



**August 2015**

# The Park Bench

*Seniors in the Park Newsletter*



## **ALL ABOUT KNIVES**

**Tuesday August 18, 10:30 am**

In the late 1960's Ed Brandsey lost a hunting knife. Because of that he started making knives and has not stopped. Even though he retired in 2000, he still continues to make knives. They are made by the stock removal method. He uses different stainless steels, tool steels and some Damascus steel. He has worked on a variety of knives such as; Bowie, Native American, Spears, Japanese Tanto, Folding knives, etc. At the presentation he will have about 70 slides to share and a display of knives for you to handle and check out.

After the presentation, stay for the chicken cobb salad lunch at the nutrition site. Reservations for the meal must be made by noon Monday August 17. Please RSVP for the presentation by Thursday, August 13.

## **RE-ACCREDITED!**

We passed the Accreditation Review and will receive our plaque in September at the State Conference in Eau Claire. Thank you again to all who gave input and worked on the process. Accreditation provides clarity to the Center's operations, provides direction for current and future programs, promotes efficiency and organization, demonstrates accountability identifies areas to be strengthened, highlights quality programs and services, increases staff and volunteer knowledge of center operations, and heightens community awareness of the center and its programs. Congratulations everyone!!



**Volume XV Issue 8**

# **WHAT'S INSIDE**

- 2-4..... *Classes and Activities*
- 4..... *Motorcycle Rides*
- 5..... *Support Our Sponsors*
- 6-8..... *Travel Opportunities*
- 9-10..... *Calendars*
- 11..... *Support Our Sponsors*
- 12..... *Activities & FYI*
- 13.. *Your Senior Center and Coordinator's Comments*
- 14-15..... *Info & Community*
- Back ..... *ADDRESS, Phone Numbers, Staff 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*

## PEGS AND JOKERS

Tuesday, Aug. 18  
9:30 am

**New Time**

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, August 13.

## 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: August 4, 11, 18 or 25  
Time: 9:30 am  
Cost: \$5.00 residents  
\$6.25 non-residents  
Register at least 3 days in advance

## SCRABBLE

Thursday, Aug. 6, 10:00 am  
**New day**

Join word aficionados and play a game of Scrabble. Get your brain neurons firing!

## “PAINT A STORY”: TELLING A VISUAL STORY WITH WATERCOLOR

We will work large, and put the human figure in a setting. A child at the beach, a woman in a garden, and a person walking in the woods are some examples of visual stories that could be told. The objective will be learning to put the figure in a setting or background. This five week session, will be a follow up to the May and July Portrait/Figure Classes.



Participating artists will need to email the instructor a digital, color reference photo of the subject they plan to paint, prior to the class. Feel free to contact the instructor if you have questions about this. The instructor will provide each artist with an enlarged 8x10 color copy, as well as a black and white photocopy enlarged to the size of our watercolor paper. There will be reference materials available for those who have need. The class is open to any skill level and participation in the previous portrait/figure sessions is not necessary. There will be plenty of time for one-on-one instruction. If the student is new to portrait painting, there will be opportunity to learn some of what was covered in the previous sessions.

It will be helpful to have the following materials: Paint: raw sienna, permanent rose, ultramarine blue, burnt umber, in addition to each artist's existing palette colors; Full sheet (or 2) of Arches 140lb. paper (Arches paper is a requirement and is available for purchase at the center); White board to mount paper on; clear or white tape to secure paper to board and something to cover your table to keep it clean. The above-mentioned paint colors will be available to share. The paint, paper, tape, plus pencils, kneaded erasers, and other materials will be available for a flat fee of \$10.00. Artists will need to provide their own mounting boards, large enough to accommodate a full sheet of watercolor paper. There is an additional fee of \$2 to have reference photos enlarged and black and white copies made.

Date: Five Thursdays: August 27, September 3—24

Cost: \$50, payable to the instructor the first day of class

Deadline: Monday, August 24

Instructor: Jan Hamilton Crowley [www.jancrowley.com](http://www.jancrowley.com)

Walk ins are welcome at \$15 per person. Contact instructor by phone at 262-441-0324, or by email at [briarhillstudio@gmail.com](mailto:briarhillstudio@gmail.com)

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

## STAINED GLASS CLASS

Anyone new to this craft can attend and receive one-on-one instruction until you are cutting and soldering like a pro. This three week class will teach you the basics. More classes will be offered following the beginning class.

Instructor: Caroline Britton

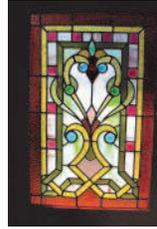
Supplies to bring: Safety glasses, an old towel, scissors and a soldering iron, if you have one.

Location: Downtown Armory

Day & Time: Wednesdays, September 23-October 7; 1:00 pm

Cost: \$20

Deadline: Wednesday, September 9



## BOWLING LEAGUE

Wednesdays, 9:00 am

Begins September 9

This fun and recreational league at Hawk Bowl, goes into March. League begins September 9, with a fun play day.

Questions or to sign up for the league, contact Henry Malo, 262-472-0262.



