren. Dave would like to see more people come down and try new things with Seniors in the Park and also play Pickleball! Thank you Dave we appreciate the time you volunteer with Seniors in the Park!

APRIL IS NATIONAL LAUGHTER MONTH

30 Ways to Add Humor to Your Life in 30 Days

Prepared for National Humor Month By Steve Wilson, Director

1. Learn about April Fool's Day and be sure to play only safe & tasteful pranks. http://en.wikipedia.org/wiki/April_Fools'_Day
2. Read the 100 funniest clean jokes of all time. http://en.wikipedia.org/wiki/April_Fools'_Day
3. Rent DVDs on the American Film Institute's list of America's 100 Greatest Comedies. <http://www.afi.com/tvevents/100years/laughs.aspx>
4. Wear a funny t-shirt. You don't have to be good at telling jokes, let your shirt do it.
5. Take in the show at your local comedy club
6. Spend time in a toy store or novelty shop. Invite the kid in you to come out and play. Buy something that tickles your funny-bone.
7. Watch old TV sitcoms.
8. Send a "Humor-Gram" joke or cartoon to a friend that will tickle their funny bone. Send it via snail mail from a Secret Admirer.



Look for more ideas to tickle your funny bone at www.humormonth.com



Park Bench TV: Are you in touch with the happenings in Whitewater? Do you read the papers? If so, you would be perfect to assist with finding interesting people or groups to interview on our TV show, The Park Bench. We do one interview a month.

ESTATE PLANNING SEMINAR

May 13, 10:30 am

Whether you are single, married, or widowed, you need to have a good estate plan to protect your family and pass your assets without delay and the cost of Probate. (From personal experience this is important! If your POA is incomplete you may not be able to access needed funds and /or your health wishes may not be met.)

- * What are the most important estate planning documents, what they do and who needs them.
- * What is Probate: Simple ways to avoid it!
- * Medicare: What does it cover for Nursing Homes?
- * New Medicaid eligibility rules and how they can affect you and your family. (Note: they now go back several years and look at 'gifts'.
- * Long Term Care options and alternatives
- * Preparing for your final expenses, what are your choices?

Please register for this seminar by Thursday, May 7.

GAMES WORTH PLAYING



Get ready! It's coming! The Wisconsin Senior Games offers competitive events for seniors

fifty and older. From June 6 – 20, events are held in Madison and the surrounding area. Registration books will be available March 30 or check www.WiSeniorGames.org. Registration opens April 1.

ONLINE REGISTRATION & PAYMENT AVAILABLE



Register and pay for trips and activities from home by going to

schedulesplus.com/wwtr using either **Google Chrome** or **Firefox browser**. Payment on this site is through PayPal. Paying in person is still an option. On the SchedulesPlus, site you can 1) See What's Going On Today; 2) See the Activity Calendar and register to attend; 3) Log Volunteer Hours; 4) Add Prepayment to Your Account; 5) See What I have signed up For; 6) Sign up to Volunteer; and 7) Make a donation. You can also pay online for some classes at the Parks and Recreation website: wwparks.org.



IPOD DONATIONS NEEDED



Fairhaven recently received a state grant to implement a Memory and Music program. Earlier this week I heard about a patient whose first experience with this program was - for lack of a better word - profound. The patient has Alzheimer's and had become increasingly agitated one recent afternoon. The staff gave him an iPod loaded with music that his family had suggested were favorites. Within minutes of hearing the music (ear phones are provided), his agitation decreased. Within an hour and a half, he calmly joined other residents for dinner.

The grant provided funding for 10 iPods and some money to purchase music. The program is limited to 10 Medicaid patients. There's certainly a greater need than these 10 patients. Do you have an iPod that you're not using since you've adopted some more savvy technology? If so, would you consider donating it to this amazing program?

You can drop it off at Fairhaven, in an envelope with Brian Robinson's name on it or bring it the senior center. Age appropriate music CD's are also a welcome donation.

Thanks to Kathy Ross for sharing this need.

NIGHT CLUB TWO STEP CLASS

Would you like to dance confidently with a partner to those slow ballads that leave most people struggling? Learn Night Club Two Step at the Fort Atkinson Club, 211 S Water St. Class is Sundays 4:00—5:15 beginning April 8 for 8 weeks. Fee is \$70.00 per person. There will be a free introductory class Sunday, March 29 at 4:00 pm. For more information or to pre-register, by Sunday April 5, email instructor Denay Trykowski at trykowsd@att.net.



NUTRITION SITE UPDATES

The Nutrition site will be at the Starin Park Community Building on Tuesdays only. The Nutrition Program is at Brookdale Manor on Monday, Wednesday through Friday. Meals must be reserved by noon a day in advance (call Friday for a Monday meal). On Tuesdays, call 262-473-0536; Monday, Wednesday, Thursday, and Friday, call 262-903-0436; 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

REMARKABLE WOMEN

Fairhaven Lecture Series

Fairhaven Fellowship Hall, 435 W Starin Rd., 3:00 pm

What can we learn about the leadership of women in business, education, literature, science and politics, and how their accomplishments have shaped who we are today? The stories of these women across the world intrigue us, inspire us, and they remind us how their creativity and perseverance continue to impact our lives. Join us this spring as we examine a series of remarkable women across the globe and throughout history.

Mar. 30: Women Who Rock: Progress and Setbacks for Female Musicians

Akiko Yoshida, Asst. Prof., Sociology, Criminology, & Anthropology

Apr. 6: *Mulas* and Queenpins: Women in the Illicit Drug Trade in the Americas

Ellie Schemenauer, chair, Women's & Gender Studies

April 13 The Evolution of Women in Higher Education and Intercollegiate Athletics

Kristina Navarro, Asst. Prof HPERC

April 20 The Craft of Broadway Dance Arrangers Trude Rittman and Genevieve Pitot

Jane Ferenz Assoc. Prof Music

April 27 Women and Water: 21st Century Challenges and Opportunities

Linda Reid Assoc. Prof. Finance and Business Law

HAPPY APRIL BIRTHDAYS TO:

- 4 Eleanor Connelly
- 5 Rose Ellestad
- 6 Joe Raupp
- 14 Marion Malo
- 17 Wilfred Roe
- Deb Weberpal
- 21 Adele Gergen
- 25 Jerry Nell
- 30 Margaret Patzer



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

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

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

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RAPID RECOVERY & TRANSITION BACK HOME

<p>Days in the Hospital</p> <p>FORT HEALTHCARE 2 DAYS</p> <p>WISCONSIN 3.7 DAYS</p>	<p>Go Directly Home</p> <p>FORT HEALTHCARE 91%</p> <p>WISCONSIN 69%</p>
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LOW COMPLICATION RATE

<p>In Hospital</p> <p>0% ..FORT HEALTHCARE..</p> <p>2.6% ..NATIONAL AVERAGE..</p>	<p>Within 30 Days</p> <p>2.5%</p> <p>4.0%</p>
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Nutrition Site (M/W/F) 262-903-0436
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

Nate Karraker

Websites: schedulesplus.com/wwtr
www.whitewater-wi.gov
www.wwparks.org

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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