## BRAIN TEASERS

Answers on page 15.

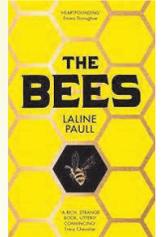
1. Johnny's mother had three children. The first was named April. The second child was named May. What was the third child's name?
2. There is a clerk in a butcher shop. He is five feet ten inches tall, and he wears size 13 sneakers. What does he weigh?
3. Before Mt. Everest was discovered, What was the highest mountain in the world?
4. How much dirt is there in a hole that measures two feet by three feet by four feet?
5. What word in the English language is always spelled incorrectly?
6. Billy was born on December 28th, yet his birthday is always in the summer. How is this possible?
7. In California, you cannot take picture of a man with a wooden leg. Why not?
8. What was the President's name in 1975?
9. If you were running a race, and you passed the person in second place, what place would you be in now?
10. Which is correct to say, "The yolk of the egg are white" or "The yolk of the egg is white?"
11. If a farmer has 5 haystacks in one field and 4 haystacks in the other field, How many haystacks would he have if he combined them all in another field?

## BOOK WORMS

Monday, Aug. 3, 10:30 am

The Book Club will discuss *Killing Lincoln* by Bill O'Reilly. The book for September will be *The Bees* by Laline Paull.

Flora 717 is a sanitation worker, a member of the lowest caste in her orchard hive where work and sacrifice are the highest virtues and worship of the beloved



Queen the only religion. But Flora is not like other bees. With circumstances threatening the hive's survival, her curiosity is regarded as a dangerous flaw but her courage and strength are an asset. She is allowed to feed the newborns in the royal nursery and then to become a forager, flying alone and free to collect pollen. She also finds her way into the Queen's inner sanctum, where she discovers mysteries about the hive that are both profound and ominous.

## ARMORY GYM CLOSURE

As of press time, the Armory Gym will be closed for floor refinishing and painting August 2—14. There will be no Pickleball during this time. When dates are confirmed, the closing will be posted.

Register and pay for trips and classes online at home:  
[schedulesplus.com/wwtr](https://schedulesplus.com/wwtr)

OR

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

# 4 Activities & Motorcycle Rides

## 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.

**August 20-21**— Overnight trip to Doc's Harley Davidson, Bonduel, and Green Bay Packer Hall of Fame/Lambeau Field. **Reservations for this trip are required by August 7.** Hotel info will be sent out by email. Room will be about \$80 plus taxes/fees. Cost may go down if we book enough rooms. **IF** no one is interested in the overnight, we will leave at 7:30 am on August 20 and travel to Doc's in Bonduel.

**September 8**—**Richland Center** and Oakwood Farm Apple Orchard. Group may also go to Gays Mills. Rain Date September 9. Leader is Gary Kiger.

**September 18-19**—**Overnight to Galena and Savannah, IL.** Ride to the beautiful town of Galena Illinois. Check out the shops and history of the area. The overnight will be in Savannah on the Mississippi River. The beautiful rolling hills of the countryside lead you right to the doors of two of the most interesting and entertaining bike meccas in the Northwest, Poopy's Pub N Grub and the Ironhorse Social Club. **Must RSVP for this trip by September 11.** Leader is Tim Otterbacher

**October 3**—**WI Auto Museum** and Mine Shaft. Rain date October 10.

## MOVIES: SPONSORED BY MULBERRY GLEN

It's summer, and, in addition to our usual films on the 2nd and 4th Tuesdays, we'll be screening a Foreign Film or documentary on Wednesday. Some films are not in color; most are shown in their original language, with English subtitles. In the "big city," we would be considered an "art house." Enjoy.

### "Sophie Scholl: The Final Days"

Wednesday, August 5, 12:30 pm

Not Rated, 2 hours

A gripping true story, set in 1943 Munich, of siblings Hans and Sophie Scholl, members of The White Rose student resistance movement. Nominated for Best Foreign Film and Actress. (2005)



### "Woman in Gold"

Tuesday, August 11, 12:30 pm

PG-13, 1 hr., 49 min.

An elderly Jewish woman (Helen Mirren), who fled Austria from the Nazis, recruits a young lawyer (Ryan Reynolds) to help her get back a painting of her aunt that was confiscated by the Nazis, but then taken by the Austrian government. Based on a true story. (2015)



### "The Second Best Exotic Marigold Hotel"

Tuesday, August 25, 12:30 pm

Rated PG, 2 hours

The sequel to the senior Brits-in-India comedy/drama picks up where the original left off: young hotel owner Dev Patel plots to expand his business--while planning his own wedding---as the hip Seniors sort out their new lives. Stars Judi Dench, Bill Nighy, Maggie Smith---and Richard Gere as a new tenant in the retirement hotel! (2015)



**Checks for activities, classes, and trips are made out to:**

**City of Whitewater, unless indicated otherwise.**

# AUMANN'S SERVICE INC.

Body Specialists  
Quality Painting  
24 Hr. Towing  
122 E. Dane  
(920) 674-2349  
After Hours  
(920) 674-6164

DR. LUKE J. SMITH  
Doctor of Chiropractic

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

**LSM** Chiropractic  
1173 W. Main St. Ste B  
Whitewater, WI 53190  
www.lsmchiro.com  
Clinic Phone: 262-753-0017



**DALEE WATER CONDITIONING**

MADE IN THE USA  
Water Softeners & Iron Curtains  
262-473-5524  
www.daleewater.com

### 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 Cares (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 Alyssa Kauer  
**262-473-1011**



Dr. Thomas Rowley, D.D.S., S.C.

**(262) 473-2242**

128 N. Tratt St.  
Whitewater, WI 53190

 New Patients Welcomed!

whitwatergentledentistry.com

### 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](http://societysassets.org)  
Caregiving Since 1974

People are looking for your business.



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

Contact Dennis Thompson to place an ad today!  
DThompson@4LPi.com  
or (800) 950-9952 x2470

## 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



Serving since 1962



Our mission is the health, vitality and well-being of our residents, not the bottom line. Discover the not-for-profit difference in senior living and care.

**Fairhaven Senior Services**  
435 West Starin Road Whitewater  
262-473-2140 [www.fairhaven.org](http://www.fairhaven.org)



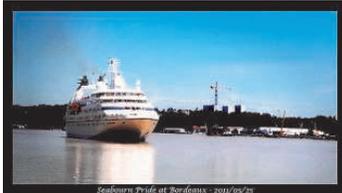
Trips are open to adults of ALL AGES. For detailed itineraries on any of the extended trips, call 262-473-0535, send an email to [dweberpal@whitewater-wi.gov](mailto:dweberpal@whitewater-wi.gov), go to the city website at [www.whitewater-wi.gov](http://www.whitewater-wi.gov), (Departments, Seniors in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

## SAN DIEGO & BAJA CRUISE

January 23-30 2016

Highlights

- \* San Diego City Tour
- \* Lunch at the Hotel del Coronado
- \* Old Town San Diego
- \* San Juan Capistrano
- \* La Jolla
- \* 4 night Princess cruise
- \* Avalon, Catalina Island
- \* Ensenada Mexico\*



Tour and staterooms range from \$2145-\$2495 dbl

See itinerary for single supplement

Includes roundtrip airfare from Milwaukee, 15 meals, transfers, Tour Manager, and more! \$100 booking discount if deposit by October 31, 2015 and final payment made with check.

Premier World Discovery

\*Passport required for this trip

## 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; a ride on the Saratoga & North Creek Railway along the Hudson River; narrated lunch on Lake George; Lake Placid tour (site of two Winter Olympics); a 1000 Islands cruise on the St. Lawrence River; and visits to Singer Castle, Antique Boat Museum, George Eastman House, and the Chapman Museum, with 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](mailto:deberpal@whitewater-wi.gov)

**Almost sold out!**

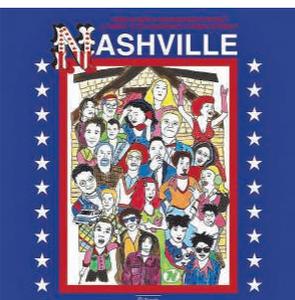


## GULF SHORE BREEZES

April 9-16, 2016

Highlights of this trip include: Three nights at Perdido Beach Resort, US Space and Rocket Center, GulfQuest National Maritime Museum, dolphin cruise, National Naval Aviation Museum, 2 nights in Nashville, Tour "Music City", RCA's Studio B (Home of the Nashville sound), *Best of Country* Music Show, the Country Music Hall of Fame, 12 meals, and Free home or local pick-up. Fee per person double is \$1498; single room add \$539. Detailed itineraries available.

A video of the tour will be available **Monday, August 10** between 10 am and 3 pm. If you are interested in the trip, stop in and watch the video. There is a \$50 booking discount, if you book on or before August 10. Mayflower also has a \$25 discount if this is your first trip with them and you will receive \$40 in Mayflower money to be used on another trip.



# Coach Bus Trips

7

## SAN FILLIPO

**Tuesday, November 17**

At San Fillipo, you will view, hear, and learn about automated music machines, their history, restoration efforts, as well as the opulent details of the Residence's French Second Empire setting. Also see some of the most beautiful art glass-front orchestrions ever made, Tiffany art glass lamps and Victorian chandeliers, Mutoscopes (hand-cranked 'movie' viewers), fortune-telling machines, strength testers, and slot machines, replicating an old-fashioned penny arcade and a recreation of a turn-of-the-century casino. Enjoy a mini-concert on the world's largest theater pipe organ. The jewel of the tour is the Eden Palais Carousel. The most complete example of a European salon carousel in existence. Our Docent-Guided Tour is approximately 3 hours. There will be opportunities to sit during the tour. After your included lunch stop at Chessie's with a choice of 4 different entrees, travel to Mellie's Chocolate for a sweet treat.

Fee: \$70 Checks made out to City of Whitewater

Deadline: October 21

Depart: 7:15 am, Fort K-Mart; 7:45 am Starin Park

Return: 4:30 Starin Park; 5:00 pm Fort K-Mart



## GREEN BAY



**Thursday, August 6**

Tour historic Lambeau Field and the Hall of Fame. Enjoy an included lunch of comfort food at the stadium. In the afternoon, there will be a guided tour of the beautiful Green Bay Botanical Gardens. They even have a hobbit house (restrooms) in the children's gardens.

Fee: \$80 (checks made out to the Fort Atkinson Senior Center)

Pickup time: Starin Park 7:00 am; K-Mart lot 7:30am

Estimated return: Fort 6:30 pm;

Whitewater 7:00 pm

Deadline to sign up/pay: July 15

Trip is waiting list only

## MISSISSIPPI RIVER ROAD TRIP

**October 6-9, 2016**

Travel the beautiful Mississippi River Road and witness the grandeur of autumn along one of the most scenic stretches of road in the Midwest.

Highlights of the trip include:

- \* Norskedalen Farmstead and a traditional Norwegian lunch
- \* Dinner cruise on the LaCrosse Queen
- \* Apple Farm and ride through the orchard
- \* Watkins Store
- \* Unique Marine Art Museum
- \* L.A.R.K.'s Toys—antique, wooden



and specialty

- \* Village of Stockholm
- \* Red Wing Pottery & Red Wing Shoe Store
- \* Dinner at Historic St. James Hotel
- \* National Eagle Center
- \* Lunch at Slippery's made famous in the movie "Grumpy Old Men"
- \* 3 nights lodging (2 hotels)
- \* 3 breakfast, 2 lunches and 3 dinners
- \* VanGalder/Coach USA transportation

Fee: \$639.00 pp double; \$879 pp single

\$100 deposit due with reservation

Final payment due July 30, 2016



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!*

## LUNCH BUNCH

**Thursday, Aug. 13, 10:30 am**

Lunch will be at Crawford Junction in Milford, one of Madison Magazine's Best of Madison 2015.

Fee: \$5.00

RSVP by Tuesday, Aug. 11.



## JANESVILLE SHOPPING

**Wednesday, Aug. 5, 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, June 30.

## SUNNY SIDE UP BREAKFAST CLUB

**Thursday, August 27**

Venture to the Genesee Depot Café where they make their donuts fresh to order. Depart at 8:30 am, and return approximately 11:30 am.

Fee for transportation: \$5.00

RSVP by Monday August 24



## STATE FAIR

**Wednesday, August 12**

Transportation provided to the State Fair. Entrance Fees are \$7 for 60+ or \$12 under 60. Depart at 8:30 am and return approximately 4:00 pm.

Fee for transportation: \$10.00.

RSVP by Monday, August 3

## 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. All van trips must be paid for within one week of reservation, or you will be removed from the trip.

## DRESSING DOWNTON

**Wednesday, August 19**

Those intriguing costumes from Downton Abbey are on display at the Paine Art Center in Oshkosh. We will have a guided tour of the building and time to explore the "Dressing Downton" exhibit throughout the museum and the gardens. Lunch is on your own at Fratellos and then it's on to the Victorian era Morgan House.

Fee: \$36.00 Deadline: July 29

Depart: 7:45 am Return approx 5:00 pm



## BELOIT SNAPPERS

**Tuesday, August 25**

It's \$2 Tuesday! Hot dogs, Brats, pizza, Miller draft and soda are all \$2.00. The Snappers are having a great season. Check out this Minor League team and cheer them on.

Fee: \$10.00, includes rows 2-3 box seats and transportation

Deadline: August 4 Departs 5:15 pm



## LARSON'S FAMOUS CLYDESDALES

**Friday, September 11**

There is a certain mystique, about the Clydesdales. See these gentle giants up close as you tour the farm and see exciting demonstrations. We'll stop on the way at Guth's End of the Trail Candy Shoppe and have lunch (on your own) at the Heidel House on Green Lake.

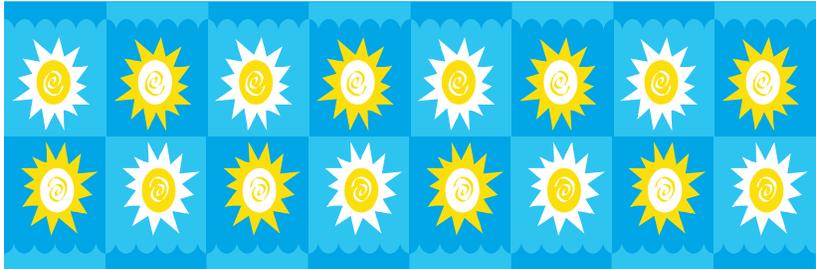
Trip departs at 8:30 am and returns approximately 4:30 pm.

Fee: \$33.00 Deadline: August 27



# Activity Calendar

## August 2015

| MONDAY  | TUESDAY  | WEDNESDAY   | THURSDAY  | FRI/SAT/SUN   |
|---|--|---|---|---|
| <b>3</b><br>8:30 Golf (OR)<br>9:30 FUNctional Fit<br>10:30 Book Club<br>12:00 Senior Forum<br>1:00 Euchre<br>1:00 Canasta<br>1:00 Mah Jongg | <b>4</b><br>9:30 Computer Tutor<br>10:00 Culver's Bingo<br>11:15 Pot Luck<br>11:45 Dominoes<br>12:30 Toenail Clinic<br>1:00 Pinochle<br>1:00 Sheepshead  | <b>5</b><br>9:00 Janesville Shop<br>9:30 Indoor Walking<br>10:30 Tai Chi (A)<br>12:30 Mulberry Glen Foreign Movie "Sophie Scholl"<br>1:00 Chess                     | <b>6</b><br><b>7:00 Green Bay trip departs</b><br>9:30 FUNctional Fit<br>10:00 Scrabble<br><b>7:00 Family Fun Night: David Stokes (L)</b> | <b>7</b><br>9:30 Indoor Walking   |
| <b>10</b><br>8:30 Golf (OR)<br>9:30 FUNctional Fit<br><b>10:00—3:00 Gulf Shores Video previewed</b><br>1:00 Euchre<br>1:00 Mah Jongg        | <b>11</b><br>9:30 Computer Tutor<br>10:00 Mulberry Glen Bingo<br>12:30 Mulberry Glen Movie "Woman in Gold"<br>1:00 Sheepshead  | <b>12</b><br><b>8:30 State Fair trip departs</b><br>9:30 Indoor Walking<br>10:30 Tai Chi (A)<br>1:00 Chess<br><b>6:00 Community Conversation on Death and Dying</b> | <b>13</b><br>9:30 FUNctional Fit<br>10:30 Lunch Bunch<br><b>7:00 Concert - Piper Road Spring Band (L)</b>                                 | <b>14</b><br>NO indoor Walking<br>   |
| <b>17</b><br>8:30 Golf (OR)<br>9:30 FUNctional Fit<br>12:30 Pickleball (A)<br>1:00 Euchre<br>1:00 Canasta<br>1:00 Mah Jongg                 | <b>18</b><br>9:00 Pickleball (A)<br>9:30 Computer Tutor<br>9:30 Pegs & Jokers<br><b>10:30 All About Knives</b><br>10:30 Meal Site Game Day<br>1:00 Sheepshead  | <b>19</b><br><b>7:45 Dressing Downton departs</b><br>9:30 Indoor Walking<br>10:30 Tai Chi (A)<br>12:30 Pickleball (A)<br>1:00 Chess                                 | <b>20</b><br>7:30 or 8:30 Motorcycle Ride Departs<br>9:30 FUNctional Fit  | <b>21</b><br>9:30 Indoor Walking<br>12:30 Pickleball (A)  |
| <b>24</b><br>8:30 Golf (OR)<br>9:30 FUNctional Fit<br>12:30 Pickleball (A)<br>1:00 Euchre<br>1:00 Mah Jongg                                 | <b>25</b><br>9:00 Pickleball (A)<br>9:30 Computer Tutor<br>10:00 City Bingo<br>12:30 Mulberry Glen Movie "The Second Best Exotic Marigold Hotel"<br>1:00 Sheepshead<br><b>5:15 Snappers trip departs</b> | <b>26</b><br>9:30 Indoor Walking<br>10:30 Tai Chi (A)<br>12:30 Pickleball (A)<br>1:00 Chess   | <b>27</b><br><b>8:30 Sunny Side Up Breakfast Club</b><br>9:30 FUNctional Fit<br>1:00 Watercolor   | <b>28</b><br>9:30 Indoor Walking<br>12:30 Pickleball (A)  |
| <b>31</b><br>8:30 Golf (OR)<br>9:30 FUNctional Fit<br>12:30 Pickleball (A)<br>1:00 Canasta<br>1:00 Euchre<br>1:00 Mah Jongg                 |    |   |   | Activities take place at the Starin Park Community Building unless otherwise noted.<br><br>(A)=Downtown Armory<br>(OR)=Oak Ridge Golf Course, Milton<br>(L)=Cravath Lakefront |

# 10 Walworth County Nutrition Menu

## August 2015

| MONDAY   | TUESDAY  | WEDNESDAY   | THURSDAY   | FRIDAY  |
|--|--|---|--|---|
| <b>3</b><br>BBQ Pork Sandwich<br>Baked Beans<br>Carrots<br>Peaches<br>Hamburger Bun  | <b>4 @ Starin Park</b><br>Polish Sausage<br>San Fran. Blend Veggies<br>Rosemary Red Potatoes<br>Vanilla Pudding<br>Wheat Roll          | <b>5</b><br>Turkey Tetrazzini<br>Penne Pasta<br>Green and Gold Beans<br>Cauliflower; Wheat Bread<br>Chocolate Chip Cookie | <b>6</b><br>Penne Pasta w/Tomato<br>Herb Meat Sauce<br>Squash & Broccoli<br>Melon Mix<br>Bread Stick                   | <b>7</b><br>Chicken Pasta Caesar<br>Salad<br>Tossed Salad<br>Applesauce<br>Sugar Cookie; Din. Roll    |
| <b>10</b><br>Baked Herb Chicken Thigh<br>Mashed Potatoes<br>Brussels Sprouts<br>Apple Cake<br>Wheat Dinner Roll  | <b>11 @ Starin Park</b><br>Grn Pepper/Rice Casserole<br>Garden Blend Veg<br>Watermelon<br>Jell-O<br>Dinner Roll                        | <b>12</b><br>Hot Dog<br>Hot Dog Bun<br>Cauliflower<br>Green Beans<br>Peaches  | <b>13</b><br>Pork & Sweet Pot. Hash<br>Wis. Blend Veggies<br>Broccoli Slaw<br>Cinnamon Applesauce<br>Wheat Dinner Roll | <b>14</b><br>Breaded Fish<br>Red Potatoes<br>Mixed Vegetables<br>Lemon Chiffon Dessert<br>Wheat Bread |
| <b>17</b><br>Swiss Steak<br>Mashed Potatoes<br>Mixed Vegetables<br>Butterscotch Pudding<br>Wheat Roll  | <b>18 @ Starin Park</b><br>Chicken Cobb Salad on<br>Tossed Salad<br>Mandarin Oranges<br>Pineapple Tidbits<br>Cherry Crisp; Wheat Bread | <b>19</b><br>Creamy Chicken with<br>Bowtie Pasta<br>Stewed Tomatoes<br>California Mixed Veg<br>Cantaloupe; Dinner Roll    | <b>20</b><br>Beef Goulash<br>Squash<br>Garden Blend Veggies<br>Fruit Cocktail<br>Wheat Bread                           | <b>21</b><br>Turkey and Gravy<br>Mashed Potatoes<br>Coleslaw<br>Tropical Fruit<br>Wheat Bread         |
| <b>24</b><br>Italian Wedding Soup<br>Med. Mixed Vegetables<br>Tossed Salad<br>Mand. Orange & Pineapple<br>Wheat Bread  | <b>25 @ Starin Park</b><br>Hungarian Pork Goulash on<br>Egg Noodles<br>Carrots; Green Beans<br>Fruit Jell-O<br>Wheat Bread             | <b>26</b><br>Chicken Waldorf Salad<br>Tossed Salad<br>Marinated Vegetables<br>Brownie<br>Wheat Bread                      | <b>27</b><br>Roast Beef and Gravy<br>Mashed Potatoes<br>Sliced Beets<br>Strawberry Cake<br>Dinner Roll                 | <b>28</b><br>BBQ Chicken Leg/Thigh<br>Sweet Potatoes<br>Broccoli<br>Melon Mix<br>Wheat Bread          |
| <b>31</b><br>Quiche w/Broc. & Cheese<br>Potato Casserole<br>California Mix Veg<br>Pineapple Tidbits<br>Wheat Roll  |  |   |  |   |
| 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. Meal site is at Brookdale Manor, 1061 Blackhawk Dr., Monday and Wednesday through Friday. |  |   |  |   |

*Mulberry Glen*  
Senior Living Community

Stop by for your personal tour!

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

**Jessica's Family Restaurant & Banquet Room**

Breakfast All Day • Fish Fry Friday  
Homemade Potato Pancakes,  
Soups & Specials

Now available for parties up to 80 people  
Now featuring beer & wine

Call Today 473-9890  
140 W. Main St.

**PROTECTING SENIORS NATIONWIDE**

PUSH TALK

24/7 HELP

**\$19.95\*/Mo. + 1 FREE MONTH**

- > No Long-Term Contracts
- > Price Guarantee
- > American Made

TOLL FREE: 1-877-801-7772

\*First Three Months



**HOLIDAY SPECIAL**



**WHY PATIENTS CHOOSE FORT HEALTHCARE**

Fort HealthCare Center for Joint Replacement

EXCELLENT PATIENT EXPERIENCE

|                      |                      |
|----------------------|----------------------|
| Overall Satisfaction | Definitely Recommend |
| 87% FORT HEALTHCARE  | 87% FORT HEALTHCARE  |
| 67% WISCONSIN        | 72% WISCONSIN        |

RAPID RECOVERY & TRANSITION BACK HOME

|                          |                       |
|--------------------------|-----------------------|
| Days in the Hospital     | Go Directly Home      |
| 2 DAYS (FORT HEALTHCARE) | 91% (FORT HEALTHCARE) |
| 3.7 DAYS (WISCONSIN)     | 69% (WISCONSIN)       |

LOW COMPLICATION RATE

|                           |                        |
|---------------------------|------------------------|
| In Hospital               | Within 30 Days         |
| 0% ..FORT HEALTHCARE..    | 2.5% (FORT HEALTHCARE) |
| 2.6% ..NATIONAL AVERAGE.. | 4.0% (WISCONSIN)       |

**McCullough's PRESCRIPTIONS GIFTS**

1173 W. Main Street  
473-5065

**CREATIVE BALANCE**  
massage & wellness

953 E. Milwaukee Street  
Whitewater

414-750-4321

**Strand's On the Floor**

"floor coverings to fit your lifestyle"

1202 E. Bluff Road  
Whitewater, WI 53190  
262-472-9495  
Fax 262-472-9497  
www.strandsonthefloor.com

FortHealthCare.com/Joint or call (920) 568-5318

www.creative-balance.com

**Support Our Advertisers**

Check the ads on this page before you check the yellow pages.

**golden living centers**

Exceptional Rehabilitation Department  
Premier Alzheimer's Care Unit

430 Wilcox St.  
Fort Atkinson  
(920) 563-5533

Make Yourself at Home  
Our Family Caring For Your Family

*Celebrating over 150 Years of Service!*

**150th ANNIVERSARY**  
FIRST CITIZENS STATE BANK  
1863 2013

Trust Services:

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

**Serving Whitewater & East Troy**

Member FDIC [www.firstcitizensww.com](http://www.firstcitizensww.com)

**Home Health United** Exceptional Care Comes Home

Home Health • Palliative Care • Hospice  
Medical Equipment • Infusion Pharmacy  
VoiceCare-Emergency Response System

Providing Quality & Compassionate Home Healthcare

Schedule an Info Visit Today!  
1-800-924-2273 • HomeHealthUnited.org

**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



## Tuesday Morning

**Receptionist** is needed every week or every other week from 8:30 am—12:30 pm. Help with Bingo set-up, food/beverage preparation, participant check-in, phone calls and activity signups. Training provided. Computer experience preferred but is not necessary. You won't be bored!

**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.

## SERVICES AT A GLANCE

**Toenail Clinic: Tuesday, Aug. 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.

## BINGO

**Tuesdays, 10:00 am**

Aug. 4: Culver's

Aug. 11: Mulberry Glen

Aug. 25: City Bingo



## BINGO SPONSORS

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

## CITY BINGO SPONSORS:

Topper's Pizza \* Rosa's Pizza \* Bergey Jewelry \* Commercial Bank  
Floral Villa \* Bejing Buffet \* Rick's \* Jimmy Johns \* Dale's Bootery  
Pizza Hut \* First Citizens State Bank \* Fort HealthCare \* Taco Bell  
Jessica's Restaurant \* McDonald's \* Sweet Spot \* Eastsider/Westsider  
Dental Perfections \* Ketterhagen Ford \* Mirage Hair Studio  
Binning & Dickens Insurance \* Rocky Rococo Pizza \* Tincher Realty  
Fort Community Credit Union \* Walworth Co. Nutrition \* Subway  
Jersey Mike's Sub \* Yogurt Shoppe \* Taco Fresco \* Fairhaven  
Black Sheep \* Jimmy's Italian Beef

## 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

**Dominoes**—First Tuesday 11:45 am

**Euchre**—Mondays 1:00 pm

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

**Mah Jongg**—Mondays, 1:00 pm

**Pegs & Jokers**—Third Tuesday **9:30 am**

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





## VOLUNTEER SPOTLIGHT

Bill McCormick is our volunteer spotlight person for the month of August.

Bill has volunteered at Seniors in the Park for about 3 years. He is one of our van drivers and also helps with the "Park Riders" motorcycle group at Seniors in the Park.

Bill says that he enjoys volunteering with Seniors in the Park because he likes traveling and learning new things. He also says that he enjoys helping other people with new experiences.

Bill works part time for Lowell Hagen, driving tanker trucks. His other interests include riding motorcycles and raising and riding horses.

Bill and his wife have 4 children, 9 grandchildren, and 2 great grandchildren, which he enjoys doing activities with.

Bill says he did not know about all the activities and trips that were being offered at Seniors in the Park until he started volunteering here. He is very impressed with all the opportunities to participate here at Seniors in the Park.

Thank You Bill for all you do for us. We appreciate it!

## WATCH FOR.....



\* Annual survey of participants. It will be online and hard copy in September.

\* September is Senior Center Month

\* Stained Glass Class begins September 23

\* Estate Planning Seminar September 28

\* A colored pencil class

\* Hands Only CPR September 24

\* Line Dance classes to begin.



## COORDINATOR'S COMMENTS

We frequently hear about Whole Body Wellness, but what is it? It encompasses the 8 dimensions of wellness: occupational, emotional, spiritual, environmental, financial, physical, social, and intellectual; which are all equally vital and interrelated. When these areas of wellness are out of balance, you are not at 'ease' you are in dis-ease.

- \* Emotional Wellness is the ability to understand your feelings and the development of inner resources to deal with stress.
- \* Intellectual Wellness encompasses an open mind for new ideas and continually expanding your knowledge.
- \* Financial Wellness involves the process of learning how to successfully manage financial expenses.
- \* Physical wellness relates to maintaining a healthy body which is attained through exercise, eating well, getting enough sleep and paying attention to the signs of illness and getting help when needed.
- \* Social Wellness helps you create a support network of friends and helps you perform social roles effectively and comfortably.
- \* Spiritual wellness allows you to develop a set of values that help you seek meaning and purpose and help cope with issues that come up in everyday life.
- \* Occupational Wellness encourages personal satisfaction and enrichment in one's life through work, enjoying your occupational endeavors and appreciating your contributions to work and the community.
- \* Environmental Wellness encourages respect for the balance between environment and yourself.

Here at Seniors in the Park over the next year, we will be promoting the dimensions of wellness as they relate to our programming and demonstrating the inter-relationships of the dimensions in many of our activities. For example, the physical, mental, social and emotional dimensions of wellness can be promoted when playing Pickleball. A Tai Chi Chu'an class would promote the spiritual, emotional, social, mental and physical dimensions of wellness. By examining all eight dimensions and bringing more balance to them in your life, you'll feel better, be more centered and focused, and can enjoy life on a whole new level. Check out all we have to offer.



## ONLINE REGISTRATION AND PAYMENT AVAILABLE

Register and pay for trips and activities from home by going to [schedulesplus.com/wwtr](http://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](http://wwparks.org).

## NUTRITION SITE GAME DAY

The third Tuesday of the month is Game Day.

Games begin at 10:00 am.

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



Chain O' Lakes Boat tour and lunch

## HAPPY AUGUST BIRTHDAYS TO:



- 2 Blanche Grumm  
Teresa Golembiewski
- 3 Roger Provenzano
- 9 Sandi Colombe  
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 know your birth month and day, and correct spelling of your name, and you can be in the newsletter, too!



Concert in  
the Park

## SUMMER CONCERTS AND FAMILY FUN NIGHTS IN THE PARK

Free at Cravath Lakefront Park, Thursdays, 7:00 pm

### July 30 Funky Blue Reaction

Band of misfits that plays Rockin' Music from the 50's, 60's, 70's, and more.

### August 6 David Stokes

David uses live creatures, animal artifacts, songs and short stories to make learning fun.

### August 13 Piper Road Spring Band

Band born into the age of rock and roll with individual backgrounds as diverse as classical, folk and Dixieland.

Summer dinner baskets are available for purchase from The Black Sheep to enjoy at the park during the above events. Stop in or call ahead at [www.eatatblacksheep.com](http://www.eatatblacksheep.com) or 262-458-4751.

## BRAIN TEASER ANSWERS

1. Johnny
2. Meat
3. Mt. Everest; It just wasn't discovered yet.
4. There is no dirt in a hole.
5. Incorrectly
6. Billy lives in the Southern Hemisphere.
7. You can't take pictures with a wooden leg. You need a camera to take pictures.
8. Barack Obama
9. Second place!!
10. Neither. The yoke of the egg is yellow.
11. One. If he combines all of his haystacks, they all become one big haystack.

## PARKS & RECREATION

Visit [wwparks.org](http://wwparks.org) for the Summer/Fall brochure or pick one up at the Starin Prsk Community Building.

## ATTRACTION TICKETS

Discounted tickets to the Milwaukee Zoo, Mt. Olympus (Wisconsin Dells), Noah's Ark (Wisconsin Dells), and Six Flags Great America & Hurricane Harbor are available for purchase at the Municipal Center, First Floor, Finance window, between 8:00 am—4:30 pm, Monday through Friday. **Tickets are available through August 28.** Payment can be made by cash, credit card, or check. Savings can be found in the 2015 Summer & Fall Guide or on line at [wwparks.org](http://wwparks.org).

Advertiser of the Month

*Mulberry Glen*  
**Exceptional Senior Living**  
*right next door!*

**CALL TODAY! 473-4515**

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

Whitewater



JOIN THE WHITEWATER POLICE DEPARTMENT  
 AND OUR COMMUNITY PARTNERS

## National Night Out



Tuesday, August 4, 2015

5:00 pm - 8:00 pm

Cravath Lakefront Park

341 S. Fremont St., Whitewater

- \*FREE FOOD & BEVERAGES \*BIKE SAFETY \*KIDS CSI
- \*K-9 DEMONSTRATION \*PRIZES ~ GIVEAWAYS
- \*EXPLORE SAFETY VEHICLES \*DRIVER SAFETY
- \*FAMILY FUN EVENTS

**Experience Safety - Hands-On**

Hosted by the Whitewater Police Department

Register for trips and classes online  
 at home:

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

# 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 (T/TH).. 262-473-0536  
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

### Recreation Coordinator

Nate Karraker

Websites: [schedulesplus.com/wwtr](http://schedulesplus.com/wwtr)  
[www.whitewater-wi.gov](http://www.whitewater-wi.gov)  
[www.wwparks.org](http://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](http://www.whitewater-wi.gov), click on Departments, then Seniors in the Park or [www.whitewaterbanner.com](http://www.whitewaterbanner.com) and look for the link in the left column or [www.seekandfind.com](http://www.seekandfind.com). The newsletter is available for pick up at the Starin Park Community Building, Municipal Building, the Whitewater Aquatic and Fitness Center, the Irvin L. Young Memorial Library and other businesses in Whitewater.

Name \_\_\_\_\_

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

Address \_\_\_\_\_

\_\_\_\_\_